

Aurora Doctoral Programme



**Tentative Program: Summer School of the ICCH16  
Oulu, Finland, June 6-8, 2015**

**The summer school consists of two separate courses, they may be taken together or separately. Please see details and preparations required for each course.**

**Course 1: (1 ECTS)**

CBPR: Principles and Practices in the North

- Requires pre-course responses to questions and pre-course readings

**Course 2: (1 ECTS)**

Healthy Populations in the Arctic

- Requires a poster presentation.

Aurora Doctoral Programme



**Saturday June 6, 2015**

**Tentative and subject to change pending pre-registration formative evaluation from participants:**

### **Course 1:**

Community Based Participatory Research (CBPR): Principles and Practices in the North

### **Leaders**

Drs. Rhonda Johnson (Health Sciences, University of Alaska Anchorage), Cindy Jardine (School of Public Health, University of Alberta) and Beth Rink (Health and Human Development, Montana State University)

### **Materials and Resources**

Developing and Sustaining Community-Based Participator Research Partnerships: A Skill Building Curriculum. Online course freely available at: <https://depts.washington.edu/ccph/cbpr/index.php>

\*More resources will be added as needed.

### **Requirements**

Pre-registration and a commitment to attend are necessary. This will permit the instructors to better tailor course content to better meet the learning needs of attendees.

In pre-registration, we will be seeking responses to the following questions in order to best tailor the workshop to participant needs:

1. What is your level of experience with CBPR - ranging from none, some, or lots?
2. What do you hope to gain from this workshop?

### **Enrollment**

Due to the interactive nature of the workshop, size will be limited to 20 people. Preference will be given to graduate students (Masters, PhD, and Post-Doctoral Fellows) from UArctic affiliated institutions. At a secondary level, preference will be given to graduate students working in the broad area of health and well-being.



## Format

Format will include presentation, demonstration, individual and small group work, and active discussion. Topics to be covered will include: 1) principles; 2) partnerships; 3) trust; 4) communication; 5) methods; 6) dissemination; 7) sustainability or closure; and 8) resources.

## Description

Community Based Participatory Research (CBPR) has become a preferred means of doing research involving communities because it: (1) democratizes the research process, removing power inequities; (2) satisfies community demands to have a “voice” in the research done in their communities and to participate as equal partners; (3) negotiates a balance between the development of valid generalizable knowledge and knowledge that is meaningful to the community; and (4) enhances scientific understanding by incorporating the knowledge and expertise of community members.

This interactive workshop will help participants understand the basics of CBPR and how to build productive and fair partnerships between researchers, community members and others. Examples of completed or ongoing CBPR projects in the circumpolar region will be shared, as well as useful tools and strategies to periodically assess project adherence to ‘best practices’. Participants will learn about different types of participatory research and have the chance to practice some of the skills typically used in effective and evolving partnerships. Potential challenges within CBPR (and possible solutions) will be shared by workshop leaders and participants, as well as ideas for potential future collaborative research in our region.

## Learning Objectives

The learning objectives for this workshop are as follows:

1. Describe general components of CBPR approach for the North
2. Discuss principles of ‘best’ CBPR practice and effective partnership
3. Assess current or planned CBPR project for adherence to these best practices of partnership
4. Describe the critical elements involved in trust and the importance of effective communication and dialogue
5. Describe at least three types of methods of CBPR, including participatory evaluation, photo-voice and video engagement and documentation
6. Provide at least two examples of current or future CBPR projects and/or principles applied in the circumpolar context
7. Identify at least two ethical challenges within CBPR and propose strategies to address them

Aurora Doctoral Programme



**June 6, 2015**

**9:00-9:30** Introductions and workshop overview

**9:30-10:45** Principles and ethics

**10:45-11:00** Coffee break

**11:00-12:00** Partnerships and introduction of case studies (phase 1)

**12:00-13:15** Lunch at Thule Institute, catered by HoHot boiled foods, cost 11,5€ per person

**12:15-14:45** Trust, communication, participatory methods and dissemination; case studies (phase 2)

**14:45-15:00** Coffee break

**15:00-16:30** Greenland Projects Case Discussion and Close

**19:00-23:00** **Dinner reservation at Sokeri**  
[http://www.sokerijussi.net/en\\_index.php](http://www.sokerijussi.net/en_index.php)



June 7, 2015

**Continuation of Course 1:**

- 9:00-9:15** Recap and Overview
- 9:15-10:45** Student Projects Discussion
- 10:45-11:00** Coffee Break
- 11:00-11:30** Sustainability and Closure
- 11:30-12:00** Reflections, workshop evaluations and resources
- 12:00–13:00** Lunch at Thule Institute catered by Hohot boiled food, cost 11,5€ per person
- 13:00-13:10** **Introduction to Course 2: Healthy Populations in the Arctic**  
Anastasia Emelyanova
- 13:10-14:05** **Healthy Aging in the Circumpolar Region in the context of Active Aging Policy**  
Dr. Elena Golubeva, Northern (Arctic) Federal University, Russia
- 14:05-15:00** **Health and Well-being studies in the Arctic**  
Dr. Ketil Lenert Hansen, Post-doctoral researcher, PhD, Cand.Polit. University of Tromsø, Norway
- 15:00-15:30** **Coffee break**
- 15:30-16:20** **Effective Communication and tips for giving great presentations**  
Julie Bull, Executive Director, Toronto Aboriginal Support Services Council, Canada
- 16:20-16:50** **Mindfulness session**  
Hege Tvedt, Clarity Splash, Oulu, Finland
- 16:50-17:00** **Closing remarks**  
Anastasia Emelyanova
- 19:00-23:00** **Evening Program at Ravintola Nallikari**  
<http://www.ravintolanallikari.fi/>



**June 8, 2015**

**9:00-9:15 Introduction to APECS (The Association of Polar and Early Career Scientist)**  
Julie Bull

**9:15-10:30 Panel discussion (career building: getting published, writing successful funding applications, effective research communication)**  
Panelists: Elena Golubeva, Ketil Lenert Hansen, Julie Bull, Beth Rink

**10:30-10:45 Coffee break**

**10:45-12:00 Poster presentations**

Amy Caughey: Addressing Childhood food insecurity in Nunavut: a lifecycle approach to diabetes prevention

Kaila de Boer: Creating a collective narrative of social workers' experiences in isolated, Northern communities; A collaboration for support and change

Euvgeni Dushikina: Metal content in water sources and in drinking water in the industrial cities of Murmansk Oblast, Russian Arctic

Katelyn Friendship: 'Together for healthier lifestyles': Collaboration with multiple sectors in northern Canada linked to healthy eating, active living and health literacy

Maria Furberg: In the light of change: Correspondence between observational data and perception of climate in northern Sweden – a mixed methods study

Anna Gruzdeva: Youth labor policy in the countries of the circumpolar world

Heidi Hintsala: Cardiovascular responses to cold exposure in hypertension

Stina Rebecca Hirsti: Democratic participation in the municipal health care for people with disabilities

**12:00-13:00 Lunch at university cafeteria**

**13:00-14:30 Poster Presentations**

Svetlana Huusko: Growing up Healthy: Adolescents and Well-being among the Evenkis in Russia



Henna Hyrkäs: Asthma control and cold-related respiratory symptoms

Yalda Jafari: Network analysis of Chlamydia and gonorrhoea in the Northwest Territories, 2014

Johanna Jämsä: Human-nature relationship and well-being

Karina Kunavina: Assessment of oral health in elderly in circumpolar territory of Russia

Ulrika Öberg: To describe the district nurses' experiences of interactive eHealth support-possibilities and obstacles

Jenny Rand: Inuit women's stories of strength: driving community-based HIV and STI prevention research forward in Nunavut

Susanna Paakola: Tourism Safety in Cold Weather Conditions

Jon Petter Stoor: 'We're like lemmings': Making sense of the cultural meaning(s) of suicide among the indigenous Sámi

Lassi Björnholm: Sex differences in microstructure of white matter tracts in a birth cohort sample of young adults

**14:30-14:45** **Wrap up and closing remarks**  
Anastasia Emelyanova

**16:00-18:30** **Opening Ceremony of the ICCH16 at Hotelli Lasaretti**  
Kasarmintie 13, Oulu

<http://www.lasaretti.com/en/>



Enrolled students	Affiliation	Country
<b>Björnholm Lassi</b>	University of Oulu	Finland
<b>Caughey Amy</b>		Canada
<b>de Boer Kaila</b>	McGill University School of Social Work, Centre for Research on Children and Families, McGill University Department of Health and Social Development, Nunatsiavut Government	Canada
<b>Dushkina Euvgenia</b>	Northwest Public Health Research Center	Russia
<b>Friendship Katelyn</b>	Athabasca University	Canada
<b>Furberg Maria</b>	Umeå University	Sweden
<b>Gruzdeva Anna</b>	Northern (Arctic) Federal University	Russia
<b>Hintsala Heidi</b>	University of Oulu	Finland
<b>Hirsti Stina Rebecca</b>	University of Nordland	Norway
<b>Huusko Svetlana</b>	University of Oulu	Finland
<b>Hyrkäs Henna</b>	University of Oulu	Finland
<b>Jafari Yalda</b>	Population Health: Department of Health and Social Services, Government of Northwest Territories	Canada
<b>Jämsä Johanna</b>		Finland
<b>Kunavina Karina</b>	Northern State Medical University	Russia
<b>Öberg Ulrika</b>	Umeå University	Sweden
<b>Paakkola Susanna</b>	Arctic Centre, University of Lapland	Finland
<b>Rand Jenny</b>	Dalhousie University	Canada
<b>Stoor Jon Petter</b>	Sámi Norwegian National Advisory Board on Mental Health and Substance Abuse (SANKS)	Norway

Contact person on program matters: Anastasia Emelyanova, [Anastasia.emelyanova@oulu.fi](mailto:Anastasia.emelyanova@oulu.fi)