

Carmen Study Focus group with young adults aged 14-18 in LA4

- Welcome the participants and thank them for participating
 - Explanations of the study in further details (Preliminary information)
 - Purpose of focus group – to assess feasibility for larger trial
 - Group contract - Ask to put phone on silent / not talk over each other
 - Confidentiality and recording – Sign consent forms
 - Breaking the ice – games
 - Explain the structure of the focus group
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1. Views about mentoring

1.1 What is a mentor?

(I.e. meaning for you? What is a mentor for? What does a mentor do?)

1.2 Do any of you have a mentor?

Probe: What type of person are they e.g. teacher? What are the good / bad characteristics they have ?

1.3 What do you think of the idea of mentors for young women in care?

Probe:

- Is there a value for having a mentor for a young women in care?
- What makes a good mentor – what are the characteristics they ought to have?
- **What kind of young people would benefit from having a mentor?**
- How are they different to other professionals?

1.4 For young women age 14-18, do you think the age of a mentor matters?

1.5 How about whether the mentor is a man or a woman, would it matter to you?

1.6 Would it matter whether a mentor had been in care?

1.7 If you were offered a mentor for one year, would you like a female peer mentor of a similar age to you who had been in care?

Probe: What would your reason be? What would you like them to help you with? / If not, why not?

1.8 Would you have liked this at a younger age? (Pre age 14)

2. Randomisation

Young women aged 14-18 who are recruited to take part in the study in Ealing, Lambeth and Essex have a 50% chance of receiving a mentor. This is because we need to compare the experiences of those who receive a mentor with those who do not – this will allow us to see if mentoring for young people in care is helpful.

Whether or not they receive a mentor is decided at random after a young person has consented to take part in the research.

2.1 What do you think about the fact that half the young people aged 14-18 can receive a mentor in the research study and the other half do not?

Probe: Do you understand it? If not, how could we make it clearer to young people?

2.2 If the Carmen study were available in [REDACTED] and you had the knowledge that you may not receive a mentor, how many of you would consider taking part?

Probe: reasons / motivation

2.3 What do you think your carer / social worker would think about the idea that you cannot be guaranteed a mentor?

3. Research

All young women aged 14-18 who give consent to take part in the study, (whether allocated to a mentor or not), they take part in a research interview at the beginning of the study. They receive a £15 love to shop voucher. The interview takes about 1.5 hours. The researchers offer snacks and provide money for travel to get there and home. Participants are asked to take part in another interview a year later and will receive another £15 for this.

3.1 What is your view on

- i) Taking part in a research interview? (Have you done interview before? Feelings? Answering personal questions?)
- ii) Receiving £15 voucher for this?

FOR THE TWO PARTICIPANTS AGE 19+

- a) If the Carmen mentoring intervention were available in [REDACTED] [REDACTED] would you consider becoming a mentor for a young woman in care?

Probe: What would be your reasons / motivation?

b) Mentors for the Carmen study receive £40 vouchers per month and can gain a level 1 Asdan qualification. What is your view on these incentives?

Probe: Would you consider becoming a mentor if there was no financial incentive?

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4. Contact with a mentor

Mentors in the Carmen study are asked to meet with their mentee once a week, face to face, for one year.

4.1 What do you think about meeting with a mentor once a week for one hour?

Probe: Is it too much, too little, just right

4.2 If you had a mentor, what would you like to do with them?

4.3 Do you think it is practical to ask a mentor/mentee to meet once a week? Why?

Probe: Travel (car/public transport / other commitments)

4.4 Mentors receive £60 / month for paying for activities their mentee and to pay for travel for both of them. What do you think about this amount of money for activities? (£15/week)

4.5 What do you think about one year as the amount of time for the mentoring relationship?

4.6 How do you think you might you feel at the end of the year?

4.7 And how do you think this could be managed so that it is a positive ending?

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5. Recruitment methods

5.1 What do you think of the recruitment materials we produced? (i.e. leaflets, and one page flyers)

Probe: colour, length, language

5.2 Is there anything else you would have liked to know from the leaflets that was not covered?

5.3 Would the information in the leaflet be important for you in deciding to take part in the study?

Probe: What would encourage you to take part in a study like this?

5.4 What do you think are the best ways to advertise the Carmen study to people your age who may want to take part?

5.5 If you were interested in taking part, would you respond to an poster / leaflet which asked you to call the project coordinator?

Probe: If not why? How would you like to be contacted? Phone / face to face?

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Overall,

6.1 Do you have any particular concerns you would like to voice about mentoring programmes in general?

6.2 Do you have any particular concerns about what this programme is trying to achieve?

Carmen Study Focus group with young adults aged 19-25 in LA4

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1. Views about mentoring

1.1 What is a mentor?

Probe: meaning for you? And thoughts about what a mentor does

1.4 What do you think of the idea of the idea of mentors for young women in care?

Probe:

- What do you think is the value of having a mentor?
- What makes a good mentor – what are the characteristics a mentor ought to have?
- What kind of young people would benefit from having a mentor?

1.5 Did any of you have a mentor when you were aged 14-18?
If so, what can you remember about them?

Probe: What type of person were they? What good / bad characteristics they had?

1.4 For young women age 14-18 in care, do you think the age of their mentor matters?

1.5 How about whether the mentor is a man or a woman, do you think it would matter to them?

1.7 Would it matter whether a mentor had been in care?

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2. Incentives

2.1 If the Carmen mentoring intervention were available in [REDACTED] [REDACTED] how many of you would consider becoming a mentor for a young woman in care?

Probe: What would be your reasons / motivation

2.2 Mentors for the Carmen study receive £40 vouchers per month and can gain a level 1 Asdan qualification. What is your view on these incentives?
Probe: Would you consider becoming a mentor if there was no financial incentive?

2.3 Mentors receive £60 / month for paying for activities their mentee and to pay for travel for both of them. What do you think about this amount of money for activities? (£15/week)

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3. Recruitment

3.1 What do you think of the recruitment materials we produced?
(i.e. leaflets, one page flyers)

Probe: colour, length, language

3.2 Is there anything else you would have liked to know from the leaflets that was not covered?

3.3 Would the information in the leaflet be important for you in deciding to take part in the study?

3.4 What do you think are the best ways to advertise the Carmen study to people your age who may want to become mentors?

3.5 What do you think are the best ways to advertise the Carmen study to young people in care?

3.6 If you were interested in taking part, would you respond to an advert and call the project coordinator?

Probe: If not why? How would you like to be contacted? Phone / face to face?

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4. Training

The training to become a mentor took place over four days (some day during the week) and covered a range of issues – All participants who attended said they enjoyed it and nearly all participants who attended decided to become mentors afterwards. Some participants could not attend training due to education and work commitments.

4.1 Do you think you would have had any difficulties attending the training?

Probe: taking time off from work / college / childcare

4.2 How do you think some of these issues be overcome?

Probe: payment / childcare / dates /times

4.3 If you were organising the training, when would you put it on?

Probe: Once a week, weekdays, weekends

5. Contact with mentee

5.1 Mentors in the Carmen study are asked to meet with their mentee once a week, face to face, for one year. What do you think about this?

Probe: Is it too much, too little, just right

5.2 Do you think it is practical to meet a mentee once a week for an hour? Why?

Probe: Travel - car/public transport – other commitments – childcare expenses

5.3 If you had a mentee, what would you like to do with them?

Probe: What would be beneficial for them and why?

5.4 Mentors are required to complete a diary of their contact for the researchers. They are able to complete the diary using an application on their mobile phone or by completing it online, through a confidential server.

- i) Do you have any preference between the two?
- ii) What are your thoughts about the task of completing a diary on a phone / online?

5.5 What are your thoughts about one year as the amount of time for the mentoring relationship?

5.6 What, in your view, would be an appropriate way for the relationship to end?

Probe: feelings /support with this

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6. Support

6.1 What kind of support do you think you'd need as a mentor?

Probe: What do you think you may need help with?

6.2 What do you think of the idea of a monthly support group?

This would be to discuss how things are going with other mentors and the project coordinator and to try and resolve any issues.

6.3 What kind of professional do you think should provide the support?

Probe: Attribute and role i.e. a social worker?

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7.1 Overall, do you have any particular concerns you would like to voice about mentoring programmes in general?

7.2 Do you have any particular concerns about what this programme?

Carmen Study - Focus Group Social Workers

- Welcome the participants and thank them for participating
 - Purpose of focus group – to assess feasibility for larger trial
 - Confidentiality and recording - Consent form
 - Explain the study and the intervention in detail (preliminary info)
 - Explain the structure of the focus group
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1. Views about mentoring:

1.1 Do you think the study is a worthwhile area of research? I.e. reducing teenage pregnancy for young women in care?

1.2 What do you think of the idea that providing mentors for young women in care can potentially

- i) Reduce teenage pregnancy?
- ii) Have other benefits (probe: psychological health, education, help seeking)

Probe: Is there any value? Can you think of any particular young persons who would really benefit from this intervention?

1.3 Do you think there are any advantages, for young women in care, of having a mentor who

- b) Is of a similar age
- c) Has been in care herself?

1.4 Do you think there are any disadvantages ?

2. Awareness of the Carmen Study:

2.1 How many of you have heard about the Carmen Study?

2.2 When did you first hear about the Carmen Study? From whom?

Probe: Was there a strong push / presence from senior managers?

2.3 What was your immediate response when you have heard about this particular study?

Probe: Why?

2.4 For those who have heard about it – what involvement with recruitment have you had?

Probe: What are the issues you've experienced / true for other social workers?

In the Carmen Study, young women aged 14-18 who are recruited to take part in the study in Ealing, Lambeth and Essex have a 50% chance of receiving a mentor. This is because we need to compare the experiences of those who receive a mentor with those who do not – to allow us to see if mentoring for young people in care is helpful.

The allocation of the young woman to receive a mentor or to receive their usual care is decided at random after a young person has consented to take part in the research.

2.5 What do you think about the fact that half the young women are randomly allocated to receive a mentor and half are randomly allocated to receive usual care?

Probe: Do you understand why we do this as part of the research?)

How do you feel about people receiving/ not receiving a mentor?

Do you see this as a potential advantage and/or disadvantage for participants in this study? Is it an impediment to recruitment that some participants get a mentor and some do not?

What do you think social workers and other professionals might think about this and do you think it would affect recruitment?

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5. Contact with mentee

5.1 Mentors in the Carmen study are asked to meet with their mentee once a week, face to face, for one hour, for one year.

What are your views on

- i. Frequency of contact
- ii. Type of contact
- iii. Activities they could do
- iv. Length of mentoring intervention? (Year long enough? Too long /not enough)

Probe: practical issues i.e. travel - other commitments – childcare expenses

5.2 What are the potential areas of concern for you with regard to the relationships?

5.3 And what could be done to manage those concerns / problems?

Probe: Drop out / endings - What support might mentor need with this?

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6. Incentives

6.1 Mentors for the Carmen study receive £40 vouchers per month and can gain a level 1 Asdan qualification. What is your view on these incentives?

6.2 Mentors receive £60 / month (or £15 per week) to participate in activities with their mentee. What do you think about this amount of money for travel and activities? (£15)

6.3 Is there anything else you think mentors / mentees should be receiving for their participation?

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6. Mentor Training - Fully explain the topics covered in training:

6.1 What do you think about the areas covered in the training?

Probe: Is there anything you would add / omit?

6.2 Based on your experience, when do you think is the best time to deliver the training, to ensure that 19-25 year olds are able to attend? (i.e. time of year, weekdays/weekends).

6.3 What kind of professionals in the LA do you think are best placed to deliver the training? **Prompt:** Would you feel comfortable delivering parts of it? Which parts?

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7. Matching

Fully explain the matching criteria:

The main criteria for pairing mentors with mentees were their geographical location, i.e. their proximity to each other. This is to increase the likelihood that the mentor and mentee will meet face to face every week. Ideally there should also be a 5 year age gap between the mentee and mentor. Any additional information from mentors / mentees or social workers regarding preferences for matching are passed to the project coordinators, to help them with matching participants.

7.1 What are views on our matching criteria?

Probe: Is there anything you would add / omit?

7.2 Do you think mentors should know anything about their mentee before their first meeting? And if so, what?

7.3 Do you think mentees should know anything about their mentor before their first meeting? And if so, what?

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8. Support for mentors

8.1 What kind of support do you think a mentor would need?

Probe: What do you think they may need help with? How?

8.2 Who do you think should deliver it from the LA?

8.3 What do you think about a monthly support group

9. Recruitment materials and methods

9.1 Were you aware of the recruitment materials provided by SGUL?

9.2 What did you think of them?

(Hand them out! – time to read it and then discuss language, design)

Probe: Would you explain any aspects of the study in a different way?

9.3 What are the key points the local authorities need to know about the study in order to enable them to effectively recruit young women?

9.4 What do you think are the best ways to advertise the Carmen study in order to reach out to young women who may want to become mentors? And in order to recruit young women who are still in care?

9.5 What do you think the problems might be in recruiting mentees and mentors?

9.6 And what could be done to address them?

9.7 Do you have any views about recruitment for social research in social care settings in general?

Probe: Are the difficulties likely to be similar across research settings?

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10.1 Do you have any particular concerns about this mentoring intervention you would like to voice? **10.2** Do you have any particular concerns about what this intervention is trying to achieve?

Any other comments

Carmen Study - Focus Group Education Health & Foster Carers

- Welcome the participants and thank them for participating
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 - Explain the structure of the focus group
 - Confidentiality and recording
 - Start by explaining the study and the intervention in detail
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1. Views about mentoring:

1.3 Do you think the reduction of teenage pregnancy for young women in care is a worthwhile area of research?

1.4 What do you think of the idea that providing mentors for young women in care can potentially

iii) Reduce teenage pregnancy?

iv) Have other benefits (probe: psychological health, education, help seeking)

Probe: Is there any value? Can you think of any particular young persons who would really benefit from this intervention?

1.3 Do you think there are any advantages, for young women in care, of having a mentor who

d) Is of a similar age

e) Has been in care herself?

1.5 Are there any disadvantages / concerns?

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2. Awareness of the Carmen Study:

2.2 How many of you have heard about the Carmen Study?

2.2 When did you first hear about the Carmen Study? From whom?

Probe: Was there a strong push / presence from senior managers?

2.5 What was your immediate response when you have heard about this particular study? Why?

2.4 For those who have heard about it – what involvement with recruitment have you had?

Probe: Have you spoken to any young people? Reaction? Outcome.

In the Carmen Study, young women aged 14-18 who are recruited to take part in the study in Ealing, Lambeth and Essex have a 50% chance of receiving a mentor. This is because we need to compare the

experiences of those who receive a mentor with those who do not – to allow us to see if mentoring for young people in care is helpful.

The allocation of the young woman to receive a mentor or to receive their usual care is decided at random after a young person has consented to take part in the research.

2.6 What do you think about the fact that half the young women are randomly allocated to receive a mentor and half are randomly allocated to receive usual care?

Probe:

Do you see this as a potential advantage and/or disadvantage for participants in this study?

What do you think social workers and other professionals might think about this?

Do you think it would affect recruitment? / how would you feel if you were asked to recruit?

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3. Contact with mentee

Mentors in the Carmen study are asked to meet with their mentee once a week, face to face, for one hour, for one year.

3.1 What are your views on

- v. Frequency of contact
- vi. Type of contact
- vii. Activities they could do
- viii. Length of mentoring intervention? (Year long enough? Too long /not enough)

Probe: practical issues i.e. travel - other commitments – childcare expenses

3.2 What are the potential areas of concern for you with regard to the relationships?

3.3 And what could be done to manage those concerns / problems?

Probe: Drop out / endings - What support might mentor need with this?

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4. Incentives for mentors

4.1 Mentors for the Carmen study receive £40 vouchers per month and can gain a level 1 Asdan qualification. What is your view on these incentives?

4.2 Mentors receive £60 / month to participate in activities with their mentee. What do you think about this amount of money for travel and activities? (£15)

4.3 Is there anything else you think mentors / mentees should be receiving for their participation?

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5. Mentor Training - Fully explain the topics covered in training:

5.1 What do you think of the topics covered?

5.2 Based on your experience, when do you think is the best time to deliver the training, to ensure that 19-25 year olds are able to attend? (i.e. time of year, weekdays/weekends).

5.3 What kind of professionals do you think are best placed to deliver this training?

Prompt: Would you feel comfortable delivering parts of it? Which parts?

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6. Support for mentors

6.1 What kind of support do you think a mentor would need?

Probe: What do you think they may need help with? How?

6.2 Do you think mentors should be given any particular information about mentees before they begin mentoring?

6.3 What do you think about a monthly support group?

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7. Recruitment materials and methods

7.1 Were you aware of the recruitment materials provided by SGUL?

7.2 What did you think of them?

(Hand them out! – time to read it and then discuss language, design)

Probe: Would you explain any aspects of the study in a different way?

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7.4 What do you think are the best ways to advertise the Carmen study in order to reach out to young women who may want to become mentors? And in order to recruit young women who are still in care?

7.5 What do you think the problems might be in recruiting mentees and mentors?

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Probe: Are the difficulties likely to be similar across research settings?

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Overall,

10.1 Do you have any particular concerns about this mentoring intervention you would like to voice?

10.2 Do you have any particular concerns about what this intervention is trying to achieve?