



Community Partner Reflections on Building New Research Partnerships (Video & Slides)

In this short 15-minute video, Gloria Dotson-Lewis, ARCC Seed Grant Community Lead and Founder/Executive Director of Distinctively Me, shares the story of why she pursued an academic research partnership and her reflections on building a respectful and mutually beneficial partnership. Additional resources at end.

Access the slides below & video [here](#).



Distinctively Me Presents:

NU Community-Engaged Research and Health Equity Presentation



About Distinctively Me



Community Research Partnership

Alliance for Research in Chicagoland Communities

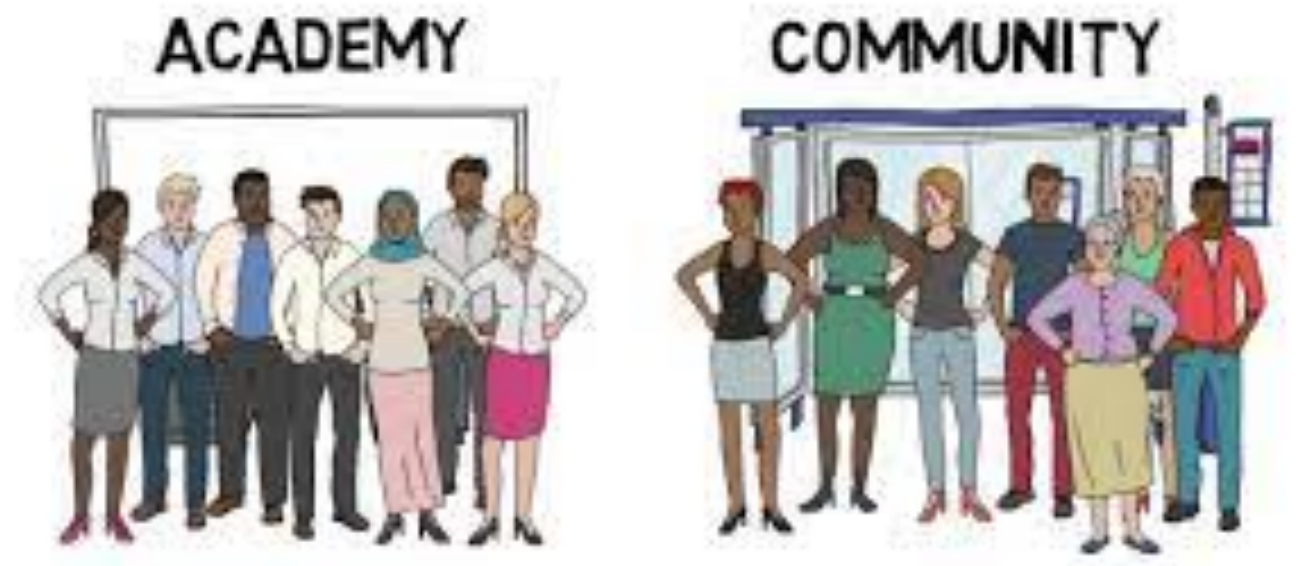


Gloria Dotson-Lewis, MSW
Founder & Executive
Director of Distinctively Me



Dr. Onnie Rogers
Developmental
Psychologist/Researcher &
NU Assistant Professor

WHY RESEARCH & ACADEMIC PARTNERHSIP?



- Evidence based programming
- Meaningful and effective prevention/intervention
- Expand on cultural and gender specific research
- Incorporate the voices of the community



About Teen TEE

Drumroll please...

Rebuilding Black Girlhood (RBG)

RBG is a community advisory board, comprised of 10 Black women and girls from various backgrounds, experiences and perspectives. As a collective, RBG aims to make sure the needs and voices of black girls are not lost in the research process and assist in building upon the Teen TEE program to ensure effective culturally-relevant, developmentally-appropriate social and emotional programming is provided

Relationships with Others

Early relationships help shape who we become and oftentimes deeply impact future relationships in many ways. Therefore, it is important to develop healthy interpersonal skills. Teen TEE helps girls see the value of good communication skills, empathy for others, and self awareness around how they show up in relationships.

Self Awareness/Identity

"Who am I" is a question Teen TEE often poses because it is at the core of our program to help girls build a healthy identity of self. Most research suggests that teens struggle to fit in during their adolescent years. Consequently, Teen TEE allows them to gain a greater sense of self and create a personal narrative to strengthen identity, self-esteem, and mental wellbeing.

Social Awareness & Resistance

The Teen TEE Program tackles difficult conversations involving negative images, stereotypes and racism, giving girls a safe space to talk about their experiences and views. Teen TEE provides them with resistance strategies that help them navigate awkward situations by challenging disparaging narratives created about black girls.

Session 7: Me Work

Resistance: Standing Up & Speaking Out

There are two types of resistance, and they come with different consequences:

Resistance for Survival:

- Short-term, feel good strategy
- Can lead to more negative consequences in the future
- Internalizing devalued racial and/or gender status

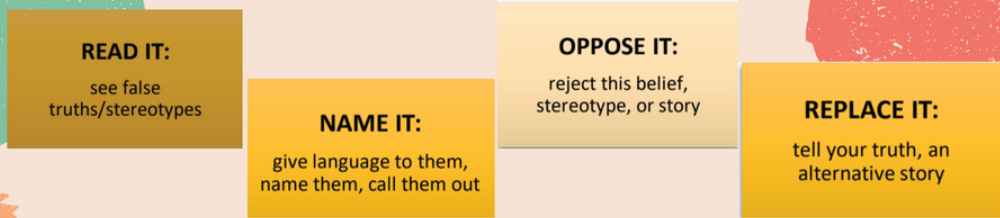
Response to negative stereotypes & injustice

Resistance for Liberation:

- Long-term strategy
- Moves you towards long-lasting positive outcomes
- Seek solutions that empower you ~and~ help change the rules



Four Step Model for Resistance for Liberation



This Week's Me Work

1. Watch the following clip of Michelle Obama discussing the stereotype people placed on her as an angry black woman.
 - a. <https://www.youtube.com/watch?v=vBZRbQMEYUo>
 - b. In your journals, share your thoughts about what she says and how she decided to handle it
 2. Practice reading and naming stereotypes that you're confronted with or that you view on television, in books, or on social media
 - a. Write at least 2 down in your journal to share
- Start thinking about your final projects!



I am _____.

There can only be one me.

My face, my body and my brain were created just for me.

I am confident, fearless, worthy and bright.

Nothing or no one can dim my light.

I will not talk negatively, disrespect or compare myself to others.

I choose to be surrounded with those who uplift and support one another.

My gift, my goals and my dreams can only fit me.

No one can walk in my shoes.

I AM Distinctively Me.



Talk • Educate • Experience

Partnership Growth



1

The ARCC partnership grant allowed us to focus on getting to know each other, the work we do as individuals and then provided the time and resources for us to knit our skills together. We worked collectively to bring our advisory board together.

STEP 2

We stayed in constant contact by having lunch together, phone or zoom conversations as well as emails and texts. We shared and discussed relevant content about the girls we serve as we continue to educate ourselves.

STEP 3

With the help of ARCC's awesome resources, we worked together on all decision making. There has not been, still to this day, any issues of hierarchy but only that of mutual respect. We realize the work we both contribute, and that of RBG, is important and beneficial to the work and research we are doing.

Pilot Program

● 01 Three complete cycles of the Teen TEE program

● 03 First Pilot- Will include an advisory teen board and feedback sessions

● 02 Ten Sessions, 1 hour each with 10 girls

● 04 First pilot kick off March 2022

Advice for Researchers Interested in Building Community Partnerships

STEP 1

Take time to get to know your partner on a personal level. You want to make sure this is someone you like and will be able to work with.

STEP 2

Get to know each other on a professional level. You want to make sure your work and visions align. Consider if you have similar moral compasses, work ethics, and care for the community.

STEP 3

Seek to learn. You're coming from two different sides of the tracks. The community voice and perspective is very important to the partnership. There is no room for a hierarchy mentality.

STEP 4

Communication is key. Discuss communication styles. Be open and honest throughout the process. Decide together how you will resolve conflict from the start. Compromise and remember this work is bigger than you.



Thank you!

ARCC Resources



www.ARCOnline.net

ARCC@northwestern.edu

www.ARCResources.net

Monthly Resources & Opportunities listing



Resources to build, strengthen and sustain relationships.

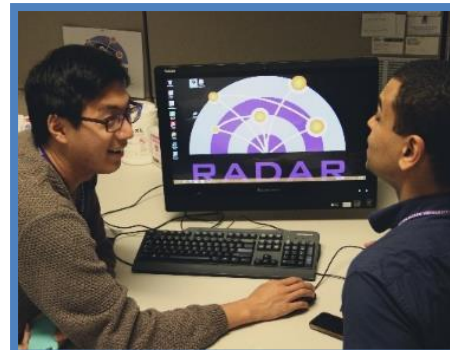
The Resources Directory was developed and is maintained by the Alliance for Research in Chicagoland Communities (ARCC). The directory provides materials and resources to help interested community and faith-based organizations and academic partners to learn about how they can build capacity to conduct community engaged research and support building



ARCC Resources



- Anti-Racist Community-Academic Research [Reflective Practice Tool](#)
- Anti-Racist Research [Action plan guidance](#)
- Racial Equity in Research Engagement [Resource Catalog](#)
- Seed Grants
- [NMH Community Health Needs Assessments](#)



Chicago Resources



- [Healthy Chicago 2025](#)



- **ALLIANCE for HEALTH EQUITY** | Hospitals and Communities Improving Health Across Chicago and Cook County

[2019 CHNA Report](#)

- [Why Am I always Being Researched?](#)



- [Community Health Equity: A Chicago Reader](#)



- [Health & Medicine Policy Research Group](#)



- [Chicago United for Equity](#)



National Resources





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Alliance for Research in Chicagoland Communities



Celebrating 14 years of engagement and action since 2008!

Catalyze & support research partnerships that honor, are driven by,
& share power with communities to improve health & equity

www.ARCOnline.net



Northwestern University Feinberg School of Medicine

Center for
Community Health





**HANA
Center**



**Puerto Rican
Cultural Center**



The Blue Hat Foundation



**Cambodian
Association of IL**



Access Living



The Night Ministry



Heartland Alliance



CJE Senior Life



**Apostolic Faith
Church**



Chicago Youth Programs



**Health & Medicine Policy
Research Group**

ARCC STEERING COMMITTEE

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**Chicago Department Of Public Health,
Chicago Public Schools**



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