

Document I.1

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Garrett Lee Smith Memorial (GLS) Campus Case Studies

Focus Group Moderator's Guide - S (Student Version)

Date: (Today's Date) □□/□□/□□□□

Site: (Name of Campus) _____

Moderator: _____

Instructions for moderator: *When to Use:* This focus group will be conducted with representatives of the campus student body. The local program staff will be responsible for recruiting respondents for this focus group. The questions in this focus group guide are designed to obtain information about: student risk factors, protective factors, and coping mechanisms, campus mental health services, and campus attitudes towards mental health.

Administered by: Staff from the Macro International cross-site evaluation team. *Completed by:* campus students.

Introduction

Thank you very much for agreeing to participate in this discussion group. My name is [facilitator] and I will be leading the discussion today. [Notetaker] is also here to take notes. Before we get started, I want to take a few minutes to tell you what to expect from the discussion and to go over a few things with you. After that, we will have an opportunity to introduce ourselves.

As you may recall, Macro International Inc., has been contracted by the Substance Abuse and Mental Health Services Administration (SAMHSA) to conduct the cross-site evaluation of the Campus Suicide Prevention and Early Intervention Program. A special case study examines how campuses implement a public health approach to suicide prevention. The “public-health approach” is a multi-departmental, comprehensive strategy that targets risk and protective factors campus-wide and on an individual basis. We are interested in knowing about student’s perceptions of risk and protective factors related to suicide, campus attitudes towards mental health; as well as the campus services available to you.

The specific purpose of this focus group is to describe how students talk about stress and different pressures that they experience; how they deal with these problems, and how they feel about seeking support services on campus. We are interested in knowing your personal experiences, as well as your perceptions of other student’s experiences.

The discussion today is confidential. We will not attribute your name with any comments made or have any identifiable information in any reports we produce. We will keep your specific responses in confidence, and would ask that you respect one another’s privacy in the same way.

We ask that you be frank and honest about issues of concern and importance to you. We do not expect you to tell us anything that you would be uncomfortable sharing with the group, nor do we expect everyone to answer every question. We are interested in all perspectives and appreciate your input, as it will inform other components of this study as well as other communities about practice-based evidence approaches used in systems of care.

Informed Consent

At this time everyone should have had an opportunity to sign the informed consent. If not, please let us know and we will review the informed consent with you in private before we begin. As the informed consent indicates, your participation is completely voluntary and you may leave at any time. Also, we will be audio-taping the discussion today. Be assured that the tapes will be reviewed to gather data only, and will be transcribed without the use of your names.

Logistics

[Direct participants to the restrooms (if needed). Explain when and how participants will be paid for their participation]

Ground Rules

In order to make our discussion more comfortable and run smoothly for everyone, there are a few ground rules that we will need to follow: *[Posted on flip chart]*

- < Everyone's input is important and I will work hard to make sure everyone has a chance to speak.
- < Allow one person to speak at a time.
- < Please avoid side conversations.
- < I may need to cut a discussion short in the interest of time.
- < Show respect to everyone at all times. It is ok to disagree with someone's opinion.
- < Please turn off all cell phones.
- < All responses are confidential, and the names of others who are participating in the discussion is also confidential, so feel free to speak your mind.
- < Everyone is on a first name basis, so please use only your first name.

Do you have any questions before we begin? Let's start with introductions. Please tell us your first name.

DISCUSSION QUESTIONS

1. While the saying goes that "college is the best time of your life," it also can be very stressful and sometimes lonely. What are some of the hardest things about being at college?
 - a. What are some of the things that are most stressful?
 - b. What pressure do you feel to "fit in?"
 - c. What things do you deal with that other students, who aren't *[INSERT GROUP HERE (from other countries, athletes, graduate students, Greek life students, first-year students, LGBT)]* don't have to?
2. What do you think students do when they feel stressed, or depressed, or lonely?
 - a. What do you think are the most common ways of dealing with stress? Why?
 - b. What do you think are the most common ways of dealing with depression? Why?
3. How would you know if a friend was suicidal? What would they say or do?
 - a. In this situation, what would you say or do?
4. If you were thinking of suicide, what are some things that would keep you alive?
 - a. What would be the things that would give you hope?
5. How do you and your peers feel about seeking mental health services on campus?
 - a. Why might there be a stigma attached to seeking help?
 - b. Why may there not be a stigma attached to seeking help?
 - c. In your opinion, what are reasons why someone might seek mental health services?

- d. *How does the “cowboy culture” in Wyoming affect students’ opinions of seeking mental health services?*
6. How do you think most students view the counseling center on campus?
- What are some of the reasons why someone would or wouldn’t use the counseling center?
 - Do you think that most students know that there IS a counseling center on campus? Why or why not?
7. In your opinion, what percentage of students visit the counseling center for services?
- Actually, [insert annual percentage of students receiving services here] percent of students on your campus visited the counseling center each year. Does that number surprise you? Why or why not?
8. What are some of the other programs and services on campus that are available to help you if you were feeling stressed, or lonely, or depressed?
- How did you hear about those?
 - Which of these services would you be most likely to use?
9. What do you do to take care of yourself on a daily basis?

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Garrett Lee Smith Memorial (GLS) Campus Case Studies

Campus Case Study Interview – S (Student Version)

Date: (Today's Date) □□/□□/□□□□

Site: (Name of Campus) _____

Interviewer: _____

Instructions for interviewer: *When to Use:* This qualitative interview will be conducted with an identified representative of a student member of residence life or a mental health related advisory board. The local program staff will be responsible for identifying respondents for this interview. The questions in this interview are designed to obtain information about: student risk and protective factors, campus mental health services, and campus attitudes towards mental health. *Administered by:* Staff from the Macro International cross-site evaluation team. *Completed by:* students on campus who are employed as resident advisors or are members of a campus mental health/suicide prevention advisory board.

We are interviewing you today because of your role [as a residence assistant, or on the {insert name of Campus organization or committee here}], and are interested in your perspective on campus attitudes around mental health, various student behaviors; as well as the offices and efforts on campus that promote student wellness.

1. To begin, could you tell me about the responsibilities of this role/ organization/committee?
Probe: Can you give me some examples?
 - a. What is your role on in the organization or committee?
 - b. Who are other campus community members represented on the committee?
2. We're interested in learning more about student mental health and well-being. Do you think that there is a difference between the two? What is it?
 - a. How the would the school officially define student mental health and well-being?
 - b. Is there any difference in general campus attitudes towards mental health as opposed to student wellbeing?

I'm going to ask you about a series of different student behaviors that might cause concern, and ask you to give me a student perspective on them. To be clear, I'm not asking about your personal experience, but your general perceptions of student attitudes towards each of these things.

3. First, I'd like to discuss alcohol and drug use. I'm not talking about casual recreational use. I'm asking about binge drinking, drinking to the point that a person passes out, frequent use of drugs like marijuana, or *any* use of harder drugs like crystal meth or heroin.
 - a. What are the drinking behaviors that are generally accepted by students on campus? How does a typical student use alcohol?
 - b. What are the general attitudes around drug use? Are there some drugs that are more accepted than others?
4. What about violence? This could be anything from a fist-fight, to dating violence, to sexual assault. What kinds of violence are you aware of on your campus?
 - a. Are some types of violence more typical than others? Why do you think that is?
5. Are any groups on campus more likely to be targeted with violence or harassment? For example, racial or ethnic minority groups or LGBTQ students?
6. Now I want to ask you a little bit about student mental health. Do you ever hear people talking about their concerns about depression suspected in others or themselves?
 - a. What other mental health concerns do you think students might have?
7. How do you think mental health issues are generally perceived on campus? Do you think that there is a stigma around depression and other mental health issues, or do you think that generally people are accepting of them?
8. I'm going to ask you about different situations that students might experience, and what you might recommend they do about them.
 - a. If you had a friend who had a drug or alcohol problem, what would your advice to them be?
 - i. What places on campus would help them with this?
 - ii. How likely do you think they would be to seek services here? Why/Why not?
 - b. What if your friend was a victim of violence or harassment? Would you advise them to get help?
 - i. What places on campus would help them with this?
 - ii. How likely do you think they would be to seek services here? Why/Why not?

- c. If you had a friend who seemed really depressed? What would you do in that situation?
 - i. What places on campus would help them with this?
 - ii. How likely do you think they would be to seek services here? Why/Why not?
 - d. What if they were suicidal?
 - i. What places on campus would help them with this?
 - ii. How likely do you think they would be to seek services here? Why/Why not?
 - e. What if they were really stressed about school or money? What would you tell them to do?
 - i. What places on campus would help them with this?
 - ii. How likely do you think they would be to seek services here? Why/Why not?
9. Do you think that most students know about the counseling center on campus? Why? Why not?
10. What are some reasons why a student would not go to the counseling center, even if they needed to?
 - a. Any other reasons?
11. How easy is it to get services at the counseling center?
 - a. Is it in a convenient location?
 - b. How long do you have to wait for an appointment?
 - c. Is it private and confidential?
 - d. Anything else?
12. Can you think of a time when you were concerned that someone might be thinking about suicide? Can you describe the experience and what happened?
- If NO: can you remember ever hearing someone else express concern about a student? What happened?
13. How would a student report a mental health concern about another student?
14. What are some of the different ways that the campus tries to make students aware of things that they or their friends may be struggling with, like depression?
 Probe: What about drinking and drug use?
 Probe: dating violence or sexual assault?
 Probe: suicide?
 - a. Which of these things are most successful at reaching students?
 - b. Do you have any recommendations for other things that they could do?
15. Do you think that your campus listens to students, and addresses the things that they are concerned about, particularly as related to student wellness?
 - a. Probe: Can you give me an example of a way that they take students concerns into consideration?
16. Do you have anything else to add, that would help me get a picture of how student mental health and wellness is approached on your campus?

Thank you for taking the time to talk with me today. This information will be combined with responses from other individuals on your campus, and a report of this case study will be produced in 6 to 8 months. If you have any questions, or anything that you would like to add, please don't hesitate to contact me.

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Garrett Lee Smith Memorial (GLS) Campus Case Studies

Campus Case Study Interview – CF (Case Finder Version)

Date: (Today's Date) □□/□□/□□□□

Site: (Name of Campus) _____

Interviewer: _____

Instructions for interviewer: *When to Use:* This qualitative interview will be conducted with an identified representative of the campus staff. The local program staff will be responsible for identifying respondents for this interview. The questions in this interview are designed to obtain information about: student risk and protective factors, campus mental health services, and campus attitudes towards mental health. *Administered by:* Staff from the Macro International cross-site evaluation team. *Completed by:* campus staff members who are in regular contact with students and regularly identify and refer students for mental health services.

1. One of the things that I want to talk to you today about is student mental health and general wellbeing. Do you think that there is a difference between the two? What is it?
 - a. Is there any difference in general campus attitudes towards mental health as opposed to overall wellbeing?
 - b. How do you think mental health issues are generally perceived on campus? Do you think that there is a stigma around depression and other mental health issues, or do you think that generally people are accepting of them?
2. Tell me about the students at [insert campus name]. What is unique about them?
 - a. Are there any student risk behaviors that you are aware of?
3. Are you aware of any students being more at risk for abusing drugs or alcohol than others?
4. What about violence? This could be anything from a fist-fight, to dating violence, to sexual assault. What types of violence are you aware of on your campus?
 - a. Are some types of violence more typical than others?
5. Are any groups on campus more likely to be targeted with violence or harassment? For example, racial or ethnic minorities, or LGBTQ students?
6. Are there any groups of students that are more likely to use violence?
7. Are you aware of any prevention programs that happen on campus? Could you give me an overview of these programs?
 - a. What about drinking and drug use?
 - b. Dating violence or sexual assault?
 - c. Mental health?
 - d. Suicide?
8. What efforts have been most effective? How do you know?
 - a. Which programs have been most popular with students? Why?
 - b. Do you feel these programs have reached the intended populations? Why or why not?
9. Where could faculty and staff get information on how to identify and refer students who may need additional support?
10. What policies and procedures are in place for students, faculty, and staff to share mental health concerns about others on campus?
11. Do you ever come into contact with students that you feel should be referred to services on or off campus?
 - a. What are the behaviors that would make you concerned?
12. I'm going to ask you about some of the different situations that students might experience, and what you would recommend to them if you became aware.
 - a. If you had a student who had a drug or alcohol problem, what would your advice to them be?
 - i. Are there places on campus that would help them with this?
 - ii. How likely do you think they would be to seek services here? Why/Why not?
 - b. What if the student was a victim of violence or harassment? Would you advise them to get help?
 - i. Are there places on campus that would help them with this?

- ii. How likely do you think they would be to seek services here? Why/Why not?
 - c. If you had a student who seemed really depressed? What would you do in that situation?
 - i. Are there places on campus that would help them with this?
 - ii. How likely do you think they would be to seek services here? Why/Why not?
 - d. What if they were suicidal?
 - i. Are there places on campus that would help them with this?
 - ii. How likely do you think they would be to seek services here? Why/Why not?
 - e. What if they were really stressed about school or money? What would you tell them to do?
 - i. Are there places on campus that would help them with this?
 - ii. How likely do you think they would be to seek services here? Why/Why not?
- 13. What have you observed to be student's attitudes around help-seeking?
 - a. Are some helping services more acceptable to students than others, for example academic support as opposed to counseling services? Why?
- 14. What is the process for students seeking mental health care?
 - a. Is it easy or difficult?
 - b. What are some of the barriers on campus to students receiving mental health services?
- 15. Are there any needs that you have observed in students that aren't currently being met through services on campus?
- 16. What's the most challenging thing about your work?
- 17. What makes your job easier?
- 18. Anything else you would like to share?

Thank you for taking the time to talk with me today. This information will be combined with responses from other individuals on your campus, and a report of this case study will be produced in 6 to 8 months. If you have any questions, or anything that you would like to add, please don't hesitate to contact me.