

## THE COMMUNITY RESEARCH UNIT: HELPING FULFIL THE UNIVERSITY'S MANDATE TO SERVE OUR COMMUNITY

The University of Regina's motto is "As One Who Serves" and one of the three pillars of the university's strategic plan is a commitment to our communities. The Community Research Unit is proud to play a central role in helping the university fulfill this obligation. The CRU was created to act as a "broker" for organizations in our community that are looking for expertise available at the university. One of our main roles is to make connections and facilitate partnerships between community groups and university researchers. To date, the CRU has helped facilitate more than 40 research projects and has worked with over 50 different community partners.

By its very nature, community based participatory action research is applied research – it begins with a community issue or problem. With this research process, from start to finish, community members are equal partners in the whole research process. The community partners help establish the research questions, they work with the academic partner to develop the data collection tools, and together, they analyze the data and disseminate the findings. The process and results support and enhance strategic action that leads to community transformation and social change.

We are happy to report that we had another successful year at the CRU and are looking forward to what 2018-19 offers. We encourage you to take note of some of the funding opportunities and events offered by the CRU and share this report with your friends, students and colleagues.

We wish Michelle Stewart and Naomi Beingessner well this year as both are on leaves from the CRU. Patricia Elliott is acting in Michelle's place as Director while she is on sabbatical. Lynn Gidluck is filling in for Naomi, who won a prestigious scholarship from the Social Sciences and Humanities Research Council to pursue doctoral studies at the University of Manitoba.

In the coming year we will be hosting a Summer Institute on Community Based Research. Mark your calendars for August 20-22, 2018. Take a look at the great Toolkit Workshops that are planned for the year and don't hesitate to drop us a line or drop by the office if you would like to learn more about community based research or how you can get involved with the CRU.



### Community Research Unit Contact Information:

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*For more information about the Community Research Unit,  
please visit: [www.uregina.ca/arts/community-research](http://www.uregina.ca/arts/community-research)*

### 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 eighteen community-based research projects.

Year	Project Title	Main Community Partner	Amount Awarded	Project Dates
2015-16	Seniors Neglect and Abuse Response Line - A Systems and Services Review of Regina Qu'Appelle Health Region	Saskatchewan Seniors Mechanism	\$3,000.00	June 15, 2015- Sept 30, 2016
	Farmers, Policy, and Local Food Systems in Saskatchewan: Barriers and Opportunities	Agricultural Producers Association of Saskatchewan	\$2800.50	January 20, 2016- March 31, 2017
	Factors Affecting Utilization of Preventive Healthcare Services Among Immigrant Women in Regina	Regina Immigrant Women Centre	\$3,000.00	March 8, 2016- December 31, 2016
	Urban Agriculture Best Practices for the City of Regina	Food Regina	\$2980.12	April 12, 2016- October 31, 2016
2016-17	Rails to Trails Conversion Guide	Saskatchewan Trails Association	\$2970.00	June 20, 2016- April 30, 2017
	Reconciliation and the Media: Building Relationships for Better News Coverage	Reconciliation and the Media Committee	\$3,000	July 21, 2016- January 31, 2017
	After Rehabilitation: Meeting the Long-Term Housing Needs of Persons with Traumatic Brain Injury in Regina, SK	Saskatchewan Brain Injury Association	\$2997.60	November 10, 2016- August 30, 2017
	Assessing the Programming Needs of Two-Spirit Youth in Regina	Heritage Community Association	\$3,000	February 12, 2017- April 30, 2018

#### 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 may apply for up to \$3000 for a project. Applications are accepted on an ongoing basis.

Eligibility criteria and application forms are available at [www.uregina.ca/arts/community-research/funding](http://www.uregina.ca/arts/community-research/funding). The CRU is happy to work with you to develop your application.

### CRU in the News: Cooking Fire Study Will Help Save Lives

Not many people can say that their research will help save lives—but Dr. Rozzet Jurdi-Hage can.

Dr. Jurdi-Hage teaches in the Department of Sociology and Social Studies and is a former member of the CRU's Board of Directors.

"Our Community Research Unit connects community groups with University faculty and students – basically acting as a match-maker," said Dr. Thomas Chase, University Vice-President and Provost at the media conference to release the findings of the community based research project that Dr. Jurdi-Hage led. "It is a win-win situation for everyone. Members of the university have the opportunity to do meaningful research that addresses real community needs and organizations like Regina Fire & Protective Services get access to professional researchers to help direct community-based participatory action research projects like this one."



L-R, Angela Prawzick, Rozzet Jurdi-Hage, Fire Chief Layne Jackson and Candace Giblett



Mayor Mike Fougere joined Fire Chief Layne Jackson to thank Dr. Jurdi-Hage and the CRU for working with Regina Fire & Protective Services to help reduce cooking fires in Regina.

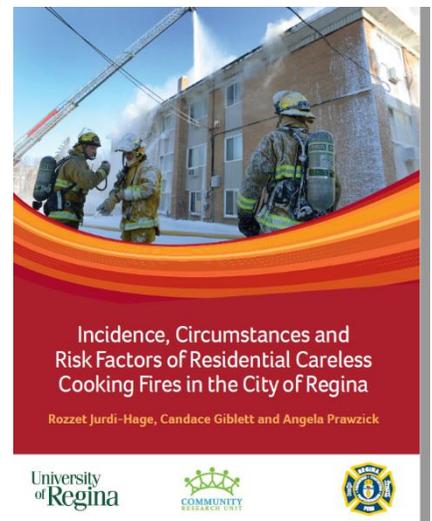
Officers now complete a survey at the scene of every residential careless cooking incident that takes place in Regina.

"Our focus is on the human behavior dynamics leading to actual or potential, cooking fires," said Dr. Jurdi-Hage. "We also look at what efforts, if any, are taken by the resident to contain the fires."

Thanks to this research, public education efforts can be directed to fire prevention and intervention in the most cost effective manner, by targeting those at greatest risk.

Former CRU Coordinator Yolanda Hanson was the matchmaker. Staff from Regina Fire & Protective Services approached her after they heard her speak at a community event (later reading about the event and the services provided by the CRU in a community newsletter). She introduced them to Dr. Jurdi-Hage and helped facilitate a community-university partnership that is gaining national and international attention.

Regina Fire & Protective Services provided the support and resources needed to undertake this study. Thanks to this collaboration, Fire Suppression and Rescue



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## Toolkit Workshop Series

The **Toolkit Workshop Series** teaches students and community members professional development skills that can help them with community-based and non-profit work. Offered regularly throughout the fall and winter semester, these half-day workshops are offered at an affordable regular rate of \$25 or \$15 for students/low-income registrants. It is co-organized by the Community

Research Unit, Regina Public Interest Research Group (RPIRG), STOPS to Violence, and the Career & Professional Development Office in the Centre for Continuing Education (U of R).

The following workshops were offered in the 2016-2017 year:

Toolkit Workshops			
<b>Planning and Evaluating Programs: A Beginner's Guide</b>	Dan Holbrow	September 13, 2016	Participants learned about program logic models and how to use one to design and evaluate effective programs, measuring their impact.
<b>Grant and Proposal Writing</b>	Bob Friedrich	October 13, 2016	Participants were taught the essentials of creating successful funding proposals, gaining insight into what funding agencies are looking for and sharing project ideas in groups to gain feedback.
<b>Beginner to Intermediate Social Media Marketing</b>	Michelle Brownridge	November 16, 2016	This workshop provided an overview of the most powerful and popular social media tools, basic graphic design for social media, paid online advertising, e-newsletters, scheduling tools, and using analytics.
<b>Fundraising for Board Members</b>	Christina Attard	December 14, 2016	The workshop explored board members' role in fundraising, different fundraising models, the question of charity overhead, and the art of making "the ask".
<b>Finding Your Organization's WHY</b>	Kevan McBeth	January 11, 2017	Participants explored the power of understanding organizational purpose and learned how organizational purpose can drive strategic clarity and deliver higher levels of overall organizational success.
<b>Is Incorporating as a Non-Profit Right for Me?</b>	Nikko Snyder and Amanda Kuckartz	February 8, 2017	Participants learned what a non-profit is; how it is different from other forms of organization; what its legal rights and responsibilities are; what a non-profit Board of Directors does; steps to incorporation; and considerations about pursuing charitable status.
<b>Working and Learning Together Across Generations</b>	Cam Fraser, Kerrie Strathy, and Marj Thiessen	March 14, 2017	Participants learned how to increase intergenerational understanding and work more effectively with youth and older adults to enhance the services provided by those in the non-profit sector.
<b>Advocacy &amp; NGOs</b>	Donna Ziegler	April 12, 2017	Participants learned how to develop a strategic framework for advocacy, invoke creativity and innovation into change and understand which tactics might work best, and mobilize grass roots communities and decision-makers.

### Current Community-Based Research Projects

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

*Date:* 2017-ongoing

*Purpose:* Two-spirit youth will work with elders and a researcher to develop a research plan that explores programming needs for Two-Spirit youth in Regina and how other communities are meeting those needs. The CRU will support hiring a student researcher. Funded by the Community Research & Action Fund.

*Expected Outcome:* This community-embedded research will result in a final report on programming that will be put into action.

*Partners:* Shayna Stock, Heritage Community Association; Claire Carter, Women's and Gender Studies

#### **Regina Tool-Sharing Network**

*Date:* 2017-ongoing

*Purpose:* The project seeks to find a model for an online tool-sharing network, a sort of sharing-economy project based in communities, which can be implemented in Regina. Funded by the Regina Public Interest Research Group.

*Expected Outcome:* A report that outlines potential models for the tool-sharing initiative, with comments on feasibility.

*Partners:* Kerry-Ann Sicheron, researcher; David Vanderberg; Anna Dipple, Regina Public Interest Research Group

#### **After Rehabilitation: Meeting the Long-Term Housing Needs of Persons with Traumatic Brain Injury in Regina, SK**

*Date:* 2016-ongoing

*Purpose:* This project will collect information through literature reviews, secondary research, and participant interviews in order to understand the challenges and barriers ABI survivors face with respect to community integrated living and housing needs. Models of supported living will be analysed. Funded by the Community Research & Action Fund.

*Expected Outcome:* A report that identifies the housing needs of ABI survivors and to use in an advocacy and action plan aimed at increasing supportive housing options.

*Partners:* Jenelle McArthur and Sarah Molder, researchers; Glenda James, Saskatchewan Brain Injury Association; Danielle Goulden, Ranch Ehrlo Society; Michelle Stewart, Department of Justice Studies

## **Factors Affecting Utilization of Preventive Healthcare Services among Immigrant Women in Regina**

*Start Date:* 2016

*Purpose:* This study will explore the utilization of preventative services among immigrant women with a specific focus on Pap tests to identify the facilitators and barriers to accessing healthcare services in Regina. Funded by the Community Research & Action Fund.

*Expected Outcome:* Findings will be disseminated in the forms of presentations at local health related events, information sessions at Regina Immigrant Women Centre, and through publications in peer-reviewed journals.

*Partners:* Angela Culham, researcher; Neelu Sachdev, Regina Immigrant Women Centre; Harminder Guliani, Department of Economics

## **Farmers, Policy, and Local Food Systems in Saskatchewan: Barriers and Opportunities**

*Start Date:* 2015

*Purpose:* This project will examine the policy barriers and opportunities for local food production and sales in Saskatchewan, with emphasis on health and agricultural policy, and the intent to create an action plan to facilitate sustainable local food production. Funded by the Community Research & Action Fund and University of Regina Partnership Grant.

*Expected Outcome:* The project will result in an action plan and action items to support the development of partnerships between food system stakeholders and strengthen supportive policies at the municipal, provincial, and federal levels.

*Partners:* Jamie Wallace and Joanne Ditson, student researchers; Donovan Howden, Agricultural Producers Association of Saskatchewan; Tracy Sanden and Kaylee Michnik, Primary Health Care, RQHR; Amber Fletcher, Department of Sociology.

## **Completed Community-Based Research Projects**

### **Rails to Trails Conversion Guide**

*Start Date:* 2016

*Purpose:* There is an international movement to repurpose abandoned rail lines into trails. To fulfill requests from community groups, this project will identify successful rail to trail conversion projects and identify best practices to be shared. Funded by the Community Research & Action Fund.

*Outcome:* A best practices report that outlines how to convert abandoned rail lines into usable trails, to be used by interested Saskatchewan rural communities.

*Partners:* Kyla Tulloch, researcher; Pat Rediger, Saskatchewan Trails Association; Kyle Hodder, Department of Geography

## **Reconciliation in the Media: Building Relationships for Better News Coverage**

*Start Date:* 2016

*Purpose:* This project responds to the Truth and Reconciliation Commission's calls to action to the media. A one-day conference-style gathering of media decision-makers will be held to discuss how the media can reconcile past wrongs and create renewed relationships with Indigenous people. Interviews, group discussions, and surveys at the event will be analysed. Funded by the Community Research & Action Fund.

*Outcome:* A "Reconciliation in the Media" research report and best practices Toolkit, circulated to all Saskatchewan publishers, producers, and senior editors.

*Partners:* Reconciliation in the Media Committee; Patricia Elliott, School of Journalism, Regina Public Interest Research Group, Faculty of Arts, CCPA-Sask.

## **Seniors Neglect and Abuse Response Line – A Systems and Services Review of Regina Qu'Appelle Health Region**

*Start Date:* 2015

*Purpose:* This project will investigate the practice, policy, and education respecting seniors neglect and abuse in the Regina Qu'Appelle Health Region to find opportunities to enhance and improve services. The research will provide a template for carrying out similar research in other health regions in Saskatchewan. Funded by the Community Research & Action Fund.

*Outcome:* A report on the capacity of RQHR to respond to senior neglect and abuse including existing services, gaps, inconsistencies, and challenges/barriers.

*Partners:* Meagan Taylor, student researcher; Holly Schick, Saskatchewan Seniors Mechanism; Tom McIntosh, Faculty of Arts and SPHERU; Nuelle Novik, Faculty of Social Work

## **Urban Agriculture Best Practices in the City of Regina**

*Start Date:* 2016

*Purpose:* This research project will review Regina's existing urban agriculture bylaws and policies and compare them with similar jurisdictions in order to establish best practices and develop a template for an urban livestock pilot project for Regina. Funded by the Community Research & Action Fund.

*Outcome:* A report including a compilation of City of Regina bylaws, and best urban agriculture policy and practices from other jurisdictions.

*Partners:* Osazuwa Osayomwanbor, student researcher; Nikko Snyder, Food Regina; Viktoriya Galushko, Department of Economics.

## 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 2016-2017	
Naomi Beingessner	Coordinator, CRU
Nilgün Onder	Acting Associate Dean of Arts (Research & Graduate Studies), U of R
Sandra Massey	Community representative, Heritage Saskatchewan
Patricia Elliott	Faculty member, School of Journalism, U of R
Rozzet Jurdi	Faculty member, Department of Sociology & Social Studies, U of R
Tracy Knutson	Community representative, STOPS to Violence
Tom McIntosh	Faculty member, Department of Politics and International Studies, U of R
Osazuwa Osayomwanbor	Graduate student, Department of Sociology & Social Studies, U of R
Neelu Sachdev	Community representative, Regina Immigrant Women Centre
Michelle Stewart	Faculty member, Department of Justice Studies, U of R
Dale West	Community Representative, SaskAbilities

*The CRU would like to acknowledge the contributions of the following board members who have finished their time with us: Rozzet Jurdi, Sandra Massey, Osazuwa Osayomwanbor, and Neelu Sachdev*

### 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.