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# Fostering Sustainable Collaboration within Indigenous Communities through Community Based Participatory Research

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# Fostering Sustainable Collaboration within Indigenous Communities through Community Based Participatory Research

Kiah Hohenstein, Brittney Hunter, and Wren Roe



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# What is CBPR?

- ❑ Research approach involving the community
- ❑ Community members are active and equal partners\*
  - ❑ Shared responsibilities and ownership
  - ❑ Shared decision making



*Project 562*



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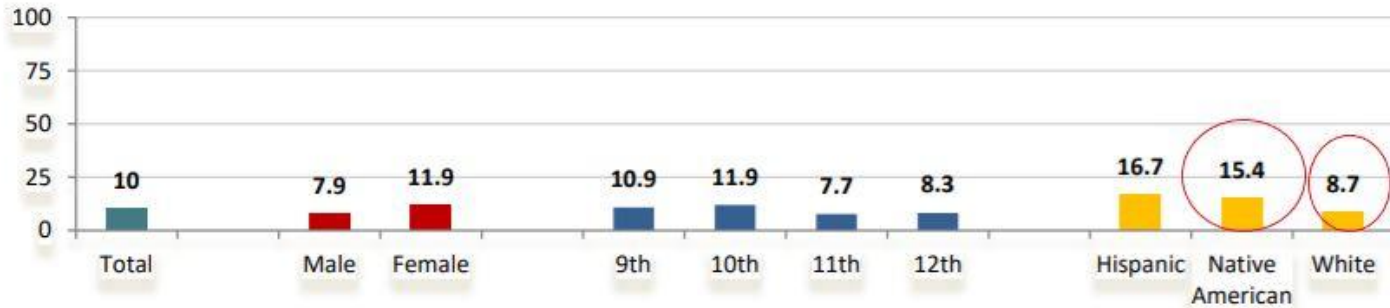
\*Tremblay, Marie-Claude, et al.

# Importance of CBPR

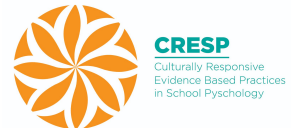
- ❑ Bridges the divide of bias between the researchers and the community\*
- ❑ Aids towards social change

## ATTEMPTED SUICIDE

During the past 12 months, 10.0 percent of students actually attempted suicide one or more times.



**2019 Montana Youth Risk Behavior Survey**



\*Tobias, Joshua K., et al.

# Utilization of CBPR

- ❑ Why is it not used often?
  - ❑ Requires additional time and resources (e.g., personnel, funds)\*
- ❑ Why should it be used more often?
  - ❑ Explores local and community knowledge\*



\*Tobias, Joshua K., et al.

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# How is CBPR conducted?

- ❑ Oriented around the community
- ❑ Fostering sustainable relationships
- ❑ Building trust



*Project 562*



# Examples of CBPR

- ❑ Project SELA
- ❑ System-level changes in health indicators that influence the well being of children and their families <sup>1</sup>
- ❑ improve shelter services on and off reserve in our area by engaging the voices of Indigenous women who had experienced domestic violence. <sup>2</sup>
- ❑ Community Advisory Boards
  - ❑ Utilizes cultural practices
    - ❑ Role-modeling
    - ❑ Native art
    - ❑ spirituality

<sup>1</sup> Simonds, V. W., & Christopher, S. (2013).

<sup>2</sup> Jackson, E. L., Coleman J., Gayle Strikes with A Gun, & Sweet Grass, D. (2015).

# CBPR ENGAGES THE COMMUNITY AS THE EXPERT

- ❑ Allows for communities to Indigenize and dismantle colonialism.
- ❑ Enhancing partnerships between Indigenous communities and research.
- ❑ Adapts Western research methods to Indigenous ways of knowing.



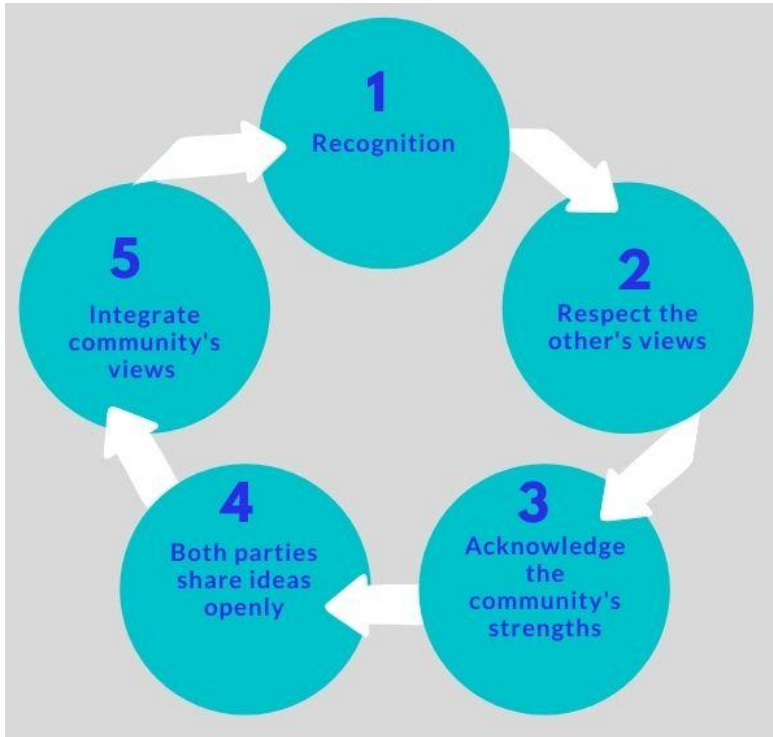
*Project 562*



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# Recommendations



(Walters, Karina L., et al., 2008)

- ❑ Meaningful relationships are the key & must be nurtured
- ❑ Awareness
  - ❑ Privilege
  - ❑ Community's lifestyle
- ❑ How can we cultivate mutual respect?
- ❑ Meeting w/ community
  - ❑ Amplify the voices



# Call to Action: Conduct CBPR

- ❑ Decolonize research
- ❑ Social change
  - ❑ Encourages reciprocity

<https://www.nimhd.nih.gov/programs/extramural/community-based-participatory.html>



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*Thank You!*