

BAHVN Survey Questionnaire for 2022 March

Dear Friends of BAHVN,

Please fill out this biannual survey. This anonymous survey helps us insure funding for our groups as well as provides you a forum to tell how to make our groups even better.

Thanks so much for participating.

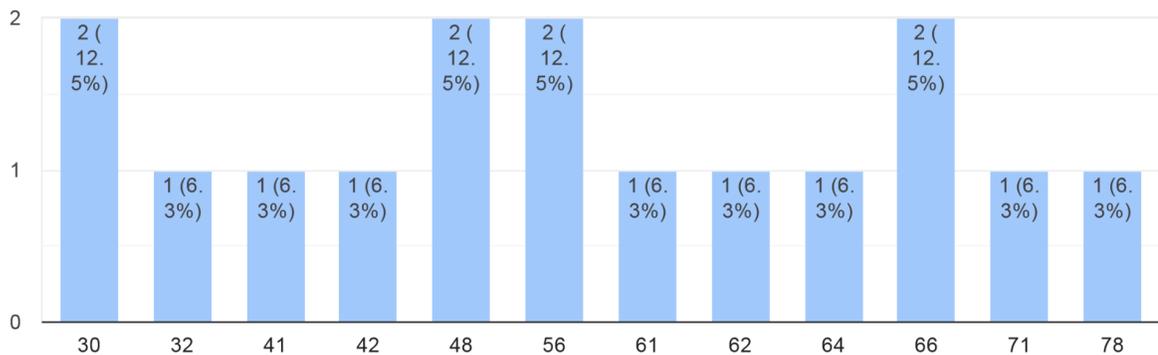
Ed Herzog

BAHVN Vice President

Demographic Questions

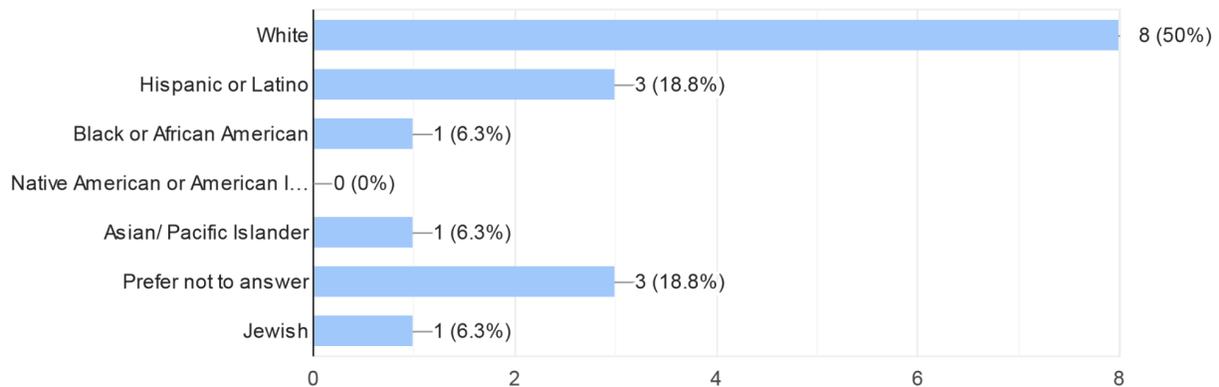
Age

16 responses



Race/Ethnicity

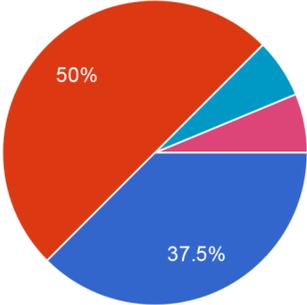
16 responses



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Gender Identity

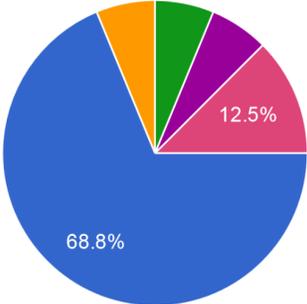
16 responses



- Male
- Female
- Trans Male/ Trans Man
- Trans Female/ Trans Woman
- Nonbinary
- Prefer not to answer
- Gender queer

Sexual Orientation

16 responses



- Heterosexual or straight
- Gay
- Lesbian
- Bisexual
- Pansexual
- Asexual
- Prefer not to answer

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Participant Questions

1. How has the group helped you? 16 responses

It helps me with my voices

Branch out and reach other's

Support group to discuss specific experiences

I like to meet people who have a similar experience, hearing voices or seeing visions

It's helped me respect and trust myself and become far less dependent on the mental health system. Its given me hope and courage to do more with my life than just be a mental patient.

Given me a deeper understanding of my experiences.

shared experiences

supportive

I find strength in sharing experiences

fellowship; discussion of hearing voices issues

to be more open about my voices

The blessing of community

It helps me meet people like me

I've learned ways to talk to my son. I now have a better understanding on how to deal with him when he is having a difficult time.

I heard stories of other children that is similar to mine and how they've handled it. I've heard many ideas of ways to interact with my child that has helped our relationship.

It's helped me to understand, empathize, show kindness, and curiosity instead of judgement and using "you should" language. Through other people's stories, I've also learned so much about the negatives about the mental health medical model and what to be so careful of, what questions to ask, and how to be an advocate for my loved one. Additionally, the group experience reinforces that there are reasons to be grateful for our situation; some members have it worse.

2. What do you like about the group? 16 responses

It's got great facilitators and people

Shared lived experience helps to normalize

The community relationship. Consistent meeting times, zoom links not changing, easy to access, facilitator friendly and makes time for every individual. Not complicated to connect

The charter that says we have to keep privacy and that we can talk about whatever we want

The mutual support and respect and encouragement.

Feeling accepted without being judged.

diverse opinion , education, shared experiences

support

This group has only a few rules

fellowship; discussion of hearing voices issues

Safe place to talk

the cohesion and acceptance

We share a common experience

The support I receive. It's a place that I can freely talk about my situation.

I feel supported with the group. The co-facilitators have years of experience.

I like that we have become a supportive group of "friends" who share really only one thing in common - just wanting to understand and support our loved ones.

3. How has the group changed your life? 16 responses

It has given me friends to relate too

Made me feel less alone

Made a place for me to go to talk about the unseen forces that guide my life. The isolation can be detrimental. Having a group i can be open and honesty has helped me have an outlet.

I know that I have community. So that is a good thing because I have been exiled.

I've started taking classes and volunteer jobs and I've managed to stay out of the hospital for longer than I have in the oast 20 years. I've been happier and stringer and all this has been very beneficial to my child as well, which is what is most important to me.

Has given me hope.

stabilizes me

meet new people

meet new people

I find I'm not the only person who has voices

i'm not the only one who hear voices

I am more open about talking about voices.

more skills and coices

Making me comfortable with myself

I have meet wonderful people who are experiencing a similar situation as me and I have learned so much from their experiences.

By using the tools mentioned in the group, I understand better what my child is going through.

I'm able to have more patience which helps.

It's given me people I can talk to about things that have isolated me from all my old friends.

4. How have you seen your life improve since you started coming to the group? 16 responses

It's made it a lot easier to deal with my voices

Able to work and be a leader in the community and beyond

I have created bonds and relationships and participated in events that has added to my quality of life

It is just nice to know that you are out there, and that the news is not 100 per cent right about people who have alternate realities.

Already answered that above.

I have my social contacts.

yes

supportive people and knowing I'm not alone

I feel comforted

realize i'm not the only one who hear voices

More preplexed. Most folks are trying to get rid of their voices, which is the opposite of me.

yes I have new skills

Yes. I am more outgoing

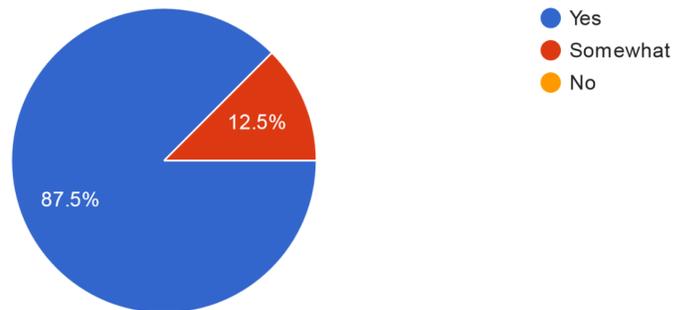
I am better able to cope with my situation.

Yes, I know each week I can bring a problem to the group and get suggestions. Being able to communicate with my child has made a difference. Also, I am more knowledgeable when talking with the medical professionals.

It makes Mondays more tolerable because even though I have to deal with the reality of work, at least I have our Monday evening Zoom meetings to look forward to for support.

5a. Do you feel safe in the group?

16 responses



5b. Why do you feel safe in the group (or why not)? 16 responses

Because everyone is nice

It would feel safer if the BAHVN was lead by a peer with lived experience rather than a parent. I don't participate in this particular chapter of HVN because of this fact. It would nice to see someone else with lived experience in charge, I find it weird that the same person seems to be in charge always. There should be term limits and others given a shot at stepping up, I know for a fact that others have wanted to step up to leadership. Having one family member as the figurehead forever makes it feel not very democratic or peer centered.

Generally safe.

There are certain individuals who, I think, exploit people, by abusing their power. Like taking up a lot of time for their problems, and then having no time for me. Unfairness. There's always someone saying I talk too much and then letting others go on and on, like a type of unconscious sexism. It influences others in the group, to think they can oppress me because the facilitator does it all the time, is impatient with me. Says they heard something I said before. I hate all groups for this reason! No one is conscious, and if you are not conscious then nobody does anything to change it.

No reason not too. I know my confidentiality is protected and most people who attend are always very respectful.

I don't feel judged, criticized, bullied, or any other negative things.

because others have similar experiences and understand what I am going through support

Zoom groups are quite safe

moderators

Because it is now online

it is well regulated

I feel safe talking

I feel free to talk about my situation and I get good support.

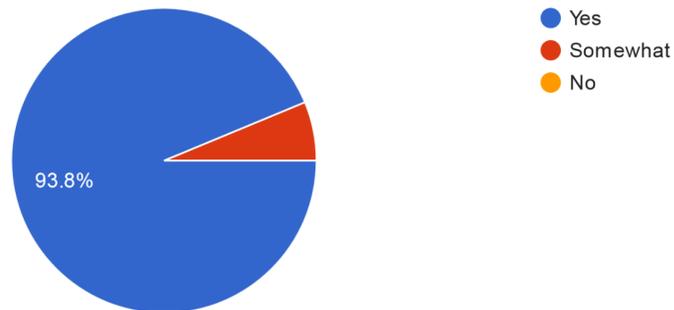
Any issue or situation that anyone talks about, the whole group listens, emphasizes with, and gives suggestions, or background on why the behavior is happening.

There's no judgement and everyone is sympathetic.

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6a. Do you feel supported in the group?

16 responses



6b. Why do you feel supported in the group (or why not)? 16 responses

Because everyone is helpful

Being surrounded by peers

See above answers

Depends on who is there. It is a crap shoot. Sometimes I get it, and most of the time I need to get away from these people who snap about something I have said that I have reflected long and hard about. Most of the time this is a minefield!

My experiences are not dismissed or disrespected as they are by clinical professionals.

People listen and understand

because of open minds

listening to each other

I can talk about religion, politics, sex, drugs as they relate to schizophrenia

people receptive to what i say

no matter what you say, they support it

we all have similar problems

Everyone understands

Everyone offers good suggestions and positive support.

I feel I am not alone in dealing with these extremely difficult mental health issues. I can see how others are dealing with similar problems successfully.

Everyone verbalizes that they understand how I feel; many of them have shared the same experiences and/or feelings.

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7a. What is your experience like in the group? 16 responses

My experience has been positive.

I have been doing it and rarely miss a group I like going

The group has been good, a place to connect with others and it's not exclusive to one topic

See above answers

Sometimes it is great, to connect and listen and enjoy our differences. But mostly I hate it and I will stay away.

Good

I listen and am heard.

enjoyable

I usually stay quiet

Pleasant

overall good; i wd like to hear more discussion of hv issues.

Okay. Sort of does not change much. Most folks want to get rid of their voice/s, though some now attending seem to be okay with their voices.

I feel helpful to others

Helpful

Sometime I just listen and get new ideas, and some times I bring up a problem.

7b. How long have you been attending Hearing Voices meetings? 16 responses

For a year or more a good amount of time spent

A few years

Over a year

since March 4, 2019

2 years

Several years

1.5 years

for 6 months

Maybe 2 months?

1-2 yrs

I think 4 years?

one year

One year

5 months

Almost a year now.

About 11 months.

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8. How has the group helped you deal with stigma? 16 responses

By a lot everyone is like me

Learned how to identify it within the world around me and within myself

Na

Yes.

mostly by curbing self stigma

I feel less alone

open mindedness

na

I don't feel so alone

what stigma?

I have no stigma. It's normal to hear a voice/s.

I understand how common this is

By dealing with it

I now have a different perspective on hearing voices and having a diagnosis, a bit less stigma.

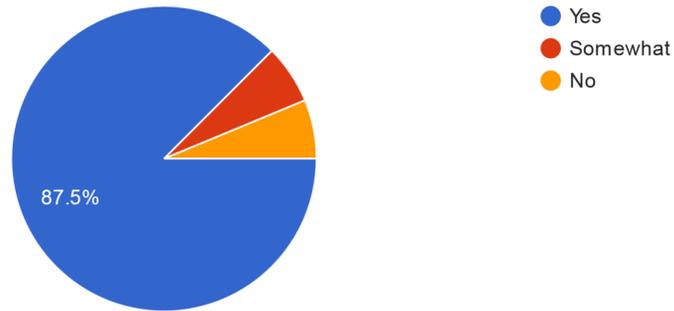
The fear of not able to live with the disease has gone. With understand it better, I am able to help others see the stigma is not reality.

I still feel stigma from others outside of the group and from my own past and inner voice.

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9a. Do you feel supported by the facilitators?

16 responses



9b. How do you feel supported by the facilitators (or not)? 13 responses

Because they are nice good people

See above answers

There is only one or two facilitators that are kind, but mostly the HVN meeting is made worse by the rest of the facilitators, who are terrible listeners and attack me without reason, using my words. Talk too much. heard it before. I have been yelled at by group members. I have been abused by group members. I can't take this and it is not for me.

The facilitators are fair to everyone

they are open understanding and facilitate well

They let me express myself

good rapport

They support me and what I say.

always validated

They help guide the meeting

Facilitators offer great advice and positive reinforcement.

They give their experiences with issues being discussed.

They are good listeners and use supportive, reflective responses.

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10. How has the group changed doing it online? Advantages? Disadvantages? 16 responses

Online is good how it is and all

Hard for some people to participate

Online I can commit and is easier to access. More time to multitask and safer in my home then out in person meetin

Advantages are there are no HVN meetings in my area. Disadvantages are attacks happening in the chat. The facilitator can be seen falling asleep. My camera can be shut off. My mike can be shut off, as a punishment.

Its made the groups far more accessible to me

Advantage- don't have to travel. Disadvantage- more difficult to speak and feel connected.

ive never done it in person

never attended in person

There are more groups and that's an advantage. I can't think of any disadvantages

easier to get to meetings

Much better. I feel safer and it is easier to attend the meetings.

i have always been online

I like it

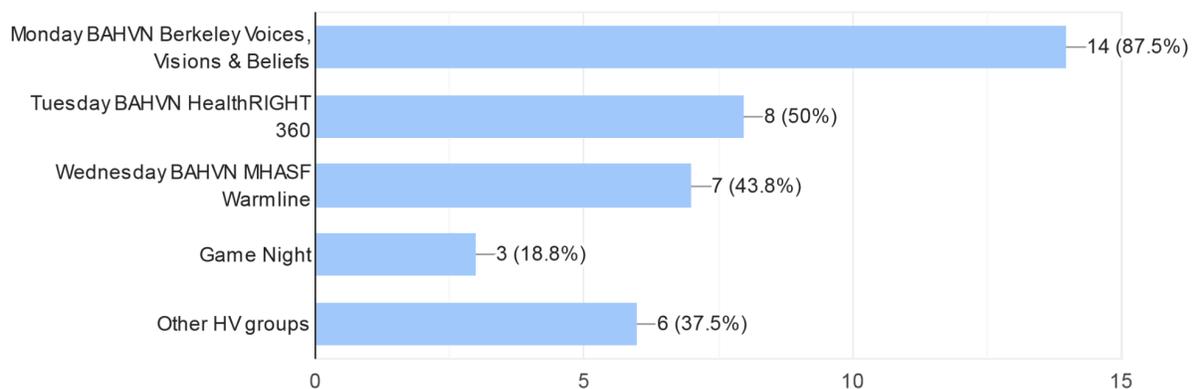
I only joined online meetings.

I like online because traveling at night is difficult. Sometimes it seems to short.

It's always been online for me. I like it that way because we have important members from other parts of the country who can participate by Zoom.

11. What hearing voices support groups do you attend?

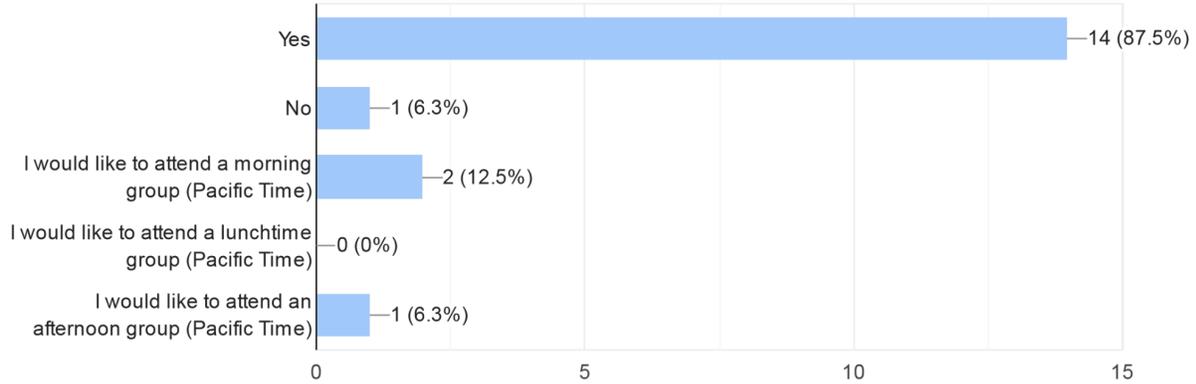
16 responses



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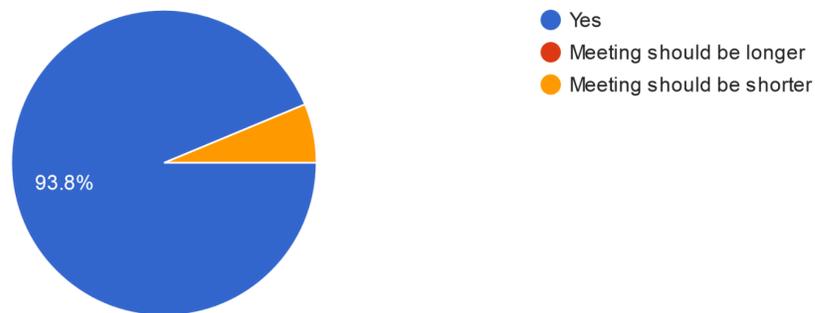
12. Are you happy with the meeting times? Check all that apply

16 responses



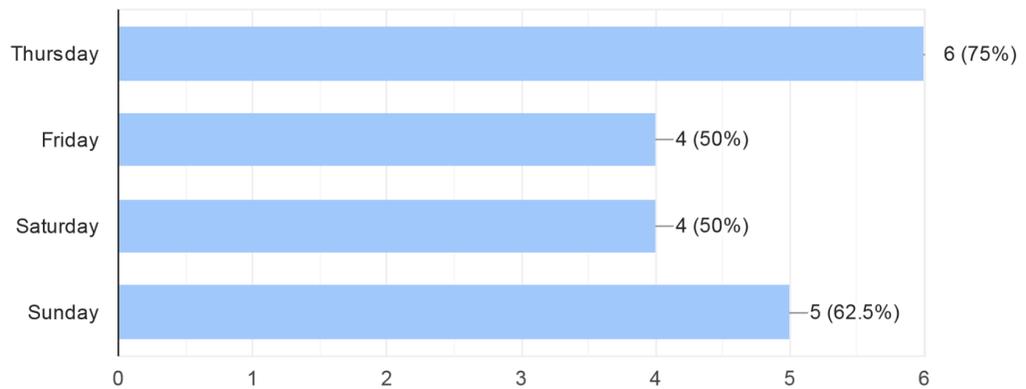
13. Are you happy with the meeting length?

16 responses



14. Would you want to attend a meeting on another day? Check all that apply

8 responses



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15a. How did you hear about the group? 16 responses

google

By my mental health counselor

A flyer at MHACC

Searching google

Facebook

From my case manager a few years ago

Through BMH newsletter, calendar, and word of mouth.

A friend

Online.

friend

My therapist

I found it online.

I think I found it online.

Through NAMI

15b. What geographic area are you in? 16 responses

Bay Area California

East Bay

Solano County. Vallejo CA

Eastern Canada

Berkeley

Berkeley

montana

Oakland

New Mexico

eureka ca

Berkeley, CA, USA

berkeley

Los Angeles

Sonoma County

SF East Bay

East Bay (Oakland)

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16. Currently, game night is on Thursday from 5-7 p.m. online at BoardGamesArena.com. How would you improve game night? 11 responses

Make it as easy as possible

I've attempted to log in. It requires me to download an app then log into that. I've gotten into the game night once no one was there. It's a fun idea. Just complicated. If it was easy I would join.

Like one click zoom link in the meeting easy. The instructions however through it's complicated.

Don't be rude.

No comment

add chess

more options for games

I'm not yet tech savvy enough to attend game night

Get more folks to show up.

not interested

I don't know

I've never joined game night.