



Research and Me: *An Introduction to Community-Based Research*

CAAN Research & Policy Unit

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The Canadian Aboriginal AIDS Network

- Established in 1997
- Represent over 400 member organizations and individuals
- Governed by a national 13 member Board of Directors
- Provide a national forum for members to express needs and concerns
- Ensure access to HIV/AIDS-related services through advocacy
- Provide relevant, accurate and up-to-date HIV/AIDS information

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Research and Me – Workshop Goals

1. To introduce participants to the basics of Community-Based Research (CBR)
2. To talk about CBR in the context of Aboriginal communities
3. To walk workshop participants through a CBR project step-by-step

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What is Community-Based Research (CBR)?

- Community-based research (CBR) is characterized by community involvement, community relevance, partnership equity, appropriate methods, and ethical review.
- The goal of CBR is to develop research that is community-appropriate, that results in beneficial outcomes for participating communities and other stakeholders, and that is grounded in a strong research methodology.

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What is CBR – Cont.

CBR is research that is conducted **by** the community, **for** the community.

CBR:

- Is methodologically rigorous and ethically sound.
- Puts knowledge into action through community-based interventions and programs.
- Facilitates collaborative partnerships that engages community members and researchers in a joint process in which each contribute equally.
- Builds on the existing strengths and resources within the community.
- Promotes capacity and skill building as well as organizational or systems development



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CBR in the Context of Aboriginal Research

“If we have been researched to death ... maybe it's time we started researching ourselves back to life”

(Brant-Castellano, M. (2004). Ethics of aboriginal research. *Journal of Aboriginal Health*. 1(1).



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What does being 'actively engaged' mean in the context of HIV/AIDS research?

Active engagement means that Aboriginal community members and people living with and affected by HIV and AIDS are involved in all aspects of research.

- Understanding and identifying the needs of the community
- Team development
- Identifying the research question
- Data collection and analysis
- Applying the research results



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The Process of a CBR Project:

1. Identifying your research problem
2. Who will be on our research team?
3. Where will we get the money for our project?
4. Writing a grant proposal
5. What methods will we use?
6. Decolonizing and Indigenous Methodologies
7. Ethics: doing good for the community
8. Knowledge Translation
9. Closing a CBR project

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Identifying a Research Issue/ Demonstrating a Need

- Who gets to identify a need for research to be done?
- How is the decision to do research made?

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Pulling Together a CBR Research Team

- Who makes up a research team?
- What are the responsibilities of a research team?
 - How do we decide who does what?
- How does the research team work together?
- Who are the key stakeholders and how might they benefit?

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So ... I've got a great project idea, but where do I get money?

- Canadian Institutes of Health Research (CIHR): www.cihr.ca
- Network Environments for Aboriginal Health Research (NEAHR Centres): <http://www.cihr-irsc.gc.ca/e/27071.html>
- National Alliance of Provincial Health Research Organizations (NAPHRO) <http://www.nshrf.ca/initiatives/initiatives/national/national-alliance-provincial-health-research-organizations>

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Writing a Grant Proposal (Tips)

- Know your funders; read the funding call carefully and systematically
- Make sure you build a solid case for your proposed research
- Be sure to fill up all of the pages allowed
- Emphasize the most important processes and outcomes of the project
- Consistently use the language of the funder
- Make sure you do not have **any** typos

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CBR Methods

Qualitative research methods

Vs.

Quantitative research methods

How do you decide which methods to use?

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Decolonizing and Indigenous Methodologies

1. Decolonizing methodology reclaims, reformulates and reconstitutes Indigenous cultures and languages that are vital in the aim towards self-determination.
2. Indigenous research is research conducted by and for Indigenous peoples that uses techniques drawn from the traditions and knowledges of those people.

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CBR Ethics

- Ethical research according to the Tri-Council
- Ethical research in the Aboriginal community
- OCAP



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Ownership, Control, Access and Possession (OCAP) & Research

- A political response to colonialism and the role of knowledge production in reproducing colonial relations.
- OCAP principles operationalize the concept of Aboriginal self-determination in the context of research.

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Knowledge Translation

- Knowledge Translation (KT) is all about sharing what your research project learned with stakeholders
- Research information needs to be packaged differently for each audience
 - Language
 - Venue/Location
 - Packaged materials
 - Interests



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Closing a CBR Project

The following are some things to consider in closing a CBR project:

1. Data Storage
2. Ownership (OCAP follow through)
3. Honouring ethics protocol
4. How to follow up on what was learned through the research.



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Wrapping Up

For more information, please see
The CAAN Fact Sheet Series
Available at www.caan.ca

Questions and further discussion

Evaluations

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Thank you

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