

Trained Peer Supporter Focus Group Guide

Thank you all for being here today. We're holding this focus group to better understand your experiences as trained peer supporters for our Trauma Peer Support Program. We're especially interested in hearing your thoughts about the training you received, how it felt to support others during different phases of their recovery, and what worked well or could be improved in the program overall.

The following is a list of events/occurrences that require you to stop the focus group. 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. Let's start with the training you received before stepping into the peer supporter role.
What was your experience of that training?
 - What parts of the training felt most helpful or relevant?
 - Were there any topics or skills you wish had been covered more deeply?
 - Did you feel prepared going into your first session?
 - Did anything surprise you when you began supporting others?
2. What was it like to facilitate the peer support sessions — both in-person during rehab and virtually after discharge?
How did the two formats (in-person vs virtual) compare for you?
 - What kinds of challenges did you face in each setting?
 - Were there moments that really stood out to you?
 - Did you feel supported in your role as a facilitator?
3. How did you see participants engage with the program across their recovery journey?
 - Did you notice any changes in how participants engaged at different stages (e.g. rehab vs home)?
 - What seemed to make a difference for participants?
 - Were there any moments of connection, progress, or difficulty that really stayed with you?
4. Thinking about the overall structure of the program (the timing, format, and how it was introduced) what do you think worked well? What could be improved?
 - Did the flow of the program across the care continuum work well?

- Were there points where the program could have better supported the participants (or you as a peer supporter)?
- Do you feel like the program had an impact? On participants? On you?

5. Looking back on your role in this program, what would you say it meant to you?

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.