

Getting Started in CBR

Introductions

- Who are you?
- Where have you come from to be here?
(literally the place and the organization/type of environment)
- What experience have you had with research?
With CBR?
- Why did you choose this workshop?

Getting Started in CBR - Overview

□ Workshop Goals

1. To introduce participants to the Research Process
2. To build capacity to initiate a CBR Project
3. To facilitate the development of a professional support network of Aboriginal people interested in and/or actively engaged in research



What is CBR

CAAN describes Community Based Research as;

A form of research whereby Aboriginal community collaboration, direction, participation and commitment are essential.

The goal is to develop culturally-appropriate and methodologically-sound research, analysis, and dissemination strategies that are beneficial and empowering for the participating communities and other stakeholders.



So – What is CBR?!

- A framework or philosophy

- Examples of what is and is not CBR?
 - Group insights and ideas about CBR

Key Features of Aboriginal Community Based Involvement

- The research problem starts with community (*supports the principle of self-determination, including the right to decide about what research will occur in Aboriginal communities*)
- The goal of research in political/social/personal change (*knowledge for the sake of knowledge is not the only consideration*)

(Wuest and Merritt-Gray, 1997; Scharnch, 2004, Canadian Aboriginal AIDS Network, 2002b)

Key Features of Aboriginal Community Based Involvement *-continued*

- Community researchers control the processes to define the problem, gather information and develop resulting actions (*consistent with principles of ownership, control, access and possession*)
- Community and academic researchers are equal partners in the process (*a holistic view where the gifts each bring to the research process is recognized*)

(Wuest and Merritt-Gray, 1997; Scharnch, 2004,
Canadian Aboriginal AIDS Network, 2002b)

The Research Process: Incorporating Cultural Values/Perspectives

- Meaningful engagement and reciprocity
- Equality in roles
- Demonstrated support in writing
- Collective decision-making based on consensus
- Balance that reflect academic interest and that which is relevant and beneficial to Aboriginal communities

(Canadian Aboriginal AIDS Network, 2002)

The Research Process: Incorporating Cultural Values/Perspectives - *Continued*

- ❑ Dissemination strategies are in a language and manner appropriate to the audience
- ❑ Balanced portrait that focuses equal attention on that which is also positive
- ❑ Integrity of and sharing all data collected
- ❑ Research involves capacity-building
- ❑ Cultural codes of conduct and/or protocols are respected

(Canadian Aboriginal AIDS Network, 2002)



OCAP and Research

- Ownership, Control, Access and Possession
 - Principles that operationalize the concept of Aboriginal self-determination in the context of research.
 - A political response to colonialism and the role of knowledge production in reproducing colonial relations.

OACAP Definitions

- ❑ Ownership – relationship Aboriginal communities have to collectively possess their cultural knowledge, data and information
- ❑ Control – an absolute right to be equally involved in all stages of research, from conception to completion
- ❑ Access – to resulting data of research
- ❑ Possession – mechanism that respects the concept of ownership ie. Written agreements such as CAAN's MOU



Background of OCAP

- ❑ Originated in 1998 – originally termed OCA – during a brainstorming session of the National Steering Committee of the First Nations Regional Longitudinal Health Survey (RHS)
- ❑ Old ideas in a new term that crystallizes themes advocated for years



Why OCAP

- Group input
 - experiences where OCAP did not apply?

Benefits of OCAP

- Helps rebuild community trust
- Improves quality and accuracy of research – *if the outcome is valuable the effort to collect data will improve*
- Results in more democratic research process
- Increases participation rates
- Promotes Aboriginal analyses and perspectives - *minimizing the biases and misinterpretations from other cultural frameworks*

Benefits of OCAP - *continued*

- ❑ Contributes to community empowerment, self-determination and healing activities
- ❑ Produces more relevant and useful results – *this supports change*
- ❑ Encourages meaningful capacity development

Why should communities do Research Anyway?

- ❑ Research PROMOTES some policies over others
- ❑ Research ENDORSES some issues over others
- ❑ Research REPRESENTS some community perspectives over others
- ❑ Research EVALUATES and establishes the “truth” about some programs and issues and not others
- ❑ Research PRIVILEGES.....

How Community Based Research Builds Community Capacity

- ❑ Organizes people around a common set of questions, problems and issues related to community change, power and resources
- ❑ Enables identification of local ways of conceptualizing and defining problems, needs and resources
- ❑ Offers opportunities to access new information related to survival issues

How Community Based Research Builds Community Capacity cont'd

- ❑ Provides collaborative methods for assessing, analyzing, recording and re/co-constructing community history, ritual, stories, artefacts and other components of cultural identity
- ❑ Offers an informed basis for critique, resistance and redefinition and political advocacy
- ❑ Democratizes science and access to science technology



What difference will Research make?

- ❑ “Evidence based decision making”
- ❑ Responsive to issues
- ❑ Community voices form policy
- ❑ Everyone learns something
- ❑ Change is an inevitable outcome – small or large



Wrapping Up

- Questions and further discussion
- Evaluations

Thank you for your time!

Bibliography

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