



*Community-Based Participatory Research

PREPARED FOR ARTREACH TORONTO BY HELENA SHIMELES



Contributors:

Alpha Abebe

✎ Managing Director
Young Diplomats

Sarah Flicker

✎ Associate Professor
York University, Faculty of Environmental Studies

Purnima George

✎ Assistant Professor
Ryerson University, School of Social Work

Helena Shimeles

✎ Executive Director
Young Diplomats

Amina Yassin

✎ Executive Director
Somali Youth Association of Toronto

GOAL Youth Workshop Series

The Grassroots Organizing and Leadership (GOAL) Youth Capacity Building Workshop Series was developed in 2007 by youth-led organizations, funders and other partners to provide access to learning opportunities that can enhance the work of young people, artists and youth-led groups. Through different strategies and in different spaces, young people are working to make change and to have an impact on communities across the city of Toronto. To take this passion and commitment and channel it into a project, individuals or organizations often require training, tools and supports that are not always available to emerging, youth-led groups.

This workshop series provides facilitators (many of whom are young people, or those that have been involved in grassroots organizing and project development) to share their insights and resources. Many groups have struggled to find financial templates that works for them, decode grant guidelines or define what structure works for them as an organization. Accordingly, past topics have included financial management for nonprofits, fundraising, grant-writing, and models of youth work. These free sessions provide an accessible and safe learning space for young people and groups to ask questions, receive support and demystify process.

The workshops are developed based on needs identified by young people in Toronto. Participants who attend 5 or more workshops in the series receive a certificate.

The GOAL Youth Workshop Series is implemented by ArtReach Toronto, in partnership with various organizations and youth groups including; Grassroots Youth Collaborative, Laidlaw Foundation, City of Toronto, Schools without Borders, For Youth Initiative and Toronto Community Foundation.

Special thanks go to the facilitators for sharing their knowledge and expertise, as well as the following partners that have provided funding for the workshops, resource guides and online toolkit:

Canadian Heritage

City of Toronto Cultural Services

Laidlaw Foundation

The Lawson Foundation

Toronto Community Foundation

Table Of Contents

➤ Definition of Community-Based Participatory Research (CBPR)	Pg. 4
➤ Traditional Research versus CBPR	Pg. 4
➤ How academics may be similar or different from community members	Pg. 4
➤ Who brings what to the table	Pg. 5
➤ Critical Questions that a community member can ask before involvement in a CBPR project:	Pg. 5
➤ Terms of Reference Contract - maintaining an effective campus-community partnership	Pg. 7
➤ Resources (reports, toolkits, websites, funding sources)	Pg. 8-9

Community-Based Participatory Research (CBPR): Breaking it Down

Definition of CBPR:

“CBPR is a collaborative approach to research that equitably involves all partners in the research process and recognizes the unique strengths that each brings. CBPR begins with a research topic of importance to the community with the aim of combining knowledge and action for social change to improve community health and eliminate health disparities.” (Israel et al, 1998, 177)

When we think about research, we sometimes imagine ivory towers, academics behind closed doors, or the lone professor with a magnifying glass. Rarely is research associated with creativity, community activism, or collaboration. Community Based Participatory Research is a research methodology that challenges traditional ways of “doing research” and exposes critical questions such as:

- Who chooses what issues are important or worthy?
- Who decides how information should be collected, stored, and shared?
- Who benefits from the research process and how?

Traditional Research Versus CBPR:

Traditional Research	Community Based Participatory Research
Outside Expert	Team of Stakeholders
Expert defines what needs to be researched and how	Stakeholders collectively decide focus of research
Report may or may not be used to make changes.	Early buy-in from stakeholders increases impact
Capacity leaves with expert	Capacity is built internally
The goal: knowledge production that is easily generalized to other settings and places.	The goal: to respond to the identified needs of a particular community. To combine knowledge with action for change.

How Academics May be Similar or Different From Community Members:

Similarities	Differences
<ul style="list-style-type: none"> * Academics are people who care * They bring unique skills and experience * They work in complicated and stressful environments * They have productivity quotients * They are often similarly over-worked and under-resourced 	<ul style="list-style-type: none"> * They have very specific theoretical jargon * They have different accountability structures and ‘bottom lines’ * They have different timelines and calendars * They are not usually used to working with communities on a daily basis

Who Brings What to the Table:

Communities bring...	Researchers bring...
<ul style="list-style-type: none">* Closer connection to lived experience of community* They bring unique skills and experience* Experience with strong intersectoral partnerships* Innovative applied research ideas* Understanding of cultural contexts* Access to some funding* Ability to affect grassroots change	<ul style="list-style-type: none">* Broad experience with research in field* Have read the literature (so you don't have to!)* Access to some funding (specific to universities)* Methodological expertise & software* Research infrastructure , including personnel (such as graduate students)* Theoretical frameworks* Access to credibility* Ethics review process* Ability to affect policy change

Critical Questions that a community member SHOULD ask before CONSIDERING involvement in a CBPR project:

- What are the goals of the project? Who benefits? Is this a priority for us? Is it tokenistic?
- What are everyone's goals and responsibilities?
- How will decisions be made and navigated? Who has final say? Who has control of the funds?
- Who will collect the data? Who will have access to the data? How will privacy and confidentiality be managed?
- What training or support do we need to make this happen?
- How will we make sure that this partnership stays healthy? Can we check-in?
- Can we produce a Terms of Reference Contract?
- Can we set up an advisory committee consisting of community members and stakeholders to help oversee this project?
- Will community members be hired to implement this project?
- How will the results of the project be disseminated? Can we be creative in this process?

CBPR is a collaborative approach to research that equitably involves all partners in the research process and recognizes the unique strengths that each brings.



Terms of Reference Contract:

Before you dive into any campus-community research partnership, you should ensure that both parties have a clear understanding of the expected roles, responsibilities, project objectives, timelines, and project vision. One way to ensure this transparency at the start of the project is to have a “contract.”

A Terms of Reference “is a kind of ‘memo of understanding’ that you can use to guide the work of your CBR project. It is a document that should be co-created with all of your project partners. Creating a Terms of Reference Contract, gives your team an opportunity to ask: What does Community-Based Research mean to us? Why are we working together? What principles are underlying our partnership? How will we work together? Your Terms of Reference Contract should be something that each partner signs on to – but it should also be considered a “living document” – one that you can come back to and revisit throughout the life of your project” (Toronto Wellesley Institute, n.d.)

The OCAP Example...

OCAP stands for Ownership, Control, Access, and Possession and it was sanctioned by the First Nations Information Governance Committee in 1998 to ensure self-determination over all research concerning First Nations communities:

“[OCAP] is a way to say ‘yes’ to beneficial research and ‘no’ to research that may result in harm...” (National Aboriginal Health Organization, 2007, 9)

Resources:

Reports:

Diaspora Engagement in Peace-Building and Development in Home and Host Countries. Toolkit for Community-Based Research (CBR) Practitioners. (2007). Toronto: Walter and Duncan Gordon Foundation. http://www.gordonfn.org/GC_diaspora-resources.cfm

First Nations Centre. (2007). OCAP: Ownership, Control, Access, and Possession. Sanctioned by the First Nations Information Governance Committee. Assembly of First Nations: Ottawa: National Aboriginal Health Organization.

Retrieved from http://www.naho.ca/firstnations/english/documents/FNC-OCAP_001.pdf

Flicker, Sarah & Savan, Beth. (2006). A Snapshot of CBR in Canada. Toronto: Wellesley Institute.

Retrieved from http://depts.washington.edu/ccph/pdf_files/CBR%20snapshot%20report%20final.pdf

Flicker, S., Flynn, S., Larkin, J., Travers, R., Guta, A., Pole, J., & Layne, C. (2009). Sexpress: The Toronto Teen Survey Report. Toronto: Planned Parenthood Toronto.

Retrieved from http://www.ppt.on.ca/pdf/reports/TTS_report.pdf

Israel, B.A., Schulz, A.J., Parker, E., Becker, A.B. (1998). Review of Community-Based Research: Accessing Partnership Approaches to Improve Public Health. Annual Review of Public Health, 19, 173-202. Retrieved from http://depts.washington.edu/ccph/pdf_files/annurev.publhealth.19.1.pdf

Nelson, G., Ochocoka, J., Lord, J. (1998). Nothing about me, without me: Participatory action research with self-help/mutual aid organizations for psychiatric consumer/survivors. American Journal of Community Psychology, 26(6), 881-912. Retrieved from <http://info.wlu.ca/~wwwpsych/gnelson/nothing%20about%20me%20without%20me%201998.pdf>

Ritas, Cassandra. (2003). Speaking Truth, Creating Power: A Guide to Policy Work for Community-Based Participatory Research Practitioners. New York: Hunter College Centre on AIDS, Drugs and Community Health. Retrieved from http://depts.washington.edu/ccph/pdf_files/ritas.pdf



Sample Terms of Reference Contract. Toronto: Wellesley Institute.

Retrieved from http://depts.washington.edu/ccph/pdf_files/MOU6.pdf

Websites:

Community-Campus Partnerships for Health. (2009).

Retrieved from <http://depts.washington.edu/ccph/>

Community Health Scholars Program. (2009).

Retrieved from <http://www.kellogghealthscholars.org/about/community.cfm>

Community Research Canada. (2009).

Retrieved from <http://www.communityresearchcanada.ca>

Examining Community-Institutional Partnerships for Prevention Research Group. Developing and Sustaining Community-Based Participatory Research Partnerships: A Skill-Building Curriculum.

(2006). Retrieved from <http://www.cbprcurriculum.info>

Toronto Community Based Research Network. (2009).

Retrieved from <http://torontocbr.ning.com>

Books:

Minkler, M. (1999).

Community Organizing and Community Building for Health.

New Brunswick, NJ: Rutgers University Press.

Minkler, M., & Wallerstein, N. (2003).
Community Based Participatory Research for Health.
San Francisco, CA: Jossey-Bass.

Peter, P., Brydon-Miller, M., Hall, B., Jackson, T. (1993).
Voices of Change: Participatory Research in the United States and Canada.
Westport, Connecticut London: Bergin & Garvey.

Stoecker, R. (2005).
Research Methods for Community Change: A Project Based Approach.
London, UK: Sage.

Sources of Funding/Resources:

Research Impact-Knowledge Mobilization Project -York University. (2009).
I am seeking expertise or research findings.
Retrieved from <http://www.researchimpact.ca/home/findings/index.html>

Wellesley Institute. (2007). **Grants.**
Retrieved from <http://wellesleyinstitute.com/research/grants>

Canadian Institutes of Health Research (CIHR). (2009). **Funding Opportunity Details.**
Retrieved from <http://www.researchnet-recherchenet.ca/rnr16/vwOpprtntyDtls.do?prog=714&&view=currentOpps&org=CIHR&type=AND&resultCount=25&sort=program&all=1&masterList=true>

Social Sciences and Humanities Research Council of Ontario. (2009).
Apply for funding - Community & Not-for-profit organizations. Retrieved from <http://www.sshrc-crsh.gc.ca/site/apply-demande/organizations-organismes-eng.aspx>

Atkinson Foundation. **What we fund.** Retrieved December 2009 from http://www.atkinsonfoundation.ca/what_we_fund?PROGRAM_ID=11

CREATIVE DIRECTION, LAYOUT & DESIGN BY HIGHTOP STUDIO

www.hightop.ca