

## **Research Plan (Key Concepts)**

The agency I've chosen to evaluate is Joy of Living Recovery Group (JLRG). The mission of the agency is to share experiences with others and allow those experiences to promote sobriety from alcohol. The main purpose of the volunteer program with no oversight of professionals allows the member to help one another rather than allowing them to feel as if they need professional help. The overall goal for this self-help program would be for the members to provide help to one another; sharing experiences, strength, and hope with one another. The participants that are included in the study are member who which to abstain from alcohol no matter their age, race, or situation. The population of people who become a member of this recovery group wishes to abstain from alcohol. In the name of the group being Joy of Living Recovery group, many wish to become happy with their lives instead of them being a waste and them always drinking alcohol.

An improvement-focused approach is present in the Joy of Living Recovery Group in which the program improvement is the overarching attitude. The improvement-focused approach, it is argued, best meets the criteria necessary for effective evaluation: serving the needs of stakeholders, providing valid information, and offering an alternative point of view to those doing the hard work of serving program participants. Evaluators help program staff to discover discrepancies between program objectives and the unmet needs of the target population, between program implementation and program plans, between expectations of the target population and the services delivered, or between outcomes achieved and outcomes projected. Finding discrepancies is not a perverse trait of evaluators. If the point of evaluation is to improve the program—which is nearly always the point—then discrepancies provide a place to seek to effect improvements.

The following are both the Qualitative and Quantitative Evaluation Question.

Qualitative: Do participants find the Joy of Living Program effective for achieving abstinence?

Quantitative: How many people can be abstinent after participating in the Joy of Living Support Group?

There are several potential sources of data that could be used to evaluate Joy of Living, a support group run by participants. The three sources of data identified are staff, documents and records, and participants/clients. Staff may include anyone involved in the running of the support group, such as facilitators, volunteers, or administrative personnel. They may provide valuable information about the day-to-day operations of the group, as well as their observations about participant behavior and engagement. Documents and records may refer to any written or electronic materials related to the support group, such as meeting minutes, attendance logs, or feedback forms. These documents can provide a wealth of information about the structure and effectiveness of the group, as well as the experiences of participants. Finally, participants or clients of the support group are a crucial source of data, as they are the individuals directly impacted by the group's activities. They may provide insights into the benefits and challenges of participating in the group, as well as their perceptions of the support they receive.

The Joy of Living recovery group can benefit from using multiple data collection models to gather both qualitative and quantitative data for the evaluation process. Here are some examples of how different data collection models can be used to address specific types of questions: Surveys are a good way to collect quantitative data from participants about their experiences in the support group. They can be designed to gather information about participant demographics, reasons for joining the group, satisfaction with the group, and perceived benefits.

Interviews are a good way to gather more in-depth qualitative data from participants about their experiences in the support group. They can be conducted one-on-one or in small groups and can allow for more exploration of participant experiences, perceptions, and opinions. The evaluation process can also involve analyzing records of the support group, such as attendance logs, meeting minutes, and feedback forms. These records can provide quantitative data on participation rates, meeting frequency, and perceived effectiveness of the group. Checklists can be used to collect both qualitative and quantitative data by providing a structured way to collect data on a specific set of items. Focus groups are a good way to collect qualitative data by bringing together a small group of participants to discuss specific topics related to the support group. Focus groups can be particularly useful for exploring participant experiences and perceptions in a more interactive and in-depth way than surveys or interviews.

Using multiple data collection models can provide a more comprehensive understanding of the Joy of Living recovery group's effectiveness. By combining both quantitative and qualitative data, the evaluation can provide a more nuanced understanding of participant experiences, identify areas for improvement, and help guide future program development.