

Vicente Martinez High School Student Interview Questions

Student Name: _____ Age/Year: _____

Interviewer Name: _____

PREAMBLE

Hi. My name is _____. I'm a member of the Mental Health Commission, which is a group that looks for ways to improve mental health services for people in our county who need mental health support. My colleagues and I are here today to learn about the ways that Vicente High School supports the mental health of its students. We're doing this by interviewing several students to get their perspectives.

There are a few important things that I'd like you know about the interviews:

- First, they are completely confidential. Your name will not appear with the answers to your questions.
- Second, if you don't have an answer to a question, or don't want to answer a question for any reason, you can pass on it.
- Third, all students are being asked the same questions.

ABOUT THE VICENTE HIGH SCHOOL EXPERIENCE

1. How long have you been at Vicente High School?
2. Why did you decide to attend Vicente High School?
3. How have you liked your experience at Vicente? What are the positives? What are the negatives?
4. In what ways has attending Vicente High School helped you, e.g. mood-wise, socially, self-image, academically, family relations?
5. In what ways did it **NOT** help you that you were expecting or hoping for?
6. Overall, do you feel better off being at Vicente?

PARTICIPATION IN “CORE” ACTIVITIES AND IMPACT ON MENTAL HEALTH

7. Which of these activities have you been involved with at Vicente?

- Service or volunteer work, for example the Culinary Academy or the “Feet First” Car Show
- Leadership Development
- Career-oriented internships, for example the Culinary Academy or the Martinez Early Intervention Preschool Program
- Counseling at school
- Being connected to someone outside of school for therapy or other service
- Psychology Club, e.g. producing podcast or making mini-movies related to psychology
- Boy’s Club
- Substance usage support
- Family support
- Academic Skills Development support
- College and Careers preparation, e.g. college visits, concurrent enrollment at DVC, attending college presentations

8. Are any of these activities important to maintaining or improving your mental health?

9. Which activity has helped you the most?

10. Tell me more about your experience with (counseling, Boys Club, Psychology Club, family therapy/support, substance use disorder support -- ask all questions below for EACH MENTAL HEALTH activity that helped them the most):

- How long were you involved in this activity?
- What did you like best and least about it and why?

- In what ways did participation in this activity help you or not help you, e.g. mood-wise, socially, self-image, academically, and/or family relations?
- Would you participate in this activity again?

STIGMA

11. Did you feel safe and comfortable while participating in mental health-related activities? With counselors and teachers and other students?

12. Did you feel any stigma about participating in mental health-related activities? For example:

- Did you have any worries or concerns that prevented you from speaking freely or expressing your feelings?
- Were you afraid of repercussions like being laughed at, or bullied, or being gossiped about?
- Did you feel like other people weren't taking your issues seriously or wanted to sweep them under the table?

13. If you experienced stigma, how did it start? How were you treated by other students or staff?

14. Were you able to speak to anyone about the stigma you experienced? Did they help?

15. Did you feel like your contributions during your activity were confidential outside the activity, e.g. that your comments were kept private from students who did not participate?

16. Was your family aware of your participation in mental health-related activities or services? If so, were they supportive? What was their perspective?

17. If you had counseling or therapy at school, how long does it take to get an appointment?

18. How many appointments were you allowed to have or was there no limit?
19. How many times did you attend?
20. If you had counseling or therapy OUTSIDE of school, how long did it take to get an appointment?
21. How many appointments were you allowed to have or was there no limit?
22. How many times did you attend?

MAGIC WAND

23. If you had a magic wand and could change anything at all:
 - What would you wish for at Vicente in general?
 - What would you wish for regarding mental health support at Vicente?
24. Is there anything else that you would like to add about Vicente and your experience there?

Interviewer:

- **Thank student**
- **Remind student that their name and responses are confidential.**