

Appendices

APPENDIX 1: PLEASE SHARE YOUR KNOW-HOW WITH US!

Are you working on (or have you worked on) a community-academic partnered research project? Please take the time to share your insights with us. With your permission, they will be used in the next edition of this Guidebook. Our goal is to make each edition of the Guidebook better and more responsive to your needs.

1. What was your vision? What did you plan to achieve?

2. What were your major tasks/action plan activities?

3. What were your biggest challenges?

4. What did you do to meet the challenges?

5. What resources helped you the most?

6. Did you achieve your vision? How did you measure success?

7. Other thoughts/insights?

8. (Optional) May we contact you? (If yes, please provide name, contact info)

Thank you! Please send to Loretta Jones, president, Healthy African American Families, 3756 Santa Rosalia Drive, Suite 320, Los Angeles, CA 90008

Please Share Lessons Learned

Thinking about your experience with community-academic partnered research ...

1. What are the most important "lessons learned" from your experience?

2. What (if anything) would you do differently?

3. (Optional) May we contact you? (If yes, please provide name, contact info)

Thank you! Please send to: Loretta Jones, president, Healthy African American Families, 3756 Santa Rosalia Drive, Suite 320, Los Angeles, CA 90008

What Can We Do To Improve This Guidebook?

Our goal is to make each edition of the Guidebook better and more response to your needs. Your thoughts would be deeply appreciated.

What should we add? Delete? Cover in more (or less) depth? Any additional resources we should cite?

Thank you for taking the time to help us!

Please send to: Loretta Jones, president, Healthy African American Families, 3756 Santa Rosalia Drive, Suite 320, Los Angeles, CA 90008

APPENDIX 2: ABOUT HEALTHY AFRICAN AMERICAN FAMILIES

Healthy African American Families (HAAF) is a non-profit, community-serving agency whose mission is to improve health outcomes in African American and Latino communities in Los Angeles County by enhancing the quality of care and advancing social progress through education, training and collaborative partnering with community stakeholders, academia, researchers, and government. HAAF is widely respected in the community as an advocate voice, and source of education and training around disparities and research. HAAF regularly disseminates research to the community in its free major yearly events. HAAF’s partners include the RAND Corporation, UCLA, Charles Drew University, and over 150 community-based organizations.

With funding by the Centers for Disease Control and Prevention, HAAF was originally developed in 1992 through UCLA as a community participatory research entity. In 1995, a cooperative agreement was solidified with Charles Drew University, which continues to the present. As the organization grew, HAAF’s efforts began to focus on partnering community-based organizations, academia, and government to create a conduit for the exchange of needed information/education. In June 2002, the agency became an independent organization and obtained its non-profit status. A seven-member board of directors, all South Los Angeles target community representatives, governs the agency. HAAF is designed to create lasting effects in health policy and practice that will enhance the health status of the community.

HAAF II has a solid research track record as a community partner, with a scope of work that includes:

- Conducting and analyzing ethnographic, qualitative research on African American pregnancy experience;
- Evaluating community processes of participation in the qualitative research in Los Angeles and community concerns about observational and investigational research in collaboration with the CDC (publications available);
- Networking and identifying community members, organizations, and businesses that play a strategic role in the development of public health intervention and prevention strategies;
- Providing health and community data to organizations;
- Facilitating contracts between agencies and minority groups within the community;
- Providing meeting space for community meetings held by community-based organizations and community members;
- Consulting about working within minority communities and about the health needs of ethnic minority families;
- Training at universities on ethnic minority health and social issues;
- Participating in Los Angeles County Department of Health Services planning activities;
- Hosting meetings for health and social services programs within minority communities;
- Participating on advisory councils; and
- Participating in health fairs and other events visited by a critical mass of the service population.

HAAF now has the infrastructure, functions, and partnerships with community-based scholars to initiate its own projects addressing community health issues. Such projects are characterized as being primarily community-driven, using a CPPR approach where HAAF proactively partners with others to achieve goals set forth by community members. HAAF uses a community assets model which focuses on capacity building. Assets come from within the community itself, based on African American cultural traditions of self-help and mutual obligation and responsibilities. Central to all HAAF projects are the underlying principles of trust, respect, participation, knowledge sharing, and dissemination.

Loretta Jones, MA, is the original and present executive director for HAAF.

Appendices

HAAF PROJECTS

Preterm Working Group

In the U.S., African American women consistently have twice the risk of having an undesirable pregnancy outcome, such as preterm birth or low birth weight, compared to other American women. Clinical medical interventions have not reduced these risks. This lack of progress in improving outcomes among African American women leads to the need for new, innovative applied public health prevention and health promotion, particularly at local levels. Since 1992, Healthy African American Families, in partnership with Charles R. Drew University of Medicine and Science and the Centers for Disease Control and Prevention have used an applied prevention framework within a community participatory process to improve understanding of African American women's health during pregnancy. As a direct result of this understanding, our goal has then been to develop culturally and community appropriate health promotion and risk reduction activities and products within the participating community. Community participation is central and critical to this process. There are three criteria:

- 1) The community is involved in the design, conduct, analysis, and evaluation of research and other developmental activities;
- 2) Research findings and products are used within the community that created them;
- 3) The participating community is continually informed about the research and health promotion activities and products.

As part of its community participatory process in working on this and other projects, HAAF also developed a unique community working meeting format which serves multiple purposes:

- 1) Exchange of information between the local non-scientific community, health care and service providers, academia, scientists, and governmental officials;
- 2) Networking among community organizations;
- 3) Evaluation of community activities;
- 4) Formation of community-wide multidisciplinary, multisectorial work groups to complete activities and products identified as necessary during these meetings.

This is an iterative process; thus the working groups continue to meet each month, putting their workplans into action, reporting back to the community *and* receiving their input at working meetings. Each cycle produces new knowledge for community members, researchers, academics, and all other involved parties, setting up a "the win-win" collaboration.

Diabetes Working Group

On behalf of the Los Angeles Community Health Improvement Collaborative, Charles Drew University of Medicine and Science, Healthy African American Families, Inc. (HAAF), To Help Everyone Clinic, Inc., University of California Los Angeles, RAND Corporation, and the Department of Health Services have partnered to develop an intervention research project(s) to improve diabetes related outcomes using community-based participatory research principles and methods. Specifically, this highly innovative proposal entitled Community Unity for Research, Education, Intervention and Treatment for Diabetes Mellitus (CURE IT- DM) engaged the community and created a pilot intervention research study through a community-partnered participatory research framework. CURE IT-DM used the 24 diabetes-related (including gestational diabetes) areas presented at the Diabetes Throughout the Lifespan conference as the nidus for creating areas to prioritize. "A Conference to Address Diabetes Throughout the Lifespan," was held in March 2005 and gave over 1200 community members the opportunity to become aware of the emerging devastation diabetes is causing throughout communities nationwide. The partnerships that developed post conference consist of over 100 organizations and are still growing. The contributing organizations are drawing expertise from community members, health professionals and research academia. In addition there are local legislative offices engaged in the work process. The post conference activities developed three working groups and are governed by a peer support group consisting of researchers, community and academia. The peer support group uses several features of the HAAF model for partnership to facilitate group development. The workgroups are Tier I (Practical Tools for Healthy Living), Tier II (Media and the Environment), and Tier III (Supporting and Taking Care of Our Elders). The activities of each workgroup are chosen collaboratively from planning to execution, to the analysis and final evaluation. Tier I works to link resources that can teach diet and nutrition while addressing the cultural barriers. Tier II develops outreach strategies through media venues to improve education and awareness of diabetes campaigns. Tier III advocates for seniors to have health care policy changes and better information for improved doctor visits, which translate into better health outcomes.

Witness for Wellness

Witness for Wellness (W4W) started in 2003, with a planning committee consisting of a community-lead, multi-stakeholder, academic-community partnership (Healthy African American Families, Charles Drew University of Medicine and Science, UCLA, RAND, and a number of healthcare and community service agencies) aimed at developing community-based approaches to improve health outcomes for depression in minority communities. Depression is one of the leading causes of morbidity and disability worldwide. Despite the existence of effective treatments, only one in four Americans with depression receives appropriate treatment, and the rate is especially low among African Americans. Recent studies show that when African Americans and other minorities participate in quality improvement efforts in a health plan, clinical improvement is even greater than among whites, and both groups benefit in terms of personal economic growth (Wells, et al., 2000; Schoenbaum, et al., 2001). Depression is often co-morbid with other disparities such as obesity, heart disease, infant mortality, and diabetes, which persist in minority communities at devastating rates. Therefore, W4W has a stake in addressing multiple health disparities.

Restoration Center Planning Committee/Working Groups

The Restoration Center (<http://www.restorationcenterla.org/>) is a project that grew out of a need that was identified by community members who attended the working group meetings for the Witness for Wellness project. These community members felt that there were significant gaps in mental health and wellness services available to the African American communities in south Los Angeles. Discussion on how to fill these gaps led to the conclusion that high-quality, community driven programs for those dealing with stress, trauma and depression were needed, and that a project of this scope would require a multi-faceted approach to well-being. The Restoration Center Planning Committee consists of providers, faith-based representatives, community members, and researchers. They meet once a week to begin the process of creating community partnerships to address the needs that are not being met by current systems of care. The first step in creating these partnerships was a conference, held on August 3, 2007 to both introduce the community at-large to the idea of a restoration center and to invite interested parties into the planning process. The information collected from this conference was presented back to the community on October 18, 2007, and workgroups were formed. These workgroups met twice a month on alternating weeks, with the Planning Committee meeting the other two weeks.

World Kidney Day

Charles Drew University, the RAND Corporation and the Geffen School of Medicine at the University of California, Los Angeles (UCLA) have partnered to develop a Comprehensive Center for Health Disparities in Chronic Kidney Disease (CCHD-CKD). The Drew/RAND/UCLA CCHD-CKD builds upon the present medical knowledge base to improve the health of all CKD patients with a unique focus to reduce CKD and CKD risk-factor-related health disparities for low-income African Americans and Latinos. The overall goals of the CCHD-CKD are to improve the quality of life and reduce the incidence of death for those who have CKD. By bringing together a strong team of academic researchers, the CCHD-CKD can build ties with innovative, grass roots community organizations and develop the research base necessary to reduce/eliminate CKD and CKD-related health disparities. As discoveries are made, many of the outcomes relevant to reducing/eliminating CKD health disparities will simultaneously translate into improved CKD outcomes for all Americans.

Society for Analysis of African-American Public Health Issues (SAAPHI)

SAAPHI was established to promote the health of African American individuals and communities through scientifically based interventions, intervention guided-research, and health policy advocacy. SAAPHI is a research-oriented, national organization whose purposes are:

- To initiate and assist in the improvement, development, maintenance and utilization of appropriate databases for the understanding of health problems and needs of African American communities.
- To promote the utilization of scientific information on African Americans in program and policy decisions.
- To formulate and advocate appropriate public policies for health promotion and disease prevention among African Americans.
- To facilitate professional development, social welfare and leadership skills among its members.

Community Partners in Care

Community Partners in Care is a study to address mild to moderate mental illness in South Los Angeles. Key aims: To evaluate the effectiveness of a quality improvement intervention for improving access to evidence based treatments for mild to moderate depression through primary care. Methods: Clients with depressive symptoms will be randomly assigned to usual care vs. the intervention condition. Outcomes will be monitored at 6, 12, and 18-month follow-ups. This study is significant in that it will provide information on depression among primary care populations and the effectiveness of the quality improvement intervention. The results will inform efforts to improve care for mild to moderate mental health problems in primary care. www.communitypartnersincare.org

70 Square Block Project

Los Angeles Urban League (LAUL) has created an exciting new partnership with HAAF II and Charles Drew University (CDU) to work with residents in a 70 square block area in Park Mesa Heights, which surrounds Crenshaw Senior High School. This neighborhood is an existing LAUL partner that was selected to be the lead site in a five-year strategic plan to create Champion Urban Health Communities. The partnership between LAUL, HAAF II, CDU and Park Mesa Heights residents brings important dimensions of health advocacy, evidenced-based care and dedicated health professionals committed to improving the health of minority communities. Key goals of this Healthy Community Initiative are to increase access to quality care, enhance community health education and awareness, and to provide students pursuing careers in health care a unique educational experience that prepares them to not only provide care to underserved communities, but also transform the health of these communities.

Building Bridges to Optimum Health

Building Bridges to Optimum Health is a community-lead, multi-stakeholder, academic-community partnership aimed at developing community-based approaches to improve health outcomes in minority communities. Our current working groups focus on such important clinical topics as diabetes, depression, and pre-term pregnancy, among others. This collaboration of doctors, other providers, academia, researchers, and community members, including those affected by the disease(s), is an inclusive process that allows all parties to actively participate in not only finding ways to lead a more productive life with these diseases, but to inform the community at large, thus working together to design innovative, culturally appropriate, effective ways to improve health outcomes in South Los Angeles.

Appendices

“Breathe-Free”

Asthma Program

Healthy African American Families provides a coordinated, comprehensive array of in-home services to families of asthmatic children ages 0–18, including environmental assessments for allergen triggers, education and information, resource and referrals for additional services, distribution of allergen-safe materials, medical provider advocacy and follow-up, case management and child care center trainings. The geographic area is inclusive of LA County SPA 6 and 8.

Asthma Awareness & Action for Housing Owners & Managers

This pilot project for property owners and managers in the south Los Angeles (SPA 6 area) was designed to increase awareness around indoor and outdoor environmental hazards such as mold, pesticides, insect and rodent infestations, and air pollutants that affect the health and well being of their tenants, and provide a venue where apartment owners and managers could receive information on health, the environment, and other resources within their community.

Lead Program

This project's goal is to implement a coordinated set of activities in the Cities of Inglewood and Compton to educate community leaders and health professionals on the latest information about lead hazards and lead poisoning prevention and encourage providers to increase blood lead screening.

Male Involvement Project

The overall goal of the project is to promote men's involvement in their health as well as social issues in Los Angeles County, particularly in communities of color. We believe that if men take an active role in their own lives, they can play a major role in promoting maternal and child health. We believe that strengthening male involvement in communities of color can help address the persisting racial-ethnic disparities.

100 Acts of Kindness

One Hundred Intentional Acts of Kindness toward a Pregnant Woman was conceived by Healthy African American Families II as a media campaign to create reproductive social capital for pregnant women. Pregnant women were asked to identify through focus groups actions what families, friends, and even strangers could do to make their pregnancies better. Based on the responses gathered from focus groups, a list of “100 Intentional Acts of Kindness to a Pregnant Woman” was created and disseminated with the goals of increasing reproductive social capital and reducing psychosocial stress for pregnant women. HAAF II is currently on the next phase of the campaign, “100 Intentional Acts of Kindness to a New Mother” and “100 Intentional Acts of Kindness to Oneself”.

Healthy African American Families' Conferences, Symposiums, and Workshops:

October 2008

Restoration Center-Final Report Back

Holman United Methodist Church

September 25, 2008

Building Bridges to Optimum Health: A Women's Conference

Holman United Methodist Church

May 28, 2008

“State of Emergency: Access to Care in Los Angeles County”

Holman United Methodist Church

March 13, 2008

World Kidney Day Los Angeles 2008 “A Community Dialogue to Help Increase Awareness of Kidney Disease and Mobilize Communities to Become Active in the Promotion of Early Detection and Prevention”

Holman United Methodist Church

August 3, 2007

A Dialogue to Plan a Community-Partnered Restoration Center

California Endowment

July 24, 2007

Building Bridges to Optimum Health: A Community Report Back on Diabetes

Holman United Methodist Church

April 27, 2007

Building Bridges to Optimum Health: “Before, Between, and Beyond”

A Community Dialogue to Help Prevent Low Birth Weight Babies
California Science Center

March 8, 2007
World Kidney Day
California Science Center

February 16, 2007
An Evening of Poetry, Spoken Word, and Comedy hosted by Lester Barrie
Talking Wellness of Witness4Wellness and Healthy African American Families
Magic Johnson Theater, Baldwin Hills/Crenshaw Plaza

September 16, 2006
Witness4Wellness Retreat
The RAND Corporation

July 19, 2006
Robert Wood Johnson Foundation Clinical Scholars Open House
Community Health Councils

June 30, 2006
Pesticides and Human Health Training
Department of Water and Power

May 6, 2006
Talking Wellness Retreat
Baldwin Hills Crenshaw Plaza Community Room

February 11–12, 19, 2006
Witness4Wellness' Talking Wellness Working Group Presents "A Report Back to the Community"
(From the data collected at the 2005 Pan African Film Festival)
Pan African Film Festival

March 3–4, 2005
Building Bridges to Optimum Health: A Conference on Diabetes Throughout the Lifespan
1100 1st day; 900 2nd day attendees (approx.)
Los Angeles Convention Center

February 10–21, 2005
Healthy African American Families Witness for Wellness and The Pan African Film & Art Festival Present "The Impact of Stress and Clinical Depression on Communities"
February 11: "The Healing Passage: Voices from the Waters"
February 13: Spoken Word: Voices that Heal and Comedians: Comedy that Heals
Public Service Announcement from NIMH shown during 4 movies
Magic Johnson Theatre
"Environmental Depression Photo Exhibit"
Baldwin Hills Crenshaw Plaza Mall

October 18, 2004
Men's Roundtable
HAAF

September 17, 2004
Supporting Wellness: Media Relations Training *featuring* Deane Leavenworth of Time-Warner Cable

July 29, 2004
Reporting Back from the Witness for Wellness Conference: Depression and its Impact on Lives-How Can We Make a Difference?
Magic Johnson Theater

July 18, 2004
Talking Wellness Poetry Reading: "A Path to Healing Through the Spoken Word"
World Stage Performance Gallery

Appendices

April 1, 2004
Listening and Communication Skills Training
Dept. of Water and Power

February 26, 2004
Building Bridges to Optimum Health: A Conference on Stress and Pregnancy
California Science Center

January 28, 2003
Women's Health
Issues in Pre-Term Birth
Holman United Methodist Church
3320 West Adams Blvd., Los Angeles, CA
251 Attended

February 15, 2003
Loving Myself
VERB-CDC
Audubon Middle School
4120 11th Ave., Los Angeles, CA
200 Participants

April 17, 2003
Violence
Impact on Women and Families
California Science Museum
500 State Drive, Los Angeles, CA
297 Attended

July 31, 2003
Witness For Wellness
A Conference Identifying Depression and its Impact on People's Lives
California Science Museum
500 State Drive, Los Angeles, CA
600 R.S.V.P. 549 Attended

October 11, 2002
How to Promote Infant Health and the Five Stages of Pregnancy
Mold and Pregnancy
T.H.E. Clinic
3860 West Martin Luther King Jr., Blvd., Los Angeles, CA
67 Attended

TRAINING

Safety in the Community/Cultural Sensitivity

July 12, 2002
Healthy African American Families
3856 West Martin Luther King Jr., Blvd., Suite 209, Los Angeles, VCA
Great Beginning for Black Babies
20 Staff
MotherNet LA
15 Staff
Los Angeles County Department of Children and Family Service
41 Staff
Asthma & Allergy Foundation of Greater Los Angeles
5 Staff

May 23, 2003

Bio-terrorism Training
3856 West Martin Luther King Jr., Blvd., Suite 209, Los Angeles, CA
20 Community Agency Members

October, 2003

Media Training

Other Conferences and Workshops:

1999

Working in Urban Communities
Male-Female Relationships Among African-Americans
Research Concerns in LA
What is an Informed Consent?
Language and Communications
Beginning Ethnographic Methods of Research in Community
Community Being an Insider in Research

1998

The state of African-American youth and children in America: "What is their Health Status?"
"How to Enter the African-American Community to Work or do Research"
"What the Data is Indicating from the Women's Perspective"
"What Tools You Need to Enter and Work in the African-American Community"
"Community-Based Organizations HIV/AIDS Information Transfer" 127 attendees
"Barriers to African-Americans Participating in Research"
"Removing Barriers to Working in the African-American Community"
"Information on Participating in Research"
"The Impact of Alcohol in Sexual Assaults"

1997

The Knowledge Transfer
Stresses that Affect African-American Women
How to Enter Community
How to Safely Work in Community
How Outreach is Conducted in African-American Communities
The Realities of Community Partnership for Research in Public Health
How Participatory Research is Conducted in Los Angeles African-American Communities

1996

What is a Healthy African-American Family?
How does the Community Define a Healthy African-American Family?
The Voice of African-American Women

1995

Building Healthy Communities
What is an IRB?