



Department of Occupational
Therapy, Social Work and Social
Policy

PARTICIPANT INFORMATION SHEET RESEARCH PROJECT

SUPPORTER SURVEY

Study Title: ACT Recovery College Evaluation

Protocol Number: 027399

Sponsor: Lynton Sheehan, Assistant Director, ACT Health Directorate

Principal Investigator: Professor Lisa Brophy, Discipline Lead in Social Work and Social Policy, La Trobe University

Research Site/s:

Before you decide whether or not you wish to participate in this study, it is important for you to understand why the research is being done and what it will involve. Please take the time to read the following information carefully and discuss it with others if you wish.

1. What is the purpose of this study?

The purpose is to evaluate the success of the Australian Capital Territory (ACT) Recovery College pilot, with a focus on the experiences and learning outcomes for students and other stakeholders such as family and carers, Recovery College staff and educators, and external service providers. Additionally, the evaluation will explore the College's reach and fit within the broader mental health system in the ACT.

2. Why have I been invited to participate in this study?

You are eligible to participate in this study because the person you support has participated in courses delivered by the college as a student. We are interested to hear your views on whether the college has succeeded in creating a safe space for learning about mental health, and what impacts the college has had on both of your lives. We are also interested in your views on who the college is reaching and its impact on the wider mental health system.

3. What if I don't want to take part in this study or if I want to withdraw later?

Participation in this study is voluntary. It is completely up to you whether or not you participate. If you decide not to participate, it will not affect your access, or the person you support's access, to Recovery College courses now or in the future. Whatever your decision, it will not affect your relationship, or the person you support's relationship, with the Recovery College staff.

If you wish to withdraw from the study once it has started, you can do so at any time without having to give a reason.



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You may withdraw from the study at any time and for any reason or no reason. Please tell the study team that you wish to withdraw from the study. Information that has been collected about you, prior to your withdrawal, may continue to be used in the data analysis, depending on how far the study has progressed. No new information will be collected or used after you have withdrawn from the study.

4. What does this study involve?

This study will be conducted over approximately **16 weeks**.

Participants from key Recovery College stakeholder groups (e.g. students, carers, educators, health care providers, community groups) will have the choice of participating in an internet survey or interview, and an additional optional focus group, about their experiences and perspectives of the Recovery College model, courses, practices, space, reach and fit within the ACT mental health system.

The internet survey collects information about satisfaction and experiences of engagement with the ACT Recovery College. It will take approximately 30 minutes.

Following the survey you will also have the option of participating in a focus group to assist the researchers in better understanding the survey and interview findings.

5. How is this study being paid for?

The study is being sponsored by ACT Health. Participation in this study will not cost you anything.

In appreciation of the time and effort involved, for each research activity you participate in, a \$40 gift card will be sent, within four weeks of your participation, to the address you supply in the online survey.

6. Are there risks to me in taking part in this study?

We are not anticipating any risks associated with participation in this project, and any potential risk are considered to be low. You are not required to answer any questions you do not wish to, and you may withdraw at any time. Should you become distressed as a result of your participation, you will be provided with information about support services available to you such as Lifeline:13 11 14 (24 hours a day). Your decision to participate and/or withdraw will not impact your relationship with the College.

We encourage you to complete this activity at a time that you feel comfortable and supported. If you are feeling distressed or uncomfortable at this moment, we support you to come back to this activity, at a later time. There may be future opportunities for you to be involved. Please contact someone you trust, or Lifeline: 13 11 14, for support.

The study is anticipated to assist those involved with the college to reflect on outcomes and their experiences of the College. The findings from the study will guide



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further development and/or evaluation of the Recovery College. However, it may not directly benefit you.

7. What if something goes wrong?

If you suffer any harm as a result of this study, you should contact the study team as soon as possible, who will assist you in arranging appropriate follow up.

8. Who is organising and funding the research?

This study is being conducted by a team of researchers from La Trobe University's Department of Occupational Therapy, Social Work and Social Policy, headed by Professor Lisa Brophy. The study is being funded by ACT Health.

No investigator or member of research staff will receive a personal financial benefit from your involvement in this study. The study investigators declare no personal conflict of interest relevant to the undertaking of this study.

9. How will my confidentiality be protected?

Recovery College staff will not know whether or not you are participating in this study. Any identifiable information that is collected about you in connection with this study will remain confidential and will be disclosed only with your permission, or except as required by law. Only the researchers named above will have access to your details and results that will be held securely at La Trobe University Bundoora campus in a locked filing cabinet or password protected and encrypted university server.

10. What happens with the findings?

Findings will be shared with the Recovery College, ACT Health and other partnering organisations. Findings may also be published in academic journals to support the development of other Recovery Colleges.

In any publication, information will be provided in such a way that you cannot be identified. A summary of findings will be made available via the Recovery College website, or on request from the research team.

11. What happens to my involvement with the Recovery College when the study is finished?

Your involvement with the Recovery College will not change at the end of the study.

Decisions about your participation in future Recovery College courses is at your discretion, in consultation with Recovery College staff.



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12. What should I do if I want to discuss this study further before I decide?

When you have read this information, a member of the research team will discuss it with you and answer any queries you may have. You are also able to take this information away with you and discuss with your family, friends, treating doctor or any other person you choose. If you would like to know more at any stage, please do not hesitate to contact **Lisa Brophy** on:

Mobile: 0438 722 681 or Email: l.brophy@latrobe.edu.au

13. Complaints and compensation

If you suffer any injuries or complications as a result of this research project, you should contact the study team as soon as possible and you will be assisted with arranging appropriate medical treatment. If you are eligible for Medicare, you can receive any medical treatment required to treat the injury or complication, free of charge, as a public patient in any Australian public hospital.

If you suffer an injury as a result of your participation in this research project you may be able to seek compensation through the courts.

14. Who should I contact if I have concerns about the conduct of this study?

This study has been approved by the ACT Health Human Research Ethics Committee. If you have any concerns or complaints about the conduct of this study, and do not feel comfortable discussing this with study staff, you may contact the Committee secretariat who is nominated to receive complaints about research projects. You should contact the secretariat on 6174 7968 or ethics@act.gov.au

Thank you for taking the time to consider this study.

If you wish to take part, please follow the survey link in the e-mail.

This information sheet is for you to keep.