Community-Based Research Request for Proposals

Information Session

March 4th, 2020
1:00-2:30 EST

Thank you for joining us! The webinar will begin shortly.
Mary Bartram, Director, Mental Health and Substance Use, Mental Health Commission of Canada

Lynette Schick, Research & Policy Analyst, Mental Health Commission of Canada

Joanna Ochocka, Co-Director, Centre for Community Based Research

Rich Janzen, Co-Director, Centre for Community Based Research

Donna Atkinson, Manager, The National Collaborating Centre for Indigenous Health

Roberta Stout, Research Associate, The National Collaborating Centre for Indigenous Health
Agenda

• Welcome and Overview
• Background and RFP Overview
• Principles of Community –Based Research & Applying for the RFP
• Support from Community Based Hubs
• Community Based Research: The What & How
• Indigenous Research Methodologies & Research Considerations
• Q & A
• Conclusion
About the MHCC

**Vision**
Mental health and wellness for all.

**Mission**
To raise awareness of the mental health and wellness needs of Canadians, and to catalyze collaborative solutions to mental health system challenges.
The MHCC, Cannabis, and Mental Health

Inform and Invest in Research
Center Lived and Living Experience
Share and Mobilize Knowledge
Research Investments

- Catalyst Grants
- Team-Based Grants
- Community-Based Research Projects
Community Forums

July 2019
Ottawa, ON

October 2019
Goose Bay, NL
Community Based Research – Cannabis & Mental Health

- Between 2020 and 2022, the MHCC will fund up to 12 CBR projects

- Up to $50,000 per project/per year (2 year projects)

- Deadline to apply: April 23rd, 2020
Community-based research projects

- Build on strengths, not deficits
- Are co-produced, not extractive
- Centre lived experience
- Are culturally safe
- Disseminate for community benefit
- Focus on equity and anti-oppression
Priority populations include:

- People with lived and living experience of cannabis use and/or mental health problems or illnesses
- First Nations, Inuit, and Métis
- Immigrant, refugee, ethnocultural, and racialized
- Two spirit, lesbian, gay, bisexual, trans, and queer
- Communities who experience layers of oppression (e.g., homelessness, involvement in the justice system, sex work, and buying or selling street-level substances)
Projects must be about the relationship between cannabis and mental health

Examples:
- Mental health factors that influence why people use cannabis
- Cultural practices and beliefs around cannabis and mental health
- Mental health impacts of criminalization for people who use or sell cannabis and other drugs
Community Based Research – Cannabis & Mental Health

- Who Can Apply?
- Do I need to be an experienced researcher?
- Are there supports available?
Community Based Hubs are available to support your application!

- Centre for Community Based Research
- Centre for Healthy Communities
- Inuit Tapiriit Kanatami
- National Collaborating Centre for Determinants of Health
- National Collaborating Centre for Indigenous Health
- Wellesley Institute

Please indicate your interest in receiving support from one of the hubs by **March 30th, 2020** by e-mailing cannabis@mentalhealthcommission.ca
COMMUNITY-BASED RESEARCH

RFP WORKSHOP FOR MENTAL HEALTH COMMISSION OF CANADA (MHCC)
CENTRE FOR COMMUNITY BASED RESEARCH

• Balancing academic excellence with community relevance since 1982

• Non-profit organization on the University of Waterloo campus

• 400+ projects on a range of societal issues

• Entrepreneurial spirit - eligible for academic funding
OVERVIEW

WHAT IS COMMUNITY-BASED RESEARCH?

HOW TO CONDUCT COMMUNITY-BASED RESEARCH

HOW TO GET HELP WITH ETHICS REVIEW PROCESS
COMMUNITY-BASED RESEARCH

“A research approach that involves active participation of stakeholders, those whose lives are affected by the issue being studied, in all phases of research for the purpose of producing useful results to make positive changes.”

ESSENTIALS OF COMMUNITY-BASED RESEARCH

• How is community-based research different from conventional research?
# Three Hallmarks of Community-Based Research

A research approach that strives to be...  

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<th>Community-Driven</th>
<th>The research is practically relevant to those most affected by the issue under study and leads to their self determination.</th>
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<tr>
<td>Participatory</td>
<td>Community members and researchers equitably share control of the research agenda through active and reciprocal involvement in the research design, implementation and dissemination.</td>
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<tr>
<td>Action-Oriented</td>
<td>The process and results are useful to community members in making positive social change and in contributing to communities where everyone is supported and belongs.</td>
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THREE FUNCTIONS OF COMMUNITY-BASED RESEARCH

COMMUNITY MOBILIZATION
Facilitating relationship building, engagement and action

KNOWLEDGE PRODUCTION
Learning together through systematic and rigorous research

KNOWLEDGE MOBILIZATION
Communicating research results with external audiences
4 PHASES AND 11 STEPS OF COMMUNITY-BASED RESEARCH

#1 Laying the Foundation
- Relational: Negotiating goals and roles
- Technical: Identifying stakeholders and organizing steering committee
- Technical: Identifying assumptions about research
- Technical: Highlighting the context
- Technical: Identifying the purpose of the research

#2 Research Planning
- Relational: Negotiating meaning and learning
- Technical: Identifying the purpose of the research
- Technical: Determining the research questions
- Technical: Developing methods for collecting information
- Technical: Developing an analysis plan

#3 Information Gathering/Analysis
- Relational: Negotiating mobilization of knowledge and people
- Technical: Sharing learnings
- Technical: Initiating new action

#4 Acting on Findings
- Relational: Negotiating meaning and learning
- Technical: Gathering information ethically
- Technical: Analyzing and summarizing
ETHICS

WHAT IS ETHICS IN COMMUNITY-BASED RESEARCH?

• Do no harm—both on an individual and community level

• Informed consent
  ✓ People must be aware of the purpose of the research
  ✓ People need to agree to participate

• Throughout the research process, one must:
  ✓ Protect all stakeholders involved (especially the vulnerable)
  ✓ Be aware of who is (or will be) using/accessing data
  ✓ Recognize power dynamics, problematic relationships and ulterior motivations
ETHICS

THREE MECHANISM FOR ETHICAL RESEARCH

1. External ethical review of community-based research
2. Regular steering committee meetings to discuss ethical issues
3. Community researchers trained according to ethical standards and practices

• CREO mission is to strengthen and support community research by responding to the needs of community researchers to easily access an ethical support and review process.
• CREO’s four core principles are 
  Respect for Persons
  Concern for Welfare
  Concern for Justice
  Respect for Community
• More info: 
  www.communityresearchethics.com
Community-based research:
Ethical considerations
Responsibility and accountability
Engagement and empowerment
Knowledge development and sharing

About the NCCIH
Mandate
Priority Areas
Knowledge Translation and Exchange
Contact information
Donna Atkinson, donna.atkinson@unbc.ca
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Thank you for joining us today!

Deadline to request support from a hub: March 30th, 2020

Deadline to Apply: April 23rd, 2020

Questions? Please contact us!

cannabis@mentalhealthcommission.ca