

6 Month Post Program Focus Group Adherence and Sustainability Check



Welcome to HEAL Project

Self Directed Trainings: 6 Month Focus Group

“6 Month Focus Group” self-directed training offers practical approaches to conducting focus groups with integrated arts-based activities. The focus groups assess participants wellbeing and mental health sustainability moving forwards.

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6 Month Post Program Focus Group

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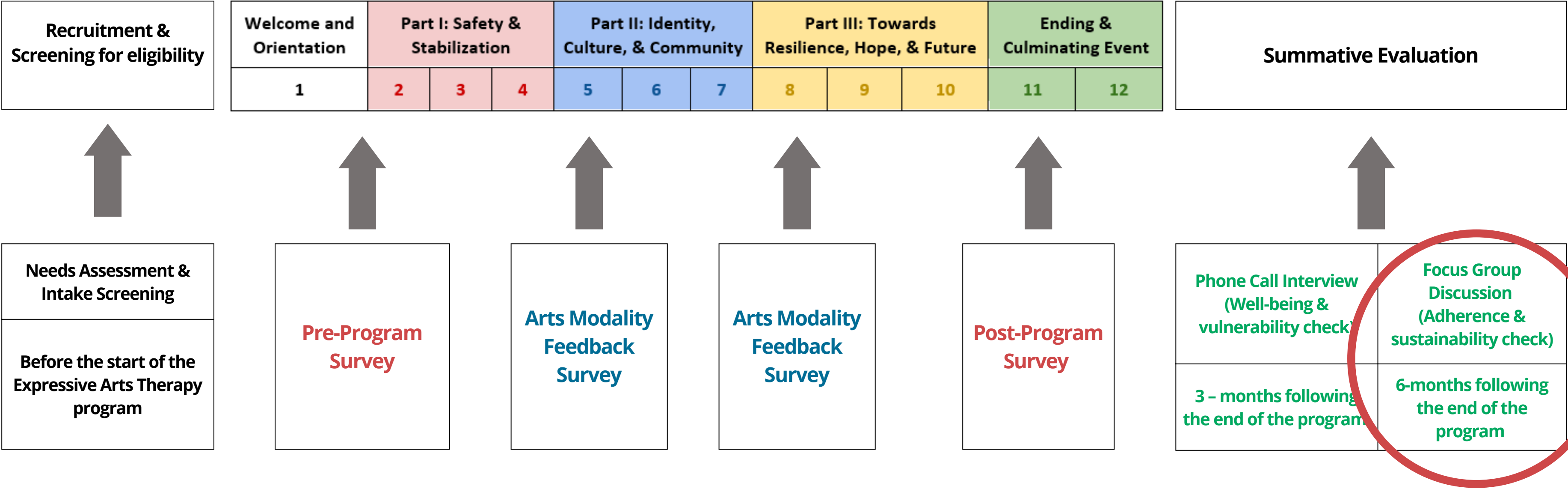
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Key Messages

- Capturing Lasting Impact
- Program Feedback & Reflection
- Building Trust and Strengthening Wellbeing
- Fostering Community Belonging

HEAL Program & Evaluation Overview



Objectives

Occurs 6 months following end of HEAL program
In Person Gathering (hybrid optional)

- Goals of the Group-Based Follow-Up Session:
- Assess overall changes in mental well-being among participants.
- Facilitate open group discussions supported by integrated arts-based activities.
- Maintain engagement through continued participation in creative practices.
- Encourage collective reflection on program experiences and their impact.
- Evaluate behavioral changes, including the adoption and sustained use of program strategies.
- Gather insights on participants' access to resources and services that support their ongoing settlement journey.



6 Month Focus Group Overview

Introduction & Check In Activity	• Purpose and description of evaluation • Gain consent for recording session • Grounding and Mindfulness exercise
Part I: Rapport Building	• Introduction questions
Part II: Rectangle Activity	• Sticky note on Likert scale, learnings and adaptations from program towards improving mental health outcomes
Part III: Collective Poetry	• Ending reflections, surprises and growth moment prompt questions
Closing remarks & Gratitude	• Upcoming Announcements • Lunch break

PART I: Rapport Building

Introduction Questions

How has everyone been? Does anyone want to share any major changes in their lives since completing the program?

What was your first impression of the HEAL program?

- Was it what you expected?
- Is there anything which surprised you?
- What did you want to see more of?
- How would you improve the HEAL program?

Have you been able to benefit from any other programs or services since joining the HEAL program?

- How was your experience with accessing these services?
- For example, services related to safety, gender-based violence, settlement, etc.

How has the HEAL program made any changes to your community involvement or feeling of belonging within the community?

- How have you been involved, engaged, connected, or felt supported in the community?



PART II: Rectangle Activity to Measure Improvement Towards Better Mental Health Outcomes

I have gained a more positive outlook on my life after the HEAL Program.

- Please explain how so / If not Why not?

I use the art activities from the HEAL program often. Ex: to manage stress, to increase positivity, self-esteem, confidence, sense of control, or sense of belonging, etc. Write what art activities you have been using / if no, Why not?

I have gained coping strategies (skills, knowledge and techniques) through this program that I implement in my life.

- Please describe how you are implementing the strategies / If no, Why not?

I am more knowledgeable about my rights as a newcomer and the kinds of support available to me.

- Please describe something you learned. (What is something I learned in this program? such as: healthy relationships, human rights, psychoeducation etc.) / If no, Why not?

I have reached out to support resources or others for help, since joining the program

- Ex: reaching out to my network of support, and accessing resources in the community.
- Please describe one source of support for you. / If no, Why not?

Likert 1-5 scales: 1 = Strongly Disagree, 2 = Disagree, 3 = Neutral/Don't Know, 4 = Agree, 5 = Strongly Agree



Part III: Collective Poetry Activity

Prompt Questions

- One word or sentence to describe how you are feeling at this moment.
- One word or sentence to describe something unexpected that you experienced or learned - through/while in - the program.
- One word or sentence to describe a change or growth moment following the completion of the HEAL program.



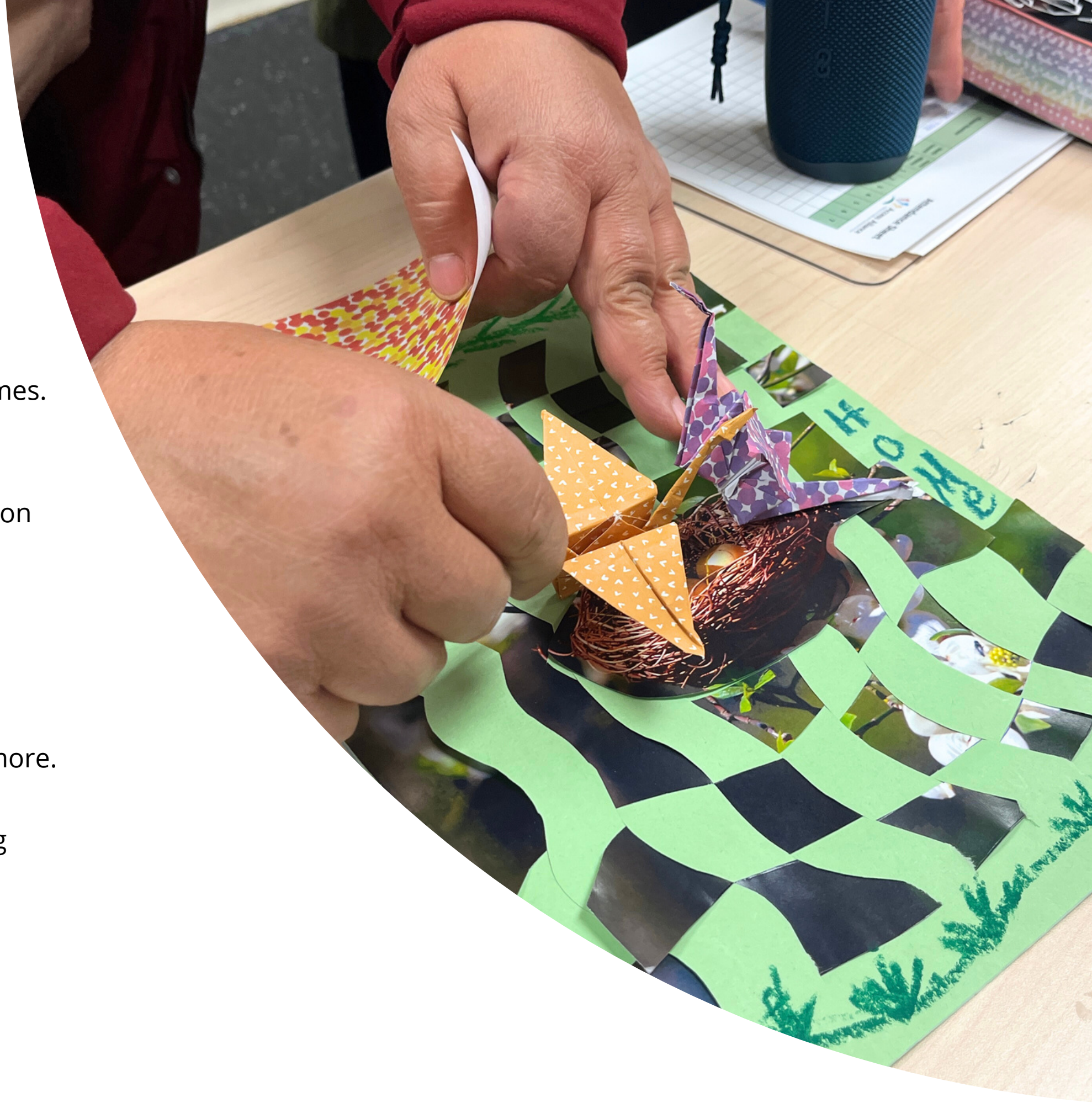
6 Month Focus Group: Wrap Up

- **Share details about upcoming arts and culture outings**, program gatherings, and evaluation sessions.
- **Follow up** within two weeks with participants who requested support or referrals.
- **Document participants' interpretations** of their artwork; store all data according to agency data storage policies.
- **Give Away** HEAL Project postcards to all participants featuring their collective paintings in postcard format.
- **Conduct a facilitator debrief** to capture key insights, challenges, and areas for improvement. Suggested questions:
 - What were the session highlights?
 - What should we continue doing?
 - What areas need improvement?
 - How can the tools be made more accessible?
 - Any additional questions or comments?



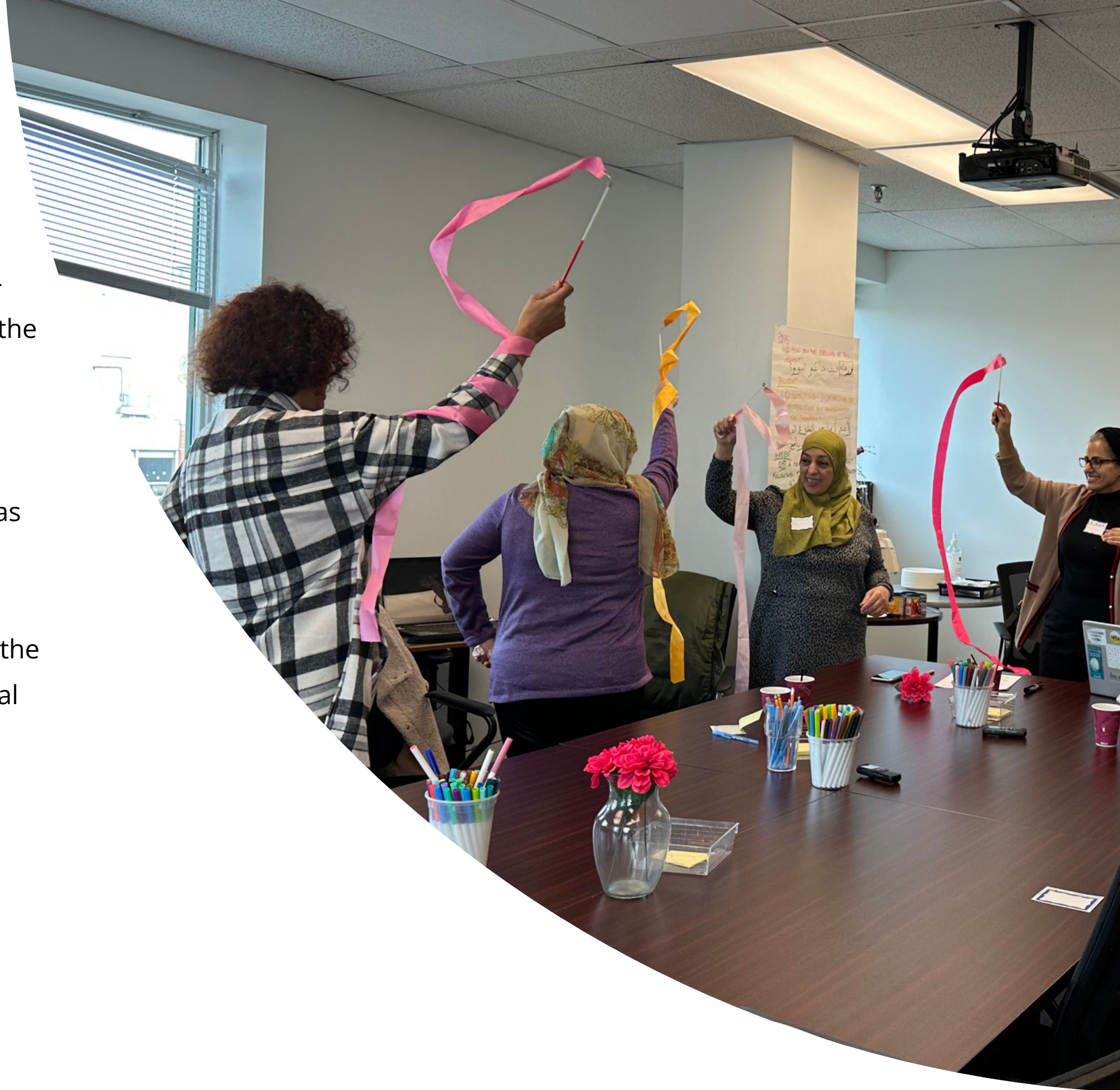
Considerations

- Recognize some participants may be unavailable due to new jobs or commitments gained through the program—these are positive outcomes. Document participant life progressions during each stage of outreach
- Encourage inclusive participation by inviting all voices into the discussion
 - e.g. have a speaking objective to pass around, actively invite participants to share.
 - Be mindful of group dynamics and create space for quieter participants.
- Prioritize participant voices—facilitators should speak less and listen more.
 - Asking open ended questions
 - Allow for pauses and moments of silence for reflection and sharing
 - Inquire and express gratitude for participants sharing



Key Messages

- **Documenting Lasting Impact** Exploring sustained changes in self-efficacy, knowledge, and engagement six months after completing the HEAL program.
- **Program Feedback & Reflection** Providing a final opportunity for participants to reflect on what worked well in the program and areas for improvement.
- **Building Trust and Strengthening Wellbeing** Reinforcing trust in the support systems introduced and encouraging ongoing use of mental wellbeing tool.
- **Fostering Community Belonging** Strengthening the sense of connection and shared experience among participants through collaborative activities like collective poetry and group discussions.





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Access Alliance

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HEAL

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Expressive Arts
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