

FAQs for Caregivers

The University of Washington (UW) is seeking input from caregivers about possible ripple effects of mental health services. Ripple effects are positive or negative effects that are not usually examined in mental health research, such as feelings of self-confidence or burnout that might result from being a peer support provider. You can earn up to \$300 for completing 3 online surveys over 6 months to help us brainstorm possible ripple effects.

Who is involved in this study?

This is a project funded by the National Institute of Health (NIH). The UW is partnering with the Family-Run Executive Director Leadership Association (FREDLA; a national family-run organization), Youth MOVE National (a national youth-run organization), mental health care providers, policy makers, and researchers across the United States.

Who can participate?

We are looking for caregivers of children, youth, and young adults who have received or are currently receiving mental health services (for example, therapy, medication management, etc.). Participants must also have had some experience with other aspects of implementing mental health services and supports, such as one of the following:

- Experience with working on mental health policy or as part of advisory committees
- Employment as a parent peer support provider or trainer
- Conducted training for mental health providers or child-serving systems
- Member of a system of care governance group or committee

Do I have to participate?

No, your participation is completely voluntary – this means it is your decision to agree or decline to participate. If you agree to participate, you have the option to drop out at any time.

What am I expected to do if I join the study?

If you agree to participate, we will ask for your contact information so we can email you three online surveys over a period of 6 months to complete during the study. It may take approximately 45 minutes to 1 hour to complete each survey. While you can leave the study at any time, we do ask that anyone who decides to participate makes an effort to finish all three surveys. Your expertise and unique point of view is important and critical to identifying ripple effects of mental health services. None of the questions will ask for your or your family's personal details about use of mental health services. Your answers will be combined with answers from other caregivers and will be used to improve the mental health services received by other children and youth.

What's in it for me?

For each survey completed, we will email you a \$100 electronic gift card (total of \$300 for completing all three online surveys). You will also have the option to donate the \$100 incentive to an organization of your choice each time you complete a survey.

Who can I contact if I am interested in participating or if I have additional questions/concerns?

Please email the UW project coordinator, Ian Muse, at imuse@uw.edu.

