Research Exchange Groups
Healthy Engagement at NLCAHR

PEOPLES’ HEALTH MATTERS

J A N U A R Y 3 1  2 0 2 0

Rochelle Baker, Manager
Communications, Partnerships & Research Exchange Groups
Newfoundland & Labrador Centre for Applied Health Research
today’s talk

…in which we get to have a conversation and I get tell you about where I work, why I love my job, and … wait a minute….enough about me…. let’s take a minute and talk about YOU.
who’s here?
where I work

The Newfoundland & Labrador Centre for Applied Health Research
meet our team

Contact us: https://www.nlcahr.mun.ca/Contact/

Stephen           Wendy               Sarah              Pablo                  Colin             Tyrone                  Sarah

I don’t have photos of Kazeem, Christie, Waseem & Laura
The story of Rosie, the cartwheeling researcher
our approach to engagement

- Make it matter. Make it easy.
  - Work with partners on issues they care about
  - Listen and let partners lead
  - Be helpful and optimize participation
  - Use common language

- Build networks of networks.
  - Everyone is welcome.
  - Ask partners to invite their colleagues and friends
  - Grow organically.

- Keep in touch.
  - Communication is key
  - Easy-to-navigate website
  - Opportunities for feedback
  - Acknowledgement and appreciation
why I love my job
RESEARCH EXCHANGE GROUPS
knowledge exchange & capacity-building, inclusiveness, growth & connection

20 groups

1191 participants

93 meetings

https://www.nlcahr.mun.ca/Research_Exchange/
meet our groups

ADHD  Aging  Autism

Arts & Health  Bullying  Chronic Disease

Cost & Value  Eating Disorders  Gender & Sexuality

NEW! Human-Animal Interaction & Wellness
NEW! Indigenous Health

Global Health  Harm Reduction  Hort. Therapy

Mental Health  MFVH  Oral Health

Palliative Care  Rural Health  SLICE

1 Military Families’ & Veterans’ Health  |  2 Service Learning/Community Engagement
REG ON ADHD
exchanging practice knowledge and research about attention deficit hyperactivity disorder

CONVENERS
Dr. Jackie Hesson
&
Dr. Kristen Williams

47 MEMBERS
• researchers & students
• community
• clinicians
• educators
• decision makers
• people with ADHD
• families/caregivers

SAMPLE TOPICS
• lifestyle behaviours
• substance use
• gaming Addictions
• supports for parents
• coaching and its role
REG ON AGING
exchanging practice knowledge and research about healthy aging, respecting the expertise of seniors

CONVENERS
Dr. Sharon Buehler
&
Dr. Gail Wideman

140 MEMBERS
• seniors
• researchers & students
• community
• clinicians
• decision makers
• families/caregivers

SAMPLE TOPICS
• ARC-NL
• aging & attitudes
• social determinants
• cognition
• mobility
• age-friendly caregiving
• public policy
REG ON AUTISM
exchanging practice knowledge and research about autism spectrum disorder

CONVENER
Tess Hemeon of the Autism Society NL

60 MEMBERS
- researchers & students
- community
- clinicians
- educators
- decision makers
- people with ASD
- families/caregivers

SAMPLE TOPICS
- screening & detection
- lived experience
- support for parents
- programs at ASNL
- access to services
REG ON ARTS & HEALTH

exchanging practice knowledge and research about art therapies, how the arts care good for us and on arts-based research methods

CONVENERS

Dr. Natalie Beausoleil & Ms. Haley Toll

102 MEMBERS

- artists & musicians
- researchers & students
- community
- clinicians and arts therapists
- decision makers

SAMPLE TOPICS

- public policy
- arts therapies
- arts-based research methods
- arts & well-being
- neuroscience
REG ON BULLYING & HEALTH
exchanging practice knowledge and research about the impacts of bullying and harassment on health

CONVENER
Dr. Gerald White

57 MEMBERS
• researchers
• community
• clinicians
• educators
• decision makers
• people with lived experience

SAMPLE TOPICS
• cyber bullying
• school bullying
• identity-based bullying
• workplace harassment
• impacts on physical and mental health
• prevention, resilience, causes
• restorative justice
REG ON CHRONIC DISEASE
exchanging practice knowledge and research about chronic disease management, treatment, prevention

CONVENERS
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53 MEMBERS
- researchers
- community
- clinicians
- decision makers
- families/caregivers

SAMPLE TOPICS
- infant feeding research
- policy frameworks
- COPD, Diabetes
- Chronic Kidney Disease
- management prevention
- social determinants
REG ON COST & VALUE IN HEALTHCARE
exchanging practice knowledge and research about how to improve healthcare value while controlling costs

CONVENERS
Dr. Gerard Farrell
&
Dr. Hai Van Nguyen

84 MEMBERS
• researchers
• health economists
• community
• clinicians
• decision makers
• patients/caregivers

SAMPLE TOPICS
• community work
• Quality of Care/ Choosing Wisely
• innovations like the thrombosis clinic, alternate transport systems, e-health
REG ON EDDEBI
exchanging practice knowledge and research about eating disorders, disordered eating & body image

CONVENER
Dr. Pam Ward

58 MEMBERS
• researchers & students
• community orgs
• clinicians
• decision makers
• people with lived experience

SAMPLE TOPICS
• weight bias and stigma
• ED treatments
• supports for people with eating disorders and their families
REG ON GENDER, SEXUALITY, & HEALTH

exchanging practice knowledge and research about gender, sexuality and health in a variety of disciplines

CONVENER
Dr. Sulaimon Giwa

58 MEMBERS
- researchers & students
- community
- clinicians
- educators
- decision makers

SAMPLE TOPICS
- LGBTQ+ healthcare research translation
- women’s health
- pornography and public health
- gay men’s sexual health
- abortion access
REG ON GLOBAL HEALTH
exchanging knowledge about global health research and practice

CONVENER
Dr. Jill Allison

44 MEMBERS
• researchers & students
• community
• clinicians
• decision makers

SAMPLE TOPICS
• global health issues-
  rural and urban
• Sustainable
development goals
• opportunities to
  collaborate
• health practitioners’
  experience and
  learning globally
REG ON HARM REDUCTION/Critical Drug Studies

exchanging practice knowledge and research about approaches to reduce harm and de-stigmatize drug use

**CONVENER**

Dr. Christopher Smith

**31 MEMBERS**

- researchers
- community
- clinicians
- educators
- decision makers
- people with lived experience

**SAMPLE TOPICS**

- harm reduction approaches
- lived experience
- life after prison
- homelessness and housing
- safe works access program
REG ON HORTICULTURAL THERAPY
exchanging knowledge about research on gardening, nature and the practice of horticultural therapy in a variety of contexts

CONVENERS
Dr. Jan Buley
&
Dr. Jennifer Russell

47 MEMBERS
• researchers & students
• community gardeners
• food security advocates
• horticultural therapists
• OTs
• Health system decision makers
• Municipal workers

SAMPLE TOPICS
• nature and health
• food security
• uses and settings for HT interventions
• gardening tips!
• the science behind how and why HT works
REG ON HUMAN-ANIMAL INTERACTION WELLNESS
exploring human-animal relations and their impact on the well-being of both people and animals

CONVENERS
Dr. Carolyn Walsh
&
Dr. Gail Wideman

42 MEMBERS
- pet owners
- dog whisperers
- neuroscientists
- researchers & students
- community
- clinicians/therapists

SAMPLE TOPICS
- Equine therapies
- Zoonotic diseases
- Canine research unit
- Ethics
- Animal-assisted therapy
REG ON INDIGENOUS HEALTH
exchanging respectful practices and research on Indigenous health topics

CONVENER
Fred Andersen

54 MEMBERS
• researchers & students
• community
• clinicians
• educators
• decision makers
• families/caregivers

SAMPLE TOPICS
• Indigenous-led health & wellness
• NUNAFAM
• Nunatsiavut health Aboriginal Health Initiative
• Climate change and impacts in northern places.
REG ON MENTAL HEALTH
exchanging practice knowledge and research about mental health across a variety of disciplines and approaches

CONVENERS
Dr. Shelly Birnie-Lefcovitch & A community partner TBA soon

105 MEMBERS
• researchers & students
• community
• clinicians
• decision makers
• people with lived experience
• families/caregivers

SAMPLE TOPICS
• resilience
• access to care
• addictions
• public policy
• suicide
• post-secondary student mental wellness
REG ON MILITARY FAMILIES AND VETERANS’ HEALTH

Department of National Defense hosts meetings to promote health & wellbeing for veterans and military families

CONVENER
Dr. Gail Wideman

56 MEMBERS
• researchers
• military personnel and families
• veterans
• community and government representatives

SAMPLE TOPICS
• Building military and veteran-friendly communities
• PTSD
• reintegration into civilian life
REG ON ORAL HEALTH
exchanging practice knowledge and building capacity for research on oral health in Newfoundland & Labrador

CONVENER
Cindy Holden, RDH

38 MEMBERS
• dental hygienists
• dentists
• oral health researchers
• community partners
• clinicians
• decision makers

SAMPLE TOPICS
• Community oral health programs
• Provincial dental care
• Oral care & QoL in LTC
• Interprofessional collaboration
• seniors’ oral health
REG ON PALLIATIVE AND END-OF-LIFE CARE
exchanging practice knowledge and research about palliative approaches to care across the lifespan and at end of life

CONVENERS
Dr. Susan MacDonald & Dr. Gail Wideman

45 MEMBERS
• researchers & students
• community partners
• clinicians
• decision makers
• patients and families/caregivers

SAMPLE TOPICS
• Patient and caregiver experiences
• Life and aging with chronic illness
• MAiD
• Paramedics providing palliative care
REG ON RURAL AND NORTHERN HEALTH RESEARCH
exchanging research and practice knowledge about health and healthcare in rural and northern places

CONVENER
?

54 MEMBERS
• researchers & students
• community
• clinicians
• decision makers
• people with lived experience
• families/caregivers

SAMPLE TOPICS
• access to care
• telehealth
• equity
• health challenges
• strengths & capacities
SERVICE LEARNING/COMMUNITY ENGAGEMENT

health sciences and other disciplines connecting with community partners with an interest in health equity

CONVENERS
Dr. Jill Allison & Elayne Greeley

88 MEMBERS
• researchers & students
• community
• clinicians
• decision makers
• social enterprises
• community advocates
• EVERYONE!

SAMPLE TOPICS
• critical approaches to engagement
• barriers & facilitators
• Combined Efforts
• building community research capacity
• understanding needs

https://www.nlcahr.mun.ca/Engagement/
“One thing NLCAHR does really well is to foster communities of interest among persons who have similar concerns and perspectives.”

researcher
“NLCAHR has harnessed the best that we have to offer for the improvement of health and healthcare at home.”

researcher
“The culture of NLCAHR is so transparent and warm that it feels like you are gathering together with friends and family on a common mission - research for creating the best evidence-informed decisions for healthcare delivery in Newfoundland & Labrador.”

researcher
“The Centre provides an opportunity for the community to share its work and for researchers to share theirs. More than that, it results in collaborations and connections that would not exist otherwise.

community partner
“These groups smash silos! The magic of the NLCAHR Research Exchange Groups is in the way they are structured to bring a range of folks together with a shared agenda while maintaining a noncompetitive environment for Collaboration.”

community partner
“I’m a senior who happens to have lots of ideas. I love the chance to get out to the meetings and hear about all the amazing research going on.

What is important to me, personally, is feeling welcome to speak up at the meetings, to tell my own stories and share my experiences.

The coffee is good, too!”

community partner
Share YOUR IDEAS
what we have learned

- Be patient
  - Expect delays: engagement takes time.
  - Be prepared to change approaches to respond to changing needs.

- Leadership is crucial
  - Organizational leaders are crucial to success
  - Intermediaries can help, so does being a small place
  - Leverage existing networks as you build new ones

- Trust & Respect
  - Show respect, build trust, be transparent
  - Develop a shared sense of purpose
  - Respect organizational & cultural differences
  - Use resources wisely
  - Be useful!
Please join us:

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