

Healthy Transitions Evaluation Team Photovoice Project 2023

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Feedback

The feedback I would like from my classmates includes:

Where could this be more clear?

Where do you see potential issues?

What do you find exciting?

Where should I focus my efforts to improve this plan?



The Purpose

“I really believe that this project can **make a difference** for this population, but not if we are asking the wrong questions or taking the wrong approach. **Incorporating the voices** of those we want to learn about not only makes sense but is truly the **only ethical way** to go about designing a research project. I desire to **effect change meaningfully.**”

Participants take **daily photos** related to their experiences with mental health in the community. They meet in a focus group to discuss the photos and give **context** to the images. The project culminates in a **traveling display** of photos and quotes. This will allow program leadership to understand the TAY's **lived experiences** and priorities related to mental health in the community and will highlight **community awareness** of TAY needs. The evaluation team will use the data to inform the findings in their report at the end of the grant.



Outcome & Aspirational Image

The **OUTCOME** will be

Data that helps our **evaluation**

Results that help create **change in the community**

Results that reach a **wider audience**, such as state policymakers

*“By bringing the voice of transition-aged youth to life, it is possible for the Photovoice project to impact the **hearts and minds** of our community and our leaders.”*

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Level of Participation

Adult led – youth consulted

We are consulting youth for every stage of the project, including designing questions we will ask at our focus group. We want youth voice at every step.

Our goal is for future projects to evolve to youth=adult participation.



Risks & Benefits - Orientation

Risks	Benefits	Plans
<p>Anxiety - fear of unknown Vulnerability - increased in person Spotlight is on “me” Fear of rejection Feeling stuck or coerced to be a part of something that isn’t “for me” Confidentiality Taking time out of potentially busy schedule</p>	<p>Understanding the process better Getting excited about picture-taking Opportunity to make connections with others who are dealing with similar things Opportunity to get stuff off your chest, a way to acknowledge experiences Being able to see examples or be prompted and primed for the task</p>	<p>Create a written Guide Modeling, vulnerability, and presence In-person 1.5-2 hours? Where? AB Tech? Personal phone call to each participant - direct care staff? →Extend an invitation Setting common groundrules, expectations, safety, choice, confidentiality</p> <ul style="list-style-type: none"> •Structured mingle or check in/icebreaker (blobby people tree) (15 mins) •Purpose of our gathering (5 mins) •Ground rules, expectations, safety agreements: confidentiality, choice, speaking for yourself (10 mins) •Presentation/interaction (30 mins) •Break for discussion (25 mins) <ul style="list-style-type: none"> • Prompts •Questions/wrap up (25 mins) •Unstructured mingle? (10 mins) •Signatures/paperwork/logistics/WhatsApp? (email collection for Remuneration) •Camera signout if needed <p>Guide:</p> <ul style="list-style-type: none"> •“What to do if...” - who to contact •If group chat, add to consent paperwork •Data upload options: google drive, email as an attachment, text (?); considerations for cameras, rather than phones <ul style="list-style-type: none"> • May need to offer most secure option for IRB

Risks & Benefits – Photo Taking

Risks	Benefits
<p>Safety (don't do anything unsafe just to get good photos)</p> <p>Having to sign photo releases for individuals that may be in the photo</p> <p>Fear of judgment about pictures taken</p> <p>Disappointing yourself, not being good at it</p> <p>Fear of failing the task</p> <p>Not knowing what to take a picture of</p> <p>Fearing that you're not a creative person</p>	<p>Opportunity to get stuff off your chest, a way to acknowledge experiences</p> <p>Photos are fun - Creative expression</p> <p>Exploration, seeing the world in a different way, adventurous</p> <p>Overcoming creative blocks, discovering that this is an opportunity to gain another skill or way of expressing themselves</p> <p>Able to express voice through images</p>

Risks & Benefits – Focus Group

Risks	Benefits
<p>Getting triggered, needing intervention</p> <p>Shyness, fear of sharing</p> <p>Fear of public speaking</p> <p>Sharing vulnerable stories</p> <p>Sharing painful experiences</p> <p>Anxiety - fear of unknown</p> <p>Vulnerability</p> <p>Spotlight is on “me”</p> <p>Fear of rejection</p> <p>Feeling stuck or coerced to be a part of something that isn’t “for me”</p> <p>Confidentiality</p> <p>Taking time out of potentially busy schedule</p> <p>Feeling pressured to speak for a whole community (age, race, gender, etc)</p> <p>Feeling Guilty for "Airing Dirty Laundry"</p> <p>Feeling Labeled "defined only through this lens"</p> <p>Putting a lot of effort into project and feeling like there is no impact</p>	<p>Being able to engage in generative/affirming conversation</p> <p>Comfort in knowing you aren’t alone</p> <p>Building self-confidence/self-efficacy</p> <p>Empowering TAY</p> <p>Able to get your voice heard</p> <p>Sense of belonging</p> <p>Opportunity to explore identity</p> <p>Opportunity to reframe how story gets told.</p> <p>Build confidence in public advocacy</p> <p>potential to show on resume participation in community leadership project</p>

Risks & Benefits – Traveling Exhibition

Risks	Benefits
<p>Agency risk - Nobody wants to come</p> <p>Negative reactions from the community/audience</p> <p>Feel pressured into being there</p> <p>Media coverage</p> <p>Could be recognized by others</p> <p>Your story is publicized</p>	<p>Proud of yourself/your work/your ability to share with the community</p> <p>Moderator is present to keep folks safe</p> <p>Could be fun</p> <p>Opportunity to develop skills (public speaking)</p> <p>Chance to change hearts/minds, persuade community thought and hopefully subsequent action</p> <p>Media coverage</p>

Action Plan

Upcoming Committee Activities (Dates TBD pending IRB):

Plan Orientation

Orientation Guide

Presentation

Forms

Who should be there?

Logistics: location, timing, food, materials

Remuneration

Plan Data Collection

Guide

Check-ins

Data Management

Plan Focus Group

Date, Time, Format

Protocol

Remuneration

Plan Traveling Exhibit

Date, Time, Location

Soft Opening/ Private exhibition?

Logistics

Media

Survey

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Photovoice Project Orientation

Healthy Transitions
Evaluation Team
Photovoice Project
2023



Change Leverage

Youth & Young Adult Involvement

Pre-Contemplation:

Flyer to share purpose; Recruitment email with purpose & desired outcomes; Outreach at events

ON THE WAY:

Video & TikTok co-designed with youth volunteer!

Social Media posts



"My hands shake when I get nervous or frightened, just like the leaves of the trees with the wind."

© Zendi V., aged 20, Self-portrait from her series "My Illness, Living with Anxiety", Perspectives of the Sierra, 2017.

Continual Self-Assessment

A Philosophy of Reflective Practice...

Reflective journal to understand motivations, biases, and learnings

Weekly **check-ins** with Professor

Feedback from planning committee

Continued reading of **primary literature**

National conference presentation to attain professional feedback from the field



Discussion

