

## **Introduction:**

Thanks for giving up your time to attend this focus group. My name is .....

and .....is also here to help with running the focus group. They will also make notes to help us in our understanding of the things that are said here today.

This focus group is being held as part of the REAL Study, a national study of mental health rehabilitation services which has been funded by the National Health Service. The purpose of the study is to improve our understanding of rehabilitation services and to see how they might be improved or enhanced.

Recently the GetREAL team has been working with staff and service users on your unit. We would like to know your views on how this went and whether you found it useful or not.

Before we begin we want to make a few key points about this session:

The focus group will last no more than an hour and will be recorded – this will allow us to capture your views as best we can. Once we have transcribed the tapes, the recording will be wiped. We will anonymise the transcripts so that nobody can be identified from them. Any notes taken during the focus group will also be anonymised. Any reports or publications we write about this aspect of the REAL study will therefore be anonymised and confidential.

We abide by the professional standards for researchers issued by our employer/s, University College London (or say name of employer if not UCL) which includes strict guidance regarding confidentiality

Is there anything you would like to ask us before we begin?

## **Introduction**

Ask each group member to introduce themselves – name, role, how long they have worked on the unit.

## **The GetREAL intervention**

The GetREAL team worked with you earlier this year/last year [ researcher to state the month/s they were there]

### ***Prior to GetREAL team starting:***

Can we talk a little bit about what your expectations and thoughts were about the GetREAL team coming to work with you?

- a) What did you think they were going to be doing?
- b) Did you think it sounded like the GetREAL team were likely to be helpful to you and your service users?
- c) What concerns, if any, did you have about them coming to work with you?

### ***Ok, so can I just move on to what the GetREAL team did when they were here.... once the GetREAL team had started:***

What did you think about the structure of the GetREAL team's time with you?

[training day in week one, then 4 weeks of "hands-on" work, then "top-up and planning" session in the final week]

Was the initial training day useful?

- Was it long enough? (or too long)?
- Was it pitched right for you & was the content relevant?
- Anything you particularly took away from this day as being useful?
- Anything you felt should be dropped?

What about the "hands-on" work:

- What was good about their approach?
- What did they do that was helpful to you as a professional?
- Did they "gel" well with your team?
- Was there anything you didn't like or approve of?
- Beyond having an extra pair of hands- did you learn anything new?
- Were there any problems in how they worked with your team?
- Were there any practical problems in doing some of the things they suggested (e.g. getting funds for activities/travel to community, timing of meetings etc)

### ***After the GetREAL team left:***

Are you still doing any of the things you started with the GetREAL team? (e.g. specific activities or groups, structures e.g. having care planning sessions on activities, including activities in all CPAs, arranging funds for activities, employing an activity worker)

Do you know what was in the final "Action Plan" they left for you to work on over the following 12 months?

Have you been able to do everything they put in the Action Plan?

- If not, what have you dropped and why?

Do you have a lead person (or people) for activities in your team?

- If so, is this a new thing since the GetREAL team came to work with you?

- If not, is it the same person as before they came?

Overall, do you feel that the degree to which your unit facilitates service user activities has been improved by the GetREAL intervention?

If yes, in what way....

And were there any negatives?

If no, what are the obstacles?

Were there any positives?

***OK so were about to wrap up now, is there anything else anyone would like to say about the GetREAL teams?***

**RESEARCHER THANKS PARTICIPANTS**