

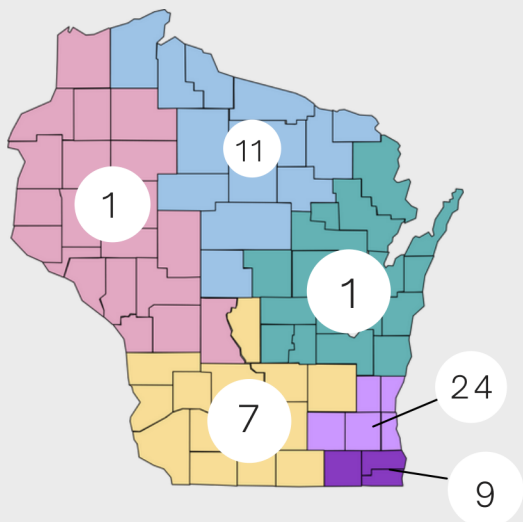
# FIRST BREATH

## PARTICIPANT ADVISORY GROUP

SUMMARY  
REPORT

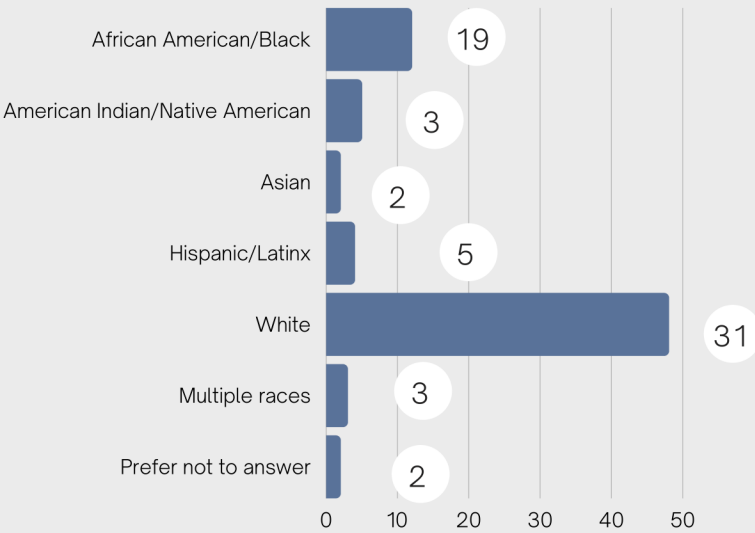
This fall, current and past First Breath Participants were invited to take part in a virtual Participant Advisory Group (PAG) to provide feedback on First Breath initiatives, including our text messaging program, new materials, and support group implementation. **59 individuals participated.**

### PAG Participants (n=59)



Location  
(by # of individuals)

Race & Ethnicity  
(by # of responses)



# RESULTS

## Texting Program

- 36 of PAG participants are enrolled and participated!
- Participants say they prefer **supportive, inspirational, friendly, educational and empowering texts!**
- 57.6 % want us to continue sending 3-4 texts per week.
- 86.4 % want us to continue sending texts about all substances regardless of their own use!
- 57.6 want brief texts and links to detailed factsheets.
- 86.4% like hearing success stories from other participants.

## New Materials: Overdose Prevention Education



- 88 % found these materials "very helpful"
- 61% strongly agree and 20.3 % agree that they learned something
- 61% strongly agree and 32.2 % agree that they are easy to understand

### What did participants have to say?

"Helpful and educational without judgement"

"A lot of useful info" & "They were clear and precise"

"Easy to read, understand and clear"

"Plenty of resources and knowledgeable information"

"It is so important to know this information, especially about Narcan"

"This will help save not only your life, but someone else's, thank you"

55.9% prefer the Infographic over the brochure

## Support Group

40.7 % say YES to a support group, while  
28.8 % say Maybe.

27.1 % desire MONTHLY, while 23.1 %  
would rather have weekly.



"...Continue to be a positive and  
motivational group for others"

--PAG Participant