



# Fostering Collaborations

## General Discussion Notes

What factors limit our ability to collaborate with UVic researchers and other universities?	What factors limit our ability to collaborate with external partners?
<ul style="list-style-type: none"> <li>• <b>Time:</b> schedule meetings very far in advance so people can plan, advocate your research (grad students go to undergrad courses etc. and tell them about all the research going on).</li> <li>• <b>Differences in research priorities:</b> collaborations are most successful when there is a pressing need. Having clear questions can help. When there is a priority, the issue becomes time and resources to address this.</li> <li>• <b>Differences with how we work with affected communities:</b> be open to working with NGOs, community groups.</li> <li>• <b>Institutional support</b></li> <li>• <b>Funding:</b> more support to find funding, grant writers.</li> <li>• <b>Timeline for grad students:</b> benefit from coordinated hub where all the current and future projects are listed so people can easily access what research is going on. Helps to establish collaborations and increase availability of our research to potential new students and undergrads.</li> <li>• <b>Interdisciplinary meetings</b> where working groups create meetings with more specific topics that people can attend to split off and create more directed collaborations. Staffing to manage meeting organizational stuff makes it flow better.</li> <li>• <b>Facilitate collaborations:</b> establish guidelines or checklists that allow us to plan exactly what we want to get out of a meeting. Helps to maintain focus in the meeting.</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Limit of accessibility to data</b></li> <li>• <b>Limitations in translation of findings:</b> how to get research to the public and to policy makers in a way that is understandable for them?</li> <li>• <b>Different levels of red tape:</b> between institutions and getting agreements in place. Money coming that needs to be shared between institutions: how do we split it?</li> <li>• <b>Collaborations between UVic and Island Health</b> that occur on a institutional basis rather than individually through only certain students or supervisors. Larger partnership.</li> <li>• <b>Facilitating relationships:</b> important to work with those who work directly with the patient population, or direct relationships between researchers and patients. Have events or conversations regularly.</li> <li>• Can have <b>grad students co-supervised by people outside of UVic?</b> I.E. if a student's project involves research on addictions, can partner or be co-supervised by someone who works in addictions in the hospital or Island Health. Fosters more direct interactions with patients.</li> </ul>
	<h3>What steps can the MHRC take to allow members to foster collaborations more easily?</h3>
	<ul style="list-style-type: none"> <li>• <b>A website:</b> info about previous meetings, future meetings, what it's about.</li> <li>• <b>Formal reports following the meeting</b></li> <li>• <b>More opportunities for students- seminar series</b></li> <li>• <b>Having a list of organizations or NGOs available that would like to partner with researchers or make directories.</b> Gives more easy access to patients for patient-oriented research. Streamlines ways to connect with people who would like to work with us.</li> </ul>

<p><b>How can UVic position itself as an institution that is respected in regards to mental health work?</b></p>	<p><b>What are the priorities for the future of the MHRC?</b></p>
<ul style="list-style-type: none"> <li>• <b>Have more patient partners.</b> Hard when there's only one or two because they may feel like they are not really part of it. Have more community representatives. Umbrella is a good resource for this.</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Maintaining connections between health researchers</b></li> <li>• <b>Promoting UVic as a leader for innovative integrative health research:</b> how can UVic put itself out there as a hub for integrative health research?</li> <li>• <b>Opportunity for satellite work</b></li> <li>• <b>Giving students more access to students of other faculties to encourage collaborations</b></li> <li>• <b>Getting the MHRC on social media</b> to increase visibility and to get the MHRC ideas out there. Update on meetings, values etc.</li> <li>• <b>Strengthening national collaboration from the West side;</b> most things are in Ontario right now.</li> <li>• A lot of current priorities are about things on campus but it's important to <b>collaborate with people off campus</b> as well.</li> <li>• <b>Supervisors need to meet with community workers, and could bring grad students/ RAs with them.</b> Sending grad students alone is less impactful. Need to go into community to access these collaborations.</li> </ul>
<p><b>Ideas for collaborations between MHRC members?</b></p>	
<ul style="list-style-type: none"> <li>• <b>Research day:</b> symposium or conference style event consisting of posters, presentations, workshops, panels.</li> <li>• <b>Research exchanges:</b> opportunity to share research projects between students.</li> <li>• <b>Circulating articles with more accessible language.</b></li> <li>• <b>Get people face to face to talk about their research.</b></li> <li>• <b>Do these events in a more informal way</b></li> <li>• Organize a few teams from these discussions, <b>get into smaller groups.</b> Find different points of connection with the community, get arranged into groups so there is dedicated space and time for these discussions.</li> <li>• <b>Create a report about these cluster workshops.</b></li> </ul>	

