

**REFLECTING ON OUR COMMUNITY-UNIVERSITY
PARTNERSHIP:
A Live-Online Mindfulness-based Intervention for
Families of Children with Epilepsy: Making Mindfulness
Matter©,
A Randomized Control Trial.**

March 27, 2023; 3-6pm
ESWO Board Room



Agenda and Stakeholders



- 3:00pm: Arrival
- 3:10 Welcome and Introduction to our time together
- 3:20 **Glows** (went well) **and Grows** (room for improvement):
Reflecting on our community-university partnership
- 4:30pm: Break and Snacks
- 5:00pm: **Preserve** (keep it) **and Ponder** (how to improve it): The M3-E Program
- 5:45pm: Closing

Stakeholders include: Epilepsy South Western Ontario (ESWO); Neurology clinicians within the community and at Children's Hospital, LHSC, Neurology research staff at Children's Hospital, LHSC; Graduate students, staff and faculty at Western University.

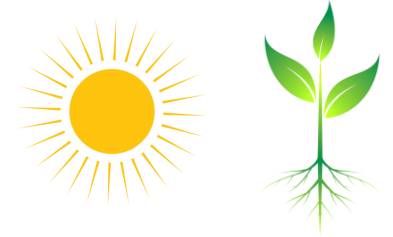


Glow and Grow

What did we do well?
What could we have done better?



Evaluating our Partnership



Glows (did well) and Grows (needs improvement)

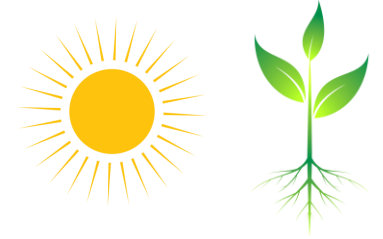
Consider the topics below, what do you think glowed (went well) and what do you think needs to grow (needs improvement). Please be as specific as possible.

Shared Goal	Sharing Resources
Clarity of Roles	Respect for Time
Sharing of Power	Building Capacity
Building the Relationship	Sustainability

Consider the Research Process:

- Grant Application and Protocol
- Composition (members of the study team)
- Study Design
- Recruitment of Participant Families
- Data Collections
- Data Processing and Analysis
- Sharing the Results (KT)

Evaluating our Partnership

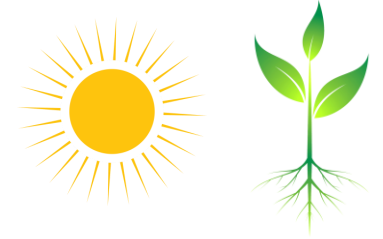


GROWS AND GLOWS

Shared Goal Partnership often stems from shared goals.

- Did you feel this project emanated our shared goals of investigating a mindfulness intervention for better health and well-being of children living with epilepsy and their families?

Evaluating our Partnership

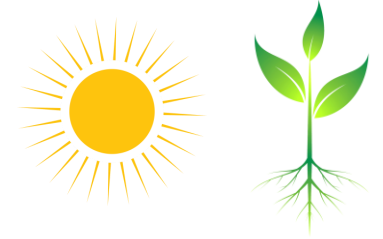


GROWS AND GLOWS

Clarity of Roles There is a multitude of roles in a complex research - community collaboration such as this M3-E project.

- Do you feel your specific role was well defined?
- Were you able to carry out that role well? (Please include what your role(s) was/were (e.g., research student, researcher, M3-E facilitator, Community Partner, M3-E Trainer)

Evaluating our Partnership

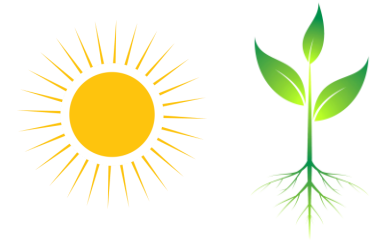


GROWS AND GLOWS

Sharing of Power (I.e., working as equals, trust, shared decision-making or deferring to the “community as expert” or the “university as expert” when the decision pertained more to one domain than the other...)

- In terms of your role in the project, did you feel you had a “voice”? Why or Why not?
- Share an example of when you felt there was appropriate shared decision-making.
- How could our partnership have improved in the area of shared decision-making?
- Trust is earned; how well did we earn each other’s trust? How did we d

Evaluating our Partnership

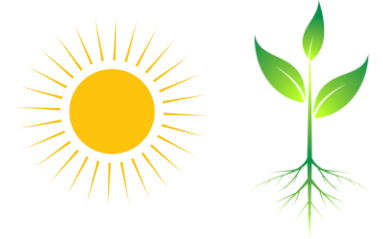


GROWS AND GLOWS

Building the Relationship (through communication, regular meetings, celebrations, mutual trust)

- Considering your role, did you feel there was enough communication to do your role well?
- How could we improve on communication amongst the team?
- Did you feel your time was used respectfully within this partnership? Why or why not?
- Did you feel we were a cohesive group during this project, or did it feel more siloed?

Evaluating our Partnership

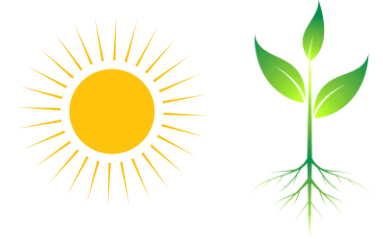


GROWS AND GLOWS

Sharing of Resources (e.g., space, budget for materials and human hours, relevant experience...)

- Where could our partnership have improved on sharing of resources?
- Within your role, what would you change in the budget for next time?
- Did you feel your relevant experience or role in this project was well applied and valued?

Evaluating our Partnership

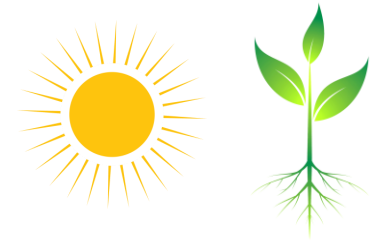


GROWS AND GLOWS

Respect for Time (I.e., showing up to meetings on-time, meetings being productive, timing of communication or frequency of meetings not too onerous)

- Do you feel your time was well-used when engaging in this project?
- Did you find meetings productive and helpful? Why or Why Not?
- Were there enough meetings for you to do your job well?

Evaluating our Partnership

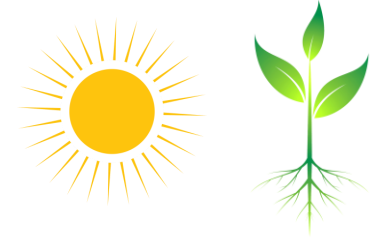


GROWS AND GLOWS

Building Capacity (I.e., training of M3, training in research data collection during the group sessions, eventual Train-the Trainer for ESWO, knowledge in research methods, experience in REDCap,)

- Do you feel you gained knowledge and expertise in your role on this project?
- If you attended the M3 training, was that helpful?
- Would you have appreciated more training opportunities in M3 throughout the project?

Evaluating our Partnership



GROWS AND GLOWS

Sustainability of the intervention in the community

- For a project like this, how do you view sustainability?
- How can this intervention be sustained in the community?