

The Community Leaders Institute: Promoting Translational Research through Training

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Introduction

Rationale for the Community Leaders Institute (CLI):

- The CCTST Community Partner Council (CPC) collaborated with academic health center (AHC) members to develop the Community Leaders Institute (CLI) in an effort:
 - ✓ To build trust, mutual respect and a common language around research with community partners
 - ✓ To build capacity in the community through training and the application of technical skills to real-world projects in ways that ensure health impact
 - ✓ To develop a community-academic collaboration model that results in the promotion of translational research in the community.
- The CLI is an eight session innovative leadership development and training program designed to enhance community research capacity and competencies.

Aims

- The goals and objectives of the CLI are to:
 1. Engage the community in research
 2. Address community research challenges
 3. Capitalize on the research expertise in the AHC
 4. Facilitate AHC-community interaction
- The aim of this presentation is to illustrate how the CLI promotes translational research and provide follow-up data from our initial report (Crosby, et al., 2012).

The CLI Program

- Participants in the CLI learn skills critical to community research through a final project presentation and seven three-hour sessions:
 - ✓ Quality Improvement
 - ✓ Accessing Public Datasets
 - ✓ Grant Writing
 - ✓ Community Research Ethics
 - ✓ Design Thinking
 - ✓ Survey Development
 - ✓ Program Evaluation
- Participants are awarded \$1000-\$1500 to complete a real-world project focused on advancing health in their community using their CLI training and technical assistance from the AHC.
- Participants complete evaluations for all sessions in REDCap™ and project outcomes are tracked via 6 and 12 month progress reports, participation in CCTST events and grant applications.

Results

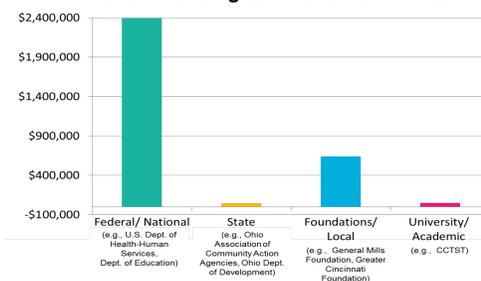
- 99 participants have graduated from the CLI program in six cohorts, representing over 65 health organizations.
- 100% of participants show high satisfactions with the CLI and its format

Project Types	
Developing surveys	37
Analyzing data or conducting program evaluation	18
Accessing public datasets	12
Using quality improvement methods	14
Training staff in CLI skills	38
Writing grants	60
New academic-community partnerships.	10

- 40 participants submitted over 100 grant applications to state, local federal, and private funders, 36 of whom were awarded 55 grants totaling \$4.4 million

*Data for first 6-months reported for 2015 grads to date.

Grant Funding as a Result of the CLI



Case Study #1

- The Gorman Heritage Farm, a Year 5 participant, addressed obesity via an evaluation of a mobile kitchen project using skills learned in the CLI.
- Participants completed surveys of their knowledge of cooking terms and equipment, a self-efficacy scale, and health behaviors (e.g. meal planning, physical activity level before and after participating in the 4-week Mobile Kitchen program designed to teach them seven basic cooking skills.
- Pre-post analyses showed positive trends for increases in knowledge, self-efficacy, and healthy behaviors. For example, participants reported an increased energy level ($p = .059$) supporting the potential of the program to impact broader aspects of daily life.
- The Mobile Kitchen has now evolved into a Cooking for the Family program that invites the entire family to participate in the final class.



Case Study #2

- A Year 5 CLI participant from the Cincinnati Health Department (CHD) developed a project to identify and decrease the amount of women with unsafe sleep environments and provide education on safe sleep to women who receive maternal child nursing home visiting services through the Cincinnati Health Department.
- Data were collected via pre-tests, post tests and program compliance surveys and entered into REDCap™. Progress was tracked over a one year period.
- One-hundred forty women completed surveys. Results showed that 100% of women were placing infants on their back to sleep at follow-up.
- Data were leveraged to develop new partnerships and funding to expand the program from 30 pack n plays to > 600 pack n plays. The project has become standard practice for the CHD.



Discussion

Participation in the CLI provides valuable training for community leaders and promotes translational research.

Our findings indicate high levels of participant satisfaction for the CLI classroom sessions and frequent participation in other CCTST related programs such as the Community Partner Council, additional community engagement training opportunities, and CCTST and other grant applications.

Continued evaluation of the benefits to both individuals and organizations who take part in the CLI will be key to determining the long-term impact of the CLI on the growth in academic-community and community-community partnerships, translational research projects and community/population health outcomes.



References

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