Z Factor FGD guides – Discussion Agenda Items

1: Key Stakeholders Meeting

Agenda:

Aim: To introduce and plan for the Z Factor project

Objectives

1. To identify key or focal persons from the different stakeholders to be involved in the Z Factor Project.
2. To map the way forward for events and activities to be conducted in both Chinyika and Rusike villages.

Questions to be Answered

3. When can village heads for Rusike and Chinyika meet with ZimEIP teams to discuss implementation of the Z Factor project (can this be combined or separate, duration of meeting, time of meeting etc)
4. When can mental health stakeholders meet with ZimEIP to start deliberations on possible collaboration for service provision (who are these stakeholders? Church, Pentecostal, madzibaba, traditional healers, nurses, village headman, police, teachers, social service etc)
5. Which venues may be utilised for auditions and completions, open space, what if it rains, tent, where available locally for hiring or free, how big,
6. Judging panel, community elders, recovered mental health patients, 5 panellists at most per village, who came be recruited to the panel, should be available throughout.
7. What should be the prize, (reasonable cash amount or alternatives) how big are the crowds to be expected & where can they be housed in case it rains. How have similar community events been conducted, composition of drama groups, age & number
8. When next village meeting is held, can Z Factor be invited to publicise Z factor, allowing village health workers to promote Z factor at village meetings, can they collaborate etc
9. How can mental health service users be actively involved in the project without worsening the effects of mental health stigma (mental health service user identification, mobilization, discussion workshops)

2: Village Heads meeting

Aim: To introduce and plan for the Z Factor project with the village heads.

Objectives

1. To educate and familiarise the Village heads on the objectives of Z factor that is to open up conversations about psychosis in the community through drama (acting, singing and dance) and community discussions.
2. To plan with the village heads on community mobilization at village level.
3. To plan for the z factor logistics i.e. venues and resources.
4. To plan for activity dates.

5. To create judging panel with 5 people from each ward/ area.
6. To deliberate on other requirements.

3: Mental health stakeholders meeting

Aim: To explore sustainable ways of collaboration by traditional, faith based and medical mental health practitioners.

Objectives

1. To gain insight into their perceptions towards psychosis, its aetiology and treatment.
2. To plan possible ways of achieving collaboration between biomedical and traditional/faith practitioners
3. To plan for a knowledge and learning exchange with mental health patients and their care givers

Topics for Discussion

1. What is the community's understanding of Psychosis? i.e., *what is it, what are the possible causes, how does it manifest, how is it treated, what constitutes recovery, is it gender or age specific e.g., which sex is most affected, what age group is most affected.*
2. How can we collaborate as different mental health service providers? *i.e., can we work together, what can we focus on, how can we sustain our collaboration*
3. Planning for next workshop: Knowledge exchange.
   Aim: to come up with volunteers from each field to prepare a presentation they will deliver to service users and providers around Psychosis diagnosis and prognosis in their field / area of expertise.
   NB: topics to be covered in the presentation; what is Psychosis, how is it identified/signs of illness, how is it treated, what are the recovery outcomes, has there been any collaboration with other service providers e.g., referrals (how well did these work)

4: Pre-Audition Training meeting

Objectives

1 To teach the drama judging panellists how to use the judging score sheets.

2 To increase their confidence in judging a community drama competition.

2 To come up with an agreed manageable number of drama groups for the competition.

5: Z factor Audition Workshop

Objectives

1. To Audition all interested Drama groups for the Z Factor competition.
2. To familiarise the community with the aim of the Z factor project.
3. To come up with a maximum of 15 groups from the auditions for each ward for the competition.

4. Random interviews with community members & piloting of community attitudes questionnaire

6: Z factor Drama Competition Workshop

Objectives and Activities

1. To open up community conversations using a drama competition.

2. To spark public debate about psychosis issues brought up by the drama groups.

3. Drama performance & community discussions

4. Random interviews with community members & piloting of community attitudes questionnaire

7: Z factor mental health service user's workshop

Objectives and Activities

1. To open up conversations about mental health stigma: its effects on personal and family life, its socio-economic impact

2. To get service user mental health research priority areas

3. To contact a mental health services needs assessment

4. To plan for further and broader information exchange between service user and provider/researchers