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.
OCAP 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


