

REGIONAL ALLIANCE FOR RURAL HEALTH



April 9, 2018

Community engagement event: South Okanagan



Regional Alliance for Rural Health

COMMUNITY ENGAGEMENT EVENT: SOUTH OKANAGAN 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 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 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.

ALLIANCE COMMUNITY ENGAGEMENT EVENTS SPRING 2018

On April 9, 2018, the RARH hosted a community engagement event in Osoyoos, British Columbia, and funded by the South Okanagan Division of Family Practice and the First Nation Health Authority. 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 South Okanagan 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.

“Working with communities can create and enhance community capacity”

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, both as strengths and challenges, some that resonated with the participants included:

- People in rural communities have a hard time accessing health services, further away from hospitals which decrease their health outcomes



- Consider the difference between each rural community - the culture is different between Oliver, Osoyoos and Princeton
- Employment - seasonal, low paying, staff turnover, often one type of economic industry
- Education - often lower education levels, opportunities, awareness
- Changing demographics
 - More seniors, more ‘outsiders’ moving in
- Access to Services
 - Limited services in communities
 - Transportation issues to getting to needed services
 - People/services trying to fill the gaps in creative way
- Affordable housing
 - Influx of people driving the demand for and cost of affordable housing out of reach
- Mental Health and Wellbeing

- Lack of resources
- Lots of issues

“Lots of mental Health Issues in rural BC, Why?”

Participants explored how researchers could collaborate with community partners by describing the need for support and preparation of community-based researchers; and what researchers need to know participants' previous experiences with research in the rural context. Important considerations for researchers going forward include:

- Sustainability once the research is done – how to keep projects going
- How to prove that the work being done is needed and improving the health of the community to decision-makers and policy changers
- Research collaborations are exciting if we can bring people together – we need to see the bigger picture to better advance health
- How do you have programs with small numbers? Pool dollars to reach more people
- Need to gather priorities; what is important
- What is rural? Town centre vs. sub-rural and the people that are removed from the rural centre
- How do you get more and diverse people seeing the value and participating in working in groups? How do we get populations that are traditionally not engaged to become interested, and engaged in research? Rural has less populations/groups that can be engaged; lower numbers to tap.
- How do you balance different interest groups?

Experience with research in rural community and its contribution to the health & wellbeing in the community:

- Can't do it off the side of our desks-need dedicated time
- Research is often pilot with no sustainable action i.e. money to implement ongoing projects (parachute in and then nothing)
- It is important to have personal contact to understand research
- Some research is done to satisfy granting agency, value to community is dubious
- Researcher may have gotten grant money for a specific purpose, however may not be vested in actual community need/interest
- Lack of feedback on engagement therefore, value lost, engagement lost, enthusiasm lost
- Researchers rely on community organizations to recruit, facing burnout
- Communities can be influential in setting the research program priorities
- Research data can be very important in modifying services

What preparation and support would you need/want to be a community researcher?

- Time is the biggest barrier
- Research is always on top of the job we already have, not a priority, gets brushed under the rug
- What's in it for the stakeholders, what do I get back from putting my energy into this

What things do researchers need to know to support/collaborate with communities:

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- Need to understand resources & infrastructure
- Community consultation (including distinct groups & large open groups)
 - Various special interest groups may need facilitation to see general interest issues
 - Need to understand 'communities' have sub-communities
 - Need to know where we are at, to know where we need to go and when progress is made
 - How we can collaborate with off-reserve resources to collaborate with research-how can we collaborate with on & off reserve populations
- Skilled facilitation at community consultation events to find commonalities and capitalize on the passion of individuals and groups; What is working well (build on strengths); Synergy-sharing
- Expectation/values/contributions vested in communities – problem with urban people coming to rural communities
- Researchers must have working knowledge of communities. Communities MUST advise researchers on local issues
- Knowledge transfer (disseminate & share what's working and in plain language)
 - Accessible database of information & wins
 - Leave behind a toolkit to replicate

“We need to do our own research in our own communities, with our own priorities”

One of the important activities the participants completed was a “world café” where their input on rural health research and evidence needs. Participants worked through the barriers/challenges, factors that influence or contribute to health and wellbeing, and the areas they see need to be addressed. Issues and gaps were discussed, and a number of general but important themes were identified and listed in no particular order:

- Transportation
- Affordable housing
- Mental health supports and services
- Food security
- Employment opportunities (full time, meaningful wages)
- Access to services
- Communication (internet access, telehealth)
- Primary health care reform – decentralize services from larger centres, like Penticton or Kelowna and bring the services/specialist to the communities versus communities having to go to the services
- Opportunities to work together, creating supportive connections (interdisciplinary, interprofessional, inter-sectoral)



“We make concessions in order to get needed services, i.e. Live with crumbly roads in order to have a weekly bus service”

In a second 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 were offered:



Factors to contributing:

- To Participate:
 - Organizational/employer funding
 - Alliance providing funding to non-profits
 - Organized and useful; provide brief summaries;
 - & follow-up – simple
 - Incentive
 - Identify the expectations of participants
- To not Participate:
 - Lack of capacity and time
 - Cost: travel & accommodation
 - Disinterest of organization, agency, employer

Reaching & Engaging audience:

- Practical, concise language and increasing the awareness of the Regional Alliance.
- Incentive (reimbursement for travel/time)
- Provide specific agenda/need
- Identify who the audience is
- Face-to-face meetings, rather than email, more meaningful
- Live streaming of meetings for those who cannot attend in-person
- Local newspaper
- Town hall meetings on research topics between communities & Alliance (collaboration)
- Define roles & responsibilities (Charter or MOA); expectations of all (researchers, community members, institutions) easier to get commitment when people know expectations
- Define outputs/expected outputs – how will this benefit me/my community?

What Mechanisms to share, engage:

- Succinct email, with attachments, questions, or links and ability to unsubscribe
- Website (background, databases, synthesis of current research or stats, projects, podcasts/webinars, links, resources/toolkits, newsletters)
- Surveys on website to determine needs, commonalities btw communities
- Annual meetings
- Creating webinars on various topics (survey re topics of interest)
- Social media – Twitter/Facebook/Instagram

What Actions are needed:

- P³ partnerships for funding
- Branding/logo
- Health Authority commitment to support Alliance sustainability e.g. Dedicated support person for



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- newsletter development, website maintenance etc. (infrastructure)
- Meetings such as this one (face-to-face, skype, teleconference)
- Pick up the phone!
- IH commitment to support the Alliance and the Alliance to inform IH budget/service decisions for rural
- Get political leaders and other decision-makers on board - ENGAGE
- Identify common rural concerns & top 5 priorities to drive regional research; keep record (survey)

“RARH needs sustainability – somebody must lead the Alliance, must be a leader who has responsibility and can delegate”

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.

“Decisions are often made in a non-rural context - Rural is not Small Urban”

Evaluation feedback highlighted overall satisfaction with event with 50% agreeing or strongly agreeing with the subject was relevant to them and their communities; other 50% agreed or were neutral on this. Eighty-three percentage stated they would like to attend a more advance event on the subject. Approximately 50% of the 20 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 in the 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
Aarin Frigon	Project Manager - SOS Division of Family Practice	aarin.frigon@sosdivision.ca
Brittany Von Burg	Better at Home South Okanagan Integrated Community Services Society	bah@desertsun.ca
Carolyn Szostak	University of British Columbia - Okanagan	carolyn.szostak@ubc.ca
Donna Gordan	Deser Valley Hospice Society	info@desertvalleyhsopice.org
Ed Staples	Support our Health Care (SOHC)	edwardstaples8@gmail.com
Jean Munroe	South Okanagan Recope Society	jeanmunro.ot@gmail.com
Laurene Sloboda	Okanagan Boys and Girls Club	osoyoos@obgc.ca
Marieze Tarr	Desert Sun Counselling and Resources Centre	admin@desertsun.ca
Manisha Willms	OSNS Child & Youth Development Centre	infor@osns.org
Renate Hayden	Project Coordinator - SOS Division of Family Practice	renate.hayden@sosdivision.ca
Stephanie Vermette	Community Worker, Princeton Family Services Society	pcow.pfss@telus.net
Sue McKortoff	Mayor, Town of Osoyoos	SMcKortoff@osoyoos.ca
Nancy Aatelma	Desert Sun Counselling and Resources Centre	admin@desertsun.ca
Jennifer May-Hadford	First Nations Health Authority	jennifer.may-hadford@fnha.ca
Nienke Klaver	Support Our Health Care	tulameenneinke@gmail.com
Patricia Park	Interior Health	patricia.park@interiorhealth.ca
Walter Despot	Lower Similkameen Community Services Society (LSCSS)	despot@nethop.net
Lois Brummet	Desert Valley Hospice Society	lb9055@telus.net
Lindsay Kovacs	Osoyoos Indian Band	landerson@oib.ca
Leona One Owl	Community Member	
Betty Brown	IH Community Research Lead	betty.brown@interiorhealth.ca
Lisa Kraft	Associate Dean HSD Ok College lkraft@okanagan.bc.ca	Lkraft@okc.bc.ca
Tracy Christianson	Thompson Rivers University - School of Nursing	tchristianson@tru.ca
Zoe Hawrys	Thompson Rivers University - School of Nursing - Student Researcher	Inforarh2018@gmail.com

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 & introduce Leona One Owl Hall -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	COMMUNITY PARTNERS - Role for community partners in research – levels and types of engagement, time & training commensurate with the role. Video Testimony Table discussion groups –discuss and reflect on all that you've heard.
11:50 am – 12:00 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>
12:00- 12:45	Lunch and mingle
12:45	Check in and recap.
12: 55 pm	<u>World Café style discussion #1</u> General theme: Community input for rural health research and evidence needs?
2:00 pm	<u>World Café style discussion #2</u> General theme: Your ideas, input and suggestions to inform the Alliance.
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

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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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, IPSER	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, Kalien 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.cbrdi.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/stenistollw/
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.cbrdi.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.cbrdi.ca/projects/nonprofitsocialsector

Columbia basin-Boundary Region	Food security	Basin-boundary	Selkirk College	Terri MacDonald – Rural Development Institute	Community members, students	CBT	Completed	www.cbrdi.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.bcrdi.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/teckserv-applied-research-internship

UBC Okanagan

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 partner's individuals, patients, students, Indigenous pops.	Funding -Tri Council -Foundation -Other	Status Date of first & last activity	Knowledge Transfer -Practice change -Publications -Presentations
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 workshop: Lumby & Revelstoke July/August 2017 March 2018 - ongoing	Video ~ 6 minutes (as a promo for future use). https://youtu.be/lhnEE4SSInQ 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 Szostak (Co-I), Sharon Evans (Co-I). Joseph Savage (PI) MHSU Cathy Kavanagh MHSU Older Adults (Collaborator)		SOS Foundation <i>Research Grants Challenge</i>	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	Li, 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 [RSEDIC] Seed Grant, 2017, total \$3,500)	collection	May 31 to June 1. Li, Eric P. H., Cristalle Smith, Sarah Weseen, and Xin Zhao (2017), "My Meal, My Recipe – 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 IH 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	UBCO-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 BCHPCA 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 Dahuisen UBCO		CIHR Sep 1-2016-Aug 31 2019	In progress	http://journals.sagepub.com/doi/abs/10.1177/1049909117740122 Pilot work: https://bmc-palliat-care.biomedcentral.com/articles/10.1186/s12904-017-0210-3 Pesut, B., Duggleby,

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	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 Elisabeth 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., Duggleby, 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</p> <p>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><i>Academic team:</i> Wendy Duggleby, UofA</p> <p>Grace Warner, Dalhousie</p> <p><i>Academic Partners:</i> 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><i>Policy/Decision/Knowledge Partners</i> 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, Oosyos, Grand Forks, Castlegar, Penticton (also Vernon)	Phase 3: Healthy Together Evaluation (cross Canada scale-up in urban and rural communities) http://healthy-together.ca/	The Bridge Youth and Family Services (Kelowna)	UBCO	Evaluation Lead: Dr. Joan Botorff RAs: Anne Huisken UG Students		PHAC 2017-2020	Year 1 of 3 completed; 23 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. Coord.)	UBCO	Dr. Joan Botorff (NPI) Dr. J. L. Oliffe (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 Botorff, J.L., Oliffe, J.L., Sarbit, 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 <i>Research Grants Challenge</i>	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

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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. Anima Anand, Drs. Cristina Capercione, John L. Oliffe, & Joan L. Bottorff, IH: Jeffrey D. Conners, Danielle Wilson; Kym Howay				link www.dadsingearindigenous.ca Website
Princeton, Hedley, South Shuswap, North Shuswap, Sicamous, Sorrento Ashcroft (Also IH 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		CIHR Planning and Dissemination grant	Funded \$20,000 Completed	Final report submitted to CIHR

TRU – Kamloops

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 partner's individuals, patients, students, Indigenous pops.	Funding -Tri Council -Foundation -Other	Status Date of first & last activity	Knowledge Transfer -Practice change -Publications -Presentations
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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.cbrcdi.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.cbrcdi.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 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 partner's individuals, patients, students, Indigenous pops.	Funding -Tri Council -Foundation -Other	Status Date of first & last activity	Knowledge Transfer -Practice change -Publications -Presentations
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/jhnEE4sSmQ 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	<i>Several dissemination activities in progress:</i> 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 ~ 6 minutes (as a promo for future use). https://youtu.be/jhnEE4sSlnQ
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)	Homelessness in small urban communities in Canada Originally planned as a rural homelessness project.	Multiple community partners	UBCO UBC University of Manitoba	Dr. Darlene Taylor (PI), Barb Pesut (Mark Gilbert, Troy Grennan, Jan Buxton, Robert Balshaw)	IH Trevor Corneil	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 OA and REB In progress	
Smithers / Houston	<i>Efficacy of Prophylactic Taping on Managing Tendinitis of the Thumb n 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	<i>Evaluating the</i>	Ashcroft HUB	Thompson	Dr. Nicola	No	No	No	\$2,387.92	May 2017 –	Completion of this

Regional Alliance for Rural Health

Community HUB	<i>experiences of establishing a co-operative society to promote health and wellbeing of rural, mostly senior, residents, who have difficulty accessing urban-based services.</i>	Society	Rivers U	Waters				I 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, IH, Kimberly - Youth Action Network:		Co - I Tracy Christianson			Brown IH Collaborator COTR Candace Estrela - Collaborator	Smith Foundatoin Imp. Science Team Program Grant		

