A decorative wavy line in light blue and white, flowing from the top left towards the bottom left of the slide.

Joanna Ochocka
Rich Janzen
Charlotte Loppie



COMMUNITY-BASED RESEARCH

WORKSHOP #2

MENTAL HEALTH COMMISSION OF
CANADA (MHCC)

Funded by:



Mental Health
Commission
of Canada

Commission de
la santé mentale
du Canada

Supporting Lived Experiences with Cannabis through Community-Based Research

Centre for Community Based Research Workshop

December 4th, 2020

Krista Benes, Mental Health Commission of Canada

AGENDA

1

Welcome and Check-In

2

Phase I: Laying the Foundation
Steps 1 and 2

Break-out Room Discussion

3

Phase I: Laying the Foundation
Steps 3 and 4

Break-out Room Discussion

4

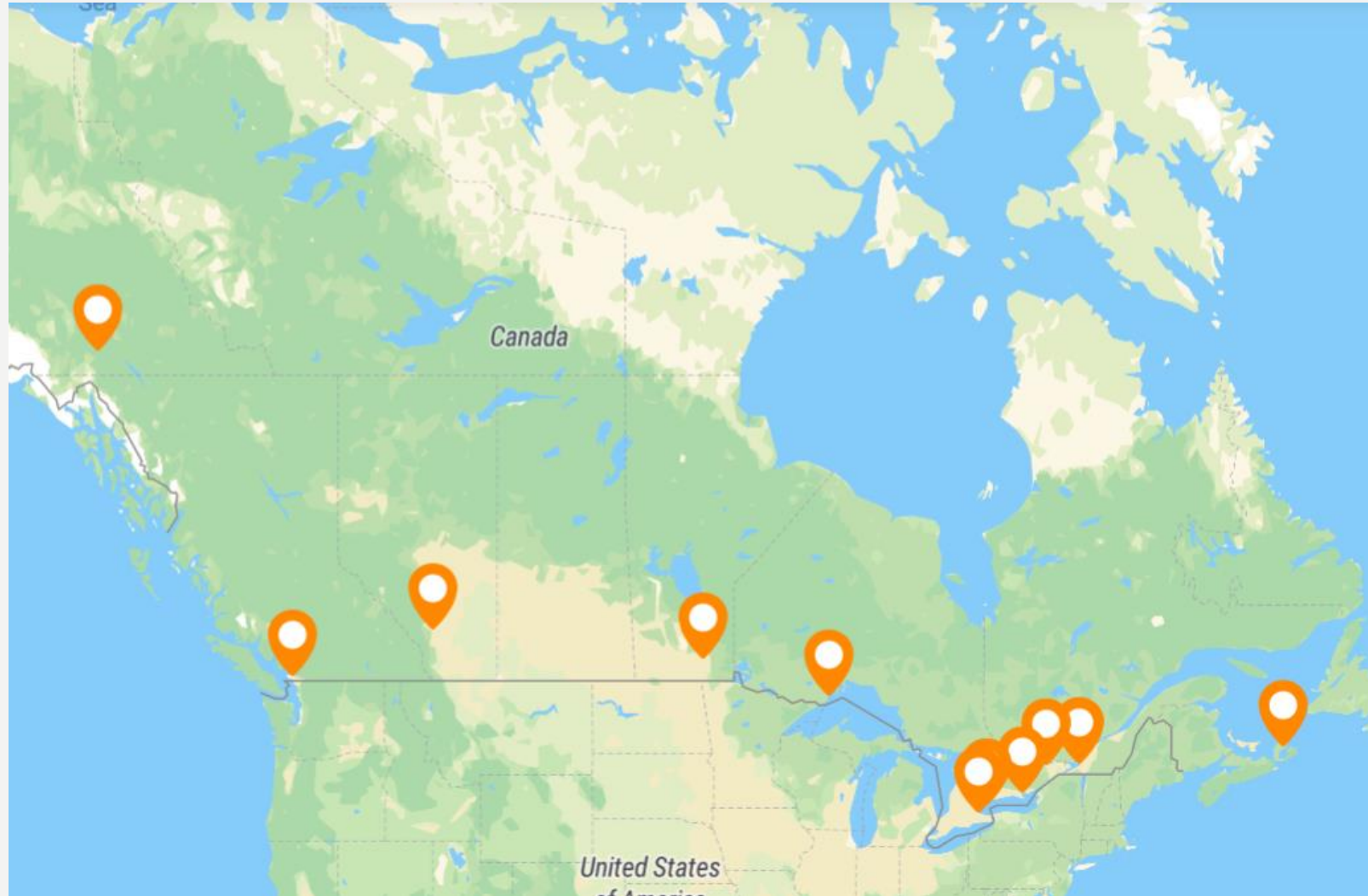
Coaches' Corner



CHECKING IN

POLLING

13 RESEARCH PROJECTS



OUR GROUP



Allyson Ion



Theresa Kozak



Claudette Cardinal



Rob Whitley



Richard Diraddo



Maria Santos



Amy Nahwegahbow



Jean Hopkins



Meaghan Costa



Suzanne McLeod



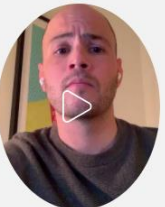
Marsha Wolf Collar



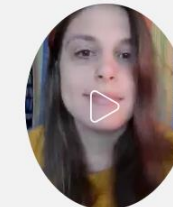
Sheila Lewis



Stephen Thomson



Olivier Ferlatte



Tara Chanady



Raza Mirza



Mary Hynes



Julianne Sanguins



Olena Kloss



Sadia Jama



Sara Abdallah



Abor Abdullo



Carol Hopkins



Chris Musquash



Britta Gaddes



Susan Barberstock



Christina Hackett



Krista Benes



Julia Armstrong



Pamela Obegu



Yelena Kapayeva



Cara Kane



Sheldon Mellis

FEEDBACK FROM WORKSHOP 1

WHAT WORKED WELL

- Getting to connect with others
- Break-out rooms were great (social engagement/hearing other perspectives)
- Well-facilitated, allowing for everyone's input

SUGGESTIONS

- Smaller/more diverse discussion groups
- Meeting more people (rotation)
- More clarifications about CCBR's Capacity Bridging Project

STRENGTHS



Creating a representative Steering Committee or Advisory Committee



Forming experienced, diverse, and knowledgeable research teams with lived experience



Creating “action-based” research designs



Forming relationships with key stakeholders



Engaging in dialogue about best practices both in person and virtually

CHALLENGES



Connecting with participants through technology, especially those with less access/ capacity



Creating a safe, digital space to talk about active substance use (stigma)



Defining “the community” and stakeholders



Communicating findings to various stakeholder groups in a meaningful way



Negotiating assumptions about research and the role of researchers (ontology/epistemology)



Navigating tight timelines and COVID-19 restrictions



REFRESHER

WHAT HAVE WE LEARNED SO FAR

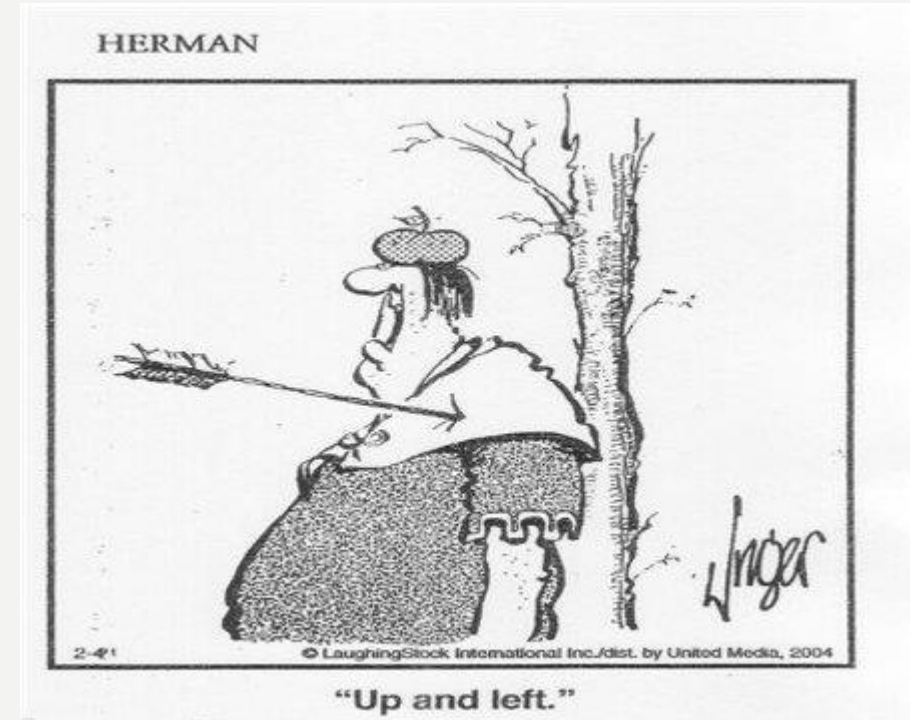
HALLMARKS AND FUNCTIONS

3 Hallmarks of CBR

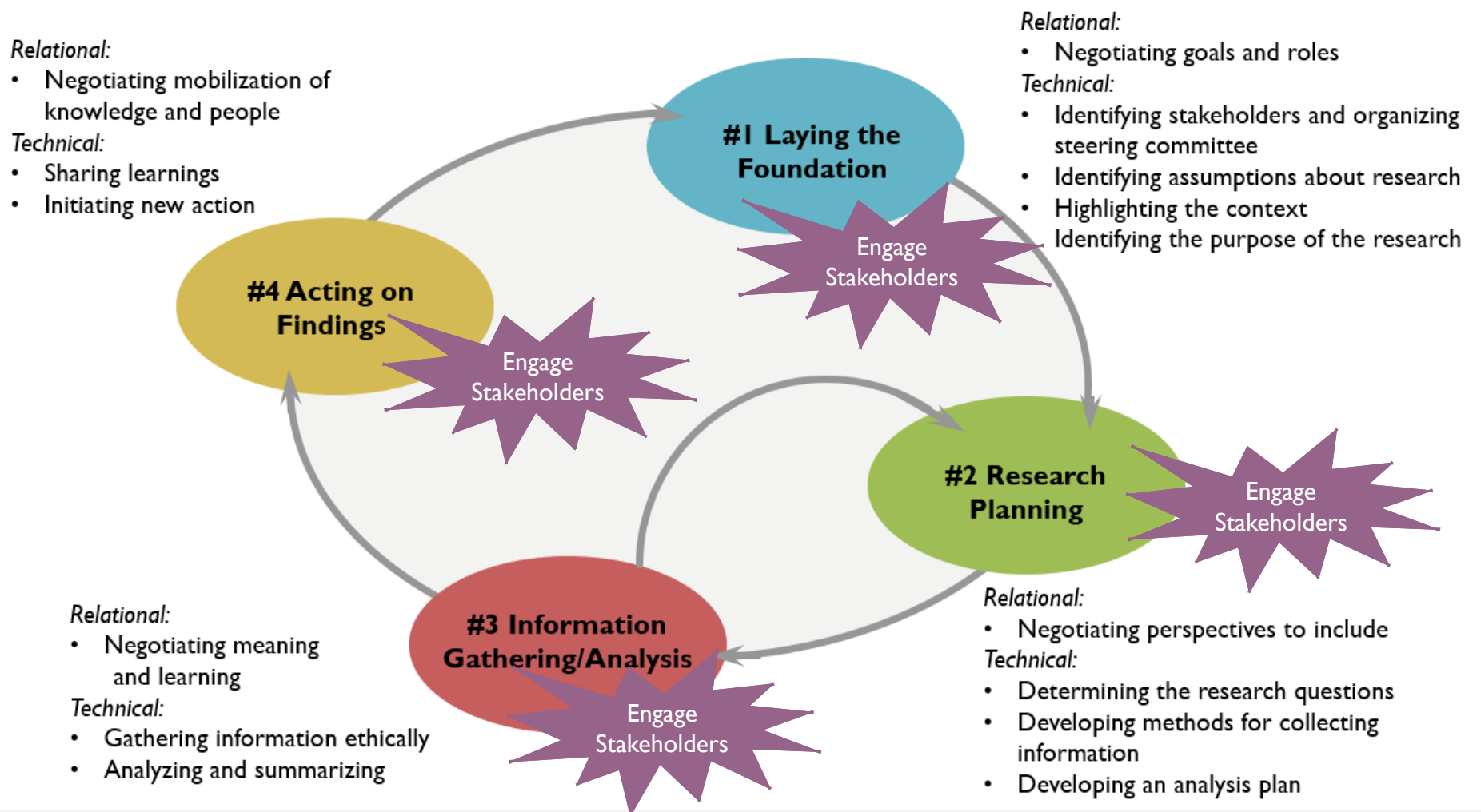
1. Community-driven
2. Participatory
3. Action-oriented

3 Functions of CBR

1. Knowledge production
2. Knowledge mobilization
3. Community mobilization



FOUR PHASES AND 11 STEPS OF COMMUNITY-BASED RESEARCH

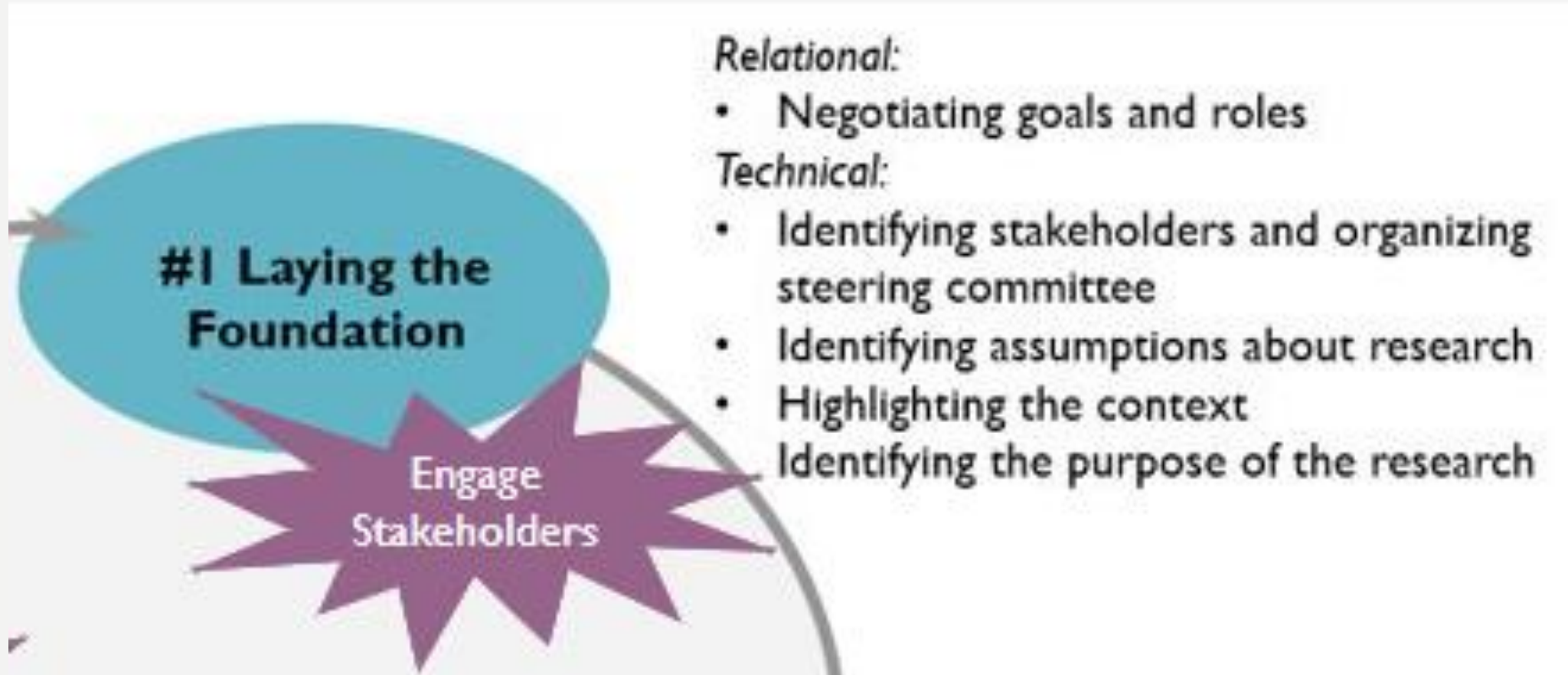




PHASE 1

LAYING THE FOUNDATION FOR
COMMUNITY-BASED RESEARCH

PHASE 1: LAYING THE FOUNDATION





ENGAGING STAKEHOLDERS

WHY AND HOW?

REFLECTIVE QUESTIONS



THINK OF YOUR RESEARCH PROJECT...

- Who was involved in proposal development? How satisfied are you with the level of engagement?

WHY ENGAGE STAKEHOLDERS?



Stakeholders are individuals or groups who have a stake in the issue(s) under study and are important to the success of research.

Engaging stakeholders ensures that:

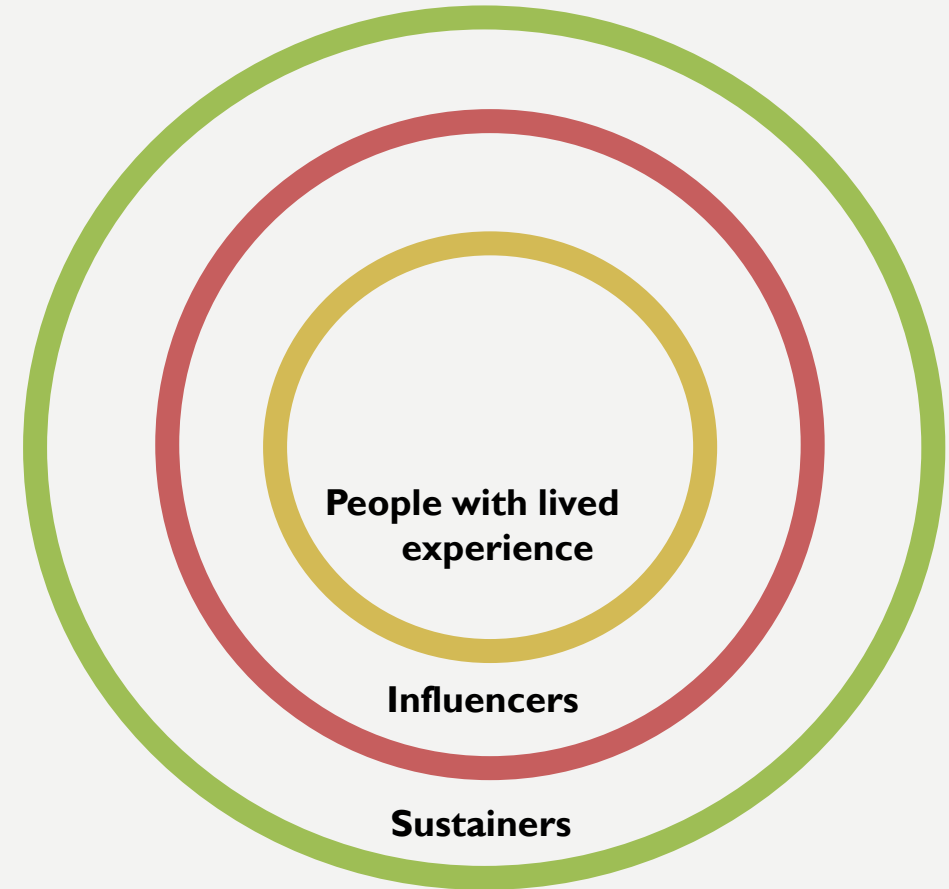
- Ownership of the research is shared
- People will act on findings, as they have increased ownership
- A variety of valuable and informative perspectives are included in research
- Skills and knowledge of stakeholders increase – community and research-reciprocal capacity development
- Research purpose/objectives and principles of working together are relevant, clarified and implemented
- Everyone learns more about mental health and substance use

STAKEHOLDERS

WHO IS A STAKEHOLDER?

- **Lived experience**
 - People who have direct experience living with the issue
- **Influencers**
 - People who impact the lives of those who live with the issue
- **Sustainers**
 - People who have the power and resources to make lasting change to improve people's lives

STAKEHOLDER MAP



ENGAGEMENT OF STAKEHOLDERS



Outreach	Consult	Involve	Collaborate	Empower
<p><i>Some community Involvement</i></p> <p>Communication flows from one to the other, to inform</p> <p>Provides community with information</p>	<p><i>More Community Involvement</i></p> <p>Communication flows to the community and then back, answer seeking</p> <p>Get information or feedback from the community</p>	<p><i>Better Community Involvement</i></p> <p>Communication flows both ways, participatory form of communication</p> <p>Involves more participation with community on issues</p>	<p><i>Community Involvement</i></p> <p>Communication flow bidirectional</p> <p>Forms partnerships with community on each aspect of project from development to solution</p>	<p><i>Strong-Bidirectional Relationship</i></p> <p>Final decision making is at community level</p>

Reference: Modified by Clinical and Translational Science Awards (CTSA) Community Engagement Key Function Committee Task Force from the International Association for Public Involvement

ENGAGEMENT STRATEGIES



Stakeholder steering group

- Providing guidance and “conscience”
- Facilitating cross-stakeholder perspectives

Diversity on research teams

- Including people with lived experience and various expertise
- Privileging facilitation & mobilization skills

Ongoing training, support and learning together

- Equipping researchers for consistency
- Equipping partners for deeper engagement

Community forums and feedback events

- Sharing & verifying results
- Discussing & prioritizing solutions

Clear and creative summaries

- Crafting digestible written, oral & visual summaries
- Inviting artistic expressions

Plans for future action

- Deciding on comprehensive or micro response
- Determining next research cycles

STEERING COMMITTEE

THE STEERING COMMITTEE IS MADE UP OF THE VARIOUS STAKEHOLDERS OF THE PROGRAM

- A stakeholder map helps to inform who is on the steering committee
- They guide the research through each step of the process
- The steering committee meets regularly throughout the research project
- Involving stakeholders on a steering committee makes it more likely the research results will be used





CLARIFYING ASSUMPTIONS ABOUT RESEARCH

WHY AND HOW?

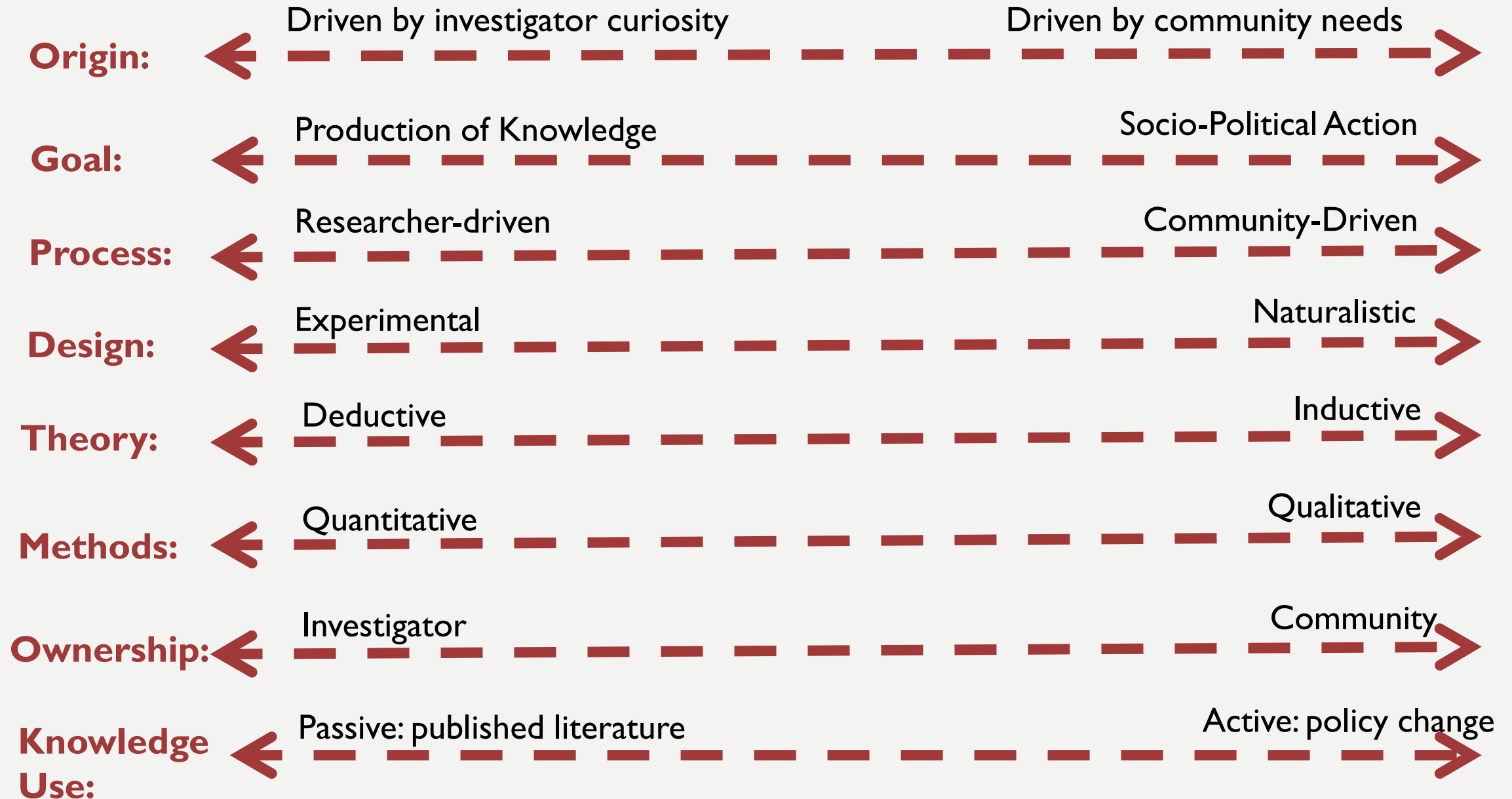
ASSUMPTIONS ABOUT RESEARCH

What does the group think about research?

- Common assumptions and understandings of what community-based research is or entails
- Different goals or expectations of the research and the role of researchers
- Mismatched expectations regarding time, financial restraints & commitments
- Other?



WHERE DO YOU FIT? WHERE DO OTHERS FIT?



BREAK-OUT GROUP DISCUSSION QUESTIONS

THINK OF YOUR RESEARCH PROJECT...

- Who are the project stakeholders? Who is already involved and who is not?
- What are the challenges you foresee in meaningfully involving stakeholders in your project (moving from “involve” to “empower”)?
- How well aligned are the research assumptions within your research partnership?



Project stakeholders include your research team, Steering Committee, and participants of your research



UNDERSTANDING THE CONTEXT

THE BIGGER PICTURE

UNDERSTANDING CONTEXT

CONTEXTUALIZING, HISTORICIZING, POLITICIZING, AND DEPATHOLOGIZING

- The culture(s)
- Unbalanced power dynamics/discrimination
 - Gender, age, racialization, sexual orientation, ability, geography, etc.
- People and other resources who will support and limit your research
- The history of relationships and contexts
- Previous research conducted in the context
- The intended audience for research dissemination
- Others?





IDENTIFYING RESEARCH PURPOSE STATEMENT

CLARIFYING PURPOSE WITH STAKEHOLDERS

RESEARCH PURPOSE STATEMENT

A statement that was collaboratively developed to clarify what will be done

- Reflects the interests of all stakeholder groups
- Is clearly worded
- Is action-oriented

ELEMENTS OF A PURPOSE STATEMENT



BREAKOUT GROUP DISCUSSION QUESTIONS



THINK OF YOUR RESEARCH PROJECT...

- What are the contextual challenges/opportunities for the project?
- How will you negotiate potential dynamics of power and privilege between you/your group and other research partners?
- What impact will contextual challenges/opportunities have on your project purpose? How will you address these challenges together with project partners?



NEXT STEPS

NEXT STEPS



Provide workshop evaluation feedback



Check the project webpage for workshop slides



Make additions to research project descriptions



Discuss research questions and methods in your teams

Next Workshop: **January 22 at IPM (Eastern)**
Implementing Ethical, Engaging, and Rigorous Research:
Qualitative and Quantitative Data Collection



COACHES' CORNER

OPTIONAL INDIVIDUALIZED SUPPORT