**Group Leader questions** A logo for a microphone

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Guide for meeting, then please summarize meeting and report to Wanda London

AFTER MEETING

a) what was the group’s level of knowledge.

b) what knowledge did they need to improve their mental health wellbeing?

c) suggestions for following groups

**Possible question for your group?**

What can you tell us or suggest about how art helps mental health in PLH?

Plan to make flyers once we confirm date with Alfonso.

**Questions for all groups:**

What do you think of when you hear ‘mental health wellbeing?

What mental health problems have you had, and what worked or did not work?  
What do you suggest to help improve mental health in PLH?

Do you have suggestions for what and how to research solutions or improvements in mental health in PLH?

Have you been part of research in mental health?

**The Guided questionnaire A logo for a microphone

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1. Accessibility to mental health - can they get to it? Are they open to virtual sessions? Can they afford it or are they limited to getting it at a place like CP?

2. What narrative do they have around Mental Health - Do they believe it is good for all or only for “broken” people?

3. What are their expectations around actually getting mental health? Do they understand the process?

4. Do they know how to interview a therapist (this may not matter if they do not have choice as to who to see)

5. Do they understand they will have to open up, be vulnerable and work hard to make the changes they want? Is this part of what is holding them back?

6. What does commitment to mental health look like for them?

7. What are their ideas around confidentiality when it comes to mental health? Do they understand the limitations?

8. What are their ideas around individual therapy vs. group therapy vs. support groups?

9. What are their ideas around what can be accomplished in individual vs group vs support groups?

10. Would they go to therapy if it was available to them?

11. Do they see a connection between mental health and navigating their lives in healthier ways?

12. What would they want their therapist to know about them that they believe therapists don’t know or understand?

Personal experience:

1. Have they been in a study that is actually a mental health study with interventionists that are licensed and meet with them one on one?

2. What would it look lite to them to have ongoing support groups?

3. If they have participated - what did they learn/gain? And what were they hoping for that they did not gain/learn?