

DIRECTOR'S MESSAGE

Thanks for taking the time to read our Annual Report! We are excited to share updates on the work we have been doing over that past year. Once again, I am happy to report that it was a successful year at the CRU and we are looking forward to what 2016-2017 has in store.

I want to start by recognizing that the CRU is fortunate to be sponsored by the Dean of Arts at the University of Regina — on Treaty Four Territory. The support we receive from the campus and community is key to our success. In addition to the students, staff, faculty and community members that engage with the CRU, we are also supported through community partnerships with organizations and the great work of our Board of Directors. We are fortunate to work with wonderful people each year but none of this work would be possible were it not for all the hard work of Naomi Beingessner.

In the coming year we will be hosting our third Community-Based Research Showcase. This event allows us to bring together community partners with campus researchers to discuss the research that is taking place in the community and areas of research need. Keep an eye out for announcements about this year's Showcase and please join us for a great day of presentations and discussion. We also encourage you to contact the CRU with ideas for other events to host in the community or to partner as we work to strategically expand our profile on and off campus.

We hope you enjoy reading through the Annual Report and encourage you to share it with your friends, students and colleagues. Please take note of some of the funding opportunities available through the CRU. We hope to see you at the next Community-Based Research Showcase, at our Toolkit workshops, or perhaps at Arts CARES in the Winter. Until then, please feel free to drop us a line if you have questions about the CRU or if you would like to get involved.



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Director, Community Research Unit

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For more information about the Community Research Unit, please visit:

www.uregina.ca/arts/community-research

 Community Research Unit - CRU

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University
of Regina



CRU Events, 2016

Mind the gap: How inequality facilitates poorer social and health outcomes

Dr. Sandeep Mishra presented research linking the personal experience of with various decision-making and health-related outcomes. This research highlights how understanding the motivational consequences of inequality on decision-making can have wide-ranging implications for both organizations and society more generally. This session will be of use to community-based organizations looking for research to support their programming and inform their work with clients.

Community Service-Learning: A 3-way partnership to enhance educational outcomes

This workshop explored how community service-learning can enhance learning and teaching practice in many disciplines. Best practices and avenues for engagement with community-based organizations were discussed.

COMMUNITY-BASED RESEARCH SHOWCASE

November 6, 2015

On November 6th 2015, the Community Research Unit, in partnership with Heritage Saskatchewan, brought together individuals from across Saskatchewan to present their community-based research findings and needs. It was our goal to provide community members and academic researchers a forum to share the work they had done together and present further needs for research. There was also an opportunity to dialogue about barriers to and opportunities for community and campus connections.

The event showcased 16 15-minute presentations and 5 poster presentations about a range of community issues. Close to 100 people learned about rural and northern community response to intimate partner violence, newcomer settlement and integration, the mental health disposition court, community archaeology, and more. Presentations can be found on our website, Resources Page.

The night before, the CRU helped host “Decolonizing Media”, put on by the School of Journalism. The Royal Saskatchewan Museum theatre held a large crowd who engaged with a panel of indigenous journalists who discussed what a decolonized media landscape in Saskatchewan might look like.

“The presentations reiterated the importance of collaborating with community organizations in order to lead to “real world” change. I learned that in order to implement change, knowledge must be shared and mobilized more” (CBR Showcase Participant)



Arts CARES 2016

Arts CARES (Community Action in Regina for Educational Service) is four full days of volunteering and interactive workshops. This intensive community service-learning program was held during the February break (February 16-19, 2016) for University of Regina students. As part of their university classes, students learn more about important community issues and gain valuable experience working with local community organizations.

February 2016 marked the 8th year of the Arts CARES community service-learning program. Over the course of 4 days, we worked with 50 students, 21 community-based organization (CBO) placements, 10 U of R instructors, and 15 workshop facilitators and speakers. Students contributed more than 750 volunteer hours to the CBOs and benefited from the mutual learning, work, and sharing. Most students participated through the eleven courses which incorporated the program through the inclusion of an assignment related to Arts CARES in the course syllabus. Students conducted research, wrote and edited articles, developed social media tools, worked on projects with clients, planned events, and more!

A heartfelt thanks goes out to all of the community organizations that hosted our students, and to the students and their instructors for their commitment to the program.

Danielle Ward was this year's Arts CARES assistant. As a 2-time Arts CARES participant, Danielle brought a great knowledge of the program and suggestions for improvement. The program benefited greatly from her experience. She graduated with a degree in Justice Studies in June 2016 – congratulations, Danielle!



Community Organizations said:

“I was very pleased with their level of enthusiasm and engagement. They also were experienced and made meaningful contributions through their work.”

“We worked on projects that require extra time and attention that we in the office are generally unable to spare. Their focus and enthusiasm generated research and starting points in multiple areas where we're looking to develop.”

“They brought a fresh perspective and were helpful as a youthful eye on some of the issues we aren't always experts on (social media, ways to reach youth, designing our space to be welcoming and friendly, etc.)”

Student Volunteers said:

“I enjoyed networking with people in my field. I wish I could have more time volunteering.”

“It made me open my eyes about issues that I have thought I am not a part of, but in reality these issues affect me and everyone else.”

“I actually plan to become a member of my organization and offer my time as a volunteer as they need me in the future.”

Arts CARES Community Partners

- Amnesty International
- Briarpatch Magazine
- Carmichael Outreach
- Cosmopolitan Learning Centre
- Development and Peace
- Lifelong Learning Centre
- Museums Association of Saskatchewan
- Nature Regina
- Nature Saskatchewan
- North Central Community Association
- Planned Parenthood
- REACH (Regina Education and Action on Child Hunger)
- Regina Garden Associates
- Regina Open Door Society – EAL class
- Salvation Army
- Saskatchewan Federation of Labour
- Saskatchewan Trails Association
- SEARCH (Student Energy in Action for Regina Community Health)
- Saskatchewan Organization for Heritage Languages
- Street Culture Kidz
- UR Pride



Participating U of R Courses

- **English 100** (Prison Writing) - Jason Demers
- **Interdisciplinary Studies 101** (Contemporary Issues) - Mary Vetter
- **International Studies 100** (Introduction to International Studies) - Simon Granovsky-Larson
- **International Studies 301/Political Science 342** (Global Governance: International Organizations) - Nilgun Onder
- **Justice Studies 240** (Criminal Justice System) - Sarah Britto
- **Justice Studies 310** (Food, Hunger and Social Justice) - Gloria DeSantis
- **Justice Studies 311** (Work, Economic Security and Justice) - Michelle Stewart
- **Justice Studies 384** (Advocacy Strategies and Skills) - Michelle Stewart
- **Political Science 100** (People, Power and Politics) - Jim Farney
- **Political Science 230** (Canadian Politics) - Tom McIntosh
- **Women's and Gender Studies 280** (Feminisms and Activism) - Brenda Anderson



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
2014-2015	Anonymous Reporting & Third Option Program Pilot Project	Regina Sexual Assault Response Team (SART)	\$3,000.00	May 22, 2014- January 31, 2015
	Improvising with iPads: A Partnered Inquiry into Technology-Based Music Therapy, Improvisation and Cultural Expression in Health Settings	Native Health Services – Wascana Rehabilitation Centre	\$3,000.00	June 26, 2014- December 31, 2014
	Interpersonal Violence and Abuse and Animal Safekeeping	Saskatchewan Towards Offering Partnership Solutions (STOPS) to Violence	\$3,000.00	March 24, 2015- September 30, 2015
	A Review of Global Citizenship Education in Saskatchewan Schools	Saskatchewan Council for International Cooperation	\$3,000.00	March 24, 2015- September 30, 2015
	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

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

Community-Based Research Projects and Partners 2015-2016

Current 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.

Expected 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: 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.

Expected Outcome: A "Reconciliation in the Media" research report and best practices Toolkit, to be 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.

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.

Expected Outcome: A report including a compilation of City of Regina bylaws, best practices, and plan for an urban livestock pilot project.

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

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

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.

Expected 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

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.

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.

Campus Living Wage Campaign

Start Date: 2014

Purpose: Based on findings from the "Saskatchewan Living Wage Project", this research will determine the extent to which a living wage is extended to workers on the University of Regina campus, educate students, staff, bargaining units, and employers about a living wage, and encourage campus employers to pay a living wage.

Expected Outcome: The research will result in a literature review about what has been implemented on other university campuses regarding a living wage, a U of R and campus employers wage map, and a living wage campaign plan.

Partners: Sarah Cibart and Christell Simeon, researchers; Andrew Stevens, Faculty of Business; Anna Dipple, RPIRG; Kent Peterson, Saskatchewan Federation of Labour.

Cooking Fires in Regina

Start Date: 2013

Purpose: In the last nine years, careless cooking was identified by Regina Fire & Protective Services as the number one cause of preventable fire incidents in Regina. This project created a survey to examine each incident's specific behavioural and demographic information, and is analyzing 18 months of data to create preventative educational programming for fire prevention to targeted audiences.

Expected Outcome: Analysis of cooking fire data will help inform public education programs and other actions to modify behaviour. The project will result in data collection methods that can be incorporated into RFPS processes for long-term collection.

Partners: Candace Liskowich, Angela Prawzick, and Paul Viala, Regina Fire & Protective Services; Rozzet Jurdi, Department of Sociology.

Completed Community-Based Research Projects

Interpersonal Violence and Abuse and Animal Safekeeping

Date: 2015-2016

Purpose: This project investigated how concerns for animal safekeeping may affect people trying to leave situations of interpersonal violence and abuse. Through a scan of existing research and information from other jurisdictions, and interviews with human service providers and animal welfare organizations, it identified opportunities and options to support people in addressing this situation. Funded by the Community Research & Action Fund.

Outcome: The project developed a summary of research findings, and recommendations to inform next steps in establishing and strengthening animal safekeeping supports for people experiencing interpersonal violence and abuse in Saskatchewan. Project results were shared with human service providers and animal welfare organizations through provincial conferences.

Partners: Melissa Wuerch and Fran Sidaway, researchers; Tracy Knutson, STOPS to Violence; Frances Wach, Saskatchewan SPCA; Crystal Giesbrecht and Jo-Anne Dusel, PATHS; Rod McKendrick, Ministry of Justice; Patricia Miller-Schroeder, Women's and Gender Studies.

A Review of Global Citizenship Education in Saskatchewan Schools

Date: 2015-2016

Purpose: This project researched the progress made in global citizenship education in Saskatchewan in the past 26 years, the needs of educators to do global citizenship education effectively, and the role that international development organizations can play in school-based public engagement. Funded by the Community Research & Action Fund.

Outcome: The research resulted in an annotated resource guide for educators and a summary review of global citizenship education in Saskatchewan schools.

Partners: Leonzo Barreno, researcher; Steffany Salloum, Saskatchewan Council for International Cooperation; Jennifer Tupper, Faculty of Education, JoAnn Jaffe, Department of Sociology.

“We are very appreciative of the support of the CRU and Patricia Miller-Schroeder, our faculty advisor. Without their participation, we would have not had the knowledge or expertise to undertake research at this level. This support was equally as important as the funding we received.”

- STOPS to Violence

Reports from our research projects, as well as past annual reports, can be found at: ourspace.regina.ca/handle/10294/407

- Working for a Living Wage Around the Ivory Tower
- The Link: Interpersonal Violence and Abuse and Animal Safekeeping
- Global Education in Saskatchewan Schools

...and more

Realize. Learning your way.

Be a strong community leader.

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), and the Career & Professional Development Office in the Centre for Continuing Education (U of R).

The following workshops were offered in the 2015-2016 year:

Toolkit Workshops			
Accessing Library Research Resources	Robert Thomas and Andrea Newland	September 15, 2015	Participants learned about many databases and research tools, available through the U of R Library and the Regina Public Library, that can help people learn about almost any topic and provide the latest leading edge research as well as reliable and accurate statistics.
Survey Design	David Rosenbluth	October 21, 2015	Participants were provided with practical information for designing surveys: what makes good questions, how to get the best response to your survey, and common pitfalls of many surveys were covered.
Employment and Equality Rights in the Workplace	Loretta Gerlach	November 17, 2015	This workshop reviewed the basic rights in employment standards including hours of work, scheduling, breaks and leaves as well as a number of equality rights including freedom from discrimination and harassment and the right to accommodations.
Board Governance: What are we supposed to be doing?	Gloria DeSantis	December 9, 2015	The workshop covered different board and governance models as well as accountabilities, liabilities and protections, board member rights and group dynamics.
Communicating Effectively across Cultures in the Workplace	Angeline Chia	January 13, 2016	The workshop took a reflective, interactive, and constructive approach towards developing and improving intercultural communication skills or intercultural competence.
Volunteer Recruitment and Retention	Melanie Metcalf	February 9, 2016	This session will explore how to successfully recruit, manage and retain volunteers, providing an overview on staying organized and setting expectations, volunteer appreciation, and building a successful team by highlighting individual strengths.
Liberation and Empowerment through Non-Violent Communication	Raven Sinclair	March 16, 2016	The workshop provided a theoretical framework from which individuals can learn to communicate from a foundation of accountability and non-violence to enhance interpersonal, professional and organizational communications and relationships.
Creating a Communications Plan for Your Organization	Michelle Brownridge	April 13, 2016	Participants learned a step-by-step process for communications planning that helps you clearly and logically summarize what you want to say to your intended audience and map out how you will deliver that message.

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 2015-2016	
Naomi Beingessner	Coordinator, CRU
Nilgün Onder	Acting Associate Dean of Arts (Research & Graduate Studies), U of R
Ingrid Cazakoff/ Sandra Massey	Community representative, Heritage Saskatchewan
Patricia Elliott	Faculty member, School of Journalism, U of R
Eric Greenway	Community representative, YWCA
Tracy Knutson	Community representative, STOPS to Violence
Amanda Kuckartz	Graduate student, Faculty of Social Work, U of R
André Magnan	Faculty member, Department of Sociology & Social Studies, U of R
Neelu Sachdev	Community representative, Regina Immigrant Women Centre
Deborah Simpson	Faculty member, Department of Political Science and International Studies, U of R
Michelle Stewart	Director, CRU, and Faculty member, Department of Justice Studies, U of R

The CRU would like to acknowledge the contributions of the following board members who have finished their time with us: Ingrid Cazakoff, Eric Greenway, Amanda Kuckartz, André Magnan, and Deborah Simpson

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.