



Mental Health
Commission
of Canada

Commission de
la santé mentale
du Canada

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.

Host & Speakers

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



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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



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Research Investments



Community Forums



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July 2019
Ottawa, ON



Canadian Centre
on Substance Use
and Addiction



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

Community Based Research – Cannabis & Mental Health



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)

Community Based Research – Cannabis & Mental Health



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 Research – Cannabis & Mental Health



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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



Joanna Ochocka
Rich Janzen



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.”

Nelson, Ochocka, Griffin & Lord, 1998, p.12



ESSENTIALS OF COMMUNITY-BASED RESEARCH

- How is community-based research different from conventional research?

3 3 4 11

THREE HALLMARKS OF COMMUNITY-BASED RESEARCH

A RESEARCH APPROACH THAT STRIVES TO BE TO BE...

Community-Driven	The research is practically relevant to those most affected by the issue under study and leads to their self determination.
Participatory	Community members and researchers equitably share control of the research agenda through active and reciprocal involvement in the research design, implementation and dissemination.
Action-Oriented	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.

THREE FUNCTIONS OF COMMUNITY-BASED RESEARCH



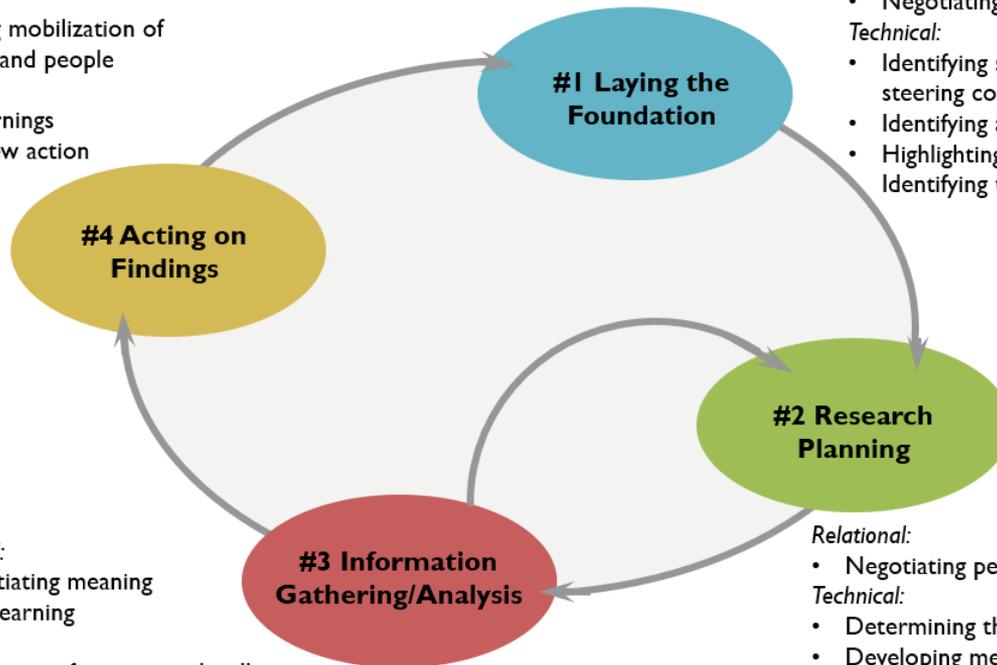
4 PHASES AND 11 STEPS OF COMMUNITY-BASED RESEARCH

Relational:

- Negotiating mobilization of knowledge and people

Technical:

- Sharing learnings
- Initiating new action



Relational:

- Negotiating meaning and learning

Technical:

- Gathering information ethically
- Analyzing and summarizing

Relational:

- Negotiating goals and roles

Technical:

- Identifying stakeholders and organizing steering committee
- Identifying assumptions about research
- Highlighting the context
- Identifying the purpose of the research

Relational:

- Negotiating perspectives to include

Technical:

- Determining the research questions
- Developing methods for collecting information
- Developing an analysis plan

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



COMMUNITY
RESEARCH
ETHICS OFFICE

- 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

National Collaborating Centre
for Indigenous Health



Centre de collaboration nationale
de la santé Autochtone

About the NCCIH

Mandate
Priority Areas
Knowledge Translation and Exchange

Community-based research:

Ethical considerations
Responsibility and accountability
Engagement and empowerment
Knowledge development and sharing

National Collaborating Centre
for Indigenous Health



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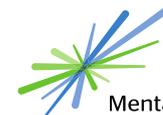
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Q & A



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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

Financial contribution from



Health Canada Santé Canada

ORDER OF EXCELLENCE



MENTAL HEALTH AT WORK® RECIPIENT