

Support Group Survey Results

We surveyed over forty past and present participants of our support groups to learn about how their involvement in our programs have impacted their lives

EMERGING THEMES

The group makes participants feel validated in their experiences and as a result, they feel less alone.

I have struggled with feeling heard and understood all of my life. In the group, I hear people who share emotions, feelings and actions as I do.

Supportive, inclusive, welcoming and accessible. I don't know what any of us would be doing without it.

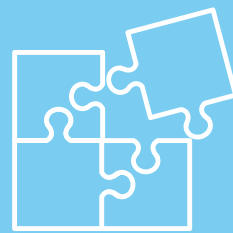


It is the only support group of this kind to support this population.
- Health Care Professional

The group is accessible and offers a service that is not offered anywhere else.

The group offers participants valuable skills and knowledge that changes their lives.

I no longer want to hurt myself and the support group makes me want to live.



I am more understanding of the disorder - what it is and what it isn't, and I'm able to help my daughter better.



The volunteers who keep this peer support group are angels walking on earth.

90%

of respondents either agreed or strongly agreed that they felt welcome when they attended support group meetings.

Facilitators were knowledgeable and created a welcoming and inclusive environment.

The group provides participants with an opportunity to socialize and make connections with others.

90%

of respondents either agreed or strongly agreed that they were satisfied with the quality of the group

SUGGESTIONS



- Add an advocacy program to promote health care service access
- Return to previous check-in format, if time allows
- Create two groups: one for those with BPD and one for loved ones

- Increase the group's online presence
- Include specific BPD topics for each meeting
- Increase frequency of the meetings to every week (for groups that are not already offered weekly)