



# Information Sheet for Participation in Evaluation of Skills for Safer Living

## Project objectives

**Skills for Safer Living (SfSL) is an evidence-based, suicide intervention program for youth considering suicide and their support person(s). The group aims to provide and maintain a safe and trusting environment that allows everyone to feel valued, heard, and respected.**

Centre for Suicide Prevention is continually measuring the effectiveness of its programs and services. For this evaluation we want to learn how helpful Skills for Safer Living is for you and how we could improve it.

## Project team

The evaluation is led by team members from PolicyWise for Children & Families, a non-profit organization that supports the development of policies, programs, and services to benefit the well-being of Albertans. PolicyWise for Children & Families conducts research, evaluation, and data analyses to ensure children, youth, and families thrive.

If you have any questions regarding the evaluation, please contact Education Lead, Tracey Pickup, by email at [tracey@suicideinfo.ca](mailto:tracey@suicideinfo.ca).

## What you will be asked to do

The program evaluation consists of questionnaires that will be provided to you by the group facilitators. Questionnaires may be provided in a written format, through an online link or QR code. You will be invited to complete questionnaires at intake, at the end of the group, and six months after the group has ended. In addition, you will be invited to answer a short set of questions after each group session.

## Benefits of participation

By participating in the evaluation, you will have the opportunity to reflect on your experience with the program and the benefits you receive from your participation. Your responses will also inform improvements to the program by sharing what does or does not work.

## Risks and discomforts

By participating in the evaluation, you may experience discomfort or feel hesitant in providing information about your situation.

Some of the questionnaires ask about sensitive topics, including suicide, self harm, and substance use. Please reach out to these resources if you're feeling distressed, triggered, or in danger of hurting yourself or others:

If you are in immediate danger, call **911**

If you are in crisis, help is available:

**Talk Suicide**

Call **1-833-456-4566** available 24/7

Text **45645** – available daily between 2 pm to 10 pm MT

**Kids' Help Phone**

Call **1-800-668-6868** or text **CONNECT** to **686868** available 24/7

### **Voluntary participation**

Your participation in the evaluation is completely voluntary. Also, you may pick and choose which questions you answer in each of the questionnaires. You may choose to opt out of participating in the evaluation at any time. Your decision to discontinue in the evaluation will not affect your participation in the Skills for Safer Living group, nor will it affect the nature of programs and services you receive at any agencies.

### **Security of information**

All information supplied during the evaluation is held in strictest confidence in accordance with applicable legislation and ethical standards. Your responses will be recorded in writing but will be anonymized in that we will not use your name or any identifying information in the analysis. The responses to the questionnaires will be encrypted and safely stored by Centre for Suicide Prevention and PolicyWise for Children & Families. The data will be kept for five years, after which the data will be destroyed. Participants' responses may be included in project reporting.

By participating in the evaluation, I understand that:

1. The information I will share in these questionnaires will be used solely for the purposes defined by the project.
2. My participation is completely voluntary, and I may choose to refuse to answer certain questions, discuss certain topics, or withdraw from the evaluation process at any time without any negative implications.
3. All information I supply in the questionnaires will be held in confidence. The questionnaires will be kept secured and accessible to only the Skills for Safer Living team. My name or any detailing information will not be used in the analysis or reporting. My responses may be included in the project reporting. The data will be kept for five years, after which the data will be destroyed. Confidentiality will be maintained to the fullest extent of the law.

