



Red Spruce

MENTAL HEALTH CENTRE

Collection & Use of Demographic Data for Red Spruce Mental Health Centre

Thank you for selecting Red Spruce Mental Health Centre to be part of your journey. Our graduate counsellors and supervisors aspire to provide world-class mental health services by supporting you in a collaborative and empowering process as you work towards your wellness goals. As a teaching, research, and counselling centre, Red Spruce Mental Health Centre collects demographic information and initial symptom ratings for all clients we serve. This information is collected to assist your counsellor in knowing some basic information that can assist in their work with you. This data may also be used to identify service gaps or show the Centre's impact for continued funding. Your name will never be shared or attached to other demographic information; instead, all client information will be combined in a de-identified manner for reporting purposes and names will be replaced with a pseudonym. Data that is used for research purposes will be securely stored in a separate location from your counselling record. If you wish to withdraw your consent for use of demographic data you may do so at any time up until July (insert service year). To remove your data, you can notify your counsellor or you can email the principal investigator (contact below). Every July, the Red Spruce will complete an annual report at which time individual client data will not be able to be separated from the collective. The Red Spruce Mental Health Centre will provide these annual reports on our website if you are interested in seeing summaries of the demographics of clients accessing the Red Spruce.

PARTICIPATION

Your participation in this research is voluntary. You may refuse to take part in the research without consequence. You are free to decline to answer any question on the demographic and outcome measures you do not wish to reply.

BENEFITS

You will receive no direct benefits from participating in this research study. However, your responses may help us learn more about the effectiveness, inclusivity, and accessibility of the Red Spruce Mental Health Centre's services. Your decision to participate or not will have no impact on the counselling services you receive at the centre.

RISKS

The possible risks or discomforts of the demographic and outcome measures are minimal. You may feel tired or sad if reflecting upon your mental health symptoms is taxing. The questions themselves are simple and do not ask you to dive deep. You will be asked to identify and rate your symptoms before counselling and some basic demographic information. If at any point in participating in the study you would like to receive counselling from an alternative resource, referrals will be provided to you by the intern or the supervisor.

CONFIDENTIALITY

Your answers will be included as a link in your intake form. Data from your answers will be de-identified and separated from your client record and will be stored in a password-protected electronic format. The link in the intake form will take you to a Limesurvey where you will complete the demographic form and symptom ratings. Limesurvey will not collect identifying information such as your name, email address, or IP address. For research purposes, the results of the forms will be de-identified and combined with other demographic and initial outcome measures completed. As results are combined, individual clients/participants could not be identified as no identifying information is attached to any results. After annual reports for the Red Spruce Mental Health Centre are completed, the summaries from the demographic and initial symptoms for clients seen in that calendar year will be destroyed. If you would like to have your demographic information and initial symptom scales removed from the combined data, this request can be made up to July of the of the year you seek services. This is when annual reporting will occur and all demographic and symptom scale data collected for the previous year will be completed.

If participants identify on their demographic or symptom ratings that they are at imminent risk of harming themselves, another identifiable individual, or that a child or dependent adult is being, or is at risk of being, abused or neglected, this information may not be confidential. The counsellor or supervisor at the Red Spruce working with you may need to notify appropriate authorities, in the case of abuse towards a child or dependent adult, or may need to work with you to develop a plan for safety, which may include accessing additional supports.

Employers may have legal access to any information sent or stored on employer-owned equipment. Participants may therefore wish to use their own equipment, if available, when communicating with the researchers and completing the surveys. Any information sent or stored online may be legally accessed by domestic or foreign authorities. Designated employees of the survey company (in this case, Limesurvey) have access to raw survey data as needed to perform their duties and in accordance with the company's privacy policy. Should you choose not to complete the survey and close your browser, Limesurvey will retain responses provided. For this reason, incomplete surveys will not be included in the research.

CONTACT

If you have questions at any time about the research that this survey is a part of or any of the procedures, you may contact me, Dr. Tanya Surette, via phone at 902-585-1363 or email at tanya.surette@acadiau.ca.

If you feel you have not been treated according to the descriptions in this form, or that your rights as a participant in research have not been honored during this project, or you have any questions, concerns, or complaints that you wish to address to someone other than the investigator, you may contact the Chair of the Research Ethics Board at Acadia University, Dr. Stephen Maitzen, by email at smaitzen@acadiau.ca or by phone at 902-585-1407.

ELECTRONIC CONSENT:

If you have read and understood the above information, please complete the next section by selecting your choice. You may type in "Agree," which confirms your participation in this research study, or "Disagree," which removes you from the study, and the survey will not be sent to you. You may print a copy of this consent form for your records. By consenting, you have not waived your rights in the event of research related harm.

Typing "Agree" in the space below indicates that:

I have read and understood the above information

I voluntarily agree to participate

TYPE YOUR ANSWER HERE: