



# Launch of the Network's Community Based Research Hub

4<sup>th</sup> Annual Research Colloquium

March 5, 2009



BC Mental Health  
and Addictions  
Research Network

Erin Michalak, PhD

# Background

- CBR under-utilised in BC compared to rest of Canada (Flicker 2007)
- Since its inception, BCMHARN has been encouraged to take a leadership role in developing CBR capacity by Network members, key partners and stakeholders
- Summer 2008 – CBR Hub Coordinator appointed and development of CBR Hub initiated

# CBR comes in many guises

***“conducted by for or with the participation of community members ... community-based research aims not merely to advance understanding but also to ensure that knowledge contributes to making a concrete difference in the world”***

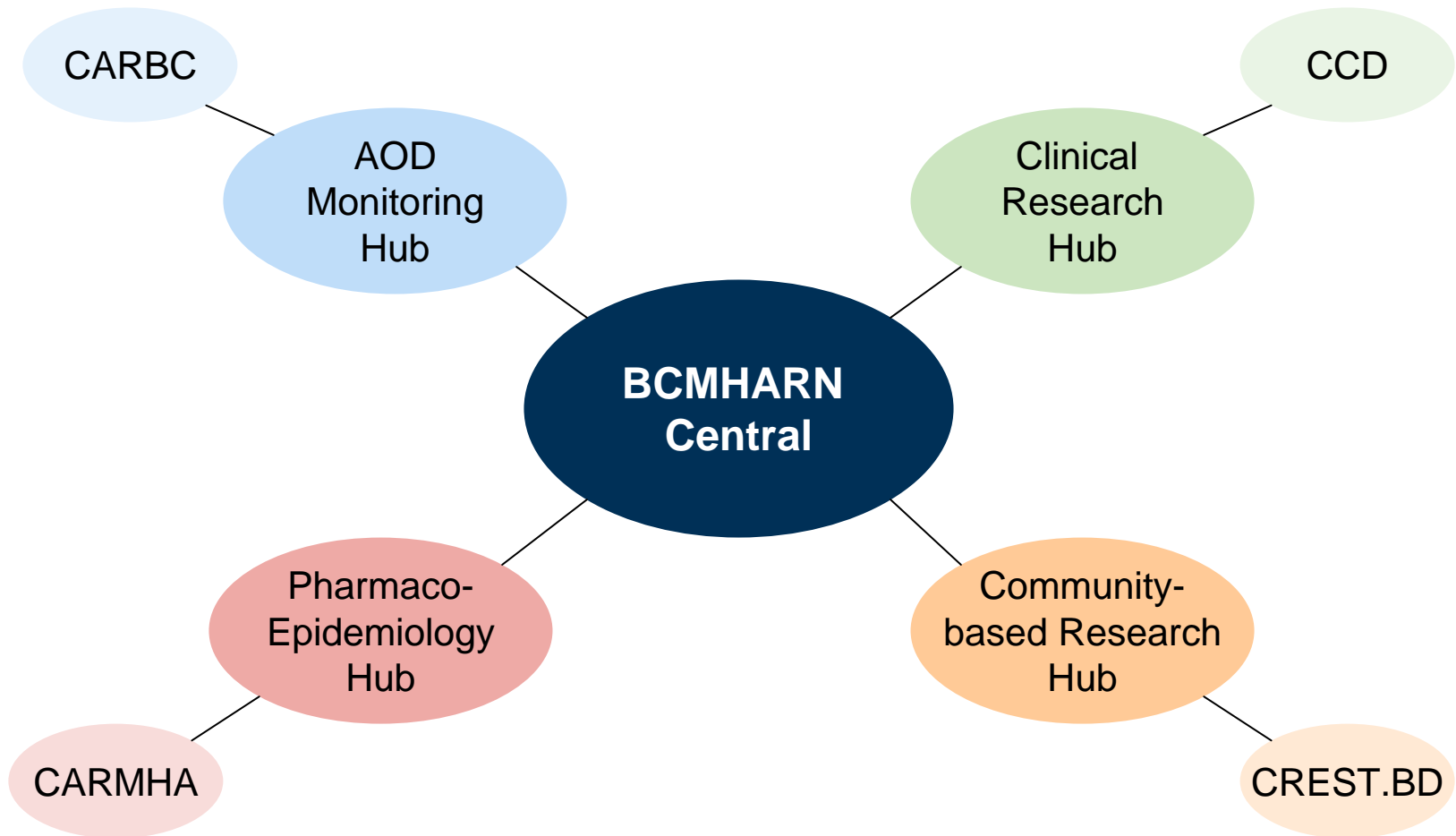
(The LOKA Institute, 2002)

- Broad definition of CBR
- Broad definition of community

# Rationale for CBR methods in mental health and addictions

- Build a fuller understanding of mental health and substance use issues
- Encourage the involvement of community members in unique research and/or work opportunities
- Help to ensure that research is grounded in real-life issues
- Leverage additional funding

# A Community Based Research (CBR) and Knowledge Transfer Hub



# CBR Hub Structure

**Goal:** Increase capacity for CBR in mental health and addictions, by providing access to CBR-specific training and networking opportunities.

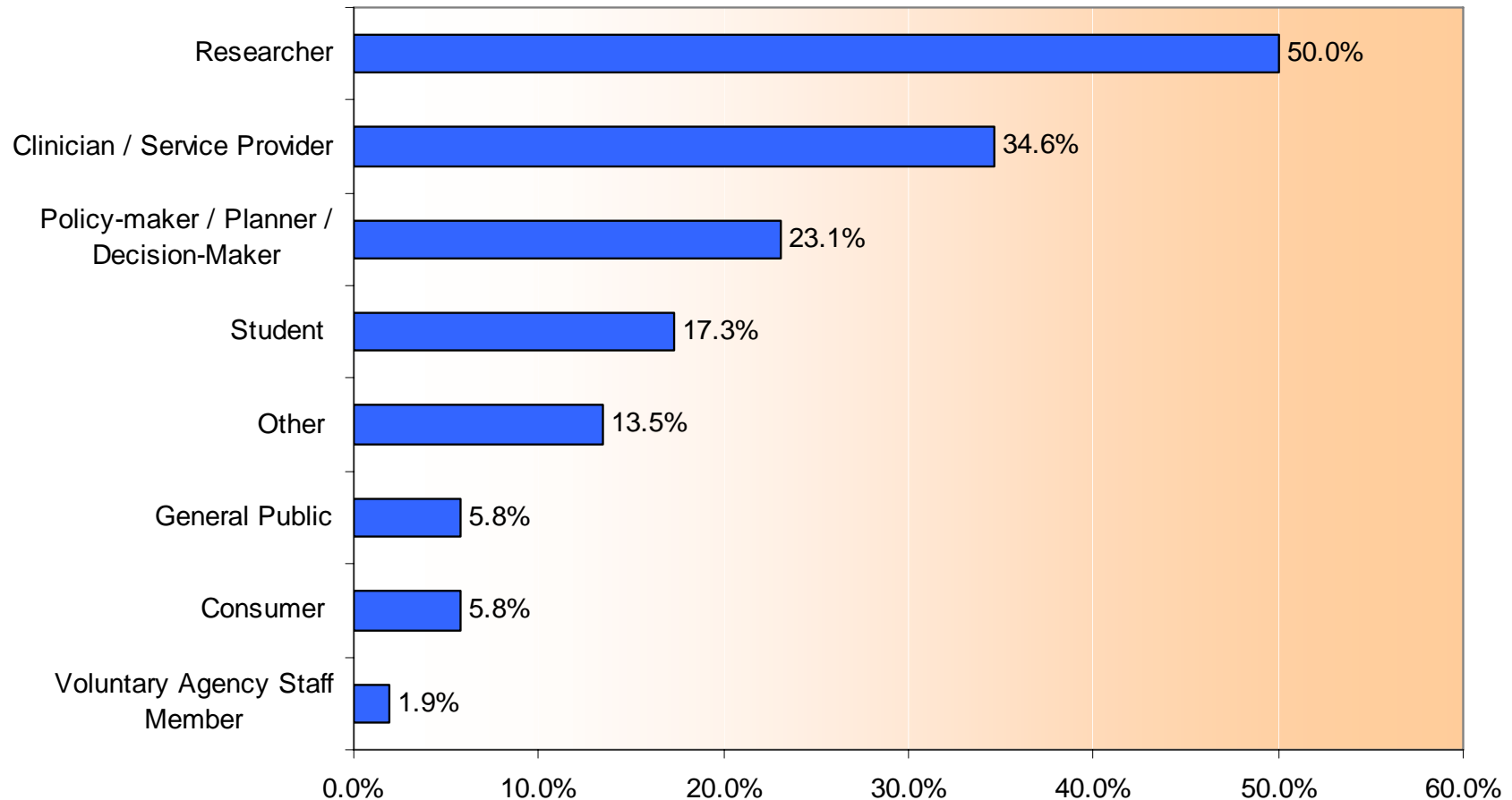
The Hub's programs and activities entail five key elements:

- Online Resources
- Training
- Networking
- Funding
- Needs Assessment

# CBR Hub Community Consultation Survey

## Initial Results

- Sent to 188 people on Feb. 6
- 52 responses as of Feb. 25 (27.7%)



# CBR Hub Community Consultation Survey

(open until the end of March!)

How important do you consider the following resources to be in terms of building capacity for CBR?

*Very important:*

- CBR mentoring program for community researchers, trainees, and new researchers (70.2%)
- Directory of CBR-related funding opportunities (68.8%)
- Directory of CBR training resources and best-practice guides (58.3%)
- Small grants to facilitate the development of new CBR teams (57.4%)
- Collaborative grant-writing workshops (56.5%)

# CBR Hub Community Consultation Survey

- Additional services/resources
  - Peer researchers network
  - Support for on-line interactions
  - Skills training for peer researchers
  - Assistance with program evaluation

# Website Launch: [www.mhanet.ca/cbr](http://www.mhanet.ca/cbr)

Research and Knowledge Transfer Hubs: Community Based Research | BC MH&A Research Network - Windows Internet Explorer


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## Research and Knowledge Transfer Hubs

### Community Based Research Hub

The goal of the Community Based Research (CBR) Hub is to increase capacity for CBR in mental health and addictions, by providing access to CBR-specific training, resources, and networking opportunities.

- [What is Community Based Research \(CBR\)?](#)  
Understanding CBR in the context of mental health and addictions
- [About the CBR Hub](#)  
Hub structure, goals, and program of activities
- [Events](#)  
A listing of CBR-specific events in BC and beyond
- [Community Consultation Survey](#)  
As part of the planning process, the Hub is conducting a community consultation survey to identify issues of importance to CBR capacity building. Please help us shape this Hub to meet your needs for CBR by [completing the short survey](#).

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# First Training Event

- **Satellite CBR Skill Development Workshop**
  - March 6, 9:00 a.m. to noon
  - “CBR in Mental Health and Addictions: Exploring the Connections and Fostering Collaboration”
  - Dr. Elana Brief and Dr. Colleen Reid, Research Directors, Women’s Health Research Network
  - Hub funded travel and accommodation for 4 people from out of the Lower Mainland to attend workshop and Colloquium



# Future Activities...

- **Funding Opportunities**
  - CBR-specific Development Funds, Travel Bursaries
- **Training**
  - CBR Methods, Peer interviewers/researchers
- **Networking**
  - Online Seminars, Community Research Meetings
- **Resources**
  - Best-Practices Guides, Publication Lists
- **Needs Assessment**
  - Report on Community Consultations

# We welcome your participation!

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