

Trauma Survivor Interview Guide

Thank you for agreeing to participate in our study. We have provided the interview guide so that you know the type of questions to expect and to enable you to think about your responses prior to the interview. The questions may vary slightly depending on how our conversation unfolds. For this interview, we are hoping to gain a better understanding of your experience with the peer support program you participated in after your injury. Your feedback will help us improve the program for others. Throughout the interview, please feel free to share as much or as little as you feel comfortable with

The following is a list of events/occurrences that require you to stop the interview. In addition to this list, use your discretion in assessing the circumstances that might indicate that a participant is feeling too pressured, uncomfortable or upset to continue the interview.

- 1. If a participant explicitly says to stop the interview***
- 2. If the participant verbally or physically implies that they would like the interview to stop (e.g. participant says “I don’t think I can do this”, etc...)***
- 3. If the participant is crying to the point of being unable to speak***

Upon stopping, ask the participant if they would like to reschedule the rest of the interview for a later date, if they feel they can continue after taking a short break, or if they would like to drop-out of the study.

1. To start, can you tell me a little bit about your recovery journey so far, from the time of your injury until now?
 - What has it been like moving through different stages of care — like the hospital, rehab, and then going home?
 - When were you first introduced to the peer support program?

PHASE 1: ACUTE CARE (Introduction to PSP)

2. Now I want you to think back to when you were first introduced to the peer support program while in the hospital. What do you remember about that?
 - Who told you about it, and what did they say?
 - How did you feel about the idea at the time?
 - What made you want to take part (or feel unsure)?
3. Did the timing feel right to be introduced to the program then?
 - Did it feel too soon, or just right?
 - Was it hard to take in that information at the time?

PHASE 2: INPATIENT REHABILITATION (In-Person Peer Support)

4. While you were at St. John’s Rehab, you participated in in-person group peer support sessions. Can you tell me what that was like?
 - What kinds of things did you talk about or do in the sessions?

- Was there anything especially helpful or meaningful?
 - Was there anything that didn't work well?
5. Thinking about your experience overall in rehab, how manageable was it to participate in the in person peer support sessions?
- How did the sessions fit into your rehab routine and daily life there? Were they easy or hard to attend?
 - Did they feel like a good addition to your rehab, or like too much? Why?
 - Did the timing, location, and group setup work for you?
 - Did the frequency and length of sessions feel right?
 - Would you have preferred more, fewer, or different kinds of sessions?

PHASE 3: COMMUNITY REINTEGRATION (Virtual Peer Support)

6. After you were discharged home, you started attending virtual peer support sessions. What was it like making that transition?
- How did it feel to go from in-person to virtual support?
 - How was the hand-off between rehab and home?
 - Did it feel like the peer support followed you into the community?
7. How would you describe your experience with the virtual peer support sessions?
- What worked well — and what didn't — in the virtual format?
 - Did you feel comfortable and connected?
 - Was it easy to access and use technology to connect with peers?
 - How did you feel about the topics discussed?
 - Did they feel valuable?
 - Did they help you adjust to community life?
 - Did they help your recovery?
8. Once you were home, how well did the peer support sessions fit into your everyday life?
- Was it easy to participate in the sessions from home?
 - Did they feel helpful or intrusive at that stage?
 - Did anything about your schedule, family life, or recovery get in the way?

OVERALL REFLECTIONS ON THE PSP JOURNEY

9. Thinking back about your experience transitioning from hospital to rehab to home, how did participating in the PSP affect your journey?
- Were there certain times where it made a bigger difference?
 - Were there points where it was not as helpful?
 - Did the support evolve as your needs changed?
 - What, if anything, would you have changed?
10. How would you describe the trained peer supporters who facilitated the group sessions?
- Did they seem prepared and confident?
 - Did you feel they understood what you were going through?
 - What did you appreciate most about their approach?

- What would you change or improve about their approach?

11. Finally, if someone else was just starting this journey and thinking about joining the peer support program, what would you tell them?

- What would you want them to know?
- Would you recommend it?
- What advice would you give us to improve the program?

Thank you again for sharing your experiences. Your voice is incredibly important in helping us shape and improve the Peer Support Program for others recovering from traumatic injuries in the future.