



# Best Practice GPRA Interviewing

Trauma-Informed  
and Consent-Based Data Collection

04.24.2023

# Alphabet Soup

## Acronyms used in this presentation

DSU

Division of Substance Use Programs \*

SAMSHA

Substance Abuse and Mental Health Administration\*\*

SOR

State opioid response grant

GPRA

Government Performance and Results Act

\* Division of the Vermont Department of Health

\*\* Agency within the US Department of Human Services

# Questions:

In thinking about the GPRA interviews you have done up until now, what are some of the challenges you encountered during the survey?

What are examples of times a GPRA Question triggered a participant? What happened?

# What it means to be Trauma-Informed

Educated in the prevalence and nature of trauma



Act with compassion and skillfulness



Actively create a culture where it is safer to listen to the body and share emotions/desires



Embrace the transformative power and strength of vulnerability and triggers




Create space for checking in, feedback, and growing together

# Informed Consent


## Informed

Having full knowledge and understanding of what they are being asked to provide and why.



## Consent

Voluntary agrees to participate in the interview. Consent can be rescinded at any time.



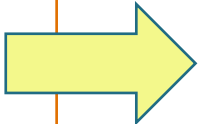
## Process

Continue to check in with the participant throughout the interview.

# When to conduct the Initial GPRA Interview...

The initial “baseline” GPRA intake must be completed 1- 4 calendar days after entering a non-residential program. Please aim to conduct the interview as soon as possible.

Considerations for  
the Recovery  
Coaches  
in the Emergency  
Department  
Program:



## Is the Patient Able to give Informed Consent?

- If the patient you are meeting is detoxing, inebriated, and/or recovering from Narcan they may not be able to give informed consent. In this case, GPRA intake can be done at your next meeting.

## Connection is the Priority

- The most important thing in the first hospital visit, is that you make a connection and gain the trust of the participant- hopefully, they agree to follow up.

# Important Notes

- Recovery Coaches are required to offer the GPRA survey to every participant that they serve under the SOR grant

## HOWEVER

- Every participant has the right to refuse the survey. This does not affect their ability to receive Recovery Coaching Services
- A participant can skip any questions
- A participant can STOP the survey at any time and revoke consent.

# Trauma Triggers in the GPRA Survey

How many children do you have? \*

- Enter Number
- Unknown
- Refused

Are any of your children living with someone else due to a child protection order? \*

- Yes
- No
- Refused
- Unknown

For how many of your children have you lost parental rights (if 0, enter 0)? \*

\*the value below cannot exceed the # of children in the answer above

- Enter Number
- Unknown
- Refused



# Introducing the Interview

Give a heads-up at the beginning of your coaching session

*"Sheila, Before we get started today, I wanted to let you know that we are conducting surveys that help secure funding for this program. I want to get started on our conversation, but I'll check back in at the end of our conversation about the survey".*

# Introducing the Interview

Circle Back

- At the start of our conversation, I mentioned a survey.

Consent

- Is It ok if I tell you about it, and then you can let me know if you are interested?

Survey Overview

- The survey is anonymous & confidential- all surveys are de-identified
- You help us keep funding this program
- You can skip any questions
- Questions might be triggering
- The survey is optional, and you can still receive services without completing the survey.

Consent

- Would you be willing to help us out today by completing the interview? (If no, thank them for considering it, and remind them that they can keep receiving coaching and other recovery services).

Questions

- Before we get started, do you have any questions?"

# Keep Checking-In

Ongoing consent and checking in are part of being trauma-informed.

- Stop at each new section- give a heads-up and get consent

*We are about ½ way, though; thanks for sticking with me. The next few questions are about housing, are you ok to keep going?*



# If a Participant gets Triggered by a Question

Remember, being Trauma-informed does not mean being trigger-free. There are triggers every day in our lives- it's impossible always to avoid triggers for everyone. Instead, we can be supportive by:

Getting consent  
throughout the  
process

Following the  
participant's cues  
or requests

Providing an  
opportunity for  
regrouping and  
resourcing

## Important Reminders:

### Inform participant about Follow-Up and Discharge surveys

- Thank the participant for helping us with the survey. Tell them that their participation helps fund our programs.
- Remind them that someone will reach out to them for discharge and 6-month follow-ups but other than that, GPRA will not be a regular part of your coaching sessions.

### Information that comes forth in the interview:

- You can remind the participant at the end of the interview that you can help with resources, even if they are not directly related to SUD recovery.