COLLABORATIVE COMMUNITY-BASED RESEARCH:

A PRACTICAL TOOL FOR BUILDING ENGAGEMENT

**KAREN S. GUNN, PH.D.
PRESENTER**

African American Mental Health Conference
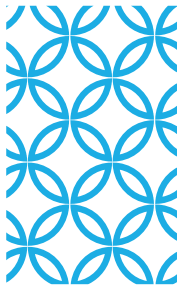
Feb. 28, 2019

AGENDA

I. Overview and Components of Community Based Participatory Research (CBPR)

**II. Comparison:
CBPR - Evidence-Based Research (EBR)**

**III. LAC-DMH CBPR PROJECTS:
AFRICAN, AFRICAN AMERICAN, CARIBBEAN COMMUNITY**

UNDERLYING CONSIDERATIONS

". .it is essential that our Nation continues on the road to eliminating racial and ethnic disparities . . in mental health services." (Satcher, 2001)

"Untreated mental illness and inadequately treated mental illness . . are especially prevalent among African Americans." (Snowden, 2012)

" . . . we should encourage stigma reduction efforts in African American populations." (Snowden, 2012)

WHAT IS CBPR?
DEFINITION

An **innovative** research approach that collects community-level data for the purpose of improving community health, mental health, reducing disparities.

A **collaborative** research paradigm that incorporates community members/leaders in the research process, dissemination and use of results.

OVERVIEW: COMMUNITY-BASED PARTICIPATORY RESEARCH (CBPR)

KEY COMPONENTS OF CBPR
❑ INCLUSIVE PARTNERSHIP
❑ REAL-WORLD VIEW/SETTING
❑ ACTION-RESEARCH PARADIGM
❑ COMMUNITY ENGAGEMENT
❑ SOCIAL JUSTICE INTENTION

"the *community psychology* perspective . .cultural relativity, diversity and ecology: the fit between persons and the environment."
(Rappaport, 1977)

RELEVANCE OF CBPR FOR AFRICAN-AMERICAN, AFRICAN AND CARIBBEAN (AAAC) IMMIGRANT POPULATIONS

ACKNOWLEDGES IMPACT OF RACISM, DISCRIMINATION, MICROAGRESSIONS, TRAUMA

ADDRESSES DISPARITIES IN AWARENESS, AVAILABILITY, ACCESS, ENGAGEMENT, CULTURAL COMPETENCY

RECOGNIZES COMMUNITY STRENGTHS, LEADERS, VALUES AND PRIORITIES/PERSPECTIVES

AVOIDS PATHOLOGIZING COMMUNITIES AND 'BLAMING THE VICTIM'

**COMPARISON:
COMMUNITY BASED
PARTICIPATORY RESEARCH (CBPR)**

EVIDENCE-BASED RESEARCH (EBR)

STRUCTURE	CBPR	EBR
RESEARCH-COMMUNITY PARTNER	EQUAL ROLES EQUALLY VALUED	UNEQUAL ROLES UNEQUALLY VALUED
RESEARCH QUESTION(S)	COLLABORATIVELY DEVELOPED	RESEARCHER-DEVELOPED
PROJECT DESIGN	QUALITATIVE = PRIMARY FLEXIBLE DESIGN	QUANTITATIVE = PRIMARY FIXED DESIGN
PROJECT MANAGEMENT	HIGH COMMUNITY INPUT	LOW COMMUNITY INPUT

DISSEMINATION OF RESULTS	COMMUNITY LEVEL MULTIPLE FORMATS	JOURNALS/CONFERENCES LIMITED FORMATS
FUNDING	LOCALLY-DRIVEN LOWER COST	INSTITUTIONALLY DRIVEN HIGHER COST
OUTCOMES	IMMEDIATE IMPACT LOCAL RELEVANCE – 'MICRO'	DELAYED IMPACT BROAD(ER) RELEVANCE – 'MACRO'

LAC-DMH CBPR PROJECT
AFRICAN-AMERICAN, AFRICAN, CARIBBEAN COMMUNITIES (AAAC)
UNDERLYING CONSIDERATIONS

LAC-DMH Strategic Plan – 2010
"Eliminate disparities in mental health services especially due to race, ethnicity and culture."

Increasing Diversity in AAAC Community
Foreign-born from Africa: Nigeria, Ethiopia, Ghana, Somalia
Foreign-born from Caribbean: Jamaica, Trinidad-Tobago, Haiti

Strengths and Needs of AAAC Community in Los Angeles County

Stakeholder and Advocate Recommendations

I. "COMMUNITY VOICES" 2009-2011

GOALS:
Identify existing needs and community resources for AAAC's
Identify and Engage AAAC Community leaders, advocates
Facilitate network of AAAC leaders, advocates, providers

TASKS:
Conduct CBPR involving AAAC communities
Analysis, Interpretation, Final Report of data
Community level dissemination of CBPR results and report

OUTCOMES:
African/African-American Report: Community Voices for Mental Health Resources. Karen Gunn, LAC-DMH, 2011

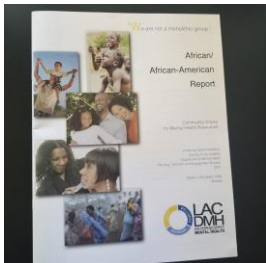## II. "LIFE LINKS" (2012)

GOALS:
Create culture-specific resource manual for AAAC communities (particularly) in South Los Angeles

TASKS:
Conduct 'Review and Comment' of "Community Voices" by community leaders and advisers
Identify outreach priorities from data and community input
Develop and design culturally-appropriate, accessible, portable resource manual

OUTCOMES:
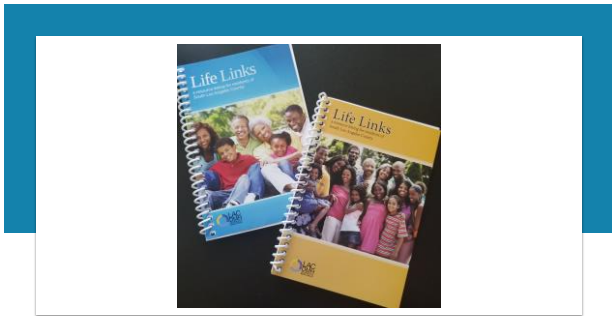Life Links A Resource Listing for Residents of South Los Angeles County

III. AAA MENTAL HEALTH OUTREACH BROCHURES (2014-2016)

GOALS:
Convert CBPR data/information into culturally-relevant mental health outreach and promotion brochures

TASKS:
Develop and design multiple versions of mental health brochures (Content, Images, Format) for AAAC target groups
Conduct 'Review and Comment' with community leaders and stakeholders

OUTCOMES:
5 Mental Health Promotion Brochures
Specific Language editions: Amharic, Somali, English
Specific Multi-Ethnic Orientation: African, Caribbean, African-American, Ethiopian, Somali

16

REFERENCES

Chen, P.G., Diaz, N., Lucas, G., & Rosenthal, M.S. (2010). Dissemination of results in community-based research. *American Journal of Preventive Medicine, 39*

Comas-Diaz, L, Hall, G.N., Neville, H.A., Kazak, A.E., (Eds.) (2019). Racial Trauma: Theory, Research, Healing. *American Psychologist, 74*

Collins, S.E., et al, (2018). Community-Based Participatory Research (CBPR): Towards Equitable Involvement of Community in Psychology Research. *American Psychologist, 73*

De las Nueces, D., Hacker, K., DiGirolamo, A., & Hicks, L.S., (2012). A systematic review of community-based participatory research to enhance clinical trials in racial and ethnic minority groups. *Health Services Research, 47*

Khodyakov, D., Stockdale, S., Jones, F., Ohito, E., Jones, A., Lizaola, E., & Mango, J. (2011). An exploration of the effect of community engagement in research on perceived outcomes of partnered mental health services projects. *Society and Mental Health,* 1   17

REFERENCES

Minkler, M., Garcia, A., Rubin, V., & Wallerstein, N. (2012). *Community-based participatory research: A strategy for building health communities and promoting health through policy change.* Oakland, CA.:PolicyLink

Nagata, D.K., Kohn-Wood, L., Suzuki, L.A., (Eds.) (2012) *Qualitative Strategies for Ethnocultural Research.* American Psychological Association

Snowden, L.R., (2012). Health and Mental Health Policies' Role in Better Understanding and Closing African-American-White American Disparities in Treat-ment Access and Quality of Care, *American Psychologist, 67*

Stacciarini, J.M.R., Shattell, M.M., Coady, M., & Wiens, B., (2011). Review: Community-based participatory research approach to address mental health in minority populations. *Community Mental Health Journal, 47*

Wallerstein, N., Duran, B., Oetzel, J. & Minkler, M. (2017). *Community-based participatory research for health (3rd Ed.)* San Francisco, CA.: Jossey-Bass   18