

REGIONAL ALLIANCE FOR RURAL HEALTH



May 9, 2018 Community engagement event:
East Kootenay



Regional Alliance for Rural Health

COMMUNITY ENGAGEMENT EVENT: EAST KOOTENAY

BACKGROUND: REGIONAL ALLIANCE FOR RURAL HEALTH

The **Regional Alliance for Rural Health (RARH)** formed in fall 2016 with 11 partners collaborating to align and articulate a vision to increase and advance knowledge to improve rural health and wellbeing, through collaborative community-engaged action research on the social determinants of health. A memorandum of understanding (MOU) was developed and approved in 2017. Excerpts include:

- *We are committed to working collaboratively to improve rural health and wellbeing for all individuals within Interior Region.*
- *We will establish a regional alliance for applied research and academic health and wellness research that engages rural communities of the Interior region.*
- *We support community engaged practice, research and policy development.*

The next phase of RARH development is critical to meet the MOU mission. Part of that phase includes community engagement. It is important to engage rural communities via citizens and community partner organizations to further develop and contribute to the Alliance goals on an on-going basis. Sustainable engagement with rural community representatives (citizens and community partners) from across the region to enable:

- a) Co-creation of a balanced Alliance with equal representation of current core partners and rural community representatives.
- b) Regular opportunities to communicate requests/recommendations for rural health evidence and research in balance with those coming from academia.
- c) Regular opportunities to participate on research teams as equal partners
- d) On-going support to build capacity and enable effective, mutually beneficial partnerships (e.g. training, funding, mentorship).

The overall goal is on-going, regular engagement – in multiple forms - with rural community representatives; to first identify and co-create the system and then to participate in regular, sustainable and balanced research partnerships with academic and health professionals. Events are the first opportunity to co-create the means to develop sustained relationships between rural citizen/community partners and the

Regional Alliance for Rural

Alliance. The purpose of the partnerships are to enable critical rural citizen 'voice' to identify rural community health research and evidence needs and to invite rural citizen/community partners to participate on future research teams to co-create knowledge.

The following questions were discussed at a RARH steering committee meeting: *What is the optimal engagement, for the Alliance at this phase of development, to partner with citizens and community partners? How might we balance Alliance membership and sustain partnerships with rural citizen and community partners to inform and contribute to community-engaged rural health research in the Interior?* The steering committee agreed it was important to host a series of community engagement events in 4-5 sub-regions of the Interior, during April-May 2018, to announce the Alliance, and engage rural community participation.

“Access, knowledge, voice = What we want”

ALLIANCE COMMUNITY ENGAGEMENT EVENTS SPRING 2018

On May 9, 2018, the RARH hosted a community engagement event in Cranbrook, British Columbia, and funded by a Rural Health Services Research Network of BC - Collaborative Team Building Grant. Participants were from a variety of community services agencies including, not-for-profits, social, and health agencies (see Appendix A). The event was to begin the conversation about community-engaged research and to identify community gaps and needs in the current services.

The information present here within, was gathered from notes and observations taken by facilitators during the event, and reflects the perspectives of participants who live and work in rural communities in the Kootenay-Boundary area. These participants are critically important for ensuring rural communities have a voice for the overall health and wellbeing of those communities.

The intent of the community event was to engage community members in meaningful, authentic connections. Working together to identify and meet community needs. The goal was to secure collaboration and active community involvement in beginning to define a research agenda that would work to create sustainable health and social services in rural settings.

The agenda for the day (see appendix B) included the opportunities for the research facilitators to understand the rural context. Facilitators and participants explored what the social determinants of health (SDoH) looked like and how these were experienced in rural communities. Although many SDoH were identified as both as strengths or challenges, some that resonated with the participants included:

- Social isolation – community disconnect/disengagement
- Geographical needs are different – struggles are different
- Employment – economic instability
 - Lower pay/unstable work
 - Transient works
 - Single income families

“Meeting other community members...seeing their passion to make this a healthier community”

- Lack of health & social services
 - Emergency services
 - Centralization & Fragmented
 - Seasonal influx pressures
 - Funding formulas don't fit rural
 - Challenges of getting services TO seniors
- Transportation issues
 - Limited public transit
 - Limited options
 - Travel distance to services challenging
- Demographics
 - High senior populations
 - Tourist summer influx
 - First Nations are invisible, especially those living off reserve
- Affordable housing
 - Influx of people driving the demand for and cost of affordable housing out of reach
 - Seniors needing aging-in-place options
 - Seasonal homeowners
 - Homelessness is happening
- Economics
 - Lack of diversity – mining, tourism, or forestry
 - Columbia Basin Trust is a huge benefit to the communities



“We don't know the outcome!”


One of the important activities completed was an in-depth discussion on important issues, gaps, or needs where the participants shared their perspectives. Participants worked through the barriers/challenges, factors that influence or contribute to health and wellbeing, and the areas they see need to be addressed.

To get a sense of real rural issues – what is your community grappling with?

- Transportation & fuel costs
 - Creates challenges to get to work or services
 - Costs associated with having to leave community for service needs
- Lack of affordable housing
 - Housing rentals are limited and expensive (>40% of income to cost)
 - Supply and demand increasing prices
 - Homelessness increasing
 - Seniors housing



- Access, appropriate, safe
- Supportive housing for vulnerable populations
- First Nations housing
- Mental health and addictions
 - Intergenerational trauma
 - Overburdened services
 - Lack of information on how to access existing services
 - Need to change perceptions and stigma
- Food security - Lack of access
- Centralization of services
- No voice in health care decisions - Interior Health took it away
 - Choice to go to Alberta or BC
 - Erosions of local services
 - Lack of home support
 - Challenge for rural citizens to access – cost, time
 - Experienced by many rural people
 - Causes fragmented services
- Decisions related to health services/funding centralized in Kelowna
 - Lack of funding for beds (residential), services
 - Local autonomy is missing – centralized and no rural community voice
 - Red tape getting in way of solutions
 - Need for more robust funding for “Better at Home” programs
- Service gaps, silos, and overlap
 - Lack of awareness of programs
 - Need coordination/awareness of programs in communities
 - Care in community siloed
 - Lack primary care providers
- Poverty/low Income
- Vulnerable populations
 - Need to prepare young for school readiness
 - Youth limited to no opportunities beyond high school
 - Leaving communities for living wage
 - Cultural biases

“We are not defined by tick boxes  we want meaningful engagement”

What are the possibilities for research to help address this problem?

- Try to create opportunities
- Work with communities and identify need
- Identify what is working already, look elsewhere, exemplars or best practices
- What Interior Health policies are effecting accessibility and transportation issues?
- How many people are going to emergency for non-urgent reason?
- What can be done to manage chronic disease patients?
- What about taking the service (our needs for service/support) to the people, instead of the people to the service? Can we look at a new model?
- We need to look at the scope of the problem, community assets
- How many people are not getting sufficient access? Why? For what conditions/needs?
- Study with communities to identify gap in access
- Study with families about child care gaps and needs
- Bring the evidence to the communities

“Who is serving Who here?”

In a “world café”, participants provided ideas and suggestions to inform the Regional Alliance for Rural Health how to reach and engage communities and individuals. As a new network, it was important to understand how RARH can make important connections with rural communities; seeking input was a valuable undertaking as a number of factors, suggestions, and action items offered were:

In an ideal world, what role would the Alliance offer to support your research and information needs?

- Capacity Building - Connect researchers with community partners for collaborations & staying connected
- Provide sustainability; ensure that outcomes will continue.
- Provide expertise on how to do research – to develop questions, surveys, evaluation
 - Mentorship
 - Training
 - Grant & proposal writing



- Provide a website for:
 - Database current research
 - Past rural BC research- as this enables communities to use solutions/implementations that have worked in other communities. (on a provincial scale rather than just the Interior)
 - to ensure research isn't repeated or mistakes made/avoid re-inventing the wheel
 - Examples of Best practices
 - provide access to research projects – disseminate
 - information sharing across communities
 - training
 - templates
- Provide the partners and participants with a defined 'Roles and Responsibilities'
 - The roles of partners and of members of the Alliance
 - Transparency
- Provide direction, offer face-to-face meetings (include advanced notice)
- Funding to have community partners involved in research projects and Alliance
- A listening ear and ask me what I want



What role would you like to see the Alliance play at a Provincial level?

- To be an provincial advisor on rural issues
 - resources
 - funding
 - database
 - help set priorities
 - taking the voice of rural communities to government
- Advocacy – be a voice to government (local, Interior Health, provincial) for rural inclusion
- Have municipal and provincial representation on Alliance as to not waste time & to identify potential roadblocks
- Funding for action/implementation not just studies
- Ensure decision-makers are aware of our issues for:
 - Policy development – research to influence policy
 - Decisions based on OUR needs
 - Help them understand the barriers
 - Build capacity and equity
 - Balance the rural with the urban lens
- To be the role model and communicator for rural research and rural needs

“We know who the ‘Us’ is and who you need – important to have community members – they know what researchers don’t”

What would it take, for you to commit to a partnership with the Alliance?

- Funding to attend meetings and participation/engagement
- Clearly defined roles & responsibilities, purpose, time commitment
- Commitment for shared knowledge
- More information, hearing about the issues from community members
- More structure with a vision and a plan
- Reassurance that efforts put in will have successful outcomes
- Sharing funding and collaborating on research opportunities
- Availability and transparency of information for general use
- Research with a commitment to follow-up and/or implement with communities – need results
 - Feedback loop
 - Public participation
- Engagement and relationships – knowing I'm part of a partnership, collaboration, networking
- Sustainability & time not wasted
- Understanding of roles, responsibilities, and time commitments, terms of reference
- Being a partner, Being heard, feeling listened to, not top down approach
 - Accountability to community
 - Empowerment



“It’s about experience, expertise, & real life issues of our community members”

Summary

The community event provided the opportunity for networking and relationship development, as well as to introduce the Regional Alliance for Rural Health. RARH developed greater understanding of rural community concerns, challenges, and gaps in health and social service needs. Participants had the opportunity to share their ideas and identify priorities for rural community health research and evidence needs and to enable greater understanding of rural community strengths.

Evaluation feedback highlighted overall satisfaction with event with 81% agreeing or strongly agreeing that the subject was relevant to them and their communities. Sixty-nine percentage stated they would like to attend a more advance event on the subject. Seventy-nie percent of the 19 participants registered to affiliate with the Alliance in a variety of ways. See Appendix C for the RARH Registration form.

Follow-up

At the end of the event, participants were invited to declare their interest and ongoing willingness to join inthe RARH and to enlist as a potential community research and attend a Rural Health Research symposium. The symposium will be held on May 29th, 2018, with the goal of active community involvement and collaboration to begin to define a research agenda that would work to create sustainable health and social services in rural settings. Participants were also invited to attend the Alliance annual meeting the day after the symposium on May 30th, both in being held in Nelson, BC.

Appendices:

Attendee List

Event Outline/Agenda

RARH Registration

Form

IH Research Project Inventory

Attendee List

NAME	ORGANIZATION	EMAIL ADDRESS
Betty Brown	IH Community Research Lead	betty.brown@interiorhealth.ca
Tracy Christianson	Thompson Rivers University - School of	tchristianson@tru.ca
Zoe Hawrys	Thompson Rivers University - School of	Inforarh2018@gmail.com
Ron Popoff	Cranbrook City Councillor	Ron.Popoff@cranbrook.ca
Andrea Burrows	IH Community Research Lead	andrea.burrows@interiorhealth.ca
Gaby Zezulka	College of the Rockies	gzezulka@cotr.bc.ca
Gerri Atchison	Cranbrook Hospice	Gerriatchison365@msn.com
June Forsyth	Ktunaxa Assorted Services	jforsythe@ktunaxa.org
Lynne Romano	GCRS	Lynne.romano@sait.ca
Mickey Balas	Seniors Navigator- Golden	Mickeybalas22@outlook.com
Doug Newberry	Seniors in Partnersip	Sip.uwek@shaw.ca
Chelsea Nicholas	Ktunaxa Assorted Services	cnicholas@ktunaxa.org
Jane Walter	?	s.janewalter@gmail.com
Deanna Kemperman	Cranbrook Food Bank	kempermand@gmail.com
Donna Fields	United Way East Kootenay	unitedwayek@shaw.ca
Erin Stevenson	RCMP	Erin.m.stevenson@rcmp-grc.gc.ca
Barb Kaufman	SD5	Barbara.kaufmann@sd5.bc.ca
Gail Brown	School Trustee	Groo.brown@gmail.com
Charlene Sperling	Cranbrook Age Friendly Community	cranbeookagefriendly@gmail.com
Vera Meuleman	IH Manager	Vera.meuleman@interiorhealth.ca
Darcy Fisher	Ktunaxa Assorted Services	dfisher@ktunaxa.org
Kyla Smith	Teacher	Kyla.smith@sd6.bc.ca
Ilona Hale	Physician	Ilona.hale@alumni.ubc.ca

Alliance Community Engagement Event outline

Alliance Community Engagement Event outline

Time	Item
9:30 am	Doors open – coffee available Registration and informal networking Sign in, photo release
9:55 am	short video as call to order
10 am	General welcome -Opening Prayer -Overview of the day -Introduce the Alliance -Rapid self - intros.
10:25 am	Values exercise and ice breaker
10:40 am	<u>HEALTH & Wellbeing</u> Social Determinants of Health - video Table group discussion
11:00 am	<u>RESEARCH</u> -Why is research in rural health important? -What can research/evidence do for me and my rural community? -Knowledge Translation -What is CB PAR?
11:15	Break out groups – stay in group Rural health research priorities Table discussion groups –discuss proposed questions
12:00- 12:45	Lunch and mingle
12:45	Check in and recap.
12: 55 pm	RHSRNbc study overview <i>Building a Collaborative Research Team to address the Health and Wellbeing of Rural and Remote Communities in south central BC through consultation and engagement.</i>
1:05	COMMUNITY PARTNERS - Role for community partners in research – community-based research Community –based researcher Experience presentation Video
1:40 pm	<u>World Café style discussion</u> <i>Your ideas and suggestions to inform the Alliance concerning how to effectively partner with rural communities.</i>
2:40	Report back and priority setting For both sessions

3 pm	Share future Alliance activity - Annual meeting, web portal to facilitate research etc. Explain the signup sheet & evaluations Goodbye and safe travels
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Regional Alliance for Rural Health Registration Form

Regional Alliance for Rural Health

The *Regional Alliance for Rural Health* has formed to increase and advance knowledge to improve rural health and wellbeing, through collaborative community-engaged action research on the social determinants of health.

Community Partner Registration Form

Name _____

Organization if relevant _____

Email _____

Land phone line _____

Cell phone/text _____

I am interested in partnership with the *Regional Alliance for Rural Health* in the following ways. I understand that I may revoke my interest at any time and that participation is entirely voluntary. (Mark all that apply).

Email list

Future potential research team member – join the data base. My interest areas include:

Do you have resources that could be useful for community research projects (e.g. lab space, simulation equipment, specialized facilities, etc)? Please list any resources you have access to that could benefit community research projects:

Do you have experience or expertise you can lend to community research projects? If so, what are your areas of expertise?:

Consideration to become a member of an Alliance Community Advisory Committee*

Consideration to be a participant in the May 29th RHRNbc Research Symposium in Nelson B.C.*

Consideration to be a participant in the May 30th Alliance annual meeting, in Nelson B.C. *

*Considerations for participation include limited funding and space, regional and demographic balance.

I am interested receiving information about:

building my capacity to participate in research

sharing or learning about new rural health research knowledge and evidence

strengthening rural health research networks

I am most interested in the following formats for information sharing and networking with the Alliance:

Webinars

Face-to-face meetings locally

Face-to-face meetings regionally

Teleconferences

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Rural Health Research and Community Project Inventory Spring 2018

College of the Rockies

Community & Setting Where research / projects take place	Community-based Project / Research Project Title	Community Partners Primary & all others	Academic institution(s)	Principal Investigator / Project lead Co-Investigator(s)	Other partners individuals, patients, students, indigenous pops.	Funding -Tri Council -Foundation -Other	Status Date of first & last activity	Knowledge Transfer -Practice change -Publications -Presentations
Cranbrook	Falls Prevention Interventions for Seniors living at home	Better at Home	College of the Rockies	Jen Ham, Candis Spiers			Sept 2017- May 2018	
Cranbrook	Collective Impact Evaluation for Co-Located Social Services	Cranbrook Family Connections	College of the Rockies	Shawna Ryan	Interior Health, ANKORS, Brain Injury Association, Options for Sexual Health, Community Action Program for Children, and a variety of Early Childhood Development		September 2017-June 2018	

Cranbrook and Edmonton	<i>A Targeted interventional Program for Canadian – Educated Nursing Graduates who have been Unsuccessful on the National Council Licensure Examination (NCLEX-RN®): A Pilot Study</i>		College of the Rockies	Dr. Marnie Kramer	programs	SSHRCC	Sept 2017- August 2019	
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Regional Alliance for Rural

SELKIRK College

Community & Setting <i>Where research / projects take place</i>	Community-based Project / Research Project Title	Community Partners Primary & all others	Academic institution(s)	Principal Investigator / Project lead Co-Investigator(s)	Other partner's individuals, patients, students, Indigenous pops.	Funding: -Tri Council -Foundation -Other	Status Date of first & last activity	Knowledge Transfer -Practice change -Publications -Presentations
Trail Outreach Nursing	Outreach Nursing	Various	Selkirk College	BSN Faculty and students	Clients	Base funding	On-going	Presentations including CIGan Conference in

Nelson Street Nursing	Street Nursing	Various	Selkirk College	BSN Faculty and students	Clients	Base funding	On-going	Ottawa Presentations including CIGan Conference in Ottawa
East Shore	Community Capacity Support	Various	Selkirk College	BSN Faculty and students	Community members	Base funding	Completed	Community presentations
Northern West Kootenay - Boundary	Additional Health Care Assistant Program delivery. Increased access with online courses	Grand Forks, Nakusp, Kaslo, New Denver, and other smaller communities; IHA; Private residential care facilities; Work BC	Selkirk College	HCA faculty and staff	Community members and prospective students	Short term health funding / Base funding	Several projects completed, Plans in place for Sept 2018	Community presentations
Trail	Interprofessional Education	IHA, and various community partners	Selkirk College -	Human Services and BSN Faculty S. Shah, Students	Clients	Base, IPSE	Up-coming Spring 2018	Community presentation
Castlegar campus	NP Clinic	IHA	Selkirk College	Tammy McLean	Students	Base and other partners	Planned for January 2019	Up-coming
Castlegar	Inter-generational Project	Columbia Valley Lodge, IHA	Selkirk College	BSN and ECCE faculty, 3 rd year BSN students	Community members, other facilities, funders	Partner funding and base	In consideration	Up-coming
Castlegar	Pediatric simulation	Selkirk College day care	Selkirk College	K. Bird and S. Shah, SC faculty	4 th Year BSN students	Base funding	planned	Up-coming
West Kootenay Boundary	NURS 431 Projects – communities throughout the College region	Many – 2017 examples ANKORS, Kallen Hospice, Apple Tree, Chrissie's Place, Trail Poverty	Selkirk College	BSN faculty S. Shah and field guides	4 th year BSN students	Base funding	Completed, some to continue in 2018	Class and partner presentations

		Reduction, Family Action Network,						
Columbia basin-Boundary Region	Kootenay Workforce Dev. Initiative	Industry and Employer clusters	Selkirk College & College of the Rockies	Terri MacDonald – Regional Innovation Chair	Steering committee, students	CBT	On-going	Community presentations
Columbia basin-Boundary Region	Regional Workforce Research	Industry, provincial employers, post-secondary, school districts, local government	Selkirk College & College of the Rockies & others	Terri MacDonald – Regional Innovation Chair	Community members, students	SSHRC – Community, College Social Innovation Fund (CCSIF)	Year 2 of 3	www.cbndi.ca/projects/workforce-development
Rural Canada	Open Data for Local Government	Federal, provincial, local government	Selkirk College and other institutions	Ian Parfitt – SGRC Coordinator / Researcher	Steering committee of community, organizations, local government and academics	SSHRC (CCSIF)	Year 2 of 3	http://www.sgrc.selkirk.ca/projects/open-data/
Southern Interior of BC	Reconciliation through Community College Education	First Nations partners	Selkirk College and College of the Rockies	Jessica Morin – Project Coordinator	First nations community members, Principle Investigators	SSHRC (CCSIF)	Year 2 of 3	Presentation at http://camosun.ca/learn/school/indigenou-s-education-community-connections/stenistolw/
Columbia basin-Boundary Region and Pilot Communities	Poverty Reduction	Lower Columbia, Revelstoke, Cranbrook, Nelson, Valemount	Selkirk College	Terri MacDonald – Rural Development Institute	Community members, students	CBT	Completed	www.cbndi.ca/projects/povertyreduction
Columbia basin-Boundary Region	Non-profit social sector	Kootenay Region	Selkirk College	Terri MacDonald – Rural Development Institute	Community members, students	CBT	Completed	www.cbndi.ca/projects/nonprofitsocialsector
Columbia basin-Boundary Region	Food security	Basin-boundary	Selkirk College	Terri MacDonald – Rural Development Institute	Community members, students	CBT	Completed	www.cbndi.ca/projects/foodsystems
Columbia basin-Boundary Region	State of the Basin	Basin-Boundary	Selkirk College	Terri MacDonald – Rural Development Institute	Community members, students	CBT	Completed annually	www.cbndi.ca/research/state-of-the-basin
Columbia basin-Boundary Region	Teck Serve Student Research Internship - projects	Basin-Boundary	Selkirk College	Terri MacDonald – Rural Development Institute & student	Various community and organization partners	Teck Trail	Year 8	www.selkirk.ca/about-us/research/teckserve-applied-research-internship

UBC Okanagan

Community & Setting <i>Where research / projects take place</i>	Community-based Project / Research Project Title	Community Partners <i>Primary & all others</i>	Academic Institution(s)	Principal Investigator / Project lead Co-Investigator(s)	Other partner's <i>Individuals, patients, students, indigenous pops.</i>	Funding <i>-In Council -Foundation -Other</i>	Status Date of first & last activity	Knowledge Transfer <i>-Practice change -Publications -Presentations</i>
Lumby, Summerland Princeton, Oliver Also G. Forks, Revelstoke & 100 Mile	Engaging Stakeholders in Health Promotion: A Study of Rural Communities in B.C. Interior	Interior Health	UBC-O	Dr. Eric Li Betty Brown Collaborator		SSHRC Insight Development Grant (IDG)	2016 – 2018 -20 stakeholder interviews -2 photo voice workshops Lumby & Revelstoke July/August 2017 March 2018 - ongoing	Video ~ 6 minutes (as a promo for future use). https://youtu.be/jhnEE4Si8nQ Li, Eric (2018), "It's All About Access: Reconceptualization and Recontextualization of Rural Health Consumers," presented at the

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								Political Inquiry and Theory Studies (PINTS) Research Seminar, the University of British Columbia, Kelowna, March 01, 2018.
Armstrong, Spallumcheen, Enderby, Keremeos, Princeton, Oliver, Osoyoos, Summerland (Okanagan Health Service Area: includes Vernon, Kelowna & Penticton)	Optimizing Safe Active Play Options for Children with Autism Spectrum Disorder: How can families engage in safe & active recreation with their children living with autism spectrum disorders?	Starbright Children's Development Centre Canucks Autism Network BC Injury Research & Prevention Unit UBC Center for Inclusion & Citizenship Autism Okanagan Kelowna	UBC - O	Dr. Lise Olsen School of Nursing Dr. Rachelle Hole, School of Social Work	MSN student – Crystal Shannon (will focus specifically on rural populations)	Funded by UBCO - FHSD Internal Funds. SSHRC funded	Project underway 2016 – 2018 -in progress (Okanagan region wide)	Updated March 1, 2018
Similk/SOK (3)	Best practices for rural community-based mental health services and supports for adults 50 and over	Interior Health	UBCO	Dr. Nelly Oelke (Co-PI), Dr. Carolyn Soostak (Co-I), Sharon Evans (Co-I), Joseph Savage (PI) MHSU Cathy Kavanagh MHSU Older Adults (Collaborator)		SOS Foundation Research Grants Challenge	Ongoing to end of June 2018	Updated March 1, 2018
Revelstoke	Food Economy Research Project	Community Connections Society	UBCO	Dr. Eric Li – PI Melissa Hemphill, Cristalle Smith		Mitacs Accelerate Program, 2016-2017, total \$18,000 & the Regional Socio-Economic	Active 42 of 50 households signed up On-line survey Finished data	U, Eric P. H., Cristalle Smith and Melissa Hemphill (2018), "Food Consumption and Food Security in Revelstoke," 2018 Rural Health Research Conference, Nelson, British Columbia,
						Development Institute of Canada [RSEDC] Seed Grant, 2017, total \$3,500)	collection	May 11 to June 1, U, Eric P. H., Cristalle Smith, Sarah Weseman, and Yin Zhu (2017), "My Meal, My Media – Social Media Intervention on Healthy Eating," Association for Consumer Research Conference, San Diego, California, October 2-29 Updated March 1, 2018
Vernon	Guess who's coming to breakfast, lunch and dinner: a survey of soup kitchen attendees	Upper Room Mission	UBCO	Dr. Darlene Taylor		Dr. Taylor's start up funds	Survey completed.	March 2018: Community report and manuscript in progress
Vernon	Feasibility and Acceptability of Conducting a Cohort Study with Individuals who are Homeless or at High Risk of Becoming Homeless in Small Urban Population Centres in British Columbia, Canada.	Upper Room Mission	UBCO	Dr. Darlene Taylor III Trevor Corneil		CIHR Project Grant submitted March 2018	Awaiting news of funding	Updated March 1, 2018
Williams Lake 100 Mile House Also communities in IH East – Creston, Grand Forks	Virtual Atrial Fibrillation clinic: Improving Specialty Care Delivery in Rural Communities	Local physicians suggested by the cardiologist team, DFP and IH Associate Scientific Director Division of Family	UBC-O	Dr. Kathy Rush Dr. Linda Hatt Dr. Devin Harris Dr. Neil Eves Dr. Gareth Jones From IH: Dr. Devin Harris Dr. Frank Halperin		CIHR Project Scheme \$267,575 (over 3 years, 2016 – 2019)	March 2018 - Rural community needs assessment and developmental phase completed	Manuscript in review Updated March 1, 2018

		Practice?		Janine Costigan, Nicole Gorman Louann Janicki				
Smithers, Vernon, Cranbrook	An integrated knowledge translation approach to implementing a model of volunteer navigation for rural older adults living with advanced cancer	Bulkley Valley Hospice Society North Okanagan Hospice Society Cranbrook & Kimberley Hospice Society	UBCO UA Dalhousie	Dr. Barb Pesut UBCO Wendy Duggleby UA Grace Warner Dalhousie Lorraine Gerard BOHPCA Brenda Lynn BC Cancer Agency Konrad Fassbender UA Brian O'Connor UBCO		Canadian Cancer Society Research Initiative Sep 1-2016- Aug 31 2018	In progress	Updated March 1, 2018
Vernon, Kelowna, Oliver/Osoyoos, Nelson, Olds AB, Truro NS	An integrated knowledge translation approach to examining a model of volunteer navigation (NCARE) to support older adults living with advanced	North Okanagan Hospice Society Central Okanagan Hospice Society Desert Valley Hospice Society Nelson & District Hospice	UBCO UA Dalhousie	Dr. Barb Pesut UBCO Doris Barwich BC Centre for Palliative Care Wendy Duggleby UofA Miranda Dahlsen UBCO		CIHR Sep 1-2016-Aug 31 2019	In progress	http://journals.sagepub.com/doi/abs/10.1177/1049909117740122 Pilot work: https://bmcpalliatcare.biomedcentral.com/articles/10.1186/s12904-017-0210-3 Pesut, B., Duggleby,

Regional Alliance for Rural

	chronic illness in the home	Society		<p>Sunita Ghosh U of A</p> <p>Jayna Holroyd-Leduc U of C</p> <p>Grace Warner Dalhousie</p> <p>+ Collaborators Elsabeth Antifeau - IH</p>				<p>W., Warner, G., & Sullivan, K. (2016). Nav-CARE Implementation Toolkit. Developed at the University of British Columbia, Kelowna, BC.</p> <p>Pesut, B., Duggeby, W., Warner, G., & Sullivan, K. (2018). Nav-CARE Volunteer Navigation Facilitator's Guide. Developed at the University of British Columbia, Kelowna, BC.</p> <p>Canadian Foundation for Healthcare Innovation - CEO Forum 2017 (June) Poster: "N-CARE: Volunteer Navigation Partnerships to Support a Compassionate Community Approach to Early Palliative Care". Location: Ottawa, ON Supported by: Canadian Foundation for Healthcare Innovation</p>
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								Updated March 1, 2018
<p>Salmon Arm BC</p> <p>Abbotsford BC</p> <p>Chilliwack, BC</p> <p>Mission BC</p> <p>Comox BC</p> <p>Quesnel BC</p> <p>Calgary AB</p> <p>Vulcan AB</p> <p>Victoria BC</p> <p>Saskatoon SK</p> <p>Grimsby ON</p> <p>St. Catharines ON</p> <p>Brantford ON</p> <p>Portugal Cove - St. Phillip's NF</p>	<p>Volunteer navigation partnerships: A compassionate communities approach to early palliative care</p>	<p>Shuswap Hospice Society, Salmon Arm</p> <p>Abbotsford Hospice Society</p> <p>Chilliwack</p> <p>Mission Hospice Society</p> <p>Comox Valley Hospice Society</p> <p>Quesnel and District Hospice Palliative Care Association</p> <p>Victoria BC</p>	UBCO	<p>Dr. Barb Pesut, PI</p> <p>Academic team: Wendy Duggeby, UofA</p> <p>Grace Warner, Dalhousie</p> <p>Academic Partners: Konrad Fassbender UA</p> <p>Brian O'Connor UBCO</p> <p>Sunita Ghosh U of A</p> <p>Jayna Holroyd-Leduc U of C</p> <p>Dr. Nekolaichuk UofA</p> <p>Dr. Urquhart Dalhousie</p> <p>Policy/Decision/Knowledge Partners: BC Centre for</p>	Max Bell Foundation 2017 – 2020	In progress	Updated March 1, 2018	

				Palliative Care BC Cancer Agency				
Princeton	A photo voice study of older adult experiences with mental health	Sharon Evans (SOS Mental Wellness Society) and IH	UBCO	NPI Dr. Nelly Oelke Co-I Carolyn Szostak Karen Fulton, IH	MSN Student: Lauren Airth	In review	Will commence in April 2018 with student MSN thesis work	Updated March 1, 2018
Williams Lake (and Vernon and Kelowna)	Building Indigenous Pathways for Diabetes and Obesity Prevention and Management with Urban and Rural Communities in BC	Community members, elders - from Friendship Centres and community in study sites	UBCO	NPI: Dr. Donna Kurtz Co-PIs: Leslie Bryant, and Dr. Charlotte Jones. Co-investigators: Barry, Julianne C; Hutchinson, Peter J; Jung, Mary E; King, Alexandra; King, Malcolm; Little, Jonathan P; McGavock, Jonathan M; Murphy, Mary Ann; Wilson, Danielle		CIHR (4 years)	Will commence Spring 2018	Updated March 1, 2018
IH rural communities include: Lumby, Cherryville, Dossyos, Grand Forks, Castlegar, Penticton (also Vernon)	Phase 3: Healthy Together Evaluation (cross Canada scale-up in urban and rural communities) http://healthytogether.ca/	The Bridge Youth and Family Services (Kelowna)	UBCO	Evaluation Lead: Dr. Joan Bottorff RA: Anne Huisken UG Students		PHAC 2017-2020	Year 1 of 3 completed; 25 sites implementing HT beginning fall 2017	In preparation Updated March 1, 2018

Completed Projects

Merritt	Dads in Gear – Feasibility Study	The Bridge Youth and Family Services: IH (Kym Howay, Aboriginal Tobacco Red. Coor.)	UBCO-O	Dr. Joan Bottorff (NPI) Dr. J. L. Olfie (Co PI) Co-Is: Kim Howay IH Dr. Caperchione, Dr. A Anand Kym Howay		Cancer Society Research Funding	Completed	IH Research Week: Community Day webinar Nov. 1, 2017 Protocol Paper Bottorff, J.L., Olfie, J.L., Serbit, G., Caperchione, C., Clark, M., Anand, A., & Howay, K. (2017) <i>Assessing the feasibility, acceptability and potential effectiveness of an integrated approach to smoking cessation for new and expectant fathers: The Dads in Gear study protocol</i> . Contemporary Clinical Trials, 54, 77-83.
South Okanagan Oliver, OK Falls and Osoyoos (2)	Understanding collaboration community-based mental health services for adults 50 and over in the South Okanagan through an environmental scan & social network	BC Schizophrenia Society - Penticton Branch	UBCO	Sharon Evans (PI), Dr. Nelly Oelke (Co-PI) , Dr. Carolyn Szostak (Co-I) , Dr. Jon Corbett (Co-I) ; Carla Mantie – IH Co-I		SOS Foundation Research Grants Challenge	Completed	
North, Central and South Okanagan/ Similkameen	Understanding Mental Health Disorders – A Community Survey	CMHA but all community organizations are involved in advertising and distribution	UBCO	Dr. Carolyn Szostak		UBCO Provost Office	Completed	
Various e.g.	Developing a	Danielle Wilson,	UBCO	Danielle Wilson		IH - EVIP	Completed	Rural e news article and

Regional Alliance for Rural

Vernon	Dads in Gear program to Support Aboriginal Fathers and Grandfathers in their Efforts to Quit Using Cigarettes and Chewing Tobacco	Health Lead, Aboriginal Health Program		Dr. Anina Anand, Des. Cristina Caprechione, John L. Olfie, & Joan L. Bortorff, IH: Jeffrey D. Conners, Danielle Wilson; Kym Howay				link www.dadsingearindige.nvus.ca Website
Princeton, Hedley, South Shuswap, North Shuswap, Scamou, Sorrento Ashcroft (Also in West and East)	The Entrepreneurial Activities of Citizen-Led Coalitions in Supporting Rural Older Adults in Healthcare: Developing a Research Agenda	Citizen led health care coalitions in rural communities plus 2 'control' communities	UBCO TRU	NPI Dr. Kathy Rush PI Dr. Mike Chiasson Mr. Robert Janke, Librarian Dr. Silvia Straka, Dr. Barbara Jean Buckley, Betty Brown		CHR Planning and Dissemination grant	Funded \$20,000 Completed	Final report submitted to CHR

TRU – Kamloops

Community & Setting <i>Where research / projects take place</i>	Community-based Project / Research Project Title	Community Partners <i>Primary & all others</i>	Academic institution(s)	Principal Investigator / Project lead Co-Investigator(s)	Other partner's <i>Individuals, patients, students, indigenous pops.</i>	Funding <i>-Tri Council -Foundation -Other</i>	Status <i>Date of first & last activity</i>	Knowledge Transfer <i>-Practice change -Publications -Presentations</i>
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Columbia basin-Boundary Region	Food security	Basin-boundary	Selkirk College	Terri MacDonald – Rural Development Institute	Community members, students	CBT	Completed	www.cbtdi.ca/project/foodsystems
Columbia basin-Boundary Region	State of the Basin	Basin-Boundary	Selkirk College	Terri MacDonald – Rural Development Institute	Community members, students	CBT	Completed annually	www.cbtdi.ca/research/state-of-the-basin
Columbia basin-Boundary Region	Teck Serve Student Research Internship-projects	Basin-Boundary	Selkirk College	Terri MacDonald – Rural Development Institute & student	Various community and organization partners	Teck Trail	Year 8	www.selkirk.ca/about/research/teckserve-applied-research-internship

UBC Okanagan

Community & Setting <i>Where research / projects take place</i>	Community-based Project / Research Project Title	Community Partners <i>Primary & all others</i>	Academic institution(s)	Principal Investigator / Project lead Co-Investigator(s)	Other partner's <i>Individuals, patients, students, indigenous pops.</i>	Funding <i>-Tri Council -Foundation -Other</i>	Status <i>Date of first & last activity</i>	Knowledge Transfer <i>-Practice change -Publications -Presentations</i>
Lumby, Summerland Princeton, Oliver Also G. Forks, Revelstoke & 100 Mile	Engaging Stakeholders in Health Promotion: A Study of Rural Communities in B.C. Interior	Interior Health	UBC-O	Dr. Eric Li Betty Brown Collaborator		SSHRC Insight Development Grant (IDG)	2016 – 2018 20 stakeholder interviews 4 photo voice workshops Lumby & Revelstoke July/August 2017 March 2018 - ongoing	Video ~ 6 minutes (as a promo for future use). https://youtu.be/lh9c5S0lMg Li, Eric (2018). "It's All About Access: Reconceptualization and Recontextualization of Rural Health Consumers," presented at the

IH Wide	<i>Reproductive and Mental Health Care Access for Immigrant Women: An Environmental Scan</i>	Interior Health wide	TRU	PI Joyce Mahoney Co I Dr. Nancy Clark	Support letter from Yvonne Lefebvre	Collaborators Know. Coor. Perinatal and E childhood. Patti Hallam, Joanne Smrek-	TRU IH ethics approved April/May 2016	Internal Research Fund (IRF)	Commenced June 2016 Study completed, Oct. 2017 update	Several dissemination activities in progress: Web EX planned for IH Maternal Child Knowledge Exchange Days Nov 2017 Presented in Vancouver Feb 2018
Kamloops and 9 rural communities: Ashcroft, Barrier, Logan Lake, 100 Mile House, Chase, Lillooet, Clearwater, Merritt, Williams Lake	<i>Researching Older Adults' Repositioning (ROAR): An Exploratory Study of Older Adults' Views on Health Care Restructuring in B.C.'s Central Interior</i>		TRU	PI Wendy Hulko Noeman Mirza		Lori Seeley		Interior Health Evidence Informed Practice Grant \$15,000	Commenced June 2016 No update in Oct. 2017 Completed	World Congress of Gerontology and Geriatrics, San Francisco 2017
100 Mile (delayed engagement due to wildfires) and Revelstoke (Lumby, Summerland Princeton, Oliver, G. Forks)	<i>Engaging Stakeholders in Health Promotion: A Study of Rural Communities in B.C. Interior</i>	Interior Health	UBC-O	Dr. Eric Li	IH Professional Practice Office - Research Department	Betty Brown Collaborator	SSHRC Insight Development Grant (IDG) -	Funded \$64,484	2016 – 2018 Revelstoke July/August 2017	Video ~ 5 minutes (as a promo for future use): https://youtu.be/hnFF4s7nG
Salmon Arm, Kamloops, Vernon, Kelowna, Lake	The General Practice Service Committee	Dr. Christine Newton Doctors of BC Dr. Selena	TRU	Dr. Barbara Buckley, Dr. Joyce O'Mahony	Yes	IH Donna Lommer Cindi Kozack Campbell,	EVIP - Yes	IH EVIP	Spring 2016 in progress Dec. 5 th COK-	Interim presentation April 2017 TRU student

Country, Westbank	(GPSC) <i>Residential Care Initiative and the Impact of Physician Attitudes on Engagement in Residential Care</i>	Lawrie				Joanna Harrison			DFP focus group Data collection completed	research conference Student presentation march 2018
Kamloops (no longer a rural study) (Also in Penticton, Nelson, Revelstoke)	<i>Homelessness in small urban communities in Canada</i> Originally planned as a rural homelessness project.	Multiple community partners	USCO UBC University of Manitoba	Dr. Darlene Taylor (PI), Barb Pesut (Mark Gilbert, Troy Grennan, Jan Buxton, Robert Balshaw)	IH Trevor Cornell	Major facilitation support from CRL & a support letter		CIHR Project Grant submitted Sept. 15, 2017	Awaiting news of funding.	N/A
IH Wide	<i>Building a Collaborative Research Team to address Health & Wellbeing of Rural and Remote Communities in South Central BC through consultation and engagement</i>	Regional Alliance for Rural health – partners and grassroots community members	TRU	Dr. Tracy Christianson	Betty Brown Co-applicant	Co-applicant	TBA	RHSRNBC grant	November 2017 Pending CA and REB in progress	
Smithers / Houston	<i>Efficacy of Prophylactic Taping on Managing Tendinitis of the Thumb in Tree Planters</i>	Total Physiotherapy, Houston BC	Okanagan College, Kelowna T. Physio	Darrell Skinner MScPT Mike McAlonan			Approved by OC REB	NSERC Engagement Grant	May – Nov. 2017	Publications: BC Forest Safety Council, and academic journal, Presentations
Ashcroft	Evaluating the	Ashcroft HUB	Thompson	Dr. Nicola	No	No	No	\$2,387.92	May 2017 –	Completion of this

Regional Alliance for Rural

Community HUB	experiences of establishing a co-operative society to promote health and wellbeing of rural, mostly senior, residents, who have difficulty accessing urban-based services.	Society	Rivers U	Watens				1 Internal TRU funding) \$2400 in kind Ashcroft HUB society	June 2018 ON HOLD	project will lead to the creation of content that will contribute to decision making for the Ashcroft HUB around health and well-being service provision for rural and remote citizens, mostly seniors, as well as web-based information for other small communities seeking to complete similar projects. The culminating report will be available for inclusion in web-based dissemination. Any report or photo documentation will be archived at TRU Library's TRU Space
Kamloops	Bicultural Immersion During an Undergraduate BScN Program: The Influence on Professional Role Transition		TRU	Dr. Judy Duchscher		Andrea Burrows, Tracy Scott		TRU internal grant	New as of March 2018	
Creston	Youth Health Hub Evaluation	-School District 8 -Child & Youth Family Resources/ Valley Services Society	TRU	Dr. Bonnie Fournier		Brenda Marsman IH		Applied:		
Ashcroft, Kimberly	Youth Mental Health & Well-being in Rural	Ministry of Children and	TRU	Dr. Bonnie Fournier		Mark Moody MCFD, Betty		Applying: Michael		
	BC Communities: Issues, Solutions and Action	Family Development, et, Kimberly - Youth Action Network		Co - I Tracy Christianson		Brown IH Collaborator CCTR Candace Estrella - Collaborator		Smith Foundatoin Imp. Science Team Program Grant		

