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Visual Voices: An Arts-Based Assessment of the  
Perceived Identity of Aging Maine Residents

Student-led Mini-Grants

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1-1-2015

# Visual Voices Weekly Session Scripts

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**Creator**

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**Visual Voices: An Arts-Based Assessment of the Perceived Identity of Aging Maine Residents**

Script for 1st Session:

**Participant Recruitment & Session Planning**

**Duration-** Approximately 1.5 Hours

**Location-** Park Danforth, Third Floor Activity Room

**Roles-** Research Team Members: Facilitator, Time-keeper, Writer, Food-organizer; Faculty Advisor; Community Liaison; Interested Residents

**Supplies Needed-**

- Refreshments (Snacks (Cheese, Crackers, Fruit (Whit Grapes, Clementines, Bananas, Apples) and Beverages (Orange Juice))
- Eating Utensils (Cups, Plates, Napkins, Forks, Knives, and Spoons)
- Bags/Containers for Leftover Refreshments
- Name Tags for the Research Team and Faculty Advisor
- Self-stick Flipchart and Markers (with Session’s Agenda Written on First Page)
- Consent and Photo/Artwork Release Forms (30 Copies Each)
- Container with Slips of Paper (“Participating” and “Not Participating”)
- Contact Information Sheets (for Participants and for “Back-up” Participants)
- Session Date and Time Reminder Cards (15)
- Box of Miscellaneous Office Supplies (Pens, Paperclips, Tape, Rubber Bands, etc.)
- Small Sign Reading: “Snacks and Beverages Donated By Shaw’s”
- (All supplies must be checked ahead of time.)

Timeframe	Activity
Before the Session	<p><b>1. Set-up</b></p> <p>The research team will arrive at Park Danforth 20 minutes before the session begins to set-up the room, including the refreshments, the circular arrangement of the tables and chairs, double-checking all of the necessary supplies, etc.</p>
2:00pm – 2:05pm	<p><b>2. Refreshments</b></p> <p>The research team will allow time for the attendees to arrive, pick out their refreshments, and get comfortable. The research team will greet each person as they arrive -</p> <p><i>“Hello and welcome. Thank you for coming. Please help yourself to a snack and find a seat. We will be starting soon.”</i></p> <p>Then, once it appears that most people have arrived, the research team will address the group -</p> <p><i>“Hello everyone, please take a few minutes to pick out a snack, find a seat, and get comfortable. We will begin shortly.”</i></p>
2:05pm – 2:15pm	<p><b>3. Research Team Introductions</b></p> <p>The research team members will each introduce themselves, providing brief academic and personal background information. The research team will introduce Community Liaison Donna Wolf, explain her role, and give her a chance to introduce herself.</p> <p><i>“Hello everyone, we are graduate students from the University of New England, or ‘UNE’, right across the street from Park Danforth, and are here today to introduce you to a project that we designed and to provide you with an opportunity to participate in the project if you wish. The agenda for our time today is written on the flipchart. We’re planning to be here for an hour and a half, from now until 3:30pm. First, we will start by introducing ourselves to you. Then, we’ll spend about 30 minutes explaining the details of the project and</i></p>

**Research Team:** Collyn Baeder, MPH Student; Zoe Hull, MPH Student; Nicole O’Brien, MSW Student; Rebecca Masterjohn, MSOT Student; Virginia Sedarski, MSOT Student; Adrian Jung, MSOT Student; Michaela Hoffman, MSOT Student; **Community Liaison:** Donna Wolf, Park Danforth Resident and Artist, **Faculty Advisors:** Rebecca Boulos, MPH Faculty; Regi Robnett, MSOT Faculty

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	<p>determining who is interested in participating. After that, we'll work on some brief paperwork with those who want to sign up for the project, which we'll explain in-depth a little later. Those who don't want to sign up for the project will be free to leave at that time. And lastly, we'll prepare for the next sessions. As we go through this with you today, please let us know if you'd like any of us to speak louder or need us to repeat something. Also, please feel free to stop us at any time if you have questions by raising your hand. (As each person introduces themselves, write down their names on the flipchart: "Collyn Baeder, Zoe Hull, Nicole O'Brien, Virginia Sedarski, Rebecca Masterjohn, Adrian Jung, Michaela Hoffman, Rebecca Boulos, and Donna Wolf".)</p> <p>I'll start by introducing myself. My name is Collyn Baeder and I am a Master of Public Health Student at UNE. I also work for UNE as the Coordinator for the public health program. I grew up in Maine, and am originally from the Belgrade Lakes region, which is a little over an hour north of here. Now I'm living here in Portland. I studied for my undergraduate degree at the University of Vermont in Burlington, where I majored in philosophy and minored in studio art. I still enjoy creating art during my free time, as well as reading fiction books and spending time on outdoor activities, like hiking and biking. I am excited to be here today and at the prospect of working on this project with you."</p> <p>The rest of the research team members will introduce themselves.</p> <p>"Also here with us today is someone who many of you may already know, Donna Wolf, who also lives here at Park Danforth. Donna has agreed to serve as our Community Liaison for this project. In this role, she'll help us to be more aware of the perspectives of Park Danforth residents. She'll act as a bridge between us, students from UNE, and you, residents of Park Danforth, to help ensure that communication and understanding flow smoothly between us, so that we can connect and interact in a meaningful way. Donna is also a talented artist. Donna, would you like to take this opportunity to say a little bit more about yourself?"</p> <p>Donna Wolf introduces herself.</p>
<p>2:15pm – 2:20pm</p>	<p><b>4. Explanation of Visual Voices Methodology</b></p> <p>The research team will explain the Visual Voices methodology –</p> <p>"Over the next 12 weeks, we will be coming here for two hours once each week to do a project with those of you who sign up. As we explain this project to you now, again, please feel free to stop us at any time if you have questions by raising your hand. Also, let us know if you need us to talk louder or would like us to repeat anything. The project is called Visual Voices. It involves creating art and holding group discussions about a particular topic of interest. Participants in a Visual Voices project first discuss the topic, then do an art activity, and afterward discuss the resulting art. (Write down each of these three components on the flipchart – "Components of Visual Voices: 1. Group discussion of topic; 2. Art activity; 3. Group discussion of art".) Topics can include anything from community safety, to the experience of youth in schools. The resulting art and discussion themes are used to shed light on the participants' perspectives about the particular topic.</p> <p>Absolutely no artistic skill or background is needed to participate in the art-making aspect of our Visual Voices project. The art activities are meant to be relaxing and enjoyable. We don't expect the art to look like anything in particular. Everyone has an artist within them and their own unique artistic style. Everyone's art is valuable, no matter how different it looks. Regardless of what your art looks like, it will be beneficial to our project and to those we share it with."</p>
<p>2:20pm – 2:30pm</p>	<p><b>5. Description of Project</b></p> <p>The research team will describe the project specifics –</p>

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*“Again, as we continue to explain the project, please stop us at any time if you have questions by raising your hand. Also, let us know if you need us to talk louder or would like us to repeat anything. There are three topics we’d like to focus on during this project. The first topic is: the ways you see yourself and who you are; in other words, your identity. The second topic is: how you feel seen by the significant people in your life, such as your friends and family; in other words, how you think that they think of and see you. The last topic is: how you feel seen by your health care providers; again, how you think they think of and see you. (Write down each of these three topics on the flipchart - “Three Topics of Project: 1. How you see yourself- your identity; 2. How you feel seen by significant people in your life, such as friends and family; 3. How you feel seen by your health care providers”.)*

*During the first two sessions, we will hold group discussions and create art related to the first topic of how you see yourself and your identity. During the next two sessions, we will hold group discussions and create art about the second topic of how you feel seen by the significant others in your life, like friends and family. Lastly, we’ll hold two sessions of group discussions and art-making about how you feel seen by your health care providers. The first artwork, about your self-perception and identity, will be an individual piece that you create independently. The second and third artworks, about how you feel seen by significant others and health care providers, will be group pieces, like collages. (Next to each of the three topics written on the flipchart, write down the corresponding type of artwork - “1. Individual artwork; 2. Group artwork; 3. Group artwork”.) Each of these artworks will be accompanied by written statements that explain your art in your own words. The group discussions will be recorded so that the research team can refer back to the recordings for research purposes.*

*At the end, we’ll compare all of the artwork and discuss the potential differences between how you see yourself versus how you feel seen by significant others and health care providers. We’ll explore, as a group, the potential impact these differences may have on you. (Pause for potential questions.)*

*In addition, a professional photographer will be enlisted to take a portrait of each of you, which will accompany the artwork. With your permission, all of your artwork will be displayed at exhibits at Park Danforth, for your friends and family; at UNE, for students and faculty; at a venue during a Portland First Friday Art Walk, for the community; and at a medical facility, for health care providers. (Write down each of these exhibits on the flipchart – “Art Exhibits: 1. At Park Danforth; 2. At UNE; 3. At Portland venue during a First Friday Art Walk; 4. At a medical facility”.) You’ll be invited to help plan for and participate in all of these exhibits. At the end of the project, you will be able to keep your artwork and your portrait. We will also prepare a one-page handout for you that you can share with others that will show and summarize all the work that you did in this project.*

*The project sessions will take place between February and May for approximately 12 weeks, with the participants meeting as a group once each week for approximately 2 hours. As soon as the exact session dates and times are determined, we will provide you with a printed schedule. The project will also involve two short surveys; one which you’ll do at the beginning of the project and another which you’ll do at the end. (Pause for potential questions.)*

*That covers the major points of the project. Now we’d like to explain why we’re interested in conducting this project and what we’re hoping will result from it. First and foremost, we are interested in learning about your perspectives on these topics- how you see yourself and how you feel seen by friends, family, and health care providers. We also think this project will provide an opportunity for you to reflect on and share your perspectives with us, and with a larger audience, your friends and family, UNE students and faculty, the*

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	<p><i>community, and health care providers. We believe that sharing your thoughts about how you feel seen by your health care providers, in comparison to how you see yourselves, will provide important information to UNE health professions students and practicing health care professionals; hopefully helping to foster open communication and mutual understanding between aging adults and health care providers. We're also hoping to learn about the effectiveness of using the Visual Voices approach to investigate these kinds of topics. Furthermore, other research studies have shown that participating in creative and artistic activities can have health benefits, helping to improve your mood and make you feel better. So, overall, the purpose of this project is to explore identity, relationships, and take part in enjoyable art activities."</i></p>
<p>2:30pm – 2:40pm</p>	<p><b>6. Answering Attendee Questions</b>          The research team will answer any questions that the attendees may have.  <i>"Now that we've explained how the project will work, what questions do you have for us? We want all of this to make sense to you, so please let us know what we need to explain further."</i></p>
<p>2:40pm – 2:45pm</p>	<p><b>7. Participant Self-selection</b>          The research team will gauge the attendees' level of interest and determine who wants to sign up. The first ten attendees' to volunteer will be recruited. Those who aren't interested in the project can leave at this time. The research team will thank them for taking the time to attend and wish them well.  <i>"We only have enough resources for ten of you to participate in this project. Please volunteer for this project only if you think you can participate in two-hour weekly sessions for the full 12 weeks. In addition, those who decide to participate will need to sign certain paperwork, which is required by UNE in order for us to conduct this project with you. This paperwork involves a consent form and a photo/artwork release form. The purpose of the consent form is to demonstrate that you understand the project and have chosen to participate of your own free will. The photo/artwork release form allows you to choose how and where you would like your photographs and artworks shared. Both of these forms will be explained in more detail to all those who decide to participate. Please raise your hand now if you are interested in participating. Those of you who aren't interested, please feel free to go. Thank you for taking the time to be here."</i>          If more than ten people raise their hands, the research team will randomly select ten people. The research team will use a prepared container with a specific number of slips of paper in it, reading either "Participating" or "Not Participating". (The container will contain 10 "Participating" slips, and a specific number of "Not Participating" slips will be added depending on how many people raise their hand.) The research team will have each interested person pull a slip from the container. Those who pull the "Participating" slips will be selected to participate, and those who pull the "Not Participating" slips will not be.  <i>"Unfortunately, we don't have enough resources for more than ten people to participate in this project, so in order to narrow down the group; we have a way to randomly select ten of you. We're going to come around with a container full of slips of paper. Without looking, please pull one slip from the container. Those who pull a slip saying "Participating" will be selected to participate. Those who pull a slip saying "Not Participating" will not be."</i>          The research team will now walk around the room to have each person pull a slip of paper from the container.  <i>"If your slip of paper says "Participating" you have been selected to participate in this project. If your slip says "Not Participating", unfortunately, you haven't been. For those of you who received a slip saying "Not Participating", if you'd like to leave your name and</i></p>

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	<p><i>contact information with us, then we can get in touch with you in case anyone who received a “Participating” slip changes their mind. Thank you so much for your interest and for joining us today.”</i></p>
<p>2:45pm – 3:10pm</p>	<p><b>8. Consent and Photo/Artwork Release Forms</b></p> <p>The research team will explain to the ten volunteers that some paperwork needs to be completed in order to participate in the project, a consent form and a photo/artwork release form –</p> <p><i>“As we mentioned before, UNE requires that we collect certain paperwork from all of you in order to participate in this project- a consent form and a photo/artwork release form. (Write down these two forms on the flipchart – “Required Paperwork: 1. Consent form; 2. Photo/artwork release form”.) We’ll also come around with a contact information sheet so that we’ll be able to reach you in between project sessions if necessary. The purpose of the consent form is to demonstrate that you understand the project and have chosen to participate of your own free will. The photo/artwork release form allows you to choose how and where you would like your photographs and artworks shared. We will review this photo/artwork release form again at the end of the project to make sure you are still comfortable showing your artwork and photographs. Now, we will go over the forms together in detail. As we read through and explain them to you, please stop us at any time if you have questions by raising your hand. Also, let us know if you need us to talk louder or would like us to repeat anything.”</i></p> <p>The research team will hand out the consent and photo/artwork release forms for the participants to read as the research team explains the forms point-by-point. The research team will answer any questions the participants have and offer additional explanations when needed. The research team will confirm the participants’ understanding of the forms by asking them to explain what will be happening during the project, and then confirming this is something they want to take part in. The participants who are comfortable signing the paperwork at this session can do so, while any participants who would like more time to consider can hold onto them, review the forms on their own time, sign them, and give them back to the research team at the beginning of the next session. The research team will also circulate the contact information sheet around the room to collect each of the participant’s contact details.</p> <p><i>“What questions do you have about the consent form? What questions do you have about the photo/artwork release form? What is confusing or hard to understand about the forms? What worries or concerns do you have? We will need to keep the forms that you sign, but we will also leave additional copies of the forms with you, for you to keep, so that you can re-review them later if you wish. If you are comfortable signing the forms at this time, please do so. If not, you can take the forms with you after this session and think about them more. If you choose to do this, you will need to bring the signed forms back with you to the next session in order to participate.”</i></p>
<p>3:10pm – 3:20pm</p>	<p><b>9. Planning – Session Schedule, Refreshment Choices and Art Supplies</b></p> <p>The research team will ask the participants what day of the week and time will be best to hold the weekly sessions. Using this feedback, a printed session schedule will be created and provided to all participants. <b>(Write down the date and time of the next session on the flipchart.)</b></p> <p><i>“As a reminder, the project sessions will take place once a week and last 2 hours. If you’re all able to, we’re hoping to hold the weekly project sessions during the day on Sunday, preferably starting at 2:00pm and ending at 4:00pm, similar to today’s session. What do you think about that? Does this work for everyone? If not, is there a different time of day that</i></p>

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	<p>would work better? Would Saturday be a better day? What other days or times would you prefer?"</p> <p>The research team will also ask the participants about their preferences for refreshments, taking into considerations any dietary restrictions and food allergies. <b>(Write down the food and beverage suggestions on the flipchart.)</b></p> <p><i>"We're planning to provide you with snacks and beverages at all of the project sessions. What kinds of snacks do you like? What kinds of beverages? Does anyone have any dietary restrictions or food allergies? If you don't feel comfortable saying that in front of everyone, please pull one of us aside at the end of today's session and let us know."</i></p> <p>Lastly, the research team will ask participants what types of art supplies they would like to work with, suggesting paints, colored pencils, and markers, but being open to other suggestions. <b>(Write down the art supplies they suggest on the flipchart.)</b></p> <p><i>"For the art-making aspect of this project, we are thinking of providing you with a variety of art supplies like paints, paintbrushes, colored pencils, markers, and paper. Beyond these supplies, are there others that you would like to use? Are there any supplies we listed that you know you definitely don't want to use?"</i></p>
<p>3:20pm – 3:30pm</p>	<p><b>10. Introduction to Next Session &amp; Conclusion</b></p> <p>The research team will describe what to expect at the next session –</p> <p><i>"At the next session, we will start by getting to know each other a little better, and answering any remaining questions that you might have about the consent and photo/artwork release forms. Then we'll give you the first survey to fill out, discuss session guidelines, and conduct a short ice-breaker art activity. At the following sessions, we'll start diving into the topics of self-perception and how others see you."</i></p> <p>The research team will thank the participants for attending, remind them of the next session date and time verbally and by handing out reminder cards with the session date and time written on them, remind them to bring any remaining consent forms to the next session, and let them know how excited they are to be participating in this project with them.</p> <p><i>"Thank you for taking the time to be here with us today. Our next session will take place in this room on _____ at _____. Here are reminder cards for each of you with the date of time of our next session written on them. If you didn't sign your consent form or photo/artwork release form today, you'll need to sign it and bring it to the next session in order to participate. We will collect them from you at that time. We are so excited to begin this project with you. See you next time!"</i></p>
<p>After the Session</p>	<p><b>11. Clean-up</b></p> <p>The research team will clean up the room after the participants leave, throw away any leftover trash, and move the tables and chairs back into their original positions. The research team will store the box of office supplies in the Park Danforth third floor activity room, but will bring the paperwork with them when they leave.</p>



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### Script for 2nd Session:

## Introductions, Pre-Project Survey, & Ice-Breaker Art Activity

**Date-** Sunday, February 22, 2015

**Duration-** Approximately 2 Hours (2:00pm – 4:00pm)

**Location-** Park Danforth, Third Floor Activity Room

**Roles-** Research Team Members: Facilitator, Note-taker, Time-keeper, Writer; Community Liaison; Participants

#### Supplies Needed-

- Refreshments and Eating and Drinking Utensils
- Self-stick Flipchart and Markers (with All Pages Pre-Prepared, Including Session's Agenda)
- Art Supplies for "Memory Mapping"
- Supply Box (with Box of Pens, Box of Paper Clips, Two Pads of Writing Paper, Post-it Notes, Markers, etc.)
- Name Tags (for research team, faculty advisors, and participants)
- Laptop with Charger and Speakers (to Play Light Music During Art-making)
- Audio Recording Device
- Extra Copies of the Consent Form and Photo/Artwork Release Form (based on how many people have yet to turn them in)
- Door sign
- Images for Mythological Creature Creation activity
- Markers for Mythological Creature Creation activity
- Example "Memory Mapping" Artworks
- Participant Sign-in Sheet
- 15 Pre-project Surveys
- Reference Sheet with Survey Code Numbers (linked to Participant Names)
- 3 Copies of Enlarged Sample Survey Question
- 10 Draft Guidelines Documents
- 10 Session Schedules
- Container with Slips of Paper (Two Copies of the Numbers 1-5)

Timeframe	Activity
30 Minutes Before the Session (1:30pm)	<b>1. Set-up</b> The research team will arrive at Park Danforth 30 minutes before the session begins to set up the room, including the refreshments (in the center of the table arrangement), the arrangement of the tables and chairs in a circular fashion (three long tables placed side-by-side lengthwise), double-checking all the necessary supplies, etc.
2:00pm – 2:05pm	<b>2. Refreshments</b> The research team will allow time for the participants to arrive, pick out their refreshments, and get comfortable. <i>"Hello everyone, please take a few minutes to get a snack and find a seat. We will begin shortly. If you are comfortable with it, please put on a name tag before we get started. If you prefer to use a nickname instead of your real name, then you can write the nickname on your nametag. The name tags and markers are on the table". (Have name tags and markers set out in advance.)</i>
2:05pm –	<b>3. Research Team Reintroductions</b>

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<p>2:10pm</p>	<p>The research team will review the agenda for the session. Then they and the community liaison will re-introduce themselves, providing a little more depth than last time about who they are. They will include where they are from, what they are interested in, and one thing about themselves that may be surprising. (Point to each name written on the flipchart paper: “Collyn, Zoe, Nicole, Rebecca, Virginia, Adrian, Michaela”.)</p> <p><i>“Hello and welcome to the first Visual Voices session! In today’s session, we will re-introduce ourselves, review the project and the paperwork from last time, and complete a short pre-project survey. Then, we’ll transition to group introductions and setting guidelines. Lastly, for the final hour or so of today’s session, we’ll participate in an art ice-breaker activity called “Memory Mapping,” and then finish by introducing the next session. (As going through these, point to the corresponding items on the agenda written on the flipchart paper- “Research Team Re-introductions (5 minutes), Review of Project Details and Paperwork (15 minutes), Pre-project Survey (10 minutes), Your Introductions (10 minutes), Review of Ground Rules (10 minutes), “Memory Mapping” Ice-breaker Art Activity (1 hour), Introduction to Next Session (5 minutes)”.)</i></p> <p><i>To begin today, we will briefly reintroduce ourselves, providing you with a little more detail about who we are, including where we’re from, what our interests are and one thing about ourselves that others may find surprising. As we’re talking, please let us know if any of us need to speak louder.”</i></p> <p><i>Collyn Baeder: “Hello everyone. As you may recall, my name is Collyn Baeder. I was born in Connecticut, but moved to Maine when I was very young. Once in Maine, I grew up in a small town called Mount Vernon, which is right outside of Augusta. I went to undergraduate college in Vermont, and am now living back in Maine, in Portland, studying for my graduate degree in public health at UNE. My main interests and hobbies include making art, reading books, and spending time on outdoor activities, like biking and snowshoeing. One thing about me that others might find surprising is the fact that I’m a science fiction/fantasy nerd. I like reading books and watching movies about aliens, time travel, and magic.”</i></p> <p><i>Zoe Hull: “My name is Zoe Hull. I grew up here in Portland but moved away for several years to go to college in Connecticut, and then I spent some time working in Boston. A little over a year ago I moved back to Portland to be closer to my family. I now work at UNE while attending their graduate program in public health. I love to bake, especially cupcakes; and I really enjoy listening to music, singing, and acting. Something surprising about me is that I am fascinated by other languages. I love to learn and speak other languages. I am fluent in Spanish and Portuguese and am currently learning French.”</i></p>
<p>2:10pm – 2:20pm</p>	<p><b>4. Review of Project Details</b></p> <p>The research team will provide a refresher and more depth on the details of the project –</p> <p><i>“Now let’s go over the project one last time before we get started. If you have any questions as we’re speaking, please let us know by raising your hand. We will meet as a group once a week from 2 to 4 on Sundays from now until May to create art and have group discussions. We have printed small schedules for you, which we will give you at the end of the session.</i></p> <p><i>There are three topics that we will focus on during the sessions:</i></p> <ul style="list-style-type: none"> <li>• <i>how you see yourself and your identity.</i> <ul style="list-style-type: none"> <li>○ <i>You will create an individual piece for this topic and you will be invited to write a short personal statement to accompany the art.</i></li> </ul> </li> </ul>

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	<ul style="list-style-type: none"> <li>• <i>how you feel seen by significant others, like friends and family.</i></li> <li>• <i>how you feel seen by your health care providers.</i> <ul style="list-style-type: none"> <li>○ <i>For these last two topics you will create group pieces by making your own smaller artwork which will be put together with the art from the other group members to form a larger artwork. Written statements will also be created to accompany this artwork.</i></li> </ul> </li> </ul> <p style="color: red;"><i>(Point to each of these three topics on the flipchart paper and the type of artwork that corresponds with them - “Three Topics of Project: 1. How you see yourself- your identity (individual artwork); 2. How you feel seen by significant others, such as friends and family (group artwork); 3. How you feel seen by your health care providers (group artwork)”.)</i></p> <p><i>Then we’ll compare all of the artwork and discuss the potential differences between how you see yourself versus how you feel seen by significant others and health care providers, and explore the potential impact these differences may have.</i></p> <p><i>In addition, a professional photographer will come here to take a portrait of each of you, which will accompany the artwork. With your permission, all of your artwork will be displayed at exhibits at:</i></p> <ul style="list-style-type: none"> <li>• <i>Park Danforth,</i></li> <li>• <i>UNE</i></li> <li>• <i>An art gallery in Portland</i></li> <li>• <i>and in a health care setting</i></li> </ul> <p style="color: red;"><i>(Point to each of these exhibits on the flipchart paper – “Art Exhibits: 1. At Park Danforth; 2. At UNE; 3. At Portland venue during a First Friday Art Walk; 4. At a medical facility”.) You’ll be invited to help plan for and participate in all of these exhibits.”</i></p>
<p>2:20pm – 2:30pm</p>	<p><b>5. Paperwork</b></p> <p>The research team will split in half. Half of the research team will work with the individuals that have not yet turned in their consent forms, answering any remaining questions about the consent and photo/artwork release forms and collect any pending forms; again, verifying that the participants understand the forms by asking them to explain what will be happening during the project, and then confirming this is something they want to take part in.</p> <p><i>“Some of you chose to bring your consent and photo and artwork release forms home with you last time, to finish them there. In order to continue, we will need to collect those forms from you now. Does anyone have questions about the forms or the project?”</i></p> <p>For those individuals that are passing in the forms: <i>“Can you explain to me what will be happening during the project? Is this something you want to take part in?”</i></p> <p>-----</p> <p>The other half of the research team will work with the individuals that have already handed in their consent forms. The research team will lead these individuals in a brief group drawing icebreaker activity (Mythological Creature Creation). For this activity the participants will take turns adding different features to a mythological creature that they are given an outline of.</p>
<p>2:30pm – 2:40pm</p>	<p><b>6. Pre-project Survey</b></p> <p>The research team will hand out a copy of the pre-project survey to each participant, reminding them that these are anonymous. Each survey is labeled with a survey number,</p>

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	<p>on a separate sheet of paper participants names will be associated with a survey number. The research team will use this sheet as a reference as they hand out the surveys, ensuring that the right survey is given to the correct participant. The research team will read through each question, one at a time, giving participants time to answer. The participants will fill out the surveys, while the research team circulates, providing assistance to those who may need it.</p> <p><i>“Now it is time fill out a short survey. These surveys will help us learn more about the potential impact that this project may have. Your responses are anonymous, which means that your names will not be recorded on the surveys. Instead, we have assigned each of you a random number code, and this number is written on the survey. As we hand out the surveys, we will show you an example of how the questions should be filled out. Then, I will read through each question out loud and give you a chance to respond on your own survey. At any time, please let us know if you have any questions.”</i></p>
<p>2:40pm – 2:45pm</p>	<p><b>7. Participant Introductions</b></p> <p>The research team will invite each of the participants to introduce themselves, re-explaining that they can use a pseudonym if they wish. They will be asked to include where they are from, why they signed up for this project, and one thing about themselves that may be surprising. <b>(Point to these components on the flipchart paper– “Your Introductions: 1. Where you are from, 2. Why you signed up for this project, 3. One thing about you that other people may find surprising.”)</b></p> <p><i>“We would like to take a few minutes now to give everyone a chance to briefly introduce themselves. If you would be more comfortable using a nickname instead of your real name, then you are welcome to do so. You can also choose to pass if you would prefer not to introduce yourself. We will go around in a circle and when it is your turn to go, please say your name or nickname, a little bit about where you are from, why you wanted to participate in this project, and something about yourself that you think would surprise the group.”</i></p>
<p>2:45pm – 2:55pm</p>	<p><b>8. Guidelines</b></p> <p>The research team will hand out a copy of draft session guidelines to each participant and will read through them with the participants.</p> <p><i>“We will now go over some basic guidelines for these sessions to ensure everyone feels comfortable and respected during our time together. Here is a copy for each of you. We will read through them and think about if there are any additions or changes we would like to make to them.”</i></p> <p>The participants will be asked how they feel about the guidelines and if they have any suggested additions or revisions. Each of the participants will be given a chance to answer the following questions –</p> <p><i>“Do you have any questions about guidelines on this list? Should any of the guidelines be rewritten or removed? Are there other guidelines you think we should add to this list? Are you comfortable with these guidelines and will you be able to follow them throughout the project?”</i> <b>(Write down the finalized guidelines on a piece of flipchart paper that will remain posted in the room throughout the duration of the project.)</b></p>
<p>2:55pm – 3:35pm</p>	<p><b>9. “Memory Mapping” Ice-breaker Art Activity</b></p> <p>The research team will introduce the “Memory Mapping” ice-breaker art activity –</p> <p><i>“Now we’ll conduct a short ice-breaker art activity called “Memory Mapping”. <b>(Write</b></i></p>

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	<p><b>down “Memory Mapping” on the flipchart.)</b> <i>For this activity, you’re going to work in pairs. To determine your partner, please pick a number from this container and the person with the same number will be your partner.”</i></p> <p>The research team will walk around with a container that has slips of paper with the numbers 1-5 in it (two slips for each number) and have each participant pick a number and pair up with the person with the same number.</p> <p><i>“This activity works by describing your favorite place or room to your partner, while they sketch it on paper. You will then switch roles and the other person will describe their favorite place or room, while the other person draws. Each person will have about 15 minutes in each role. You can talk about the layout of the place, objects that are in it, kinds of activities you did there, and other things details that come to mind. Please don’t worry about needing your drawings to look any particular way. Whatever they turn out looking like is perfectly fine. These drawings will not be part of the exhibits. They are meant to be a fun way to get to know each other a little better.”</i></p> <p>The research team will show example “Memory Maps” that they created and then the activity will begin. The research team will walk around the room to assist in the drawing and conversation. 10 minutes into the session, the participants will be reminded that they will be switching roles in 5 minutes. 5 minutes later the participants will be asked to switch roles. They will be given another 5 minute warning before the activity ends.</p>
<p>3:35pm – 3:50pm</p>	<p><b>10. Discussion of “Memory Maps”</b></p> <p>The research team will reconvene the group and ask each pair to present their “Memory Maps”. The group will spend a little time discussing each map –</p> <p><i>“Now we will go around the room and take turns sharing our “Memory Maps”. What room or place did you pick? Why did you pick this room/place, and what does it mean to you? What did you think of the experience of drawing each other’s maps? What are your questions or thoughts about each map?”</i></p>
<p>3:50pm – 4:00pm</p>	<p><b>11. Introduction to Next Session &amp; Conclusion</b></p> <p>The research team will introduce the next session and will remind the participants when the next session will be, and will walk around with a trash bin –</p> <p><i>“Our time together today is coming to a close. We would like to ask you to take a few moments to put away your art supplies and throw away any trash, we will come around with a trash bin.”</i></p> <p><i>“At the next session, you will begin discussing and creating artwork about your self-perception and identity. First, we will hold a group discussion about this topic. Then, you will start your artworks. You won’t have to complete your entire artwork at the next session, as you will have more time to finish up working on it at the session following. Our next session will be on Sunday, March 1st from 2:00pm to 4:00pm.”</i> <b>(The research team will write down this date on the flipchart.)</b></p> <p>The research team will hand out the session schedules (with the dates and times determined at the last session).</p> <p><i>“We are handing out a schedule with the dates for each of the upcoming sessions. We will remind you at the end of each session when the next session will be. We thought it would be helpful if we made reminder calls the day before, would that be alright with everyone?”</i></p> <p>To keep the mood light and enjoyable, the research team will ask participants to bring a joke to tell at the end of the next session. They will thank the participants for their work</p>

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	<p>this session and express excitement about working with them at the sessions to come.</p> <p><i>“We thought that a fun way to end each session would be by going around the room and having everyone tell a joke. So, for all of our upcoming sessions, we ask that you to come prepared with a joke to tell. In an effort to make sure that everyone is comfortable with the jokes, please make sure your joke is appropriate enough to tell a child. Thank you for coming and participating today, and for making this such an enjoyable experience. We really appreciate that you are taking the time to do this project with us, and we are looking forward to seeing you again next Sunday at 2:00pm.”</i></p>
After the Session	<p><b>12. Clean-up</b></p> <p>The research team will clean the room after participants leave, throwing away any trash that’s left behind and moving the tables, chairs, and supplies back into their original positions and storage areas. They will double check the supplies to see if any need to be replaced. If so, they will make a list of the items that need replacing and assign a research team member with the responsibility of replacing them.</p>

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Script for 3rd Session:  
**Group Discussion & Artwork on Self-Perception, Part 1**

**Date-** March 8, 2015

**Time-** 2:00pm – 4:00pm (Approximately 2 Hours)

**Location-** Park Danforth, 1<sup>st</sup> floor Multi-Purpose Room (take a left after you sign in at the desk, it is on the right midway down the hallway)

**Roles-** Research Team Members: Facilitator, Note-taker/Name tag assistor (**Adrian**), Time-keeper (**Rebecca**), Flip-Chart Pointer (**Michaela**); Faculty Advisor(s), Community Liaison; Participants

**Supplies Needed-**

- Refreshments and Eating and Drinking Utensils
- Self-stick Flipchart and Markers (with All Pages Pre-Prepared, Including Session's Agenda and the group Guidelines)
- Art Supplies as defined by participant preferences
- Supply Box (with Miscellaneous Office Supplies)
- Example Artwork
- Name Tags (for Research Team, Faculty Advisors, and Participants)
- Laptop with Charger and Speakers (to Play Light Music During Art-making)
- Audio Recording Device
- Door Sign

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## Prompt Page

### **Prompts for Moving the Conversation Along or Engaging Quiet Participants:**

- *"(Name), I'm sorry to interrupt, but in order to make sure that everyone has the opportunity to share, we will need to move on to..."*
- *"Excuse me (name), I would like to give (name) the opportunity to share now."*
- *"(Name), those are really great thoughts. Thank you so much for sharing. But we're running a little short on time, and so we need to move on to make sure that we get through all of today's activities."*
- *"(Name), we haven't heard much from you today, do you have anything that you would like to add..."*
- *"(Name), what are your thoughts on this subject?"*
- *If an opposing opinion arises, "That's a really interesting point..."*

### **Prompts During Art-Making Activities While the Research Team Circulates:**

- *"How are things going so far?"*
- *"What were some of the things that you thought of when we were talking as a group?"*
- *"What are some things that are really important to you or that you really like to do?"*
- *"How would you describe yourself to someone else?"*
- *"What would you like to convey in your art?"*
- ***"What might be some ways to represent those things in your art?"***

### **Prompts for Challenging/Emotional Conversation (Reflect, Validate, and Normalize):**

- *"I'm so sorry that happened to you. You must be a very strong and resilient person."*
- *"That must have been hard, how did you get through it?"*
- *"I'm so sorry that happened to you. I'm so glad you are here. Thank you for sharing"*
- *"Lots of people might not have made it through something like that, how were you able to get through it?"*
- *"When you felt that way, how did you address those feelings?"*
- *"What has helped you get through something like this in the past?"*
- *"That sounds like it must have been very challenging. Did you learn anything from that experience that you think would be helpful for other group members?"*
- *--admitting that you don't know what to say, but expressing that you are there for them.*
- ***To the Group: "One thing we've noticed during this meeting is the incredible resilience of everyone here. Resilience is the powerful ability to overcome challenges and hardships, and to find a way to recover from them and even thrive despite them. We recognize all of you here are incredibly resilient women, and we feel so fortunate to be working on this project with you and getting to know and learn from you."***

### **For Particularly Emotional Situations (ask for faculty assistance, and):**

- ***"Would you like to take a few minutes to talk in private with someone from the research team?"***
- *"What do you need right now to feel safe (or ok)?"*
- *"What can the group do to help you right now"*
- *"How can we help you get through this?"*
- *"How can we be more supportive?"*
- *"Is there someone you would like us to call for you?"*
- *"How are you feeling now? Would you like to join the group again or would you like one of us to walk you to your room?"*



Timeframe	Activity
30 Minutes Before the Session	<p><b>1. Set-up</b> The research team will arrive at Park Danforth 30 minutes before the session begins to set up the room, including the refreshments, the arrangement of the tables and chairs in a circular fashion double-checking all the necessary supplies, etc.</p>
2:00pm – 2:05pm	<p><b>2. Refreshments</b> The research team will allow time for the participants to arrive, pick out their refreshments, and get comfortable. The research team will greet each participant as they arrive and help them with nametags. The note-taker will make note of who is in attendance. <i>“Hello everyone, please take a few minutes to get a snack and get comfortable. We will begin shortly.”</i> After everyone is seated the snacks will be set out around the table to make them more accessible.</p>
Potentially 10 minutes, if this takes place adjust following times by 10 minutes <b>(Zoe and Virginia on Paperwork)</b> <b>(Rebecca, Virginia, Michaela on Art Activity)</b>	<p><b>3. Paperwork for anyone new/returning that didn’t complete it</b> In the event that anyone comes back from the recruitment session that missed the second session, we will take a few minutes to have them sign the consent forms and fill out the surveys while the other group members do the face art activity.</p>
<b>Rebecca (intro)</b> 2:05pm – 2:15pm	<p><b>4. Check-in</b> The research team will hold a brief check-in with the participants to see how they are doing, and touch upon where we left off last session. <i>“Thank you all for coming today. We really appreciate that you are taking the time to help us with this project. We will begin by quickly going around the circle to say our names and we will talk briefly about what we will be doing today.”</i> The research team members and participants will reintroduce themselves briefly by stating their names. The research team will then quickly read through the guidelines, which will be posted at the front of the room. <i>“In our previous sessions we talked about how we will use art and discussion to</i></p>

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	<p><i>explore three different, but interrelated, topics about identity and perception. Today we will begin exploring the first topic, identity. In order to do that, we will start by having a discussion about how identity can be defined, and the different words that we use to identify ourselves. You will then spend some time creating an art piece that illustrates how you, personally, identify yourself. You will start the art today, but will have more time during our next session to finish it. Then we will spend time reviewing and talking about the art that everyone created.”</i></p>
<p><b>Adrian (Guidelines)</b></p>	<p><i>“Before we get started, we want to quickly read through the guidelines that we set during the previous session, and remind you that we will be recording and taking notes during this session.”</i></p> <p><i>Guidelines:</i></p> <ul style="list-style-type: none"> <li>• <i>Please allow each person to finish her thought and do not interrupt.</i></li> <li>• <i>Listen to each person quietly and respectfully; do not have side conversations while someone else is speaking.</i></li> <li>• <i>Be mindful of the session topic and try to stay on topic when possible.</i></li> <li>• <i>We respect the thoughts, values, and beliefs of everyone in the group.</i></li> <li>• <i>We share with honesty and don’t judge or criticize others’ experiences.</i></li> <li>• <i>Try to stay positive, be supportive, and recognize others for the things they do well.</i></li> <li>• <i>What is discussed during the sessions is personal and private, so please do not share or repeat any aspect of the discussions with others outside of the group.</i></li> <li>• <i>We don’t have to be articulate all of the time, allow for everyone to develop their thoughts.</i></li> <li>• <i>Appreciate the artwork of others by focusing on the positive features and not criticizing.</i></li> <li>• <i>Be mindful of your fellow group members and provide help to those who need it.</i></li> </ul> <p><i>Then, each of the participants will be given a chance to respond to the following -</i></p> <p><i>“Before we get started, we want to check in about how are you feeling about the project since we met the last time? What are some additional thoughts about the project that occurred to you between last session and now? Is there any feedback that you would like to give us about the last session? What questions do you have before we move on?”</i></p>
<p><b>Zoe</b> 2:15pm – 2:50pm</p>	<p><b>5. Group Discussions About Participants’ Self-Perception &amp; Identity</b></p> <p>The research team will engage the group in a discussion about the topic of self-perception. To begin, they will ask participants to brainstorm the various ways that people define their identity. (A member of the research team will write down the major discussion themes on the flipchart during this portion and read through them after everyone has spoken.)</p> <p><i>“We’re going to start the discussion today by asking you to consider the following questions: How do people define their identity? How do people describe who they are? What are some immediate ideas that come to mind?”</i></p> <p>If there is no response, or only a limited response after counting to “10” or</p>

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	<p>earlier based on the atmosphere of the group, then offer <b>a few</b> of the following -</p> <p><i>“We thought of a few examples that we would like to share. Some ways that a person might define their identity is by: their occupation, their hobbies, their personality, their likes and dislikes, their appearance, their relationships with others, their strengths, their upbringing and family, their political opinions, important events from their past, their goals for the future, their cultural heritage, etc.”...</i></p> <p><i>“Can anyone think of other examples? Let’s go around in a circle so everyone can offer an idea. If you would prefer not to share, then you can say “pass” and we will move onto the next person.”</i></p> <p><b>Follow-up prompt ideas:</b></p> <ul style="list-style-type: none"> <li>• <i>There are a number of ways to look at identity. One theory suggests that people process their identities in different ways. Some people have an identity that is very stable and unchanging despite what happens in their lives, while other people have a very fluid identity that changes in response to what happens in their lives. Other people have a balance of both of these traits. Of these three options, how would you describe your identity? Why?</i></li> <li>• <i>Do you think your identity has changed over time? If so, in what way? Why has it changed?</i></li> <li>• <i>Do you think your identity is more defined by the different roles you play in life? By your skills? By your relationships with others? By something else? Why?</i></li> <li>• <i>Identity can be defined as the distinguishing character or personality of an individual. What do you think of this way to describe it?</i></li> <li>• <i>What do you think about the idea that there are innate and inborn aspects of your identity that are always part of you? What are some innate and inborn characteristics of your identity?</i></li> <li>• <i>How much of your identity do you think you are born with and how much do you think is a result of your upbringing, experiences, and environment? Do you have an example?</i></li> </ul> <p>The facilitator will read through a summary of the ideas that participants presented.</p>
<p><b>Michaela</b></p>	<p><i>“Now that we have come up with some ideas about how people define their identity, we’d like you to take a few minutes to think about how you, personally, define your identity. We’ve come up with a few questions to help you think about your identity. They are just prompts, so you do not have to answer them all:</i></p> <ul style="list-style-type: none"> <li>• <i>What words would you use to describe yourself?</i></li> <li>• <i>How has your identity changed over time?</i></li> <li>• <i>What do you see as your identity?</i></li> <li>• <i>What makes you unique? What are your strengths? What do you like about yourself?</i></li> </ul> <p><b>(These questions will be pre-written on the flipchart.)</b></p> <p><i>After you’ve had a chance to think about it, we will go around in a circle and share what we came up with. (The research team will hand out pieces of paper and pencils.) Feel free to write down what you think of in case you find that helpful.”</i></p>

	<p>The research team will allow participants time to think about their own identity, after assessing that most participants are ready to move on they will begin to discuss as a group.</p> <p><i>“Now that we’ve had a chance to think for a few minutes, let’s share what we’ve come up with. We will go around in a circle, and again, if you are not comfortable sharing with the group then please say “pass” and we will move onto the next person. We can come back to you if you change your mind.”</i></p> <p>The research team will begin by sharing some of their own thoughts to help break the ice and will then move onto the participants, (A member of the research team will take notes during this portion and read through the major recurring discussion themes after everyone has spoken.).</p> <p><b>Additional Follow-up Prompts:</b></p> <ul style="list-style-type: none"> <li>• <i>“Has that changed over time....”</i></li> <li>• <i>“Can you provide a specific example of...”</i></li> <li>• <i>“Please tell me (more) about that...”</i></li> <li>• <i>“Could you please explain what you mean by...”</i></li> <li>• <i>“Could you tell me something else about...”</i></li> <li>• <i>“Does anyone have any additional thoughts on...”</i></li> <li>• <i>“Anything else...”</i></li> </ul>
<p><b>Adrian</b> 2:50pm – 3:00pm</p>	<p><b>6. Examples of Identity-related Artwork</b></p> <p>The research team and community liaison will show examples of identity-related artwork they’ve created. They will show their artworks and explain how they are related to how they perceive themselves and their identity. <i>“We created a few example artworks to help give you some ideas about how identity can be illustrated.”</i> – Research team members will be go around in a circle showing their examples –<b>each should prepare language beforehand, keeping it brief-</b></p> <p><i>“Next, you’ll start creating an artwork that represents how you perceive yourself and your identity, we will spend about an hour to work on the art this session, and you will have some additional time next session to continue working on it.”</i></p>
<p><b>Virginia</b> 3:00pm – 3:50pm</p>	<p><b>7. Art-making About Participants’ Self-perception &amp; Identity – Part 1</b></p> <p>The participants will begin working on their individual artworks on self-perception, using the ideas raised during the group discussion for inspiration. The research team and community liaison will circulate the room to check-in with the participants as they are working to see if anyone needs help or guidance.</p> <p><i>“Based on your feedback, we’ve provided a number of different types of art supplies, we will come around to ask what art supplies you would like to work with and can bring them over to you. As you are working, please keep in mind that this artwork doesn’t have to be perfect; the important part is to enjoy yourself and explore how you define your identity. Again, please also remember you will have more time to finish these artworks during our next session. We will walk around while you are working to see if you need any help or have any questions. Do you have any questions now before we get started?”</i></p>

<p><b>Rebecca</b> 3:50pm – 4:00pm</p>	<p><b>8. Introduction to Next Session &amp; Conclusion</b></p> <p>As a group, the research team will check-in with the participants to see how they are doing. They will answer questions and ask participants about what is working well and what they may be finding challenging. They will also introduce the next session –</p> <p><i>“Our time together today is coming to a close. Again, you will have time at the beginning of our next session to finish this artwork. We will come around to help pick up the art supplies; then we will talk briefly about your thoughts thus far, and what we will be doing during our next session.”</i></p> <p><i>“We will go around in a circle to answer the questions of what was the highlight of today for you? What did you enjoy about today? Do you have any suggestions?”</i></p> <p>Allow time for participants to respond.</p> <p><i>“At the next session, you will be given time to finish this artwork. Then, as a group, we will review and discuss each person’s artwork. Afterward, you will be given time to write or dictate a short personal explanatory statement to accompany your artwork. Our next session will be next Sunday, March 15<sup>th</sup> at 2pm.” (The research team will point to this date on the flipchart.)</i></p>
<p><b>Zoe</b></p>	<p><i>“During our last session we talked about how we would like to end every session by sharing a few jokes. We will now go around the circle so that everyone has a chance to share a joke. Again, you can say “pass” to skip to the next person if you wish.”</i></p> <p>Everyone will share their jokes and the research team will remind participants to each bring another joke to tell at the end of the next session. [Back-up jokes: 1) Why did the pig leave the costume party? Everyone thought he was boar. 2) Why do hummingbirds hum? Because they don’t know the words to the song. 3) What do you call an alligator wearing a vest? An investigator.] The research team will thank participants for coming to this session and express excitement about working with them at the sessions to come.</p> <p><i>“Wonderful, thank you again for coming today and for your participation. We are already looking forward to continuing with you at the next session on Sunday, March 15th. Remember to bring another joke!”</i></p>
<p>After the Session</p>	<p><b>9. Clean-up</b></p> <p>The research team will clean up the room after the participants leave, throwing away any trash and moving the tables and chairs back into their original positions.</p>

***Visual Voices: An Arts-Based Assessment of the Perceived Identity of Aging Maine Residents***

Script for 4th Session:

**Group Discussion & Artwork on Self-Perception, Part 2**

**Date-** Sunday, March 15, 2015

**Time-** 2:00pm – 4:00pm EST

**Location-** Park Danforth, **First Floor Multi-Purpose Room**

**Roles-** Research Team Members: Facilitator (**All**), Note-taker & Name-tagger (**Rebecca**), Time-keeper (**Zoe**), Food-organizer (**Zoe and Collyn**), Flipchart-manager (**Michaela**), Photographer (**Collyn**); Faculty Advisor(s); Community Liaison; Participants

**Supplies Needed-**

- Refreshments and Eating/Drinking Utensils
- Self-stick Flipchart and Markers (with All Pages Pre-Prepared, Including Session's Agenda)
- Art Supplies (as Defined by Participant Preferences)
- Supply Box (with Miscellaneous Office Supplies)
- Name Tags (for Research Team, Faculty Advisors, and Participants)
- Laptop with Charger and Speakers (to Play Light Music During Art-making)
- Audio Recording Device
- Door Sign
- Food Donation Sign
- Handouts (with Written Statement Prompts on Them)
- Writing Paper (for Written Personal Explanatory Statements)

Prompt Page

**Prompts for Moving the Conversation Along or Engaging Quiet Participants:**

- *“(Name), I’m sorry to interrupt, but in order to make sure that everyone has the opportunity to share, we will need to move on to...”*
- *“Excuse me (name), I would like to give (name) the opportunity to share now.”*
- *“(Name), those are really great thoughts. Thank you so much for sharing. But we’re running a little short on time, and so we need to move on to make sure that we get through all of today’s activities.”*
- *“(Name), we haven’t heard much from you today, do you have anything that you would like to add...”*
- *“(Name), what are your thoughts on this subject?”*
- *If an opposing opinion arises, “That’s a really interesting point...”*

**Prompts During Art-Making Activities While the Research Team Circulates:**

- *“How are things going so far?”*
- *“What were some of the things that you thought of when we were talking as a group?”*
- *“What are some things that are really important to you or that you really like to do?”*
- *“How would you describe yourself to someone else?”*
- *“What would you like to convey in your art?”*
- ***“What might be some ways to represent those things in your art?”***

**Prompts for Challenging/Emotional Conversation (Reflect, Validate, and Normalize):**

- *“I’m so sorry that happened to you. You must be a very strong and resilient person.”*
- *“That must have been hard, how did you get through it?”*
- *“I’m so sorry that happened to you. I’m so glad you are here. Thank you for sharing”*
- *“Lots of people might not have made it through something like that, how were you able to get through it?”*
- *“When you felt that way, how did you address those feelings?”*
- *“What has helped you get through something like this in the past?”*
- *“That sounds like it must have been very challenging. Did you learn anything from that experience that you think would be helpful for other group members?”*
- *--Admitting that you don’t know what to say, but expressing that you are there for them.*
- ***To the Group: “One thing we’ve noticed during this meeting is the incredible resilience of everyone here. Resilience is the powerful ability to overcome challenges and hardships, and to find a way to recover from them and even thrive despite them. We recognize all of you here are incredibly resilient women, and we feel so fortunate to be working on this project with you and getting to know and learn from you.”***

**For Particularly Emotional Situations (ask for faculty assistance, and):**

- ***“Would you like to take a few minutes to talk in private with someone from the research team?”***
- *“What do you need right now to feel safe (or ok)?”*
- *“What can the group do to help you right now”*
- *“How can we help you get through this?”*
- *“How can we be more supportive?”*
- *“Is there someone you would like us to call for you?”*
- *“How are you feeling now? Would you like to join the group again or would you like one of us to walk you to your room?”*

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Timeframe	Activity
30 Minutes Before the Session (1:30pm)	<p><b>1. Set-up</b></p> <p>The research team will arrive at Park Danforth 30 minutes before the session begins to set up the room, including the arrangement of the tables and chairs in a circular fashion (two tables pulled together in the center of the kitchen-side of the room with the room divider pulled across), the refreshments (set out in the center of the main tables to make them easily accessible), double-checking all the necessary supplies, etc.</p>
All 2:00pm – 2:05pm	<p><b>2. Refreshments</b></p> <p>The research team will allow time for the attendees to arrive, pick out their refreshments, and get comfortable. The research team will greet each person as they arrive and help them with nametags -</p> <p><i>“Hello and welcome. Thank you for coming. Please help yourself to a snack and find a seat. We will be starting soon. Here’s a name tag.”</i></p> <p>Then, once it appears that most people have arrived, the research team will address the group -</p> <p><i>“Hello everyone, please take a few minutes to pick out a snack, find a seat, and get comfortable. We will begin shortly.”</i></p>
Virginia 2:05pm – 2:15pm	<p><b>3. Check-in</b></p> <p>The research team will hold a brief check-in with the participants to see how they are doing, and touch upon where we left off last session. Each of the participants will be given a chance to speak –</p> <p><i>“Thank you all for coming today. We really appreciate that you are taking the time to help us with this project. As always, while we are here with you today, please feel free to stop us at any time if you have questions by raising your hand, and please let us know if we need to speak louder or repeat any information. We will begin by talking a little bit about what we did last session, get your opinions on how it went, and then talk about what we will be doing today.</i></p> <p><i>During the last session we held a group discussion about the topic of identity and how you perceive yourselves. You began working on your individual artworks about identity and self-perception. We would now like to hear your thoughts on how that session went. Let’s go around in a circle from person-to-person and take turns answering some questions. These questions are just examples, so you don’t have to answer them all, and if you would prefer not to answer any of them then you can “pass” to the next person.</i></p> <p><i>The questions to consider are:</i></p> <ul style="list-style-type: none"> <li>• <i>How are you feeling about the art-making process and the project in general?</i></li> <li>• <i>What are some additional thoughts about self-perception and identity that occurred to you between last session and now?</i></li> <li>• <i>What questions do you have before we start working on the artwork again?”</i></li> </ul> <p><i>(Have these questions written on the flip chart, and have this section’s facilitator prompt each person about each question.)</i></p>
Collyn 2:15pm – 2:50pm	<p><b>4. Art-making About Participants’ Self-perception &amp; Identity – Part 2</b></p> <p>The participants will finish working on their individual artworks on self-perception and identity. The research team will circulate the room to check-in with the participants as they are working to see if anyone needs any help or guidance.</p> <p><i>“Thank you for sharing your feedback with us. It helps us to improve these sessions. Now you will have more time to work on and finish up your artworks on identity. You will have about 35 minutes to finish up, from now until 2:50pm. Then we will take a look at the art that</i></p>



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	<p>everyone created and spend time discussing each piece. After that we'll write short statements that capture your thoughts on your artwork. At the close of the session, we'll reflect on what we did today, talk about what we're doing next week, and wrap up as usual by sharing jokes with each other. (Gesture to each part of the session's agenda on the flipchart.)</p> <p>Now let's dive back into your art. Please let us know which supplies you'd like to use, and we can bring them over to you. Remember that you may need to share certain supplies with others in the group. As you are working, please keep in mind that this artwork doesn't have to turn out looking any particular way. Everyone has a different artistic style, and all of them are interesting and valuable to our project. The important part is to enjoy yourself and think about your identity.</p> <p>We will be available while you are working if you need help with anything or have any questions. Please let us know if you do and we'll be happy to help. What questions do you have now before we get started?</p> <p>Also, we would like to take a few photographs of the group's art-making process while you're working. What do you think about this? Is this alright with everyone?"</p> <p>As the participants work on their art, the research team will check-in with people around the room to see how they are doing. If anyone seems to be struggling, they can offer assistance –</p> <ul style="list-style-type: none"> <li>• “How is the art-making process coming along?</li> <li>• How are you doing?</li> <li>• What can I do to help?"</li> </ul>
<p><b>Michaela</b></p> <p>2:50pm – 3:30pm</p>	<p><b>5. Group Discussion of Artwork</b></p> <p>The research team will hold a group discussion to review the resulting artwork with the participants. First the research team will provide a brief example by holding up an artwork that one of them created and mock discussing it. Then they will move onto the artwork that the participants created. Time will be spent on each piece, allowing the participants to talk about their work and for others to provide feedback, thoughts, and comments –</p> <p>“Thank you all for the effort you put into your artworks. As we checked-in with each of you we witnessed some really interesting work and impressive creativity. We feel so lucky to be working with a group of such talented women. Now it is time to look at the artwork that everyone created. We will go around the room from person-to person. Each person will hold up their artwork for the group to see, though you can choose to “pass” if you wish. First, everyone else will comment and reflect on the person’s artwork. Then the artist will be given a chance to respond and share their thought-process behind the piece.</p> <p>Before we begin, let’s all take some time to recall the guidelines that we set as a group at the beginning of this project. Please remember to show each artist kindness and respect, to focus on the positive (what you like about their art and what they did well). Everyone put a lot of effort and thought into their art, so it is very brave to be sharing with each other in this way. We want everyone to feel safe sharing. Everyone’s art is unique, as unique as each person is, and equally interesting and valuable to the project.</p>
<p><b>Zoe</b></p>	<p>Now, before we start, we’re going to do a quick example to show you what the artwork discussion might look like. (Collyn holds up her artwork.) This is the artwork that Collyn created about her identity. We’ll all think about what thoughts, reactions, memories, or questions come to mind when looking at it, and share these ideas with the group. (Research team comments on Collyn’s art.) Now, Collyn will have a chance to tell us what she was thinking when she created the piece. Collyn, please share. (Collyn will discuss her thoughts on</p>

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	<p><i>her artwork.) So, this is just an example of what the artwork discussion could look like. Now, we'll look at your artworks. When you are looking at everyone's art, please remember that everyone views art differently, and a piece of art has different meanings to everyone who views it. All thoughts and interpretations, no matter how different, are equally interesting and valuable."</i></p>
<p><b>Michaela</b> leading this section, all participating in it</p>	<p>When the first person holds up their art, the research team will pose questions to prompt the thoughts of the other participants:</p> <ul style="list-style-type: none"> <li>• <i>"What comes to mind when you view this artwork?"</i></li> <li>• <i>What are your reactions to it?</i></li> <li>• <i>What does it remind you of?</i></li> <li>• <i>What are your questions for the artist?"</i></li> </ul> <p><i>(Have these questions written on the flip chart, and have this section's facilitator prompt each person about each question.)</i> After the other participants share their thoughts, the artist will be given a chance to respond and discuss their piece:</p> <p><i>"Please feel free to respond to any of the group's comments.</i></p> <ul style="list-style-type: none"> <li>• <i>What were you thinking about when you made this artwork?</i></li> <li>• <i>What is the message or meaning that the artwork is trying to convey, if there is one?</i></li> <li>• <i>What do you like about your artwork?</i></li> <li>• <i>What surprised you while you were making it?</i></li> <li>• <i>Please provide any additional explanations about the artwork that you wish."</i></li> </ul> <p><i>(Have these questions written on the flip chart, and have this section's facilitator prompt each person about each question.)</i></p>
<p><b>Rebecca</b> 3:30pm – 3:50pm</p>	<p><b>6. Writing Personal Explanatory Statements</b></p> <p>The research team will ask the participants to write short personal explanatory statements to accompany their artwork. Any participants who would rather dictate their statements to a research team member will be accommodated –</p> <p><i>"Thank you everyone for sharing your art with the group and for reflecting on each other's pieces. This is a very thoughtful group! We would now like to capture these thoughts on your artwork in writing. To do so, we will pass around writing paper and pens so that you can write a short explanatory statement about your artwork, and we will come around the room to assist you in preparing these statements. In your statement, you can include:</i></p> <ul style="list-style-type: none"> <li>• <i>Points from the discussion we just had.</i></li> <li>• <i>Your thoughts on your artwork's intended meaning and message.</i></li> <li>• <i>What the images in your artwork illustrate.</i></li> <li>• <i>What you were thinking when you made it.</i></li> <li>• <i>What you like about it.</i></li> </ul> <p><i>(Have these questions printed up on handouts to pass around the table.) You don't need to include all of these things in your written statement. They are just prompts to help you generate ideas. As always, please let us know if you need assistance or have any questions."</i></p>
<p><b>Michaela</b> 3:50pm – 4:00pm</p>	<p><b>7. Introduction to Next Session &amp; Conclusion</b></p> <p>As a group, the research team will check-in with the participants to see how they are doing. They will answer questions and ask the participants about what is working well and what they may be finding challenging. They will also introduce the next session –</p> <p><i>"Thank you for the thought you put into your written statements. They will make great</i></p>

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	<p>additions to your art. As our time together today is drawing to a close, we'd like to check-in to see how everyone is feeling about the project:</p> <ul style="list-style-type: none"> <li>• What are your thoughts about what we have done today?</li> <li>• What have you found challenging and what have you enjoyed?</li> <li>• What is one thing you will take away from today's session?</li> <li>• How did today's discussion change your perception of yourself or others?</li> </ul> <p>(Have these questions written on the flip chart, and have this section's facilitator prompt each person about each question.) If you have any additional thoughts about the project that you would like to share with us in private then please let us know while we are cleaning up and we can talk with you individually."</p> <p>The research team will then remind participants about the date and time of the next session. Everyone will share their jokes and the research team will remind the participants to each bring another joke to tell at the end of the next session. They will thank the participants for work this session and express excitement about working with them at the sessions to come.</p> <p>"Our next session will take place on Sunday, March 22nd at this same time, from 2:00pm to 4:00pm, in this same room, the first floor multi-purpose room of Park Danforth. We will be using the first floor multi-purpose room for all of the remaining session. Here are updated session schedules for everyone that list this room instead of Activity Room (3). (Pass out updated session schedules for everyone.) At the next session you will begin discussing and creating artwork about how you feel seen by people in your life, from the present or the past, that you've had significant interactions with, like friends and family. First, we will hold a group discussion about this topic. Then, you will start your artworks. These will be smaller artworks that will be combined together into a larger artwork, like a collage. You won't have to complete your entire artwork next session, as you will have time to finish up working on it at the session following. (Gesture to the date and time of the next session on the flipchart.)</p>
<p><b>Virginia</b></p>	<p>We will now go around the room in a circle so that everyone has a chance to share the joke they prepared for today. Again, you can say "pass" to skip to the next person if you wish." [Back-up jokes: 1) What did the nut say when he sneezed? Casheeeewwww! 2) Why did they invite the mushroom to the party? Because he is a Fun-Guy. 3) Why did they throw the clock out the window? They wanted to see time fly.]</p> <p>The research team will thank the participants for coming to this session and express excitement about working with them at the sessions to come.</p> <p>"Wonderful! Thank you again for coming today, for sharing your insights with us, and for the effort you put into your artwork and written statements. We are already looking forward to continuing with you at the next session on Sunday, March 22nd. Please remember to bring another joke!"</p>
<p>After the Session</p>	<p><b>8. Clean-up</b></p> <p>The research team will clean up the room after the participants leave, throwing away any leftover trash, and moving the tables and chairs back into their original positions.</p>

Script for 5th Session:

## **Group Discussion & Artwork on the Perceptions of Significant Others, Part 1**

**Date-** Sunday, March 22, 2015

**Duration-** Approximately 2 Hours

**Location-** Park Danforth, Third Floor Activity Room

**Roles-** Research Team Members: Facilitator, Note-taker/Name tag assistant, Time-keeper, Flip-Chart Pointer; Faculty Advisor(s); Community Liaison; Participants

**Supplies Needed-**

- Refreshments and Eating/Drinking Utensils
- Self-stick Flipchart and Markers (with All Pages Pre-Prepared, Including Session's Agenda and the group Guidelines)
- Art Supplies (as Defined by Participant Preferences)
- Supply Box (with Miscellaneous Office Supplies)
- Example Artwork
- Name Tags (for Research Team, Faculty Advisors, and Participants)
- Laptop with Charger and Speakers (to Play Light Music During Art-making)
- Audio Recording Device
- Door Sign
- Handouts with Prompt Questions

Prompt Page

**Prompts for Moving the Conversation Along or Engaging Quiet Participants:**

- *“(Name), I’m sorry to interrupt, but in order to make sure that everyone has the opportunity to share, we will need to move on to…”*
- *“Excuse me (name), I would like to give (name) the opportunity to share now.”*
- *“(Name), those are really great thoughts. Thank you so much for sharing. But we’re running a little short on time, and so we need to move on to make sure that we get through all of today’s activities.”*
- *“(Name), we haven’t heard much from you today, do you have anything that you would like to add…”*
- *“(Name), what are your thoughts on this subject?”*
- *If an opposing opinion arises, “That’s a really interesting point…”*

**Prompts During Art-Making Activities While the Research Team Circulates:**

- *“How are things going so far?”*
- *“What were some of the things that you thought of when we were talking as a group, and what are you thinking now?”*
- *“How do you think the people in your life, past or present, would describe you? What would they say about you?”*
- *“What might be some ways to represent those things in your art?”*

**Prompts for Challenging/Emotional Conversation:**

- *“I’m so sorry that happened to you. You must be a very strong and resilient person.”*
- *“That must have been hard, how did you get through it?”*
- *“I’m so sorry that happened to you. I’m glad you are here. Thank you for sharing”*
- *“A lot of people might not have made it through something like that, how were you able to get through it?”*
- *“When you felt that way, how did you address those feelings?”*
- *“What has helped you get through something like this in the past?”*
- *“That sounds like it must have been very challenging. Did you learn anything from that experience that you think would be helpful for other group members?”*
- *--admitting that you don’t know what to say, but expressing that you are there for them.*
- ***To the Group: “One thing we’ve noticed during this meeting is the incredible resilience of everyone here. Resilience is the powerful ability to overcome challenges and hardships, and to find a way to recover from them and even thrive despite them. We recognize all of you here are incredibly resilient women, and we feel so fortunate to be working on this project with you and getting to know and learn from you.”***

**For Particularly Emotional Situations (ask for faculty assistance, and):**

- ***“Would you like to take a few minutes to talk in private with someone from the research team?”***
- *“What do you need right now to feel safe (or ok)?”*
- *“What can the group do to help you right now”*
- *“How can we help you get through this?”*
- *“How can we be more supportive?”*
- *“Is there someone you would like us to call for you?”*

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Timeframe	Activity
30 Minutes Before the Session (1:30pm)	<p><b>1. Set-up</b></p> <p>The research team will arrive at Park Danforth 30 minutes before the session begins to set up the room, including the refreshments, the arrangement of the tables and chairs (two tables pulled together in the center of the kitchen-side of the room with the room divider pulled across), double-checking all the necessary supplies, etc.</p>
2:00pm – 2:05pm	<p><b>2. Refreshments</b></p> <p>The research team will allow time for the participants to arrive, pick out their refreshments, and get comfortable. The research team will greet each participant as they arrive and help them with nametags. The note-taker will make note of who is in attendance.</p> <p><i>“Hello everyone, please take a few minutes to get a snack and get comfortable. We will begin shortly.”</i></p> <p>After everyone is seated the snacks will be set out around the table to make them more accessible.</p>
2:05pm – 2:15pm	<p><b>3. Check-in</b></p> <p>The research team will hold a brief check-in with the participants to see how they are doing, and touch upon where we left off last session.</p> <p><i>“Thank you all for coming today. We really appreciate that you are taking the time to help us with this project. We will begin by talking a little bit about what we did last session, get your opinions on how it went, and then we will talk about what we will be doing today.”</i></p> <p><i>“Last session you finished working on your individual artworks about your identity and we spent some time talking about those artworks and what they meant to us. We would now like to hear your thoughts on how that session went and <b>then we will give A___ and C___ a chance to share their art if they would like to.</b> Let’s go around in a circle and take turns answering some questions. These questions are just examples, so you don’t have to answer them all or you can add something different, and if you would prefer not to answer any of them then you can “pass” to the next person.”</i></p> <p>Going around the circle, each of the participants will be given a chance to answer the following questions –</p> <p><i>“How are you feeling since we met the last time? What are some additional thoughts about the project that occurred to you between last session and now? Is there any feedback that you would like to give us about the last session? What questions do you have before we start the group discussion? Thank you all for sharing your thoughts with us.”</i></p> <p>The research team will give the participants that missed the last session a chance to share their artwork.</p> <p><i>“A___ and C___, during our last session we gave everyone a chance to show their art and explain it to the group and also had the group comment on the art. Would you like to show us the art that you worked on?”</i></p> <p>The research team will then introduce the activities that will take place during this session.</p> <p><i>“Today we will begin exploring the second topic of this project, the way you feel seen by people you’ve significantly interacted with in either the present or the past, and what roles you have played in their lives. In order to do that:</i></p>

**Research Team:** Collyn Baeder, MPH Student; Zoe Hull, MPH Student; Rebecca Masterjohn, MSOT Student; Virginia Sedarski, MSOT Student; Michaela Hoffman, MSOT Student; Adrian Jung, MSOT Student; **Community Liaison:** Donna Wolf, Park Danforth Resident and Artist; **Faculty Mentors:** Rebecca Boulos, MPH Faculty; Regi Robnett, MSOT Faculty

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	<ul style="list-style-type: none"> <li>• <i>We will start by having a group discussion about who you have significant interactions with, either now or in the past, what roles you've played in their lives, and how you think these people see and think of you (or saw and thought of you).</i></li> <li>• <i>You will then spend some time beginning an art piece that illustrates your thoughts about how they see you.</i></li> </ul> <p><i>You will start the art today, but will have more time during our next session to finish it. Also at our next session, we will spend time reviewing and talking about the art that everyone creates."</i></p>
<p>2:15pm – 2:50pm</p>	<p><b>4. Group Discussions About the Perceptions of Significant Others</b></p> <p>The research team will engage the group in a discussion on the topic of how they feel seen by the significant others in their lives. To begin, they will ask the participants to think about who the significant others are in their life–</p> <p><i>"We thought we would start our group discussion by going around the room and giving everyone a chance to speak, although you can choose to "pass" to the next person if you prefer. Let's start with the question, 'Which people from your present and past are the most important to you? Who do or did you interact with the most?'"</i></p> <p>If there is no response, or only a limited response after mentally counting to "10" (or earlier based on the atmosphere of the group), the research team can help initiate the conversation by sharing <b>a few</b> of the people who play significant roles in their lives.</p> <p><i>"In order to help prompt your thoughts on this question, we thought of a few examples that we would like to share - spouses, partners, parents, siblings, children, grandchildren, extended family, neighbors, and friends. What other examples can you think of?"</i></p> <p>Next the research team will allow the participants a little time to think about how they feel seen by these significant others. Each of the participants will either write down or think about the various ways that they feel seen by the significant others in their lives. The research team will start the discussion by sharing their thoughts about how they feel seen by the significant others in their lives. Then the participants who feel comfortable can share their thoughts about how they feel seen by their significant others with the group. Each of the participants will be given a chance to speak.</p> <p><i>"Next we want to think about how these people see us. We've come up with a few questions to help you think about this. Let's all take a few minutes to quietly think about these questions. You can write down your ideas if you'd find that helpful. Then we will talk about your thoughts as a group. Again, these are simply prompts, so you don't have to answer all of them. The questions we would like you to think about are:</i></p> <ul style="list-style-type: none"> <li>• <i>How would these people describe you? –(Reference what roles the participants brought up), for example, how would ___ describe you?</i></li> <li>• <i>What do they or did they appreciate about you?</i></li> <li>• <i>What roles do you or did you play in their lives?</i></li> <li>• <i>How do you think you have impacted their lives?</i></li> <li>• <i>What might they not know or have known about you?</i></li> <li>• <i>What aspects of you do or did they see the most?"</i></li> </ul> <p>The research team will allow the participants time to think about these questions. After assessing that most participants are ready to move on they will begin to discuss as a group. The research team will have some examples ready in the event that the participants are struggling to begin the discussion.</p> <p><i>"We will go around in a circle, and as always, you can choose to "pass."</i></p>

**Research Team:** Collyn Baeder, MPH Student; Zoe Hull, MPH Student; Rebecca Masterjohn, MSOT Student; Virginia Sedarski, MSOT Student; Michaela Hoffman, MSOT Student; Adrian Jung, MSOT Student; **Community Liaison:** Donna Wolf, Park Danforth Resident and Artist; **Faculty Mentors:** Rebecca Boulos, MPH Faculty; Regi Robnett, MSOT Faculty

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	<p><b>Additional Follow-up Prompts:</b></p> <ul style="list-style-type: none"> <li>• <i>“Has that changed over time....”</i></li> <li>• <i>“Can you provide a specific example of...”</i></li> <li>• <i>“Please tell me (more) about that...”</i></li> <li>• <i>“Could you please explain what you mean by...”</i></li> <li>• <i>“Could you tell me something else about...”</i></li> <li>• <i>“Does anyone have any additional thoughts about...”</i></li> <li>• <i>“Anything else...”</i></li> </ul>
<p>2:50pm – 3:00pm</p>	<p><b>5. Examples of Artwork Related to the Perceptions of Significant Others</b></p> <p>The research team and community liaison will show examples of artwork related to the perceptions of significant others that they’ve created. They will explain their thought process behind the artworks.</p> <p><i>“Thank you all so much for sharing your thoughts. Similar to what we did with the first topic of identity, we thought it would be nice to illustrate some of the things that you said with art. We created an example piece to show you in order to help give you some ideas about how your thoughts can be illustrated.”</i> Research team members will go around in a circle showing and discussing their examples. <b>–Each team member should prepare language beforehand.–</b></p> <p><i>“Next, you’ll start creating an artwork that represents how you feel or felt perceived by the people you’ve had significant interactions with in either the present or the past. We will spend about an hour working on the art this session, and you will have some additional time at the next session, roughly 40 minutes, to finish it. For this topic you will each create smaller artworks. Then all of your individual artworks will be attached to each other side-by-side to create one large group artwork, which will be a combination of all of your contributions.”</i></p>
<p>3:00pm – 3:45pm</p>	<p><b>6. Art-making About Perceptions of Significant Others – Part 1</b></p> <p>The participants will begin working on their artworks on the perceptions of significant others, using the points raised during the group discussion for inspiration. The research team and community liaison will circulate the room to check-in with the participants as they are working to see if anyone needs any help or guidance.</p> <p><i>“Based on your feedback, we’ve provided a number of different types of art supplies, so please choose whatever you would like to work with and we can bring them over to you. You may need to share certain supplies with others in the group. As you are working, please keep in mind that this artwork doesn’t have to look any particular way. Everyone has a different artistic style; all of them are interesting and valuable to our project. The important part is to enjoy yourself and explore how you feel seen by the people you’ve had significant interactions with. Again, please remember that you will have about 40 more minutes to finish these artworks during our next session. We will walk around while you are working to see if you need any help or have any questions. Please let us know if you do and we’ll be happy to help. What questions do you have now before we get started?”</i></p>
<p>3:45pm – 4:00pm</p>	<p><b>7. Introduction to Next Session &amp; Conclusion</b></p> <p>As a group, the research team will check-in with the participants to see how they are doing. They will answer questions and ask the participants about what is working well and what they may be finding challenging. The research team will give the participants a 10 minute warning before the end of the art making. They will also introduce the next session –</p> <p><i>“Our time together today is coming to a close. Again, you will have time at the</i></p>



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	<p><i>beginning of our next session to finish this artwork. Thanks for all the great work you did today. We will talk briefly about your thoughts thus far, and what we will be doing during our next session."</i></p> <ul style="list-style-type: none"> <li>• <i>What are your thoughts about what we have done today?</i></li> <li>• <i>What have you found challenging and what have you enjoyed?</i></li> <li>• <i>What is one thing you will take away from today's session?</i></li> <li>• <i>How did today's discussion change your perception of yourself or others?</i></li> </ul> <p><i>If you have any additional thoughts about the project that you would like to share with us in private then please let us know while we are cleaning up and we can talk with you individually."</i></p> <p><i>"At the next session, you will be given some time to finish up your artwork from today. Then, as a group, we will review and discuss each person's artwork. We will summarize the major themes that arise from the discussion to create a written statement to accompany the larger group artwork/collage. Our next session will be on <b>Sunday March 29th at 2pm.</b>"</i></p> <p><i>"We will now go around the circle so that everyone has a chance to share a joke. Again, you can say "pass" to skip to the next person if you wish."</i></p> <p><i>Everyone will share their jokes and the research team will remind participants to each bring another joke to tell at the end of the next session. [Back-up jokes: 1) Why are mountains so funny? Because they are hilarious. 2) How many tickles does it take to make an octopus laugh? Ten tickles.] The research team will thank the participants for coming to this session and express excitement about working with them at the sessions to come.</i></p> <p><i>"Wonderful, thank you again for coming today, for sharing your insights with us, and for the effort you put into your artwork. We are already looking forward to continuing with you at the next session on Sunday, <b>March 29th</b>. Remember to bring another joke!"</i></p>
<p>After the Session</p>	<p><b>8. Clean-up</b></p> <p>The research team will clean up the room after the participants leave, throwing away any trash and moving the tables and chairs back into their original positions.</p>

***Visual Voices: An Arts-Based Assessment of the Perceived Identity of Aging Maine Residents***

**Research Team:** Collyn Baeder, MPH Student; Zoe Hull, MPH Student; Rebecca Masterjohn, MSOT Student; Virginia Sedarski, MSOT Student; Michaela Hoffman, MSOT Student; Adrian Jung, MSOT Student; **Community Liaison:** Donna Wolf, Park Danforth Resident and Artist; **Faculty Mentors:** Rebecca Boulos, MPH Faculty; Regi Robnett, MSOT Faculty

*Visual Voices: An Arts-Based Assessment of the Perceived Identity of Aging Maine Residents*

Script for 6th Session:

**Group Discussion & Artwork on the Perceptions of Significant Others, Part 2**

**Date-** Sunday, March 29, 2015

**Time-** 2:00pm – 4:00pm EST

**Location-** Park Danforth, First Floor Multi-Purpose Room

**Roles-** Research Team Members: Facilitator, Note-taker, Name Tag Assistor, Time-keeper, Photographer; Faculty Advisor(s); Community Liaison; Participants

**Supplies Needed-**

- Refreshments and Eating/Drinking Utensils
- Art Supplies (as defined by participant preferences)
- Supply Box (with miscellaneous office supplies)
- Example Artwork
- Name Tags (for research team, faculty advisors, and participants)
- Laptop with Charger (to use for audio recording process)
- Audio Recording Device
- Door Sign
- Food Donations Sign

**Research Team:** Collyn Baeder, MPH Student; Zoe Hull, MPH Student; Michaela Hoffman, MSOT Student; Rebecca Masterjohn, MSOT Student; Virginia Sedarski, MSOT Student; Adrian Jung, MSOT Student; **Community Liaison:** Donna Wolf, Park Danforth Resident and Artist; **Faculty Mentors:** Rebecca Boulos, MPH Faculty; Regi Robnett, MSOT Faculty

Prompt Page

**Prompts for Moving the Conversation Along or Engaging Quiet Participants:**

- *“(Name), I’m sorry to interrupt, but in order to make sure that everyone has the opportunity to share, we will need to move on to…”*
- *“Excuse me (name), I would like to give (name) the opportunity to share now.”*
- *“(Name), those are really great thoughts. Thank you so much for sharing. But we’re running a little short on time, and so we need to move on to make sure that we get through all of today’s activities.”*
- *“(Name), we haven’t heard much from you today, do you have anything that you would like to add…”*
- *“(Name), what are your thoughts on this subject?”*
- *If an opposing opinion arises, “That’s a really interesting point…”*

**Prompts During Art-Making Activities While the Research Team Circulates:**

- *“How are things going so far?”*
- *“What were some of the things that you thought of when we were talking as a group, and what are you thinking now?”*
- *“How do you think the people in your life, past or present, would describe you? What would they say about you?”*
- *“What might be some ways to represent those things in your art?”*

**Prompts for Challenging/Emotional Conversation:**

- *“I’m so sorry that happened to you. You must be a very strong and resilient person.”*
- *“That must have been hard, how did you get through it?”*
- *“I’m so sorry that happened to you. I’m glad you are here. Thank you for sharing”*
- *“A lot of people might not have made it through something like that, how were you able to get through it?”*
- *“When you felt that way, how did you address those feelings?”*
- *“What has helped you get through something like this in the past?”*
- *“That sounds like it must have been very challenging. Did you learn anything from that experience that you think would be helpful for other group members?”*
- *--admitting that you don’t know what to say, but expressing that you are there for them.*
- ***To the Group: “One thing we’ve noticed during this meeting is the incredible resilience of everyone here. Resilience is the powerful ability to overcome challenges and hardships, and to find a way to recover from them and even thrive despite them. We recognize all of you here are incredibly resilient women, and we feel so fortunate to be working on this project with you and getting to know and learn from you.”***

**For Particularly Emotional Situations (ask for faculty assistance, and):**

- ***“Would you like to take a few minutes to talk in private with someone from the research team?”***
- *“What do you need right now to feel safe (or ok)?”*
- *“What can the group do to help you right now”*
- *“How can we help you get through this?”*
- *“How can we be more supportive?”*
- *“Is there someone you would like us to call for you?”*

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Timeframe	Activity
30 Minutes Before the Session (1:30pm)	<p><b>1. Set-up</b></p> <p>The research team will arrive at Park Danforth 30 minutes before the session begins to set up the room, including the refreshments, ensuring there are enough chairs, pulling the room divider if necessary, double-checking all the necessary supplies, etc.</p>
2:00pm – 2:05pm	<p><b>2. Refreshments</b></p> <p>The research team will allow time for the attendees to arrive, pick out their refreshments, and get comfortable. The snacks will be set out on the table to make them easily accessible. The research team will greet each person as they arrive and help them with nametags. Then, once it appears that most people have arrived, the research team will address the group.</p> <p>To each person as they arrive: <i>“Hello and welcome. Thank you for coming. Please help yourself to a snack and find a seat. We will be starting soon. Here’s a name tag.”</i></p> <p>To the group once everyone arrives: <i>“Hello everyone, please take a few minutes to pick out a snack, find a seat, and get comfortable. We will begin shortly.”</i></p>
2:05pm – 2:20pm	<p><b>3. Check-in</b></p> <p>The research team will hold a brief check-in with the participants to see how they are doing, and touch upon where we left off last session. Each of the participants will be given a chance to speak –</p> <p><i>“Thank you all for coming today. We really appreciate that you are taking the time to help us with this project. As always, while we are here with you today, please feel free to stop us at any time if you have questions by raising your hand, and please let us know if we need to speak louder or repeat any information. We will begin by talking a little bit about what we did last session, get your opinions on how it went, and then talk about what we will be doing today.</i></p> <p><i>During the last session we held a group discussion about how you feel seen by others who are important to you, and you began working on your artwork about this topic. We would now like to hear your thoughts on how you feel that session went. Let’s go around in a circle from person-to-person and take turns answering some questions. These questions are just examples, so you don’t have to answer them all, and if you would prefer not to answer any of them then you can “pass” to the next person.</i></p> <p><i>The questions to consider are:</i></p> <ul style="list-style-type: none"> <li>• <i>How are you feeling about the art-making process and the project in general?</i></li> <li>• <i>What are some additional thoughts about the perceptions of others that have occurred to you between last session and now?</i></li> <li>• <i>What questions do you have before we start working on the artwork again?”</i></li> </ul> <p>The research team will acknowledge the participants’ feedback and respond as appropriate.</p>
2:20pm – 3:00pm	<p><b>4. Art-making About Perceptions of Significant Others – Part 2</b></p> <p>The participants will finish working on their individual artworks how they feel perceived by the significant people in their lives, from the present or past. The research team will circulate the room to check-in with the participants as they are working to see if anyone needs any help or guidance.</p> <p><i>“Thank you for sharing your feedback with us. It helps us to improve these sessions. Now you will have more time to work on and finish your artworks from last week. You will have about 40 minutes to finish, from now until 3:00pm. Then we will take a look at the art that everyone created and spend time discussing each piece. Remember that for this topic, all</i></p>

**Research Team:** Collyn Baeder, MPH Student; Zoe Hull, MPH Student; Michaela Hoffman, MSOT Student; Rebecca Masterjohn, MSOT Student; Virginia Sedarski, MSOT Student; Adrian Jung, MSOT Student; **Community Liaison:** Donna Wolf, Park Danforth Resident and Artist; **Faculty Mentors:** Rebecca Boulos, MPH Faculty; Regi Robnett, MSOT Faculty

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	<p><i>of your individual artworks will eventually be attached to each other side-by-side to create one larger group artwork- a collage of all of your pieces. We'll write down the themes from today's art discussion for the creation of an explanatory statement to accompany this larger artwork. You'll have the opportunity to review this statement before it's used, to make sure that you agree with the way it's worded. At the close of the session, we'll reflect on what we did today, talk about what we're doing next week, and wrap up as usual by sharing jokes with each other.</i></p> <p><i>Now let's dive back into your art. Please let us know which supplies you'd like to use, and we can bring them over to you. As you are working, please keep in mind that this artwork doesn't have to turn out looking any particular way. Everyone has a different artistic style, and all of them are interesting and valuable to our project. The important part is to enjoy yourself and reflect on the topic of identity.</i></p> <p><i>We will be available while you are working if you need help with anything or have any questions. Please let us know if you do and we'll be happy to help.</i></p> <p><i>Also, we would like to take a few photographs of the group's art-making process while you're working. What do you think about this? Is this alright with everyone? What questions do you have now before we get started?"</i></p> <p>As the participants work on their art, the research team will check-in with people around the room to see how they are doing. If anyone seems to be struggling, they can offer assistance –</p> <ul style="list-style-type: none"> <li>• <i>"How is the art-making process coming along?</i></li> <li>• <i>How are you doing?</i></li> <li>• <i>What can I do to help?"</i></li> </ul>
<p>3:00pm – 3:45pm</p>	<p><b>5. Group Discussion of Artwork</b></p> <p>The research team will hold a group discussion to review the resulting artwork with the participants. Time will be spent on each piece, allowing the participants to talk about their work and for others to provide feedback, thoughts, and comments –</p> <p><i>"Thank you all for the effort you put into your artworks. As we checked-in with each of you we witnessed some really interesting work and impressive creativity. We feel so lucky to be working with a group of such talented women. Now it is time to look at the artwork that everyone created. We will go around the room from person-to person. Each person will hold up their artwork for the group to see, though you can choose to "pass" if you wish. First, everyone else will comment and reflect on the person's artwork. Then the artist will be given a chance to respond and share their thought-process behind the piece.</i></p> <p><i>Before we begin, let's all take some time to recall the guidelines that we set as a group at the beginning of this project. Please remember to show each artist kindness and respect, and to focus on the positive (what you like about their art and what they did well). Everyone put a lot of effort and thought into their art, so it is very brave to be sharing with each other in this way. We want everyone to feel safe sharing. Everyone's art is unique, as unique as each person is, and equally interesting and valuable to the project.</i></p> <p><i>Now, we'll take turns look at your artworks. When you are looking at everyone's art, please remember that everyone views art differently, and a piece of art has different meanings to everyone who views it. All thoughts and interpretations, no matter how different, are equally interesting and valuable."</i></p> <p>When the first person holds up their art, the research team will pose questions to prompt the thoughts of the other participants:</p> <ul style="list-style-type: none"> <li>• <i>"What comes to mind when you view this artwork?"</i></li> </ul>

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	<ul style="list-style-type: none"> <li>• <i>What are your reactions to it?</i></li> <li>• <i>What does it remind you of?</i></li> <li>• <i>What are your questions for the artist?"</i></li> </ul> <p>After the other participants share their thoughts, the artist will be given a chance to respond and discuss their piece:</p> <p><i>"Please feel free to respond to any of the group's comments.</i></p> <ul style="list-style-type: none"> <li>• <i>What were you thinking about when you made this artwork?</i></li> <li>• <i>What is the message or meaning that the artwork is trying to convey, if there is one?</i></li> <li>• <i>What do you like about your artwork?</i></li> <li>• <i>Please provide any additional explanations about the artwork that you wish."</i></li> </ul>
<p>3:45pm – 4:00pm</p>	<p><b>6. Introduction to Next Session &amp; Conclusion</b></p> <p>As a group, the research team will check-in with the participants to see how they are doing. They will answer any questions and ask the participants about what is working well and what they may be finding challenging. They will also introduce the next session –</p> <p><i>"Thank you everyone for sharing your art with the group and for reflecting on each other's pieces. This is a very thoughtful group! As our time together today is drawing to a close, we'd like to check-in to see how everyone is feeling about the project. Let's go around in a circle and answer the following questions:</i></p> <ul style="list-style-type: none"> <li>• <i>What are your thoughts about what we have done today?</i></li> <li>• <i>What have you found challenging and what have you enjoyed?</i></li> <li>• <i>What is one thing you will take away from today's session?</i></li> <li>• <i>How did today's discussion change your perception of yourself or others?</i></li> </ul> <p><i>If you have any additional thoughts about the project that you would like to share with us in private then please let us know while we are cleaning up and we can talk with you individually."</i></p> <p>The research team will then remind participants about the date and time of the next session. Everyone will share their jokes and the research team will remind the participants to each bring another joke to tell at the end of the next session. They will thank the participants for work this session and express excitement about working with them at the sessions to come.</p> <p><i>"Our next session will take place on Saturday, April 4<sup>th</sup>, at this same time, from 2:00pm to 4:00pm, in this same room, the first floor multi-purpose room of Park Danforth. We will be meeting on Saturday next week, instead of Sunday like we usually do, because that Sunday is the Easter holiday and some people may have other plans that day. We will call you next week to remind you about the session time.</i></p> <p><i>At the next session you will begin discussing and creating artwork about how you feel seen by your health care providers, and what you think they think of you. First, we will hold a group discussion about this topic. Then, you will start your artworks. Like the artworks you finished today, these will be smaller artworks that will be combined together into a larger piece, like a collage. You won't have to complete your entire artwork next session, as you will have time to finish up working on it at the session following.</i></p> <p><i>We will now go around the room in a circle so that everyone has a chance to share the joke they prepared for today, or to read one from the joke book. Again, you can say "pass" to skip to the next person if you wish."</i></p> <p style="color: red;"><b>[Back-up jokes:</b></p>

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	<p>1) Why did they invite the mushroom to the party? Because he is a fun-guy (fungi). 2) What has lots of teeth but never has to go to the dentist? A comb! 3) Why did they throw the clock out the window? They wanted to see time fly.]</p> <p>The research team will thank the participants for coming to this session and express excitement about working with them at the sessions to come.</p> <p><i>“Wonderful! Thank you again for coming today, for sharing your insights with us, and for the effort you put into your artwork and discussions. We are already looking forward to continuing with you at the next session on Saturday, April 4<sup>th</sup>. Please remember to bring another joke!”</i></p>
After the Session	<p><b>7. Clean-up</b></p> <p>The research team will clean up the room after the participants leave, throwing away any leftover trash and moving the tables and chairs back into their original positions.</p>



Script for 7th Session:

## **Group Discussion & Artwork on the Perceptions of Health Care Providers, Part 1**

**Date-** Saturday, April 4, 2015

**Time-** 2:00pm – 4:00pm EST (2 Hours)

**Location-** Park Danforth, First Floor Multi-Purpose Room

**Roles-** Research Team Members: Facilitator, Note-taker/Nametag Assistor, Time-keeper, Photographer; Faculty Advisor(s); Community Liaison; Participants

**Supplies Needed-**

- Refreshments and Eating/Drinking Utensils
- Draft Written Statement from Previous Session
- Art Supplies (as Defined by Participant Preferences)
- Supply Box (with Miscellaneous Office Supplies)
- Example Artwork
- Name Tags (for Research Team, Faculty Advisors, and Participants)
- Laptop with Charger and Speakers (to Play Light Music During Art-making)
- Audio Recording Device
- Door Sign
- Handouts with Prompt Questions

**Research Team:** Collyn Baeder, MPH Student; Zoe Hull, MPH Student; Rebecca Masterjohn, MSOT Student; Virginia Sedarski, MSOT Student; Michaela Hoffman, MSOT Student; Adrian Jung, MSOT Student; **Community Liaison:** Donna Wolf, Park Danforth Resident and Artist; **Faculty Mentors:** Rebecca Boulos, MPH Faculty; Regi Robnett, MSOT Faculty

## Prompt Page

### **Prompts for Moving the Conversation Along or Engaging Quiet Participants:**

- *"(Name), I'm sorry to interrupt, but in order to make sure that everyone has the opportunity to share, we will need to move on to..."*
- *"Excuse me (name), I would like to give (name) the opportunity to share now."*
- *"(Name), those are really great thoughts. Thank you so much for sharing. But we're running a little short on time, and so we need to move on to make sure that we get through all of today's activities."*
- *"(Name), we haven't heard much from you today, do you have anything that you would like to add..."*
- *"(Name), what are your thoughts on this subject?"*
- If an opposing opinion arises, *"That's a really interesting point..."*

### **Prompts During Art-Making Activities While the Research Team Circulates:**

- *"How are things going so far?"*
- *"What were some of the things that you thought of when we were talking as a group, and what are you thinking now?"*
- *"How do you think the people in your life, past or present, would describe you? What would they say about you?"*
- *"What might be some ways to represent those things in your art?"*

### **Prompts for Challenging/Emotional Conversation:**

- *"I'm so sorry that happened to you. You must be a very strong and resilient person."*
- *"That must have been hard, how did you get through it?"*
- *"I'm so sorry that happened to you. I'm glad you are here. Thank you for sharing"*
- *"A lot of people might not have made it through something like that, how were you able to get through it?"*
- *"When you felt that way, how did you address those feelings?"*
- *"What has helped you get through something like this in the past?"*
- *"That sounds like it must have been very challenging. Did you learn anything from that experience that you think would be helpful for other group members?"*
- --admitting that you don't know what to say, but expressing that you are there for them.
- ***To the Group: "One thing we've noticed during this meeting is the incredible resilience of everyone here. Resilience is the powerful ability to overcome challenges and hardships, and to find a way to recover from them and even thrive despite them. We recognize all of you here are incredibly resilient women, and we feel so fortunate to be working on this project with you and getting to know and learn from you."***

### **For Particularly Emotional Situations (ask for faculty assistance, and):**

- ***"Would you like to take a few minutes to talk in private with someone from the research team?"***
- *"What do you need right now to feel safe (or ok)?"*
- *"What can the group do to help you right now"*
- *"How can we help you get through this?"*
- *"How can we be more supportive?"*
- *"Is there someone you would like us to call for you?"*

Timeframe	Activity
30 minutes before the Session (1:30pm)	<p><b>1. Set-up</b></p> <p>The research team will arrive at Park Danforth 30 minutes before the session begins to set up the room, including the refreshments, ensuring there are enough chairs, pulling the room divider if necessary, double-checking all the necessary supplies, etc.</p>
2:00pm – 2:05pm	<p><b>2. Refreshments</b></p> <p>The research team will allow time for the participants to arrive, pick out their refreshments, and get comfortable.</p>
2:05pm – 2:15pm	<p><b>3. Check-in</b></p> <p><b>Prior to the check-in Becca will make a few remarks.</b></p> <p>The research team will hold a brief check-in with the participants to see how they are doing, and touch upon where we left off last session. Each of the participants will be given a chance to answer the following questions –</p> <p><i>“Thank you all for coming today. We really appreciate that you are taking the time to help us with this project. We will begin by talking a little bit about what we did last session, get your opinions on how it went, and then we will talk about what we will be doing today. Last session you finished working on your artworks about how you feel perceived by others who are important to you and we spent some time talking about those artworks and what they meant to us. We would now like to hear your thoughts on how that session went. Let’s go around in a circle and take turns answering some questions. These questions are just examples, so you don’t have to answer them all or you can add something different, and if you would prefer not to answer any of them then you can “pass” to the next person.”</i></p> <p>Going around the circle, each of the participants will be given a chance to answer the following questions:</p> <ul style="list-style-type: none"> <li>• <i>“How are you feeling since we met the last time?”</i></li> <li>• <i>What are some additional thoughts about the project that occurred to you between last session and now?</i></li> <li>• <i>Is there any feedback that you would like to give us about the last session?</i></li> <li>• <i>What questions do you have before we start the group discussion?</i></li> </ul> <p><i>Thank you all for sharing your thoughts with us.”</i></p> <p>The research team will review plans for the art exhibits.</p> <p><i>“We wanted to take a few minutes to talk about the art exhibits for this project. Some of you have said that you would be comfortable having your art displayed at a variety of art exhibits. Therefore, we are planning to have an art exhibit here at Park Danforth that family, friends, and other Park Danforth residents will be invited to attend; one in downtown Portland for the community to attend (and other friends and family are invited to attend this one as well but they will need to arrange their own transportation), and another one across the street at the University of New England. During one of our sessions later this month we will spend more time together planning for these exhibits and talking about what ways you would like to be involved in them, but one piece of information we do need to work out now is who is planning to attend the exhibit in downtown Portland. We are working on arranging transportation to that event, so we need to let Annette know how many people will be planning to attend. Would everyone like to attend the exhibit in downtown Portland?”</i></p> <p>The participants will have a chance to respond and ask questions.</p> <p><i>“Great, we will be so happy to have you join us there. We expect that the exhibit will happen around the time that the evening meal is usually offered so you would need to be</i></p>

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	<p><i>sure to plan ahead and prepare your own meal for that day. Would that be alright for everyone that is planning to go?"</i></p> <p>The research team will then introduce the activities that will take place during this session.</p> <p><i>"Today we will begin exploring the third topic of this project, the way you feel seen by your health care providers. We will hold a group discussion on this topic and then you will start an artwork about it. You will have more time during our next session to finish it, and then we will review and discuss the art that everyone creates.</i></p> <p><i>Before we start talking about our new topic, we want to take a few minutes to review the written statements that we prepared to accompany the group piece you made last week."</i></p>
2:15pm – 2:25pm	<p><b>4. Review Written Summarizing Statement from Previous Session</b></p> <p>The research team will review the written summarizing statement that they drafted from the previous session to ensure that the participants agree with the wording used. The research team will read the statement aloud and ask for feedback.</p> <p><i>"Based on the conversations that we had during our last session about the perceptions of people who are important to you, we drafted a written statement to accompany the group artwork that you did. We wanted to read through it and get your thoughts on how it sounds so that we can make any changes that you think would improve the statement or make it more accurate."</i></p> <p>After reading through the draft written statement, each of the participants will be given a chance to answer the following questions by going around in a circle –</p> <p><i>"We'd like to go around in a circle and give everyone a chance to provide their thoughts about the written statement, as always, you can choose to "pass" if you would prefer. Specifically, we are wondering:</i></p> <ul style="list-style-type: none"> <li>• <i>How accurately does the statement reflect the major themes of last session's discussions?</i></li> <li>• <i>What changes should we make to this statement?</i></li> <li>• <i>What would you like us to add to or remove from the statement?"</i></li> </ul>
2:25pm – 2:50pm	<p><b>5. Group Discussions About the Perceptions of Health Care Providers</b></p> <p>The research team will engage the group in a discussion on the topic of how they feel seen by their health care providers. To begin, they will ask the participants to think about their interactions with health care providers –</p> <p><i>"Thank you for your feedback on the written statement. We would now like to start our group discussion about how you feel seen by your health care providers. We will start by going around the room and giving everyone a chance to speak, although you can choose to "pass" to the next person if you prefer. Let's start with the questions:</i></p> <ul style="list-style-type: none"> <li>• <i>What are some different types of health care providers?</i></li> <li>• <i>When you think of going to the doctor, what kinds of things come to mind?"</i></li> </ul> <p>If there is no response, or only a limited response after mentally counting to "10" (or earlier based on the atmosphere of the group), the research team can help initiate the conversation by sharing <b>a few</b> thoughts on their interactions with health care providers.</p> <p><i>"In order to help prompt your thoughts on this question, we thought of a few examples that we would like to share. Some words that come to mind for us are: caring, nerve-racking, unknown, friendly, long wait, relieving, rushed. What other examples can you think of?"</i></p> <p>The research team will give the participants time to answer.</p>

	<p>Next the research team will allow the participants a little time to think about how they feel seen by their health care providers. Each of the participants will either write down or think about how they feel seen. The participants who feel comfortable can share their thoughts with the group. Each of the participants will be given a chance to speak -</p> <p><i>“Next we want to think about how health care providers see us. We’ve come up with a few questions to help you think about this. Let’s all take a few minutes to quietly think about these questions. You can write down your ideas if you’d find that helpful. Then we will talk about your thoughts as a group. Again, these are simply prompts, so you don’t have to answer all of them. The questions we would like you to think about are:</i></p> <ul style="list-style-type: none"> <li>• <i>How would you describe your health care providers?</i></li> <li>• <i>What are your interactions like with your health care providers?</i></li> <li>• <i>Based on those interactions, how do you think your health care providers would describe you?”</i></li> <li>• <i>What aspects of you do they see?</i></li> <li>• <i>How do you feel like you’re seen when you’re with them?</i></li> <li>• <i>What might they not recognize or know about you?</i></li> <li>• <i>What do you think they think of you?”</i></li> </ul> <p><b>(The research team will have these questions written on hand outs that they’ll pass around the room.)</b></p> <p>The research team will allow the participants time to think about these questions. After assessing that most participants are ready to move on they will begin to discuss as a group. The research team will have some examples ready in the event that the participants are struggling to begin the discussion.</p> <p><i>“We will go around in a circle, and as always, you can choose to “pass.”</i></p> <p><b>Additional Follow-up Prompts:</b></p> <ul style="list-style-type: none"> <li>• <i>“Has that changed over time...”</i></li> <li>• <i>Can you provide a specific example of...</i></li> <li>• <i>Please tell me (more) about...”</i></li> <li>• <i>Could you please explain what you mean by...</i></li> <li>• <i>Could you tell me something else about...</i></li> <li>• <i>Does anyone have any additional thoughts about...</i></li> <li>• <i>Anything else...”</i></li> </ul>
<p>2:50pm – 3:00pm</p>	<p><b>6. Examples of Artwork Related to the Perceptions of Health Care Providers</b></p> <p>The research team will show examples of artwork related to the perceptions of health care providers that they created. They will explain their thought process behind the artworks.</p> <p><i>“Thank you all so much for sharing your thoughts. Similar to what we did with the last topic, we thought it would be nice to illustrate some of the things that you said with art. We created an example piece to show you in order to help give you some ideas about how your thoughts can be illustrated.”</i></p> <p>Research team members will go around in a circle showing and discussing their examples. - <b>Each team member should prepare language beforehand.</b> -</p>
<p>3:00pm – 3:45pm</p>	<p><b>7. Art-making About Perceptions of Health Care Providers – Part 1</b></p> <p>The participants will begin working on their artworks on the perceptions of health care providers using the points raised during the group discussion for inspiration. The research team and community liaison will circulate the room to check-in with the</p>

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	<p>participants as they are working to see if anyone needs any help or guidance.</p> <p><i>“Next, you’ll start creating an artwork that represents how you feel perceived by your health care providers. We will spend about an hour working on the art this session, and you will have some additional time at the next session, roughly 40 minutes, to finish it. For this topic you will each create smaller artworks. Then all of your individual artworks will be attached to each other side-by-side to create one large group artwork, which will be a combination of all of your contributions.</i></p> <p><i>As you are working on your artwork, please keep in mind that it doesn’t have to look any particular way. Everyone has a different artistic style, and all of them are interesting and valuable to our project. The important part is to enjoy yourself and explore how you feel seen by your health care providers. We will walk around while you are working to see if you need any help or have any questions. Please let us know if you do and we’ll be happy to help. What questions do you have now before we get started?</i></p> <p><i>If you want to let us know what art supplies you’d like to work with today, we’d be happy to bring them over to you. Also, we’d like to take a few photographs of the art-making process while you are working. Is everyone okay with this?”</i></p>
<p>3:45pm – 4:00pm</p>	<p><b>8. Introduction to Next Session &amp; Conclusion</b></p> <p>As a group, the research team will check-in with the participants to see how they are doing. They will answer questions and ask the participants about what is working well and what may be challenging. The research team will give the participants a 10 minute warning before the end of the art making. They will also introduce the next session –</p> <p><i>“Our time together today is coming to a close. Again, you will have time at the beginning of our next session to finish this artwork. Thanks for all the great work you did today. We will now talk briefly about your thoughts thus far, and what we will be doing during our next session. Let’s go around in a circle and share our thoughts on the following questions -</i></p> <ul style="list-style-type: none"> <li>• <i>What are your thoughts about what we have done today?</i></li> <li>• <i>What have you found challenging and what have you enjoyed?</i></li> <li>• <i>What is one thing you will take away from today’s session?</i></li> </ul> <p><i>If you have any additional thoughts about the project that you would like to share with us in private then please let us know while we are cleaning up and we would be happy to talk with you individually.</i></p> <p><i>Our next session will be on <b>Sunday, April 12th at 2:00pm.</b> At the next session, you will finish up your artwork from today. Then, as a group, we will review and discuss each person’s artwork. We will summarize the major themes that arise from the discussion to create a written statement to accompany the larger group artwork/collage. You will have a chance to review and give us feedback on this written statement before it is finalized.</i></p> <p><i>We will now go around the circle so that everyone has a chance to share a joke. Again, you can say “pass” to skip to the next person if you wish.”</i></p> <p>[Find back-up jokes from the joke book.]</p> <p>Everyone will share their jokes and the research team will remind participants to each bring another joke to tell at the end of the next session. The research team will thank the participants for coming to this session and express excitement about working with them at the sessions to come.</p> <p><i>“Wonderful, thank you again for coming today, for sharing your insights with us, and for the effort you put into your artwork. We are already looking forward to continuing with you at the next session on Sunday, <b>April 12th.</b> Remember to bring another joke!”</i></p>

After the Session	<b>9. Clean-up</b> The research team will clean up the room after the participants leave, throwing away any trash and moving the tables and chairs back into their original positions.
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Script for 8th Session:

**Group Discussion & Artwork on the Perceptions of Health Care Providers, Part 2**

**Date-** Sunday, April 12, 2015

**Time-** 2:00pm – 4:00pm EST (2 Hours)

**Location-** Park Danforth, First Floor Multi-Purpose Room

**Roles-** Research Team Members: Facilitator, Note-taker/Nametag Assistor, Time-keeper, Photographer;  
Faculty Advisor(s); Community Liaison; Participants

**Supplies Needed-**

- Refreshments and Eating/Drinking Utensils
- Art Supplies (as Defined by Participant Preferences)
- Supply Box (with Miscellaneous Office Supplies)
- Name Tags (for Research Team, Faculty Advisors, and Participants)
- Laptop with Charger and Speakers (to Play Light Music During Art-making)
- Audio Recording Device
- Door Sign



## Prompt Page

### **Prompts for Moving the Conversation Along or Engaging Quiet Participants:**

- *"(Name), I'm sorry to interrupt, but in order to make sure that everyone has the opportunity to share, we will need to move on to..."*
- *"Excuse me (name), I would like to give (name) the opportunity to share now."*
- *"(Name), those are really great thoughts. Thank you so much for sharing. But we're running a little short on time, and so we need to move on to make sure that we get through all of today's activities."*
- *"(Name), we haven't heard much from you today, do you have anything that you would like to add..."*
- *"(Name), what are your thoughts on this subject?"*
- If an opposing opinion arises, *"That's a really interesting point..."*

### **Prompts During Art-Making Activities While the Research Team Circulates:**

- *"How are things going so far?"*
- *"What were some of the things that you thought of when we were talking as a group, and what are you thinking now?"*
- *"What might be some ways to represent those things in your art?"*

### **Prompts for Challenging/Emotional Conversation:**

- *"I'm so sorry that happened to you. You must be a very strong and resilient person."*
- *"That must have been hard, how did you get through it?"*
- *"I'm so sorry that happened to you. I'm glad you are here. Thank you for sharing"*
- *"A lot of people might not have made it through something like that, how were you able to get through it?"*
- *"When you felt that way, how did you address those feelings?"*
- *"What has helped you get through something like this in the past?"*
- *"That sounds like it must have been very challenging. Did you learn anything from that experience that you think would be helpful for other group members?"*
- Admitting that you don't know what to say, but expressing that you are there for them.
- ***To the Group: "One thing we've noticed during this meeting is the incredible resilience of everyone here. Resilience is the powerful ability to overcome challenges and hardships, and to find a way to recover from them and even thrive despite them. We recognize all of you here are incredibly resilient women, and we feel so fortunate to be working on this project with you and getting to know and learn from you."***

### **For Particularly Emotional Situations (ask for faculty assistance, and):**

- ***"Would you like to take a few minutes to talk in private with someone from the research team?"***
- *"What do you need right now to feel safe (or ok)?"*
- *"What can the group do to help you right now?"*
- *"How can we help you get through this?"*
- *"How can we be more supportive?"*
- *"Is there someone you would like us to call for you?"*

Timeframe	Activity
30 Minutes Before the Session (1:30pm)	<p><b>1. Set-up</b></p> <p>The research team will arrive at Park Danforth 30 minutes before the session begins to set up the room, including the refreshments, ensuring there are enough chairs, pulling the room divider if necessary, double-checking all the necessary supplies, etc.</p>
2:00pm – 2:05pm	<p><b>2. Refreshments</b></p> <p>The research team will allow time for the attendees to arrive, pick out their refreshments, and get comfortable. The snacks will be set out on the table to make them easily accessible. The research team will greet each person as they arrive and help them with nametags. Then, once it appears that most people have arrived, the research team will address the group.</p> <p>To each person as they arrive: <i>“Hello and welcome. Thank you for coming. Please help yourself to a snack and find a seat. We will be starting soon. Here’s a name tag.”</i></p> <p>To the group once everyone arrives: <i>“Hello everyone, please take a few minutes to pick out a snack, find a seat, and get comfortable. We will begin shortly.”</i></p> <p><b>The research team will connect individually with the participants that brought artwork home previously and will ask them if they would be willing to bring it in next week so that we can <i>at least</i> have a picture of it.</b></p>
2:05pm – 2:20pm	<p><b>3. Check-in</b></p> <p><b>Becca will make a few remarks.</b></p> <p>The research team will hold a brief check-in with the participants to see how they are doing, and touch upon where we left off last session. Each of the participants will be given a chance to speak –</p> <p><i>“Thank you all for coming today. We really appreciate that you are taking the time to help us with this project. As always, while we are here with you today, please feel free to stop us at any time if you have questions by raising your hand, and please let us know if we need to speak louder or repeat any information. Before we get started, we have a few questions that we wanted to go over with you. We are planning to have a professional photographer come in next week to take a portraits of everyone to accompany your artwork. Unfortunately, she will not be able to join us on the weekend, so we wanted to see if everyone would be available to come in another time during the week. Would everyone be available at 3pm this Tuesday? (Zoe will have other options to present if this doesn’t work).</i></p> <p><i>“Also, UNE may be inviting a news crew to film a piece on the project so we wanted to ask if anyone would like to be interviewed for the story.”</i></p> <p>Participants will be given a chance to respond.</p> <p><i>“Great! That will be so wonderful. Thank you so much for doing that.”</i></p> <p>Participants will be given a chance to respond.</p> <p><i>“So, to get started today we thought we would go over some of what we talked about last week for those that weren’t able to make it last week.</i></p> <p><i>During the last session we held a group discussion about how you feel seen by health care providers. We asked a number of questions to get everyone thinking:</i></p> <ul style="list-style-type: none"> <li>• <i>How would you describe your health care providers?</i></li> <li>• <i>What are your interactions like with your health care providers?</i></li> <li>• <i>Based on those interactions, how do you think your health care providers</i></li> </ul>

	<p><i>would describe you?"</i></p> <p><i>We had a lot of really interesting things come up in response to those question-</i></p> <p><b>Zoe will read a summary from the previous session.</b></p> <p><i>"For those that were here last week, do you have anything more that you would like to add?"</i></p> <p>Participants will be given an opportunity to respond.</p> <p><i>"For those that weren't able to make it last week, what are your interactions like with the doctor?"</i></p> <p>The research team will go around in a circle so that everyone that was away the previous week gets a chance to share.</p> <p><i>"Thank you all so much for sharing your thoughts."</i></p>
<p>2:20pm – 3:00pm</p>	<p><b>4. Art-making About Perceptions of Health Care Providers – Part 2</b></p> <p>The participants will work on their individual artworks about how they feel perceived by health care providers. The research team will circulate the room to check-in with the participants as they are working to see if anyone needs any help or guidance.</p> <p><i>"We'll spend some time working on art that illustrates some of the things you brought up. We know that for some of you this will be your first time working on your art, so if you don't finish today then you can bring some materials home with you so that you can finish working on it. At about 3pm we will take a look at the art that everyone's worked on and spend time discussing each piece. Remember that for this topic, all of your individual artworks will be attached to each other side-by-side to create one larger group artwork- a collage of all of your pieces. We'll write down the themes from today's art discussion for the creation of an explanatory statement to accompany this larger artwork. You'll have the opportunity to review this statement before it's used, to make sure that you agree with the way it's worded. At the close of the session, we'll reflect on what we did today, talk about what we're doing next week, and wrap up as usual by sharing jokes with each other.</i></p> <p><i>Now let's dive into the art. Please let us know which supplies you'd like to use, and we can bring them over to you. As you are working, please keep in mind that this artwork doesn't have to turn out looking any particular way. Everyone has a different artistic style, and all of them are interesting and valuable to our project. The important part is to enjoy yourself and reflect on the topic.</i></p> <p><i>We will be available while you are working if you need help with anything or have any questions. Please let us know if you do and we'll be happy to help.</i></p> <p><i>Also, we would like to take a few photographs of the group's art-making process while you're working. What do you think about this? Is this alright with everyone?</i></p> <p><i>What questions do you have now before we get started?"</i></p> <p>As the participants work on their art, the research team will check-in with people around the room to see how they are doing. If anyone seems to be struggling, they can offer assistance –</p> <ul style="list-style-type: none"> <li>• <i>"How is the art-making process coming along?"</i></li> <li>• <i>How are you doing?"</i></li> <li>• <i>What can I do to help?"</i></li> </ul>
<p>3:00pm – 3:45pm</p>	<p><b>5. Group Discussion of Artwork</b></p> <p>The research team will hold a group discussion to review the resulting artwork</p>

	<p>with the participants. Time will be spent on each piece, allowing the participants to talk about their work and for others to provide feedback, thoughts, and comments –</p> <p><i>“Thank you all for the effort you put into your artworks. As we checked-in with each of you we witnessed some really interesting work and impressive creativity. We feel so lucky to be working with a group of such talented women. Now it is time to look at the artwork that everyone created. We know that some of the pieces may not be finished, but we would love it if everyone would share what they’ve done so far. We will go around the room from person-to-person. Each person will hold up their artwork for the group to see, though you can choose to “pass” if you wish. First, everyone else will comment and reflect on the person’s artwork. Then the artist will be given a chance to respond and share their thought process behind the piece.</i></p> <p><i>Before we begin, let’s all take some time to recall the guidelines that we set as a group at the beginning of this project. Please remember to show each artist kindness and respect, and to focus on the positive (what you like about their art and what they did well). Everyone put a lot of effort and thought into their art, so it is very brave to be sharing with each other in this way. We want everyone to feel safe sharing. Everyone’s art is unique, as unique as each person is, and equally interesting and valuable to the project.</i></p> <p><i>Now, we’ll take turns look at your artworks. When you are looking at everyone’s art, please remember that everyone views art differently, and a piece of art has different meanings to everyone who views it. All thoughts and interpretations, no matter how different, are equally interesting and valuable.”</i></p> <p>When the first person holds up their art, the research team will pose questions to prompt the thoughts of the other participants:</p> <ul style="list-style-type: none"> <li>• <i>“What comes to mind when you view this artwork?”</i></li> <li>• <i>What are your reactions to it?</i></li> <li>• <i>What does it remind you of?</i></li> <li>• <i>What are your questions for the artist?”</i></li> </ul> <p>After the other participants share their thoughts, the artist will be given a chance to respond and discuss their piece:</p> <p><i>“Please feel free to respond to any of the group’s comments.</i></p> <ul style="list-style-type: none"> <li>• <i>What were you thinking about when you made this artwork?</i></li> <li>• <i>What is the message or meaning that the artwork is trying to convey, if there is one?</i></li> <li>• <i>What do you like about your artwork?</i></li> <li>• <i>Please provide any additional explanations about the artwork that you wish.”</i></li> </ul> <p><i>The research team will take notes during this discussion for the creation of a written explanatory statement.</i></p>
<p>3:45pm – 4:00pm</p>	<p><b>6. Introduction to Next Session &amp; Conclusion</b></p> <p>As a group, the research team will check-in with the participants to see how they are doing. They will answer any questions and ask the participants about what is working well and what they may be finding challenging. They will also introduce the next session –</p> <p><i>“Thank you everyone for sharing your art with the group and for reflecting on each other’s pieces. This is a very thoughtful group! Again, if you didn’t get a chance to finish your art today, then you can bring some art supplies home with you to</i></p>

	<p><i>finish them up, and we'd love to have you bring them back in next week so that we can be sure to include them with the others. As our time together today is drawing to a close, we'd like to check-in to see how everyone is feeling about the project:</i></p> <ul style="list-style-type: none"> <li>• <i>What are your thoughts about what we have done today?</i></li> <li>• <i>What have you found challenging and what have you enjoyed?</i></li> <li>• <i>What is one thing you will take away from today's session?</i></li> <li>• <i>How did today's discussion change your perception of yourself or others?</i></li> </ul> <p><i>If you have any additional thoughts about the project that you would like to share with us in private then please let us know while we are cleaning up and we can talk with you individually."</i></p> <p>The research team will then remind participants about the date and time of the next session. Everyone will share their jokes and the research team will remind the participants to each bring another joke to tell at the end of the next session. They will thank the participants for work this session and express excitement about working with them at the sessions to come.</p> <p><i>"Our next session will take place on Sunday, April 19<sup>th</sup>, at this same time, from 2:00pm to 4:00pm, in this same room, the first floor multi-purpose room of Park Danforth. At the next session you will be comparing and discussing all of the artworks you created. We will be considering whether there are differences between how you see yourself, how you feel seen by important people in your life, and how you feel seen by health care providers. We will explore what these differences may be and what impact they may have. We will also ask you to review the written summarizing statement that we draft to summarize today's discussion. During the second half of the session, a professional photographer will take a portrait of each of you and a group photograph.</i></p> <p><i>We will now go around the room in a circle so that everyone has a chance to share the joke they prepared for today, or to read one from the joke book. Again, you can say "pass" to skip to the next person if you wish."</i></p> <p><i>(Back-up jokes from the book)</i></p> <p>The research team will thank the participants for coming to this session and express excitement about working with them at the sessions to come.</p> <p><i>"Wonderful! Thank you again for coming today, for sharing your insights with us, and for the effort you put into your artwork and discussions. We are already looking forward to continuing with you at the next session on Sunday, April 19th."</i></p>
<p>After the Session</p>	<p><b>7. Clean-up</b></p> <p>The research team will clean up the room after the participants leave, throwing away any trash and moving the tables and chairs back into their original positions.</p>

Script for 9th Session:

## **Group Comparison of Artworks & Review of Paperwork**

**Date-** Sunday, April 19, 2015

**Time-** 2:00pm – 4:00pm EST

**Location-** Park Danforth, First Floor Multi-Purpose Room

**Roles-** Research Team Members: Facilitator, Note-taker, Name Tag Assistor, Time-keeper, Photographer; Faculty Advisor(s); Community Liaison; Participants

### **Supplies Needed-**

- Refreshments and Eating/Drinking Utensils
- Artworks from All Previous Sessions
- Printed Copies of All of the Written Statements (enough for each participant)
- Printed Copies of Discussion Prompt Questions (enough for each participant)
- Supply Box (with miscellaneous office supplies)
- Name Tags (for research team, faculty advisors, and participants)
- Laptop with Charger (to use for audio recording process)
- Audio Recording Device
- Door Sign
- Food Donations Sign
- Joke Book
- Blank Photo/Artwork Release Forms (enough for each participant)

Prompt Page

**Prompts for Moving the Conversation Along or Engaging Quiet Participants:**

- *“(Name), I’m sorry to interrupt, but in order to make sure that everyone has the opportunity to share, we will need to move on to…”*
- *“Excuse me (name), I would like to give (name) the opportunity to share now.”*
- *“(Name), those are really great thoughts. Thank you so much for sharing. But we’re running a little short on time, and so we need to move on to make sure that we get through all of today’s activities.”*
- *“(Name), we haven’t heard much from you today, do you have anything that you would like to add…”*
- *“(Name), what are your thoughts on this subject?”*
- *If an opposing opinion arises, “That’s a really interesting point…”*

**Prompts During Art-Making Activities While the Research Team Circulates:**

- *“How are things going so far?”*
- *“What were some of the things that you thought of when we were talking as a group, and what are you thinking now?”*
- *“How do you think the people in your life, past or present, would describe you? What would they say about you?”*
- *“What might be some ways to represent those things in your art?”*

**Prompts for Challenging/Emotional Conversation:**

- *“I’m so sorry that happened to you. You must be a very strong and resilient person.”*
- *“That must have been hard, how did you get through it?”*
- *“I’m so sorry that happened to you. I’m glad you are here. Thank you for sharing”*
- *“A lot of people might not have made it through something like that, how were you able to get through it?”*
- *“When you felt that way, how did you address those feelings?”*
- *“What has helped you get through something like this in the past?”*
- *“That sounds like it must have been very challenging. Did you learn anything from that experience that you think would be helpful for other group members?”*
- *--admitting that you don’t know what to say, but expressing that you are there for them.*
- ***To the Group: “One thing we’ve noticed during this meeting is the incredible resilience of everyone here. Resilience is the powerful ability to overcome challenges and hardships, and to find a way to recover from them and even thrive despite them. We recognize all of you here are incredibly resilient women, and we feel so fortunate to be working on this project with you and getting to know and learn from you.”***

**For Particularly Emotional Situations (ask for faculty assistance, and):**

- ***“Would you like to take a few minutes to talk in private with someone from the research team?”***
- *“What do you need right now to feel safe (or ok)?”*
- *“What can the group do to help you right now”*
- *“How can we help you get through this?”*
- *“How can we be more supportive?”*
- *“Is there someone you would like us to call for you?”*

**Visual Voices: An Arts-Based Assessment of the Perceived Identity of Aging Maine Residents**

Timeframe	Activity
30 Minutes Before the Session (1:30pm)	<p><b>1. Set-up</b></p> <p>The research team will arrive at Park Danforth 30 minutes before the session begins to set up the room, including the refreshments, ensuring there are enough chairs, pulling the room divider if necessary, double-checking all the necessary supplies, etc.</p>
2:00pm – 2:05pm	<p><b>2. Refreshments</b></p> <p>The research team will allow time for the attendees to arrive, pick out their refreshments, and get comfortable. The snacks will be set out on the table to make them easily accessible. The research team will greet each person as they arrive and help them with nametags. Then, once it appears that most people have arrived, the research team will address the group.</p> <p>To each person as they arrive: <i>“Hello and welcome. Thank you for coming. Please help yourself to a snack and find a seat. We will be starting soon. Here’s a name tag.”</i></p> <p>To the group once everyone arrives: <i>“Hello everyone, please take a few minutes to pick out a snack, find a seat, and get comfortable. We will begin shortly.”</i></p>
2:05pm – 2:10pm	<p><b>3. Check-in</b></p> <p>The research team will hold a brief check-in with the participants to see how they are doing, and touch upon where we left off last session. Each of the participants will be given a chance to speak –</p> <p><i>“Thank you all for coming today. We really appreciate that you are taking the time to help us with this project. As always, while we are here with you today, please feel free to stop us at any time if you have questions by raising your hand, and please let us know if we need to speak louder or repeat any information.</i></p> <p><i>In an effort to get everyone caught up on what we did last week, we will begin by reviewing a written statement that we made to summarize the conversations that we had about how you feel seen by your health care providers, which we hope reflects the art that you did on this topic. We also hope to spark some ideas for those who still need to create or finish their art piece. With that in mind, after we’ve reviewed the written statement we will give everyone a chance to work on any artwork that they haven’t had the chance to finish.”</i></p>
2:10pm – 2:15pm	<p><b>4. Review Written Summarizing Statement from Previous Session</b></p> <p>The research team will review the written summarizing statement that they drafted from the previous session to ensure that the participants agree with the wording used. The research team will read the statement aloud and ask for feedback.</p> <p><i>“Based on the conversations that we had during our last two sessions about the perceptions of your health care providers, we drafted a written statement to accompany your artwork on this topic. We will read it to you now to get your thoughts on how it sounds so that we can make any changes that you think would improve the statement or make it more accurate, <b>(and A... since this is your first time talking about this topic, please let us know if you have anything to add to it after we’ve read it because we would love to include your thoughts).</b>”</i></p> <p>After reading through the draft written statement, each of the participants will be given a chance to answer the following questions by going around in a circle –</p> <p><i>“We’d like to go around in a circle and give everyone a chance to provide their thoughts about the written statement, as always, you can choose to “pass” if you would prefer. Specifically, we are wondering:</i></p>

**Research Team:** Collyn Baeder, MPH Student; Zoe Hull, MPH Student; Michaela Hoffman, MSOT Student; Rebecca Masterjohn, MSOT Student; Virginia Sedarski, MSOT Student; Adrian Jung, MSOT Student; **Community Liaison:** Donna Wolf, Park Danforth Resident and Artist; **Faculty Mentors:** Rebecca Boulos, MPH Faculty; Regi Robnett, MSOT Faculty



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	<ul style="list-style-type: none"> <li>• <i>How accurately does the statement reflect the major themes of last session’s discussions?</i></li> <li>• <i>What changes should we make to this statement?</i></li> <li>• <b><i>(And A... do you have any more thoughts on the topic that you would like to share or have us include?)</i></b></li> </ul>
<p>2:15pm – 2:35pm</p>	<p><b>5. Brief Art Making</b> The research team will give the participants a little time to work on any remaining artwork and or individual written statements. <i>“Thank you for your feedback on the written statement. Now we’ll take about 15 minutes to let everyone work on any art they haven’t finished yet. Please let us know if you’d like us to get you any specific art supplies.”</i> <b>(The research team will connect with C... to get her written statement about her individual identity artwork.)</b> The participants will be given an opportunity to work on their art. Anyone who hasn’t shared their art with the group will have a chance to do so. <i>“Now let’s take a look at anyone’s art that we haven’t seen yet, and spend just a few minutes talking about it.”</i></p>
<p>2:35pm – 3:25pm</p>	<p><b>6. Group Comparison and Discussion of All Artwork</b> As a group, the research team will encourage a review, comparison, and discussion of all of the artworks that the participants created, the accompanying written statements, and their thoughts on each of the topics of this project. Each of the participants will be given all of the artwork that they created throughout the project, as well as copies of all of the written statements, to have in front of them to assist with their thought process and comparison. <b>(The research team will hand out all of the artwork and written statements from all of the previous sessions to each participant.)</b> <b>(The research team will take notes of the major discussion themes that arise for the creation of a written summarizing statement.)</b> <i>“We would now like to start our group discussion and comparison of all of the artworks that you created throughout this project. We will be taking notes during this discussion for the creation of a written statement that summarizes your thoughts. In front of you are all of the artworks that you created, as well as copies of all of the accompanying written statements, for each of the topics of the project:</i> <ol style="list-style-type: none"> <li>1. <i>how you see yourselves,</i></li> <li>2. <i>how you feel seen by the people important to you,</i></li> <li>3. <i>and how you feel seen by your health care providers.</i></li> </ol><i>We’ll now give each of you a few minutes to consider your artwork and the written statements. Here are a few questions to think about while you are reviewing your art and written statements. (The research team will pass out printed copies of the first three questions (bulleted below) to each participant.)</i> The research team will give the participants 2-3 minutes to consider their artwork and written statements. <i>“Now that you’ve had a few minutes to review your work, we’d like to go around the circle and ask each of you a few questions. However, if you have thoughts or questions to add in response to another person before it’s your turn, please feel free to jump in. While trying not to interrupt each other, we want this to feel conversational. At the same time, let’s be aware of everyone in the group and try to make sure that everyone has an equal chance to</i></p>

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	<p><i>share their thoughts.”</i></p> <p>Going around the circle, each of the participants will be given a chance to answer the following questions:</p> <p><i>“The questions to consider are:</i></p> <ul style="list-style-type: none"> <li>• <i>What thoughts do you have about the artwork you’ve created?</i></li> <li>• <i>What are some similarities and differences between each of the artworks- and thus similarities and differences between how you see yourself, how you feel seen by the people important to you, and how you feel seen by your health care providers?</i></li> </ul> <p><i>Now that you’ve had a chance to talk about the similarities and differences between the artworks and these various perspectives on you, we’d like to ask you a few more questions about the differences. We’ll go around in a circle again to ensure that everyone has a chance to share; however, please feel free to contribute out of turn in response to someone else.”</i></p> <p>Going around the circle, each of the participants will be given a chance to answer the following questions:</p> <p><i>“The questions to consider are:</i></p> <ul style="list-style-type: none"> <li>• <i>What do you think causes these differences between how you perceive yourself and how others perceive you, like the people important to you and your health care providers?</i></li> <li>• <i>What impacts might these differences have you and your life?</i></li> </ul> <p><i>Now that you’ve had a chance to further consider the differences between these various perspectives on you, we’d like to ask you two final questions. We’ll go around in a circle again, but do please feel free to respond to each other out of turn.”</i></p> <p>Going around the circle, each of the participants will be given a chance to answer the following questions:</p> <p><i>“The questions to consider are:</i></p> <ul style="list-style-type: none"> <li>• <i>How might you be able to discuss these differences in perspective with the people important to you and your health care providers?</i></li> <li>• <i>How would you ideally want to be seen by other people?”</i></li> </ul>
<p>3:25pm – 3:45pm</p>	<p><b>7. Review of Photo/Artwork Release Forms and Any Remaining Paperwork</b></p> <p>The research team will hand out each participant’s original photo/artwork release form for review, explaining that they can update their choices on the forms at this time if they wish. The participants will read through the forms or the research team can read them aloud. The research team will answer any questions that the participants have and offer additional explanations when needed. The participants will update their choices on the photo/artwork release forms, if necessary, and will resign and date them. This will ensure that they would still like to exhibit their artwork and photographs.</p> <p><i>“Thank you for sharing your thoughts with us on the comparison of how you see yourself, how you feel seen by the people important to you, and how you feel seen by your health care providers. You really created some wonderful artworks on these topics. As you know, we have some art exhibits coming up to share your artwork with your friends and family, other Park Danforth residents, the Portland community, and UNE faculty, staff and students. In order to allow us to show your artwork, we need your documented approval. So we will now take some time to review the photo/artwork release forms that you signed at the beginning of the project. You can make any changes to these forms that you wish. We will spread out around the room to assist each of you in reviewing the forms.”</i></p> <p>Members of the research team will pair off with each of the participants to assist them in reviewing and updating their forms.</p>

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<p>3:45pm – 4:00pm</p>	<p><b>8. Introduction to Next Session &amp; Conclusion</b></p> <p>As a group, the research team will check-in with the participants to see how they are doing. They will answer questions and ask the participants about what is working well and what may be challenging. They will also introduce the next session.</p> <p><i>“We’ve reached the end of our session today. Thanks for participating in all the great discussion that took place. We will now talk briefly about your thoughts on today’s session, and what we will be doing during our next session. Let’s go around in a circle and share our thoughts on the following questions:</i></p> <ul style="list-style-type: none"> <li>• <i>What are your thoughts about what we have done today?</i></li> <li>• <i>What is one thing you will take away from today’s session?</i></li> </ul> <p><i>If you have any additional thoughts about the project that you would like to share with us in private then please let us know while we are cleaning up and we would be happy to talk with you individually.</i></p> <p><i>Our next session will be on <b>Sunday, April 26th at 2:00pm.</b> At the next session, we will share with you the written statement that we drafted from today, to get your thoughts on how it’s worded and determine whether any changes are needed. Then we will talk in detail about the upcoming art exhibits and start preparing for them as a group.</i></p> <p><i>We will now close the session as usual by going around the circle so that everyone has a chance to share a joke. Again, you can say “pass” to skip to the next person if you wish.”</i></p> <p><b>[Find back-up jokes from the joke book.]</b></p> <p>Everyone will share their jokes and the research team will remind participants to each bring another joke to tell at the end of the next session. The research team will thank the participants for coming to this session and express excitement about working with them at the sessions to come.</p> <p><i>“Wonderful, thank you again for coming today and sharing your insights with us! We look forward to seeing you at the next session on Sunday, <b>April 26th.</b>”</i></p>
<p>After the Session</p>	<p><b>9. Clean-up</b></p> <p>The research team will clean up the room after the participants leave, throwing away any trash, and moving the tables and chairs back into their original positions.</p>

Script for 10th Session:  
**Preparation for Exhibits & Review of Previous Session's Written  
Statement**

**Date-** Sunday, April 26, 2015

**Time-** 2:00pm – 4:00pm EST

**Location-** Park Danforth, First Floor Multi-Purpose Room

**Roles-** Research Team Members: Facilitator, Note-taker, Name Tag Assistor, Time-keeper, Photographer; Faculty Advisor(s); Community Liaison; Participants

**Supplies Needed-**

- Refreshments and Eating/Drinking Utensils
- Supply Box (with miscellaneous office supplies)
- Name Tags (for research team, faculty advisors, and participants)
- Laptop with Charger (to use for audio recording process)
- Audio Recording Device
- Written Statement from Previous Session
- Door Sign
- Food Donations Sign
- Joke Book

**Research Team:** Collyn Baeder, MPH Student; Zoe Hull, MPH Student; Michaela Hoffman, MSOT Student; Rebecca Masterjohn, MSOT Student; Virginia Sedarski, MSOT Student; Adrian Jung, MSOT Student; **Community Liaison:** Donna Wolf, Park Danforth Resident and Artist; **Faculty Mentors:** Rebecca Boulos, MPH Faculty; Regi Robnett, MSOT Faculty

## Prompt Page

### **Prompts for Moving the Conversation Along or Engaging Quiet Participants:**

- *"(Name), I'm sorry to interrupt, but in order to make sure that everyone has the opportunity to share, we will need to move on to..."*
- *"Excuse me (name), I would like to give (name) the opportunity to share now."*
- *"(Name), those are really great thoughts. Thank you so much for sharing. But we're running a little short on time, and so we need to move on to make sure that we get through all of today's activities."*
- *"(Name), we haven't heard much from you today, do you have anything that you would like to add..."*
- *"(Name), what are your thoughts on this subject?"*
- If an opposing opinion arises, *"That's a really interesting point..."*

### **Prompts for Challenging/Emotional Conversation:**

- *"I'm so sorry that happened to you. You must be a very strong and resilient person."*
- *"That must have been hard, how did you get through it?"*
- *"I'm so sorry that happened to you. I'm glad you are here. Thank you for sharing"*
- *"A lot of people might not have made it through something like that, how were you able to get through it?"*
- *"When you felt that way, how did you address those feelings?"*
- *"What has helped you get through something like this in the past?"*
- *"That sounds like it must have been very challenging. Did you learn anything from that experience that you think would be helpful for other group members?"*
- --admitting that you don't know what to say, but expressing that you are there for them.
- ***To the Group: "One thing we've noticed during this meeting is the incredible resilience of everyone here. Resilience is the powerful ability to overcome challenges and hardships, and to find a way to recover from them and even thrive despite them. We recognize all of you here are incredibly resilient women, and we feel so fortunate to be working on this project with you and getting to know and learn from you."***

### **For Particularly Emotional Situations (ask for faculty assistance, and):**

- ***"Would you like to take a few minutes to talk in private with someone from the research team?"***
- *"What do you need right now to feel safe (or ok)?"*
- *"What can the group do to help you right now"*
- *"How can we help you get through this?"*
- *"How can we be more supportive?"*
- *"Is there someone you would like us to call for you?"*

Timeframe	Activity
1:30pm – 2:00pm	<p><b>1. Set-up</b></p> <p>The research team will arrive at Park Danforth 30 minutes before the session begins to set up the room, including the refreshments, ensuring there are enough chairs, pulling the room divider if necessary, double-checking all the necessary supplies, etc.</p>
2:00pm – 2:05pm	<p><b>2. Refreshments</b></p> <p>The research team will allow time for the attendees to arrive, pick out their refreshments, and get comfortable. The snacks will be set out on the table to make them easily accessible. The research team will greet each person as they arrive and help them with nametags. Then, once it appears that most people have arrived, the research team will address the group.</p> <p>To each person as they arrive: <i>“Hello and welcome. Thank you for coming. Please help yourself to a snack and find a seat. We will be starting soon. Here’s a name tag.”</i></p> <p>To the group once everyone arrives: <i>“Hello everyone, please take a few minutes to pick out a snack, find a seat, and get comfortable. We will begin shortly.”</i></p>
2:05pm – 2:15pm	<p><b>3. Check-in</b></p> <p>The research team will hold a brief check-in with the participants to see how they are doing, and touch upon where we left off last session. Each of the participants will be given a chance to speak –</p> <p><i>“Thank you all for coming today. We really appreciate that you are taking the time to help us with this project. As always, while we are here with you today, please feel free to stop us at any time if you have questions by raising your hand, and please let us know if we need to speak louder or repeat any information.</i></p> <p><i>Today we’ll spend most of our time planning for the upcoming exhibits, which will involve looking at the photographs from the other day, and reviewing the paperwork that you filled out at the beginning of the project so that you can clarify which artworks you would like displayed at the exhibits. But first, we’ll begin by reviewing the written statement that we prepared to summarize the conversations that we had last week comparing your different artworks.”</i></p>
2:15pm – 2:45pm	<p><b>4. Review Written Summarizing Statement from Previous Session</b></p> <p>The research team will review the written summarizing statement that they drafted from the previous session to ensure that the participants agree with the wording used. The research team will read the statement aloud and ask for feedback. <b>(Research team will hand out printed copies of the written statement to the participants).</b></p> <p><i>“Based on the conversations that we had during our last session comparing the different artworks and topics, we drafted a written statement. We will read it to you now to get your thoughts on how it sounds so that we can make any changes that you think would improve the statement or make it more accurate.”</i></p> <p>After reading through the draft written statement, each of the</p>

**Research Team:** Collyn Baeder, MPH Student; Zoe Hull, MPH Student; Michaela Hoffman, MSOT Student; Rebecca Masterjohn, MSOT Student; Virginia Sedarski, MSOT Student; Adrian Jung, MSOT Student; **Community Liaison:** Donna Wolf, Park Danforth Resident and Artist; **Faculty Mentors:** Rebecca Boulos, MPH Faculty; Regi Robnett, MSOT Faculty

	<p>participants will be given a chance to answer the following questions by going around in a circle –</p> <p><i>“We’d like to go around in a circle and give everyone a chance to provide their thoughts about the written statement, as always, you can choose to “pass” if you would prefer. Specifically, we are wondering:</i></p> <ul style="list-style-type: none"> <li>• <i>How accurately does the statement reflect the major themes of last session’s discussions?</i></li> <li>• <i>What changes should we make to this statement?”</i></li> </ul>
<p>2:45pm – 3:15pm</p>	<p><b>5. Discussion of Art Exhibits</b></p> <p>The research team will review the upcoming art exhibits –</p> <p><i>“We will now take some time to review our plans for the two art exhibits coming up, the first in downtown Portland, and the second here at Park Danforth.</i></p> <p><i>As a reminder, the first exhibit in downtown Portland is taking place at Mechanic’s Hall on this coming Friday, May 1<sup>st</sup>, as a part of Portland’s First Friday Art Walk. There will be refreshments available at the exhibit, donated by Whole Foods. Annette has arranged for the Park Danforth van to pick all of you up here at Park Danforth at 6pm, and to bring you back here at 7:30pm. Michaela will plan to meet you here in the lobby of Park Danforth and will ride in the van along with you. Just to confirm, who all is planning to attend that exhibit?”</i></p> <p>The research team will confirm who is planning to attend.</p> <p><i>“Then, the next exhibit will be here at Park Danforth in the 1<sup>st</sup> Floor Auditorium on the Saturday of the following week, May 9<sup>th</sup>, from 2pm to 4pm. Will everyone be able to join us for that exhibit?”</i></p> <p>The research team will confirm who is planning to attend.</p> <p><i>“Wonderful, we are really looking forward to these exhibits and we hope that you will invite your family and friends to join us at both of them! For each of the exhibits, we think it may be nice to take few minutes at the beginning to tell people a little bit about the project, and we’re wondering if any of you would also like to say a few words. One idea might be for each of you to read your individual written statements, or for a few of you to read the group written statements. This is completely optional, but of course we would love to have you involved in presenting your work. Would anyone like to do that? Or would anyone like to participate in a different way?”</i></p> <p>The research team will give the participants a chance to respond.</p> <p><i>“We have a few more ideas for the exhibits that we want to check with you about. For both exhibits, we’re thinking of putting up a large blank piece of paper to allow the people attending the exhibits to do some art and share their thoughts on the topic of identity. How do you think that sounds?”</i></p> <p>The research team will give the participants a chance to respond.</p> <p><i>“Another thought we have for the exhibit here at Park Danforth is that we could come prepared with a few printed questions to hand out to everyone that attends. We would then encourage everyone to ask these questions of each other throughout the event. The questions would be related to the topics that we discussed in our sessions- identity and how</i></p>

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	<p><i>others see us. What do you think of this idea?"</i></p> <p>The research team will give the participants a chance to respond.</p> <p><i>"We are excited to incorporate all of your ideas into the exhibits, so do you have any other thoughts about things that you would like to do or have at the exhibits? We'll go around in a circle to give everyone a chance to respond to this question."</i></p>
<p>3:15pm – 3:45pm</p>	<p><b>6. Review of Photos and Photo/Artwork Release Forms and Any Remaining Paperwork</b></p> <p>The research team will hand out each participant's original photo/artwork release form for review, explaining that they can update their choices on the forms at this time if they wish. The participants will read through the forms or the research team can read them aloud. The research team will answer any questions that the participants have and offer additional explanations when needed. The participants will update their choices on the photo/artwork release forms, if necessary, and will resign and date them. This will ensure that they would still like to exhibit their artwork and photographs.</p> <p><i>"Thank you for sharing your thoughts and ideas with us. You really created some wonderful artworks on all of the topics we talked about. In order to allow us to show your artwork, we need your documented approval. So we will now take some time to review the photo/artwork release forms that you signed at the beginning of the project. You can make any changes to these forms that you wish. We will spread out around the room to assist each of you in reviewing these forms. While we do that, Zoe will go around with her computer so that everyone can see the pictures that the photographer took last week and you can decide which, if any, of the photographs you would like to have displayed at the art exhibits."</i></p> <p>Members of the research team will pair off with each of the participants to assist them in reviewing and updating their forms.</p>
<p>3:45pm – 4:00pm</p>	<p><b>7. Introduction to Next Session &amp; Conclusion</b></p> <p>As a group, the research team will check-in with the participants to see how they are doing. They will answer questions and ask the participants about what is working well and what may be challenging. They will also introduce the next session.</p> <p><i>"We've reached the end of our session today. Thanks for participating in the discussion and for helping us to plan the exhibits. Does anyone have any more thoughts about the upcoming exhibits that they would like to share?"</i></p> <p>The research team will give participants a chance to respond.</p> <p><i>"If you have any additional thoughts that you would like to share with us in private, then please let us know while we are cleaning up and we would be happy to talk with you individually."</i></p> <p><i>So to recap, we will have an art exhibit in downtown Portland this coming Friday, May 1<sup>st</sup>, and Michaela will plan to meet you here in the Park Danforth lobby at 6pm to ride with you in the Park Danforth van. Then, the following Saturday, May 9<sup>th</sup>, we will be having an exhibit here at Park Danforth in the 1<sup>st</sup> floor auditorium from 2pm to 4pm.</i></p>

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	<p><i>After the exhibits, we will have one final session together. We are planning to have the final session on May 10<sup>th</sup> which will be the day after the art exhibit here at Park Danforth. We just wanted to make sure that having the exhibit on Saturday and the session on Sunday wouldn't be too much for one weekend. The other option would be for us to have the final session the week after the art exhibit. Which would everyone prefer?"</i></p> <p><i>"Great, in that case, our final session will be on Sunday, May ___ at 2:00pm, after the exhibits take place. At that session, we will hold a final discussion about your experience participating in this project and review how the exhibits went. We will distribute individualized one-page handouts for each of you that display your portrait, artworks, and written statements to summarize your work throughout the project. You will also complete the second project survey at that time. We will return your original artwork then as well, along with your portraits."</i></p> <p><i>We will now close the session as usual by going around the circle so that everyone has a chance to share a joke. Again, you can say "pass" to skip to the next person if you wish."</i></p> <p><b>[Find back-up jokes from the joke book.]</b></p> <p>Everyone will share their jokes; the research team will thank the participants for coming to this session, and will express excitement about seeing them at the exhibits.</p> <p><i>"Wonderful, thank you again for coming today and sharing your insights with us! We look forward to seeing you at the exhibits!"</i></p>
After the Session	<p><b>8. Clean-up</b></p> <p>The research team will clean up the room after the participants leave, throwing away any trash and moving the tables and chairs back into their original positions.</p>

Script for 11th Session:  
**Final Discussion & Post-Project Survey**

**Date-** Sunday, May 17, 2015

**Time-** 2:00pm – 4:00pm EST

**Location-** Park Danforth, First Floor Multi-Purpose Room

**Roles-** Research Team Members: Facilitator, Note-taker, Name Tag Assistor, Time-keeper, Photographer; Faculty Advisor(s); Community Liaison; Participants

**Supplies Needed-**

- Refreshments and Eating/Drinking Utensils
- Supply Box (with miscellaneous office supplies)
- Name Tags (for research team, faculty advisors, and participants)
- Laptop with Charger (to use for audio recording process)
- Audio Recording Device
- Door Sign
- Food Donations Sign

Timeframe	Activity
1:30pm – 2:00pm	<p><b>1. Set-up</b></p> <p>The research team will arrive at Park Danforth 30 minutes before the session begins to set up the room, including the refreshments, ensuring there are enough chairs, pulling the room divider if necessary, double-checking all the necessary supplies, etc.</p>
2:00pm – 2:05pm	<p><b>2. Refreshments</b></p> <p>The research team will allow time for the attendees to arrive, pick out their refreshments, and get comfortable. The snacks will be set out on the table to make them easily accessible. The research team will greet each person as they arrive and help them with nametags. Then, once it appears that most people have arrived, the research team will address the group.</p> <p>To each person as they arrive: <i>“Hello and welcome. Thank you for coming. Please help yourself to a snack and find a seat. We will be starting soon. Here’s a name tag.”</i></p> <p>To the group once everyone arrives: <i>“Hello everyone, please take a few minutes to pick out a snack, find a seat, and get comfortable. We will begin shortly.”</i></p>
2:05pm – 2:15pm	<p><b>3. Check-in</b></p> <p>The research team will hold a brief check-in with the participants about the past few weeks. Each of the participants will be given a chance to speak –</p> <p><i>“Thank you all for coming today. We really appreciate that you are once more taking the time to help us with this project. As always, while we are here with you today, please feel free to stop us at any time if you have questions, and please let us know if we need to speak louder or repeat any information.”</i></p>

	<p><i>Today is our last session together. We really can't express how thankful we are for your help with this project. We've really treasured having the chance to spend so much time with each of you. We have a special little thank you gift for each of you that we will give you at the end of the session. Before that, though, we have a few things that we would like to do to wrap-up the project.</i></p> <p><i>We want to start by taking a few minutes to check in and see how everyone is doing, then spend a little time filling out another survey. The majority of our time today will be spent getting your feedback about the project overall. Collyn prepared individualized handouts for everyone that show all the work you've done during the project. Before we leave today, please take a look at your handouts and let us know if you would like us to make any changes to them. And finally, we will give you back all of your artwork and photographs.</i></p> <p><i>So first of all, what did everyone think about the art exhibit at Park Danforth last week? We were so happy that everyone was able to come. Let's go around in a circle so that everyone has a chance to share their thoughts."</i></p> <p>Going around in a circle, the participants will be asked to share their thoughts.</p> <p><i>"Thank you, everyone, for sharing your thoughts. Jane and Carol, did you have a chance to tell all of the others about the first exhibit in downtown Portland?"</i></p> <p>The research team and participants will take a few minutes to tell the other participants about the First Friday Art Walk exhibit. The research team will then ask a few overarching questions about the participants' assessment of the art exhibit process:</p> <ul style="list-style-type: none"> <li>• <i>"As a whole, what do you think about the art exhibit process?"</i></li> <li>• <i>"Did anything about them surprise you?"</i></li> <li>• <i>"What would you have changed about the exhibits if you could do them again?"</i></li> </ul> <p>The research team will then hold a brief check-in about how the participants feel about the project coming to an end. Going around in a circle, the participants will be asked to share their thoughts.</p> <p><i>"How are you feeling about the project coming to an end? Let's go around in a circle so that everyone has a chance to share their thoughts."</i></p>
<p>2:15pm – 2:30pm</p>	<p><b>4. Post-project Survey</b></p> <p>The research team will remind the participants about the pre- and post-project survey. They will hand out a copy of the post-project survey to each participant and will go over the questions and explain how the survey works. The participants will fill out the surveys, while the research team provides assistance to those who may need it.</p> <p><i>"At the beginning of the project, each of you filled out a survey. We have another similar survey for the end of the project that we'll take a few minutes to fill out now. We will come around to help as you fill these out."</i></p> <p><b>(The research team will read the survey out loud, going through it question by question.)</b></p>

<p>2:30pm – 3:15pm</p>	<p><b>5. Group Discussion Reflecting on Project Experience</b></p> <p>The research team will engage the participants in a group discussion reflecting on the experience of exhibiting their artwork and the entire experience of the project. They will be encouraged to discuss how they may be able to use the results of this project to affect how others perceive them. By going around in a circle each participant will be given a chance to speak.</p> <p><i>“We are really excited to hear what your thoughts are about the project as a whole. We’ve prepared a number of questions to help guide our conversation, but if you think of anything else that you would like to bring up then please don’t hesitate to share.”</i></p> <p>The research team will give the participants a chance to respond to each of the following questions, pausing in between them and going around the circle to allow everyone to share.</p> <ul style="list-style-type: none"> <li>• <i>“In terms of the project overall, how do you feel that it went over the past 3 months? What was the experience of taking part in the project like?”</i></li> <li>• <i>“What did you learn from participating in the project?”</i></li> <li>• <i>“Were you surprised by anything about the project or anything that happened as a result of the project?”</i></li> <li>• <i>“How might this project be able to affect how others see you, or has it already?”</i></li> <li>• <i>“What are some ways that you can share what you’ve learned and done in this project with the important people in your lives or health care providers? Have any of you talked to your friends, family, or healthcare providers about your thoughts on these topics and the art you made?”</i></li> <li>• <i>“Do you feel like this project changed the way that you interact with one another or with other people here at Park Danforth?”</i></li> <li>• <i>“Do you feel like this project has changed your perception of the younger generation or of health care providers?”</i></li> <li>• <i>“And finally, what would you change about the project if you were designing it?”</i></li> <li>• <i>“Do you have any other closing thoughts that you would like to share about the project?”</i></li> </ul>
<p>3:15pm – 3:30pm</p>	<p><b>6. Review of Individualized Handouts</b></p> <p>The research team will pass out drafts of the individualized one-page handouts to each participant. The participants will be asked to review the handouts and provide their feedback and any suggested revisions. The research team will use their feedback to finalize the handouts and will drop them off to the participants at Park Danforth soon after.</p> <p><i>“Thank you all so much for sharing your thoughts. Now we wanted to show you the handouts that Collyn prepared for each of you. Our hope is that these handouts are something that you could give to your friends, family, or health care providers to show them all of the work that you’ve done during the project. Please take a look and let us know if you would like us to make any changes to them. Then, later this week, we will print</i></p>

	<p><i>several copies of them for each of you and come by to drop them off."</i></p>
<p>3:30pm – 4:00pm</p>	<p><b>7. Conclusion</b></p> <p>The research team will return all original artwork and portraits to the participants.</p> <p><i>"Great, we will get the handouts to you soon. Now, we will give you back all of your artwork and photographs along with their frames for you to keep. We'd be happy to help you carry them back to your rooms at the end of the session.</i></p> <p><i>We have made copies of all of your artwork and will plan to show the copies at another exhibit this summer at the University of New England and at a medical facility at some point after that. We will be sure to let you know when those are taking place so that you can participate in them if you'd like."</i></p> <p>The research team will invite the participants to share any final thoughts, giving them a chance to respond.</p> <p><i>"Before we come to a close today, do you have anything more that you would like to share?"</i></p> <p>Then the research team will hand out gifts they got for each participant.</p> <p><i>"Thank you all so much for participating in this project. It has been so wonderful to get to know each of you, and if you are alright with it, we will come by to visit from time to time. To thank you for this great experience, we've brought small gifts to leave with each of you."</i></p>
<p>After the Session</p>	<p><b>8. Clean-up</b></p> <p>The research team will clean up the room after the participants leave, throwing away any trash and moving the tables and chairs back into their original positions.</p>