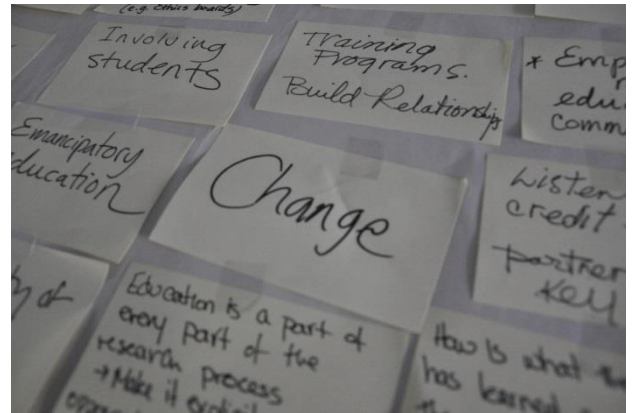


# Community Research Unit Annual Report 2017-2018



## The Year in Review

The CRU thanks outgoing board members – Tracy Knutson, Tom McIntosh, Nilgün Önder, Patricia Elliott and Angela Culham for their service. We welcomed the return of Michelle Stewart as Director in July after her successful sabbatical year and thank Trish Elliott for filling in as Acting Director during her absence. Lynn Gidluck agreed to extend her stay with the CRU as the Acting Coordinator for an additional year after Naomi Beingessner requested a second year of educational leave.



Our biggest initiative of the year was our Summer Institute on Community Based Research held August 20-22, 2018. More than 120 community members, students and faculty attended the sold-out event. The sessions were all video-taped. Once they are edited they will be uploaded to YouTube and linked to the CRU website. The CRU is in the process of doing a comprehensive evaluation but preliminary review of participant feedback indicates that this event was highly successful. The staff and board of the CRU will determine how to build upon the success of this initiative and welcomes input on the strategic direction we should be taking. Twelve students also took one of the two graduate courses associated with the institute (EAHR 850 taught by Cindy Hanson and SOST 880 taught by Nancy Sah Akwen).

While the Faculty of Arts provided the seed money for this event, the CRU could not have hosted an event of this magnitude without the support of numerous other sponsors. This was truly a campus-wide initiative with sponsorship from the faculties of Business Administration, Education, Kinesiology and Health Studies, Media, Arts and Performance, Nursing and Social Work, as well as the Johnson Shoyama Graduate School of Public Policy. The Summer Institute was also supported by the Regina Public Interest Research Group (RPIRG), CUPE Saskatchewan, the Saskatchewan Council for International Co-operation, the United Way of Regina, the South Saskatchewan Community Foundation, the University of Regina Faculty Association, the Regina and District Labour Council, the Manitoba Research Alliance and the Community Engaged Scholarship Institute at the University of Guelph.



Opening panel for Summer Institute: L to R: Michelle Stewart (CRU Director), Jo-Anne Lee (University of Victoria), Yvonne Hanson (CHEP Good Food Inc, Saskatoon), Wanda Wuttunee (University of Manitoba) & Jim Silver (University of Winnipeg).

In response to feedback from the community, the CRU decided to discontinue the Arts Cares program in 2017. Funds formerly directed to this program were used as seed money to organize the Summer Institute on Community Based Research. CRU staff and board are continuing to explore other options to provide meaningful opportunities for students to get experience working with community-based organizations, including utilization of the Arts Internship program which allows third and fourth year Arts students the opportunity to work 8-10 hours over the course of a 13-week semester while earning three credit hours towards their degree.

In addition to the Summer Institute, the Community Research Unit, together with RPIRG (Regina Public Interest Research Group), the Centre for Continuing Education (CCE) and STOPS to Violence, co-sponsored six Toolkit Workshops during the last fiscal year. In June, the other partners made the decision to focus their attention on other activities that more clearly fit with their mandate. This left the CRU with the difficult decision of whether to end the program or figure out a way to continue offering the Toolkit Workshops on our own.

Because the CRU only has one staff person and very limited resources, ways were discussed to make the administration for these workshops easier. Given the administrative burden associated with accepting payment for these sessions and offering subsidized parking, the decision was made to not charge fees and have participants take care of their own parking arrangements. The decision was also made to reduce the number of workshops from eight to four in 2018-19.

Like the rest of the University of Regina, the CRU was excited that the Congress of the Humanities and Social Sciences took place on our campus this year. We were pleased to offer Congress participants the opportunity to explore our city and see some of the sites of the community-based research projects that we have been involved in. CRU staff also participated in a pre-conference workshop coordinated by Community Based Research Canada and the Canadian Association for the Study of Adult Education (CASAE) that brought together community-based researchers from across the globe. This was a good opportunity to showcase the work being done at the University of Regina and learn from the challenges and successes of those promoting community-based research in other jurisdictions.

We worked hard in 2017-18 to increase the visibility of the CRU on campus and within the community by giving presentations on community based research and the work done by the unit and attending events on and off campus that allowed us to showcase our research projects and the work we do to support university-community connections.



*The CRU was fortunate to hire Philosophy, Politics and Economics student Taya Triffo to assist with our Summer Institute.*

Realize. **Learning** your way.

Be a strong community leader.

# Toolkit Workshop Series

## Toolkit Workshops offered in 2017-2018

<b>Working Well with Media</b>	J.C. Garden	Sept. 27, 2017	In this workshop participants learned how to work collaboratively with the media to promote their work and highlight issues in their communities. Tips were offered to create successful relationships with the media and make messages work.
<b>Engaging Youth: Consistently reworking "Plan B"</b>	Leo Keiser & Melanie Metcalf	Oct. 17, 2017	This session explored some tools in authentically engaging youth in organizing, and ways to retain their involvement in the future.
<b>Communicating Effectively Online via Facebook &amp; E-News</b>	Michelle Brownridge	Dec. 20, 2017	This workshop provided an overview of how to use some of the most powerful and popular social media tools, including Facebook, Twitter, Instagram and Pinterest.
<b>Respectful Engagement with Elders &amp; Knowledge Keepers</b>	Angela Pratt	Jan. 30, 2018	This session introduced individuals to the cultural protocols involved when inviting an Elder or Traditional Knowledge Keeper to events and how to respectfully engage with First Nations communities. The focus was on the First Nations communities affiliated with the File Hills Qu'Appelle Tribal Council.
<b>Grant &amp; Proposal Writing</b>	Bob Friedrich	Feb. 6, 2018	This course introduced attendees to the fundamentals of how to develop funding proposals to granting agencies, in order to support projects or ongoing programming.
<b>Fundraising Events &amp; Corporate Sponsorship</b>	Lisa Peters	April, 17, 2018	In this workshop, attendees learned tips to plan and execute successful fundraising events. They gained insight into managing budgets, logistics, timelines and vendors as well as the skills to solicit strategic corporate sponsorship and build ongoing relationships with sponsors, event attendees and volunteers.



## Current CRU Research Projects

### ***Rest Assured: Changes to the Saskatchewan Assured Income for Disability Program and the Impact on Beneficiaries***

The Disability Income Support Coalition (DISC) is a collaborative membership of 42 organizations which work together to advocate for people with disabilities. The Saskatchewan Assured Income for Disability (SAID) program was introduced in 2009. It is an income support program for people with significant and enduring disabilities.

Over 18,000 Saskatchewan residents currently receive SAID benefits. The goal of this CRU-funded project is to evaluate the impact this program has made in the lives of beneficiaries since its implementation; and to ascertain how changes made to the program in recent years have impacted beneficiaries.

“The data gathered through this investigation will have a lasting impact on the lives of thousands of people living with disabilities in our province,” says Alaina Harrison, Chair of the Disabilities Income Support Coalition. “It is our hope that the Ministry of Social Services will use this information to guide the future policy direction of the SAID program.”



Left to right) Lynn Gidluck, CRU; Randy Johner, Faculty of Social Work; Rebecca Rackow, MSW Student and lead researcher; Alaina Harrison, DISC Coordinator.

### **Assessing the Programming Needs for Two-Spirit Youth in Regina**

The goal of this research project was to develop regular, sustained programming for Two-Spirit youth, guided and designed by Two-Spirit youth themselves. Two-Spirit youth and researchers worked with Elders to develop a research plan to determine what the programming needs of Two-Spirit youth in Regina were; how other communities are meeting the needs of Two-Spirit youth and how the Heritage Community Association and other community partners can support youth to design, develop and run programs to meet their needs. Thank you to Claire Carter, Women’s and Gender Studies for leading this project with community partner Shayna Stock, Heritage Community Association. Jenelle McArthur, First Nations University of Canada MSW Student was the lead researcher for this project. Thank you to Naomi Beingessner for her work in getting this project off the ground.

## **Should *Saskatchewan History* be Relaunched? A Feasibility Study to Determine a Way Forward**

*Saskatchewan History* was an historical magazine published by the Provincial Archives of Saskatchewan since 1948. Its farewell edition was published in December 2017. Heritage Saskatchewan received a grant from the CRU to hire a consultant to do a feasibility study to determine if there is enough interest and community support to relaunch the magazine with a refreshed and expanded mandate. Thank you to Howard Leeson, Adjunct Professor and Professor Emeritus of Political Science and Ian Germani, Professor of History for lending their time and expertise to the Community Advisory Committee that is now reviewing the feasibility study and planning further community consultations.

## **The State of Saskatchewan Trails Report**

Thanks to a CRU grant the Saskatchewan Trails Association (STA) is undertaking an inventory of Saskatchewan's trail network. With this research, the STA hopes to determine the current state of trails in Saskatchewan, identify existing gaps, and develop potential solutions to the gaps. The STA will produce a "State of Saskatchewan Trails" report and develop evidence-based best practices for the Saskatchewan Trails Association. Thank you to Katya Herman, with Kinesiology and Health Studies for assisting the STA on this project.

## **Inclusive Education in Saskatchewan: Examining where we are and where we should be going**

Inclusion Saskatchewan (formerly the Saskatchewan Association for Community Living) asked the CRU to help find a university partner to identify and examine inclusive education policies across Saskatchewan's school divisions and how these policies are being implemented. Since they have some money to contribute to the study, the CRU helped them develop a Mitacs application to get matching funding. Ian Matheson (Faculty of Education) agreed to be the lead researcher. Unfortunately, Ian and his family moved back to their home community of Kingston. We are currently looking for a new researcher who is interested in being the lead for this project. This is a great project for the right person. Please contact Lynn Gidluck at [lynn.gidluck@uregina.ca](mailto:lynn.gidluck@uregina.ca) or (306) 585-4084 if you are interested in becoming involved in this funded project.

# Recently Completed Projects

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## **Harm Reduction Interventions for Chronic and Severe Alcohol Use Among Populations Experiencing Homelessness**

This research, funded by the Regina Public Interest Research Group (RPIRG) will help Carmichael and other community agencies evaluate f harm reduction interventions for mitigating the harmful effects of severe/ chronic beverage and non-beverage alcohol use. It was obvious to the researchers and community partners involved in this project that there is a need to help bridge the research-practice gap in this area by engaging in more community-based projects that develop and pilot test Managed Alcohol Programs adapted to local needs and populations, specifically Indigenous peoples and women. Thank you to Nick Olson and Rochelle Berenyi and Carmichael Outreach for approaching RPIRG and the CRU with the idea for this research project. Thanks also to Erin Nielsen, the student researcher and lead writer of the report. Last, but certainly not least, thank you to Gabriela Novotna for being the faculty lead on this project



L to r: Nicholas Olson, Rochelle Berenyi, Gabriela Novotna and Erin Nielsen

## **After Rehabilitation: Meeting the Long-Term Needs of Persons with Traumatic Brain Injury**

This CRU-funded research project investigated the housing needs of survivors of acquired brain injuries living in Saskatchewan. The Saskatchewan Brain Injury Association is using this information to develop an advocacy and action plan aimed at increasing supportive housing options for ABI survivors. Thank you to Michelle Stewart, Justice Studies and Brenda Rossow-Kimball, Kinesiology and Health Studies, for providing guidance to the researchers at various stages of this project.



## Thank You to Patricia (Trish) Elliott

Few people at the University of Regina are more passionate about using their position within the university to make a difference in the community they live in than Patricia (Trish) Elliott, Associate Professor of Journalism. Trish was the one of the original people within the Faculty of Arts that advocated for the development of the Community Research Unit. She stepped up to the plate again in 2017-18 to serve as the Acting CRU Director while Michelle Stewart was on sabbatical.

Trish is pictured here as the tour guide for the CRU's "On Board with Community" community connections bus tour during the Congress of the Humanities and Social Sciences. People from across Canada had the opportunity to explore Regina's diverse community-based research sites and learn more about our city and university. Trish was the perfect on-board guide, providing great insight into issues facing Regina residents and reflections on projects the CRU has partnered with to foster positive action and change. The CRU would also like to thank community partners who joined the tour to share their thoughts on the power of community-based research to effect change: Dana Folkersen, with Regina Education and Action on Child Hunger, Canada Giblett and Angela Prawzick with Regina Fire & Protective Services, Taylor Bendig (former CRU Research Assistant) and Jan Morier, with North Central Community Association.



## Community Research and Action Fund

Do you have a great community research project idea? Or would you like to put your research into action? We can help! The Community Research Unit will provide support for non-profit research or action projects that benefit a community of people or the common good.

The Community Research Unit and Action Fund will help community organizations to:

- 1) Start a collaborative community-based research project, OR
- 2) Disseminate research results or put research outcomes into action at the community or organizational level.

Community organizations can apply for up to \$3,000 for a project. Applications are accepted on an ongoing basis. Eligibility criteria and applications forms are available at <https://www.uregina.ca/arts/community-research/Research/funding.html>

The CRU is happy to work with you to develop your application.



## Community Research & Action Fund

This grant funding, established in 2010, allows community organizations to pursue practical, short-term community-based research projects in collaboration with university faculty and students. To date, the Community Research and Action Fund has funded twenty-one community-based research projects.

Year	Project Title	Main Community Partner	Amount Awarded	Project Dates
<b>2017-18</b>	Rest Assured: Changes to the Saskatchewan Assured Income for Disability Program and the Impact on Beneficiaries	Disability Income Support Coalition	\$3,000	Jan. 19, 2018 to Dec. 2018
	The State of Saskatchewan Trails	Saskatchewan Trails Association	\$2,970	Feb. 2, 2018 – Sept. 2019
	Should Saskatchewan History be Relunched? A Feasibility Study to Determine a Way Forward	Heritage Saskatchewan	\$3,000	Feb. 28, 2018 – July 9, 2018
<b>2016-17</b>	Rails to Trails Conversion Guide	Saskatchewan Trails Association	\$2,970	June 20, 2016-April 30, 2017
	Reconciliation and the Media: Building Relations for Better News Coverage	Reconciliation and the Media Committee	\$3,000	July 21, 2016-Jan. 31, 2017
	After Rehabilitation: Meeting the Long-Term Housing Needs of Persons with Traumatic Brain Injury in Regina	Saskatchewan Brain Injury Association	\$2,997.60	Nov. 10, 2016-July, 2018
	Assessing the Needs of Two-Spirit Youth in Regina	Heritage Community Association	\$3,000	Feb. 12, 2017- Sept. 1, 2018
<b>2015-16</b>	Seniors Neglect and Abuse Response Line – A Systems and Services Review of Regina Qu'Appelle Health Region	Saskatchewan Seniors Mechanism	\$3,000	June 15, 2015- Sept 30, 2016
	Farmers, Policy, and Local Food Systems in Saskatchewan: Barriers and Opportunities	Agricultural Producers Association of Saskatchewan	\$2,800.50	Jan. 20, 2016-March 31, 2017
	Factors Affecting Utilization of Preventative Healthcare Services Among Immigrant Women in Regina	Regina Immigrant Women Centre	\$3,000	Mar. 8, 2016-Dec. 31, 2016
	Urban Agriculture Best Practices for the City of Regina	Food Regina	\$2,980.12	Apr. 12, 2016-Oct. 31, 2016

# About Us

The Community Research Unit is guided by a Board of Directors with eleven members: four community members, three faculty members and one graduate student from the Faculty of Arts, the CRU Director, and two ex-officio members: the Associate Dean of Arts (Research & Graduate Studies) and the CRU Coordinator.

## Board of Directors 2017-2018

<b>Lynn Gidluck</b>	Acting Coordinator, CRU
<b>Nilgün Onder</b>	Associate Dean of Arts (Research and Graduate Studies), U of R
<b>Patricia Elliott</b>	Acting Director, CRU
<b>Katherine Arbuthnott</b>	Faculty member, Department of Psychology, Campion College, U of R
<b>Lisa Brownstone</b>	Community representative
<b>Angela Culham</b>	Graduate student, Department of Sociology & Social Studies, U of R
<b>Emily Eaton</b>	Faculty member, Department of Geography, U of R
<b>Tracy Knutson</b>	Community representative, STOPS to Violence
<b>Tom McIntosh</b>	Faculty member, Department of Politics and International Studies, U of R
<b>Dale West</b>	Community representative, Open Door Society

*The CRU would like to acknowledge the contributions of the following board members who have finished their time with us: Patricia Elliott, Tracy Knutson and Tom McIntosh and Nilgün Onder.*

## Our Mission

The mission of the Community Research Unit (CRU) is to enable the Faculty of Arts to serve as a resource for non-profit organizations and communities, rural and urban, and to be enriched in turn by our relationships with those communities. In doing so, the University enhances civic engagement and its own actual and perceived value to the province as well as its capacity to produce high quality and relevant knowledge.

## Our Mandate

The CRU functions as a partnership between community-based organizations and university faculty and students. Our mandate is to provide independent, participatory research support in response to needs expressed by community-based organizations to build their organizational capacity and enhance community quality of life.

## Community Research Unit Contact Information:

CRU Director: Michelle Stewart, [michelle.stewart@uregina.ca](mailto:michelle.stewart@uregina.ca); (306) 585-4873  
Acting CRU Coordinator: Lynn Gidluck, [lynn.gidluck@uregina.ca](mailto:lynn.gidluck@uregina.ca) (306) 585-4084. For more information about the Community Research Unit, visit, <https://www.uregina.ca/arts/community-research/index.html>