

The International Program for Participatory Action Research - IPPAR

- The International Program for Participatory Action Research (IPPAR) is a five year research program funded by the Canadian Institutes of Health Research
 - knowledge translation priority announcement
- IPPAR is also a private non-profit community organization whose members are people with the lived experience of mental illness (consumers and carers).
- The aim of the IPPAR is twofold:
 - to translate the experiential knowledge of consumers and carers into scientific evidence and ;
 - to transform the research and scientific milieu as an inclusive workplace for them.

Community-based Participatory Research

- Community-based Participatory Research (CBPR) is an approach to research that involves **persons of primary interest** in all aspects of the process, from conceptualization to data collection, through interpretation and dissemination of findings.
- Involving people about whom the research is conducted as full research partners is a fundamental tenet of CBPR, and speaks to CBPR's roots in social **justice and social change movements**.
- Co-learning, a strengths-based approach, and **acknowledgement of privilege and power** are hallmarks of CBPR.
- To explore issues pertaining to the expression of citizenship of people with the lived experience of mental illness, the IPPAR applies a CBPR approach to embody the principles of civic and social inclusion in **research as community**.
 - *We are family...*

The IPPAR as Social Support Program

- The IPPAR proposed a new Social Support Program (SSP) to the Quebec Ministry of Employment and Social Solidarity (MESS), namely the **Projet citoyen**
 - a transposition in Montreal of the Yale-New Haven **Citizens Project**.
- In the province of Quebec, SSPs are designed for people who face various forms of disabilities that had major **impacts on their life trajectories**, particularly in terms of their much lower socio-economic status.
- Participants in SSPs receive a monthly supplement to their government social welfare allocation – **SSI-like**.
- There are SSPs in different economic sectors, offering mostly **basic** manual or clerical work experiences.
- The IPPAR SSP offers a **scientific environment** for persons who need special employment support and who have an interest in academia and research.

The Consumers' checklist for Participatory Action Research

- To better understand the hopes and expectations of consumers who might be invited to get involved as partners in a CBPR project that would aim at addressing inclusion, study participants were asked:
 - *What would do you think you would gain in being engaged as full research partners in a participatory research project aiming to address social inclusion and citizenship?*
- Pelletier, Lesage, Delorme, Macaulay, Salsberg, Vallée, Davidson. 2011. User-led Research: A Global and Person-Centered Initiative, *International Journal of Mental Health Promotion*, 13(1), 4-12.

Discussion

- **Breaking free from poverty**
 - Breaking free from poverty is the ultimate goal for many persons in recovery.
 - If people are economically better off, their mental and global health will improve.
 - Paying consumers to get involved as full CBPR partners is a way to help them financially.
- **Recognition of competencies**
 - Recruiting and training consumers to conduct interviews or focus groups with peers is an excellent way to recognize their specific competencies and contributions.
 - Being recognized as important contributors within a research team demonstrates that they have specific and useful skills.
 - This confers social legitimacy to the process, as well as scientific credibility
- **Improving access to information**
 - Being actively involved in research is a good way to have access to first-hand information and new technologies, even more so with newly discovered findings.
- **Taking responsibilities**
 - Playing an active role in CBPR is an opportunity to get trained and supported in assuming some responsibilities and to be accepted and recognized as a teammate within an inclusive scientific workplace.

Merci!

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