

NOV - DEC 2023

UNA MEMORIA

COMMUNITY-BASED
PARTICIPATORY ACTION &
RESEARCH SOUTHWEST/BORDER
REGION TRAINING

Organized by the NM Academic Health Department, a partnership between NMDOH, NMSU, UNM College of Population Health and its Center for Participatory Research. Special thanks to Dona Ana County HHS for providing Spanish interpretation services and the venue.

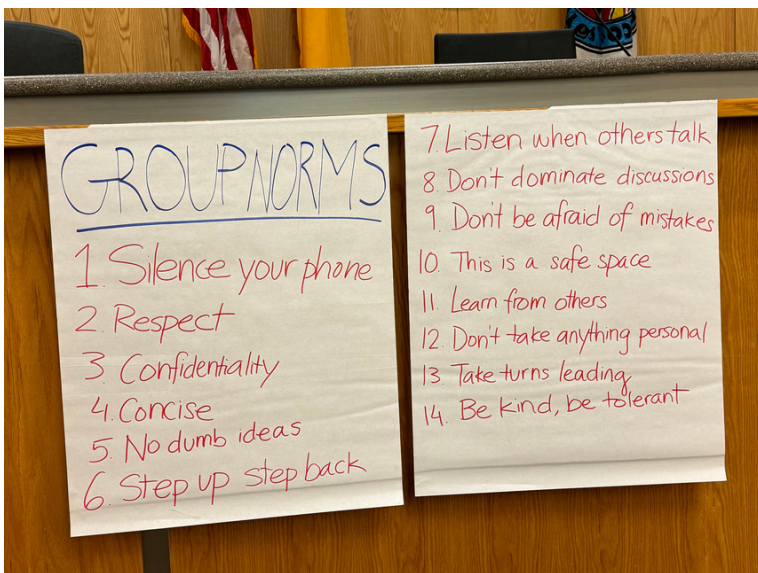
ABOUT COMMUNITY-BASED PARTICIPATORY ACTION & RESEARCH (CBPAR)

The Community-Based Participatory Action & Research (CBPAR) Southwest/Border Region training brought together community members and public health professionals from different regions of New Mexico to learn strategies to strengthen community engagement in research, programs, interventions, and public health practice. We had packed sessions of presentations and group activities to learn and reinforce ways to use CBPAR to best serve New Mexicans.

Thank you all for your participation, here is a summary of what we created together.

OPENING

Our workshop began with Land and Labor Acknowledgements to recognize and honor the land, history, and labor of the space we gathered. To set intentions based on community and cultural context, participants were provided two dots and instructed to place one dot representing where they were born and the second dot for where they live now on a New Mexico and World map. This **Map activity** allowed people to be reminded of where they came from and where they are now as well as to appreciate the diversity of context and experiences being represented as a group. Following this activity was a large group dialogue on expectations and rules for discussion. Together, we established group norms to create an environment of safety, respect, and productive learning.



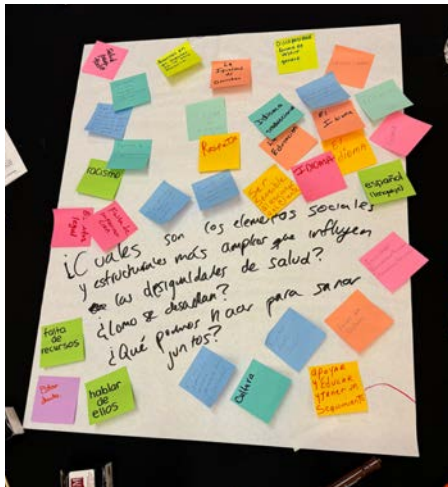
MODULE 1

Our Starting Place: Principles and Values of Health Equity / Anti-Racism

The first module began with an introduction of an important tool used to promote reflection and the importance of “listening” and dialoguing with community members. In the **SHOWED Dialogue Method**, each letter represents questions that were used to spark discussion.

S ee	What do you SEE in this scenario?
H appening	What is really HAPPENING? How are people feeling?
O ur Lives	How does the story relate to OUR lives?
W hy	WHY does this problem occur?
E mpower	What would help EMPOWER us?
D o	What can we DO about the problem?

Following the SHOWED dialogue were two presentations. Setting the New Mexico Department of Health (NMDOH) and New Mexico context, Dr. Laura Parajon presented on the integration of CBPAR into the public health infrastructure. Practical examples and applications were given on how the health equity and CBPAR models have been able to take form in the decisions and actions taken by NMDOH. Then, Dr. Michael Muhammed gave an overview of the history of race and racism in the United States.



In the World Cafe activity, groups gathered around three tables and were prompted by three questions to discuss equity and anti-racism values and principles. People were asked to write down words, phrases, and thoughts on sticky notes and large flip chart papers. This activity created a space to share ideas and opinions, discuss insights into difficult questions, and engage in deeper co-learning.



MODULE 2

Our Own Contexts and Projects / River of Life as Metaphor to Explore History

The cornerstone of Community-Based Participatory Action & Research (CBPAR) is self-reflection. Module 1 provided an opportunity for participants to reflect on their group's projects/partnerships, histories, and stories of their journeys.

The **All on the Wall** activity was used to introduce the different domains and definitions of CBPAR: context, partnership processes, actions in projects, and outcomes. This activity is a great tool for brainstorming and categorizing ideas. Every member added their idea to the wall and similar ideas were grouped together to help envision themes in each domain. Participants were left with the questions: "How did the process support participation?" and "When can it be useful to your collective work?"





Climate/Environmental Group



Indigenous Group

The **River of Life** exercise is designed to facilitate the community and academic/health dept. partners to recognize, celebrate, criticize, change/create goals as a collaborative force. The River may have run dry at times, it might have been a turbulent waterfall once, or it may have been calm at other times—the River represents our past together in our project or commitment to a health issue, and most important is to remember is that we can shape its future.



Empowerment Congress Group



Gerald Champion Regional Medical Center Group



Social Determinants of Health & Social Justice Group



Domestic Violence, Mental Health, Substance Misuse, & Homelessness Group



The University of Texas El Paso Group



Access to Care Group



Rural and Border Health Group



Mescalero Prevention Program Group

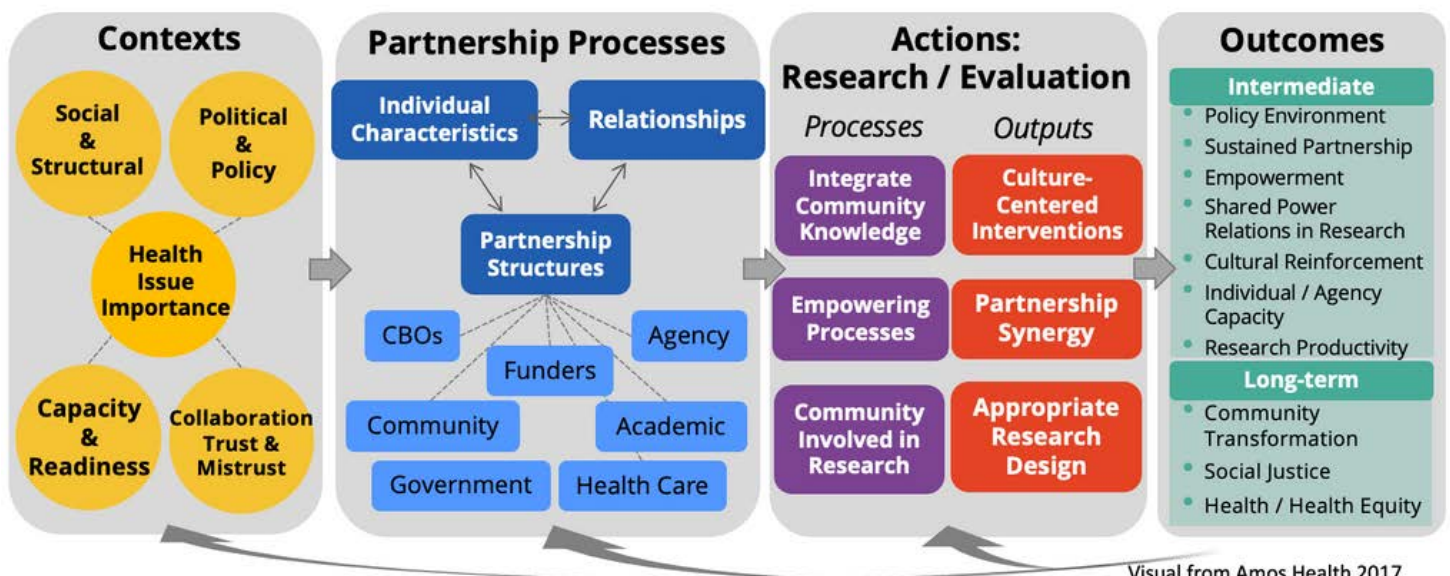
MODULE 3

Actions Leading to Outcomes: CBPAR Framework for Visioning and Strategic Planning

In Module 3, Dr. Nina Wallerstein presented the pragmatic use of the conceptual model of Community-Based Participatory Action & Research (CBPAR). Participants created their own conceptual model as a strategic planning/visioning tool to share their values, their collective empowerment, and their actions to strengthen networks to reach their own goals.

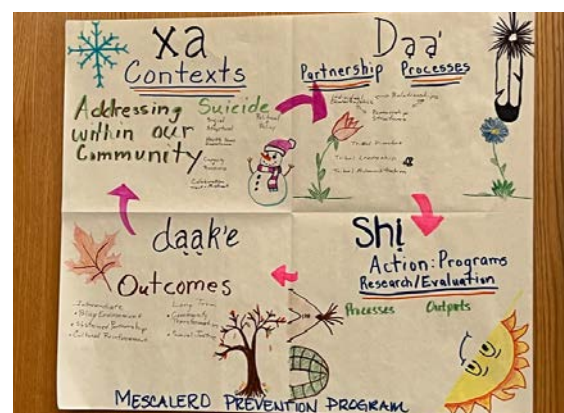
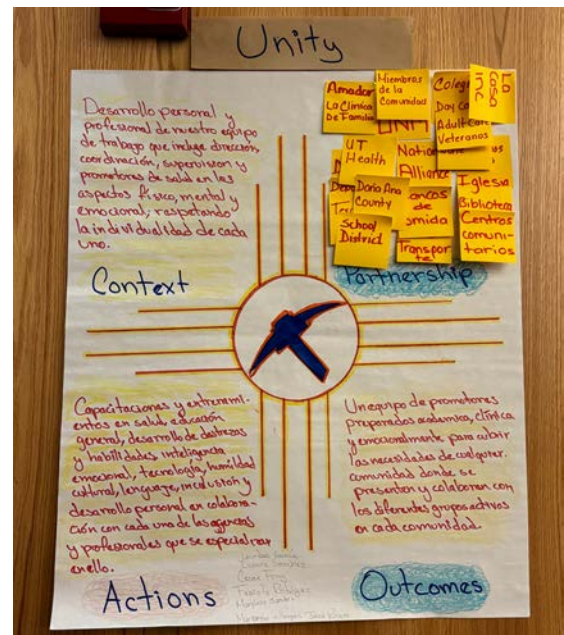
CBPR Conceptual Model

Adapted from Wallerstein et al, 2008 & Wallerstein et al, 2018: <https://cpr.unm.edu/research-projects/cbpr-project/cbpr-model.html>



Visual from Amos Health 2017

The **Visioning/Planning CBPAR** allowed groups to think about a current project/health topic to create a vision or plan. Groups started their planning by focusing on desired outcomes. After brainstorming the **outcomes**, groups then returned to the health issue in their **context** (which had been explored in the River of Life exercise). Next, teams discussed the different **partnership processes** they have worked with or could work with in the future. The **action** domain was last. Groups identified their current interventions, practice, or research actions and then focused on thinking of future actions.



MODULE 4

Partnerships: Power and Empowerment and Paulo Freire Dialogue Approach

In module 4, we learned about the different frameworks that underlie the practices of Community-Based Participatory Action and Research projects, strategies that support community power and empowerment, and critical thinking committed to equity.

We played **The Bottle Game** where teams were asked to fill a bottle with water from one communal bucket—the catch was that each group had to use different tools to complete the task. There were four rules to the game: 1) Do not let the floor get wet; 2) Do not move the bottles; 3) Do not move the water bucket; 4) Whoever fills their bottle first wins the game.

After the winners had been named, the SHOWED dialogue method led a debrief on the game. Participants were asked to reflect on their emotions and thoughts during the game. How was your experience in the game? What did you learn about power and privilege in relation to access to the tools and the results achieved in the game? Facilitators led the discussion as it organically moved through the different questions of the SHOWED dialogue method.



For the final activity of the workshop groups participated in **Creating Codes/ Codifications/ Triggers**, based on Paulo Freire’s praxis of reflection and action, that allowed us to reflect on issues in our participatory community-based project. Codes can be images or role play scenarios that codify in physical form core issues that we and communities confront daily. Each group presented their codes followed by SHOWED dialogue questions.

Here are guidelines when creating a code:

1. Think of your audience for the dialogue
2. Identify a core issue you want to explore
3. Develop the code: for a **single, specific problem**
4. Must be clear and easily understood
5. Must not pose a solution to the problem
6. Must be relevant
7. Should generate an emotional connection
8. Should create a safe place for dialogue
9. Use SHOWED questions to facilitate



UPCOMING MODULES

We hope you join us in 2024 as we continue this journey of co-learning, teaching, and discovering.

- Reading Group
 - Zoom Meeting on Thursday, January 25, 2024, from 3:00 - 4:30pm
- Module 5 Measuring Outcomes: Participatory Evaluation / Results-Based Accountability
 - Zoom Training on Thursday, February 8, 2024, from 1:30 – 5:00 pm
- Module 6 Measuring Outcomes: Evaluation of Partnering
 - Zoom Training on Wednesday, March 27, 2024, from 1:30 – 5:00 pm
- Module 7 Context: Health Equity and Anti-Racism / Social Justice
 - Hold the day now for a Las Cruces face-to-face training on April 18-19, 2024

We look forward to seeing you all!