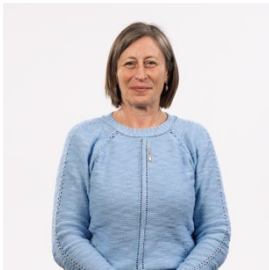




Mental Health for All Team Talks About Recruitment



Katie: Once we had agreed on the type of people we would invite to participate, we had to think about how we would find people to be in our studies in ways that felt respectful and trustworthy.



Brendan: I suggested we share information in ways that are understandable. This might mean using simple, everyday words, instead of the big research words you use with your research team, slowing down when you talk, and using pictures or another form of communication like writing that is better for some people.



Micah: I also suggested that when there is another person there, we be sure to talk directly to the person with the disability since it's their choice to be in the study or not.

Brendan: I reminded everyone to not make people feel pressured to say yes. For example, we can remind people that they have a choice to be in the study and that they can stop at any time.



Ariel: We also made sure to tell them that no one would be mad if they said no or changed their mind. We made sure to not say things like “If you don’t do this, you won’t get the gift card at the end” so the people didn’t feel pressured to be in the study.

Micah: We also realized some people might feel a little suspicious about who we are and what we were doing. We told people we were a team of people from the state self-advocacy association and the local university.

Katie: We shared that we had money from the government to do our project. To help people feel comfortable with us, we also spent a little time getting to know each other.

Micah: Because of all the work we did before we started looking for people to be in our study, we felt ready. Some things went well but we also had to handle some tricky situations!

Brendan: While we were recruiting participants, we felt like our ideas to use simple words, pictures, talk slowly, and give time for people to think and ask questions worked really well. It seemed like people understood based on the questions they asked!

Micah: But sometimes we ended up talking mostly to the person providing support and not the person with a disability.

Katie: We worked together and decided to make some information about why we're doing the study easier to understand. We also reminded the person giving support that we wanted to hear from the person with a disability.