

**Northwestern University Clinical & Translational Sciences Institute/
Alliance for Research in Chicagoland Communities**

**2018 Community-Engaged Research Seed Grants
Community-Academic Research Collaboration to Improve Health**

The Alliance for Research in Chicagoland Communities (ARCC) at Northwestern University's Center for Community Health announces the recipients of seed grant funds that support Chicagoland community-engaged partnerships and research projects. ARCC believes that using the tools of science to achieve health equity can best be done when academic researchers and communities work together. The goals of these awards is to support the development and increase the number of community-academic partnerships that are prepared to collaborate to design and conduct community-engaged research projects. This is the eleventh round of seed grant funding. Each award (ranging from \$5000-\$20,000) supports a partnership that includes a community lead from a local community organization and an academic lead from Northwestern University for a project lasting 12-24 months. Grant are supported by funds the Northwestern University Clinical & Translational Sciences (NUCATS) Institute and Northwestern Memorial Hospital (NMH).*

ARCC 2018 Seed Grant Project Summaries
Partnership Development Grants

Building a Partnership to Enhance Trauma-Informed Recovery Services for Women in Englewood Impacted by the Loss of a Child to Gun Violence or Incarceration

Lisa D. Daniels, Darren B. Easterling Center for Restorative Practices and Tracy Fehrenbach, Psychiatry & Behavioral Sciences, Feinberg School of Medicine

Acts of violence in Chicago reached its highest point in two decades in 2016. In this same year, Englewood, a neighborhood on the South Side, had the second highest homicide rate in Chicago. Those who have lost someone to gun violence experience severe and, in some cases, debilitating trauma. This holds especially true for mothers who have lost a child. There are few services available for women in Englewood experiencing this type of loss. Furthermore, little research has been conducted to understand the complex needs of women from Communities of Color like Englewood who have lost a child to gun-violence. To address this gap in services and research, Northwestern and the Darren B. Easterling Center for Restorative Practices, a behavioral health service organization in Englewood, will partner and build a Community Stakeholder Alliance made up of community members, non-profit professionals and academic partners to exchange knowledge, review existing evidence-based practices, and examine the lived experiences of women in the community. Additionally, we will review scientific literature and existing treatment interventions in an effort to inform the development of a replicable, trauma-informed, evidence-informed program that comprehensively addresses the needs of mothers who have lost a child to gun violence and/or incarceration.

*Note: Funding from NMH is provided by the Bertha Helms Trust Foundation.

Building a Research Partnership to Address the Relationship between Housing, the Environment, and Health

Vanessa Valentin, Northwest Side Housing Center, and Adam Becker, Pediatrics, Feinberg School of Medicine/Lurie Children's Hospital

Healthy and stable housing promotes good physical and mental health. Good health depends on having reliable housing that is in good condition, safe, and free from hazardous conditions. Inadequate, poor quality, or unstable housing contributes to chronic disease (e.g., asthma), chronic disease risks (e.g., poor nutrition), and injury (e.g., falls, lead poisoning). Community environment, including the presence or absence of vacant land and the condition of street and sidewalk infrastructure, has an impact on home ownership and property values, which in turn contribute to the relationship between housing and health. This project will support research partnership development activities between the Northwest Side Housing Center and faculty at Northwestern University. The project aims to: build capacity among partners to prepare for a community-based participatory research (CBPR) project focused on housing, the environment, and health; identify common goals for a CBPR project, and gather preliminary information from community residents and potential additional community and academic partners regarding housing, the environment, and health. Methods will include neighborhood tours, participation in community events and programs, trainings on participatory research, focus groups and interviews with residents and potential future partners, and a town hall meeting to share findings and lessons learned throughout the year.

Exploring the viability of evaluating a trauma informed approach into Sport Based Youth Development Program with high risk teen girls

Elizabeth Tumiel, Girls in the Game, and Doreen Salina, Psychiatry & Behavioral Sciences, Feinberg School of Medicine

This project forms a partnership between Northwestern University and Girls in the Game (GIG), an agency which uses programming to promote healthy behaviors and leadership skills and will integrate a trauma-informed approach in sports-based programming provided to high risk girls. It will expand the agency's ability to create a fundable research project. The Northwestern faculty have expertise in trauma informed practices and have implemented trauma-informed programming with similar populations. They will assist GIG in capacity building that will guide future research programming to integrate a trauma informed approach to girls. Our project will focus on Girls in the Game's work with girls in the Juvenile Temporary Detention Center (JTDC) and at Mercy Home. Most girls detained at JTDC come from a background of poverty, violence and trauma. Approximately 93 percent of residents at JTDC have experienced trauma (U.S. Department of Justice, 2013). Studies demonstrate that traumatized girls lack adequate services and experience further victimization, health disparities and unmet needs. The lack of trauma informed programming often results in substance use, premature sexual behaviors and criminal activities. Our partnership will build GIG's capacity to expand this work through developing a research project examining the impact of integrating a trauma-informed approach.

Improving Access and Perceptions of Mental Health Care through Integrative Mind-Body Practices

Laura Craig, Howard Brown Health 63rd, and Inger Burnett-Zeigler, Psychiatry & Behavioral Sciences, Feinberg School of Medicine

Strong community partnerships are essential for improving access to care for underserved groups. Howard Brown, Northwestern University and YogaCare have formed a partnership to combine resources. All three organizations have experience providing care on the south side of Chicago and would like to continue to grow and diversify the services they are able to provide. Each organization is also passionate about mindfulness practices and yoga and their impacts on mental health. We anticipate that collaboration between these organizations would lead to a plan for a more formal study evaluating yoga, mindfulness and mental health. The specifics of the study have yet to be determined and will be supported by this partnership. We also plan to host two sessions including a sample yoga and mindfulness class followed by a focus group. This would allow for us to strengthen the relationship with the community and listen to what the need is. The goals for this partnership include developing a community-academic partnership between Howard Brown, Northwestern University and YogaCare; conducting two mindfulness and yoga sessions followed by focus groups; and processing and analyzing information learned from focus groups. We also plan to share these results with our community partners.

Research Development Grants

Cooking Up Health: Docs and Kids in the Kitchen Research Initiative

Neile Edens, Common Threads, and Melinda Ring, General Internal Medicine, Feinberg School of Medicine

Obesity is one of our most critical and challenging public issues and has been predicted to lead to a decline in life expectancy in the US. A 2013 analysis of childhood obesity in Chicago revealed an overweight/obesity prevalence of 43% among public school students, which presents a tremendous opportunity to improve public health, since an estimated 90% of cardiovascular disease and diabetes, and 70% of all cancers could be prevented with lifestyle measures. Physicians are at the frontline of advising patients on nutrition; however, most report feeling ill-prepared to counsel patients on nutrition. Only 29% of medical schools teach the recommended 25 hours of nutrition, and fewer than 14% of practicing physicians feel adequately trained. Nutrition education that includes culinary instruction is an emerging modality for health promotion in both adults and children. In 2016, with the support of an ARCC Partnership Development grant, the Osher Center for Integrative Medicine at Northwestern University (OCIM) and Common Threads (CT) successfully developed and implemented a pilot culinary medicine elective for Feinberg medical students. In this Cooking Up Health (CUH) elective medical students engage in hands on learning in the kitchen along with service learning by teaching nutrition to Chicago Public School (CPS) grade school students in underserved communities. Evaluation of the pilot showed statistically significant changes in medical student measures such as confidence in their ability to counsel patients about nutrition and obesity for disease prevention and management. The goals of this project are to nurture the partnership between OCIM and CT and to engage in research to test the impact of the CUH curriculum. The research outcomes include 1) longitudinal measures to see if positive changes in medical student attitudes and behaviors toward nutrition counseling persist; 2) quantify how students report actively using content from the elective in counseling patients in the community during their training; and 3)

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impact on the CPS student's healthy behaviors compared to control students and as assessed by medical students. We expect that this program of research will yield findings to allow for successful application for future grant funding. Ultimately our hope is to provide evidence to support widespread integration of the CUH program into medical education to prepare medical students to advise patients on nutrition, and thereby increase community wellness by combatting the rising rates of preventable diseases related to nutrition.

Advancing Biomedical Adherence in HIV Care for Men of Color through Community-Research Partnership

Ariq Cabbler, Brothers Health Collective, and Lisa Kuhns, Pediatrics, Feinberg School of Medicine/Lurie Children's Hospital

The purpose of this project is to strengthen the community-research partnership between Lurie Children's Hospital (Lurie), Division of Adolescent Medicine, a healthcare entity with a mission to promote the health and well-being of adolescents and young adults; and Brothers Health Collective (BHC), an organization with a mission to promote the health of men of color who are impacted by HIV infection. Together, we seek to promote biomedical adherence to HIV care among a community highly impacted by HIV infection in Chicago – young men of color (i.e., Black and Latino). Young Black and Latino men who have sex with men (YMSM) are disproportionately impacted by HIV infection and, among those living with HIV infection, are less likely to be adherent to HIV medications (antiretroviral therapy). The effort to identify individuals with HIV infection, link and keep them engaged in care, support adherence to antiretroviral therapy (ART) and suppress viral replication is known as the "HIV care continuum." In this community-research collaboration, we are focused on an often overlooked step in the HIV care continuum – adherence to ART.

Identifying best practices to support pregnant and parenting youth in Chicago Public Schools

Jamie Tully, Chicago Public Schools, and Amy Johnson, Pediatrics, Feinberg School of Medicine/Lurie Children's Hospital

While much is known about the predictors of and effective methods to prevent teen pregnancy, much less is known about how to effectively support pregnant and parenting students within a large urban school system. Further, many services provided by Chicago Public Schools to pregnant and parenting youth are disjointed and uncoordinated. To that end, we propose a community-academic partnership guided by a community-based participatory research approach to conduct intervention mapping to address the following aims: 1) Identify and describe the needs of pregnant and parenting teenagers within the Chicago Public School system; and 2) Develop intervention and programmatic strategies to preview with the target population.

Employment Services for Transition Aged Foster Youth with Disabilities: Developing a Process Map and Identifying Barriers

E-Shawn Spencer, Thresholds, and Lucy Bilaver, Pediatrics, Feinberg School of Medicine/Lurie Children's Hospital

Children in foster care have the highest rates of chronic conditions of any studied child population. Despite the fact that youth with disabilities are over-represented among those emancipating or "aging out" of care, child welfare systems have not turned to the vocational rehabilitation (VR) system to access evidence-based employment interventions. The purpose of this Research Development Grant is to shed light on foster youth's access to employment services funded by the Illinois Department of Human Services, Division of

Rehabilitation Services (DRS). We will accomplish this aim through partnership between investigators at Thresholds (Spencer), a social service organization specializing in the support of individuals with psychiatric disabilities, and Northwestern University (Bilaver). We will collaborate on a systematic study to 1) map the process of enrollment and 2) identify potential barriers to enrollment in VR services. The investigators will bring the relevant state agencies (Illinois Department of Children and Family Services and DRS) into the collaboration with the goal of creating a framework for future interventions to promote interagency collaboration. Increasing access to employment supports should improve economic opportunities, which in turn should improve long-term physical and mental health among former foster youth with disabilities in Illinois.

ARCC is a program of the Center for Community Health, serving the Northwestern University Institute for Public Health and Medicine (IPHAM) and the Northwestern University's Clinical and Translational Sciences (NUCATS) Institute. ARCC's mission is to grow equitable research partnerships between Chicago area communities and Northwestern University to improve health and health equity. ARCC's goals and objectives are jointly defined by a steering committee comprised of community and faith-based organizations, public agencies, and Northwestern University faculty.

Community-engaged research is an approach to conducting research in a collaborative way involving partnerships between communities and academics in an exchange of expertise between academics, as scientific experts, and communities, as local and cultural experts.

For more information, www.ARCCOnline.net or jenbrown@northwestern.edu, (312) 503-2942.

ARCC Steering Committee members: Access Living, Apostolic Faith Church, CALOR, Cambodian Association of Illinois, Chicago Youth Programs, CJE SeniorLife, Coalition of Limited English Speaking Elderly, Demoiselle 2 Femme, Endeleo Institute, Hana Center, New Beginnings, Puerto Rican Cultural Center, Renz Addiction Counseling Center, Chicago Department of Public Health, Chicago Public Schools, Rebecca Carl MD, Tara Gill PhD, Gail Huber PT/PhD, Prakash Jayabalan MD, Rebecca Johnson PhD, Matthew O'Brien MD, Siobhan Phillips PhD MPH, Theresa Sukal-Moulton DPT PhD, Betina Yanez PhD.