



# **‘Āina-based health programs:**

a place to grow community-engaged  
performative researchers

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# Outline

- Learning Objectives
- Introduction
- Program/Research Design
- Results
- Impacts
- Acknowledgements
- Questions

# Learning Objectives

- Participants will be able to use the “Ripple Model for Growing Community-Engaged Performative Researchers” to reflect on their own research field practice.
- Participants will learn how ‘Āina-based health programs may be integrated as experiential learning with students’ community-based learning assignments toward mutually beneficial goals.

# Introduction



Neighbors being Neighborly to Neighbors  
Kōkua Kalihi Valley Comprehensive Family Services



# Ho'oulu 'Āina Nature Preserve







‘O ka hā o ka ‘āina ke ola o ka po‘e

The breath of the land is the life of the people

# Logic Model: Hooulu Aina

## Inputs

**Funding:**  
Grants  
FQCHC (KKV)  
Donation

**Staff:**  
Coordinators  
Caretakers  
Grantwriters  
Educators  
Farmers  
Foresters  
& Cultural  
Practitioners

**Volunteers:**  
Community  
Professional  
Artists  
Academic  
Students

**Land:**  
100 acre lease

## Activities

**Lohe Aina:**  
Wahi pana  
(place names)  
& moolelo

**Koa Aina:**  
Native  
reforestation

**Hoa Aina:**  
Community  
access

**Mahi Aina:**  
Community  
food  
production

## Outputs

Practice of  
skills, art &  
language.  
Restoration of  
auwai.

Native space

Self-  
awareness,  
cross-cultural  
connections,  
compassion

Healthy food  
& traditional  
medicine

## Short-term Outcomes

Oral history:  
Remembering  
knowledge  
of ancestors.  
Listening.

Aina  
Revitalization:  
Growth of  
native plants &  
flow of water  
in auwai

Relationships  
& connections  
with HĀ staff,  
mission,  
vision & wahi  
pana

Experiential  
learning  
preparation,  
sharing,  
teaching,  
subsistence-  
living

## Mid-term Outcomes

Decolonization,  
Sense of  
Coherence

Improved  
forest &  
watershed  
health

Community  
cohesiveness  
& social  
capital,  
decreased  
social isolation

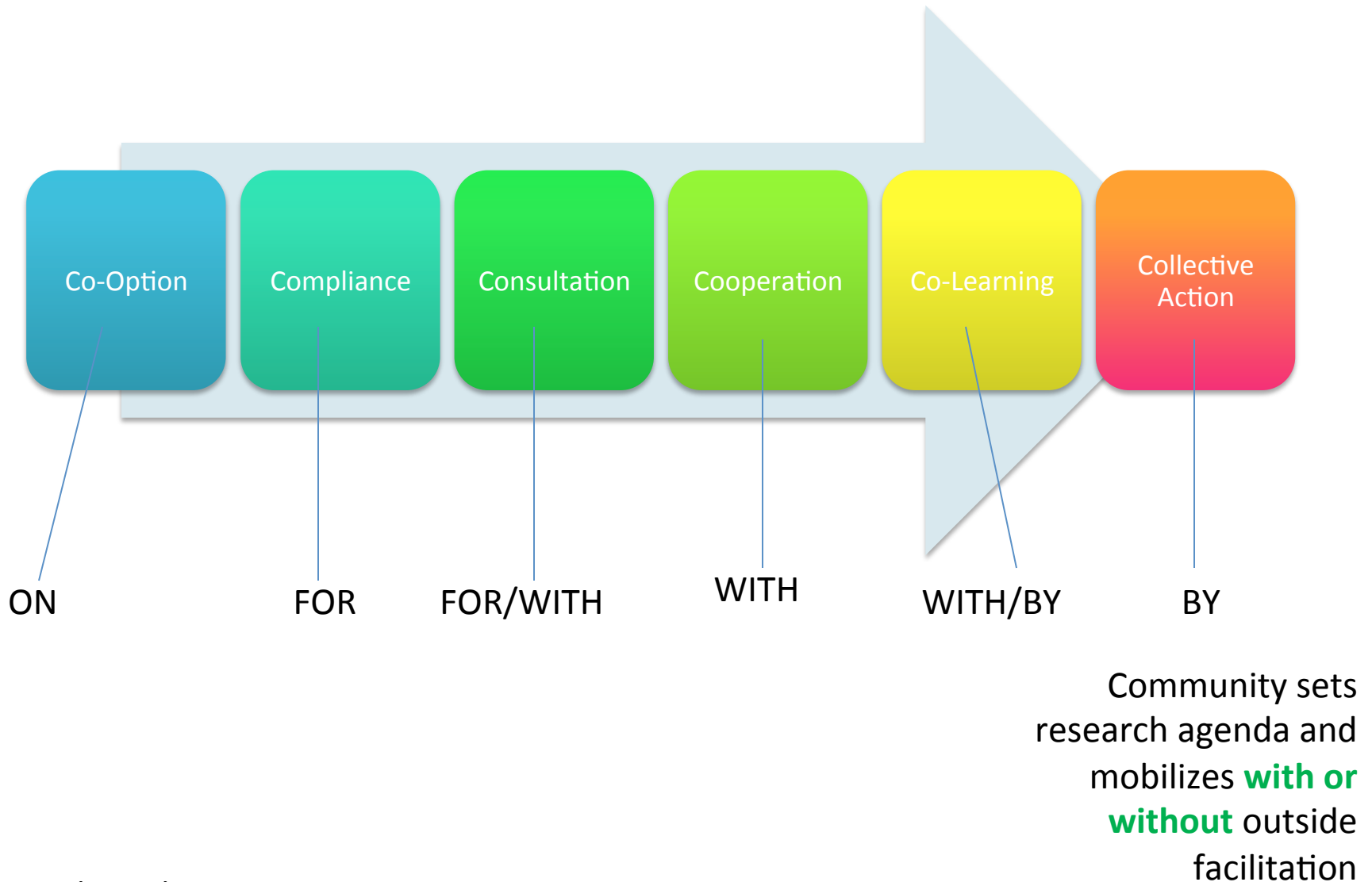
Food  
security &  
autonomy

## Long-term Outcomes

Healing,  
reconciliation  
& the  
alleviation of  
suffering in  
Kalihi Valley  
Community  
through  
aloha aina

Participants = All elements of creation.

# CBPR Trajectory





# Community-Engaged Performative Researchers

- “I believe that the community – in the fullest sense: **a place and all it's creatures** – is the smallest unit of health, and that to speak of the health of an isolated individual is a contradiction of terms.”
  - Wendell Berry



# Community-Engaged Performative Researchers

- Engaged: “Co-learning & Capacity building among all partners”
  - Reciprocal benefits & contributions



# Community-Engaged Performative Researchers

- Performative: “integrates and achieves a balance between research and action for the mutual benefit of all partners”
- Ma ka hana ka ‘ike





# Community-Engaged Performative Researchers

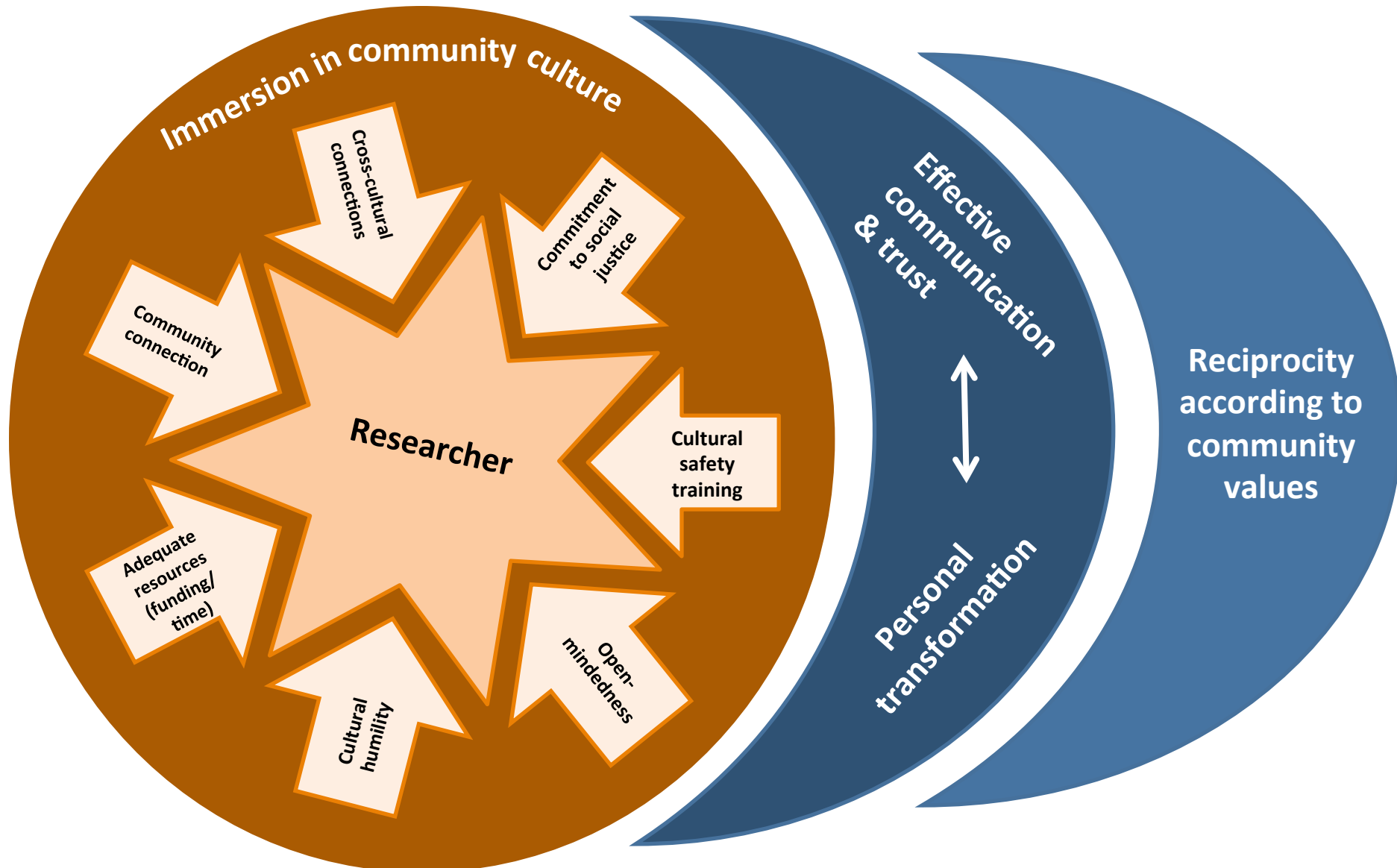
- Researchers: “collaborative, equitable partnership in all research phases and involves an empowering and power-sharing process that attends to social inequalities”



# Ripple Model: Growing Community-Engaged Performative Researchers

Inputs & Activities

Outcomes



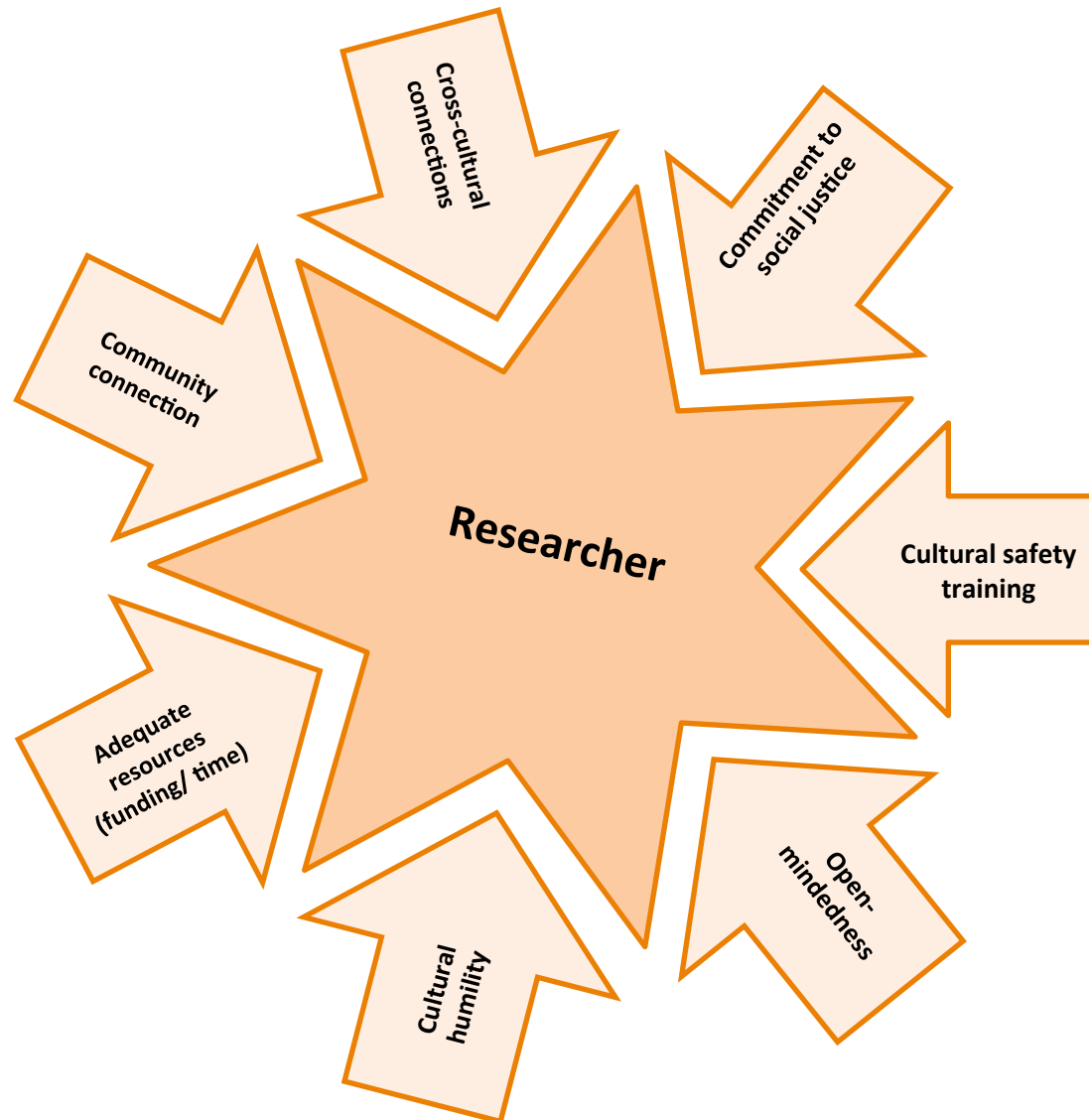
# Immersion in Community Culture

- “Step one: Show up.” – Darla





# Routes of Transformation



# Community connection

- In a CBPR intervention, the theory of change would be the relationships, connecting, and what happens to individual alone, or collectively as a community, and their health as a result of the relationships.
- An example is social support frameworks and intervention
- The Ho`oulu Aina volunteer experience underscores relationships

# Commitment to social justice

"Together we work

toward **healing, reconciliation and the alleviation of suffering in Kalihi Valley** , by serving communities, families and individuals through strong relationships that honor culture and foster health and harmony."

KKV Mission Statement since 1972

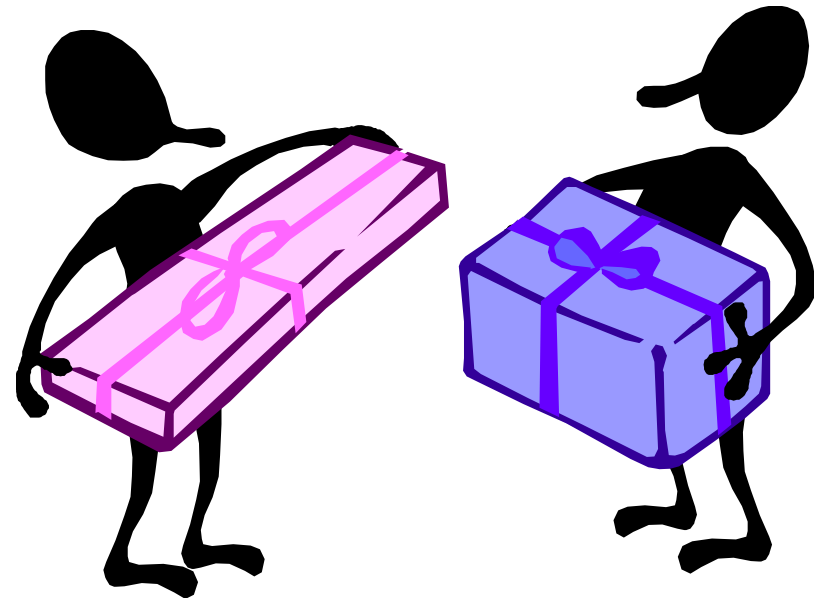


# Adequate resources (funding/time)

- CBPR is the work of generations
  - Funding
    - The 200 year work plan
  - Assessment & evaluation (Morelli et al., 2010)
    - Strengths-Enhancing Evaluation Research recognizes relationships as outcomes
  - Sustainability
    - Slowing down

# Open-mindedness

- “The creatures that inhabit this earth-be they human beings or animals-are here to contribute, each in its own particular way, to the beauty and prosperity of the world.”  
– Dalai Lama



# Cultural humility

- “Only the humble can learn.”  
— Uncle Martin
- “Years of study have convinced me that the real job is not to understand foreign culture, but to understand our own.”  
— Edward T. Hall



# Cross-cultural connections

mai'a

saba

uuch

banana

fa'i





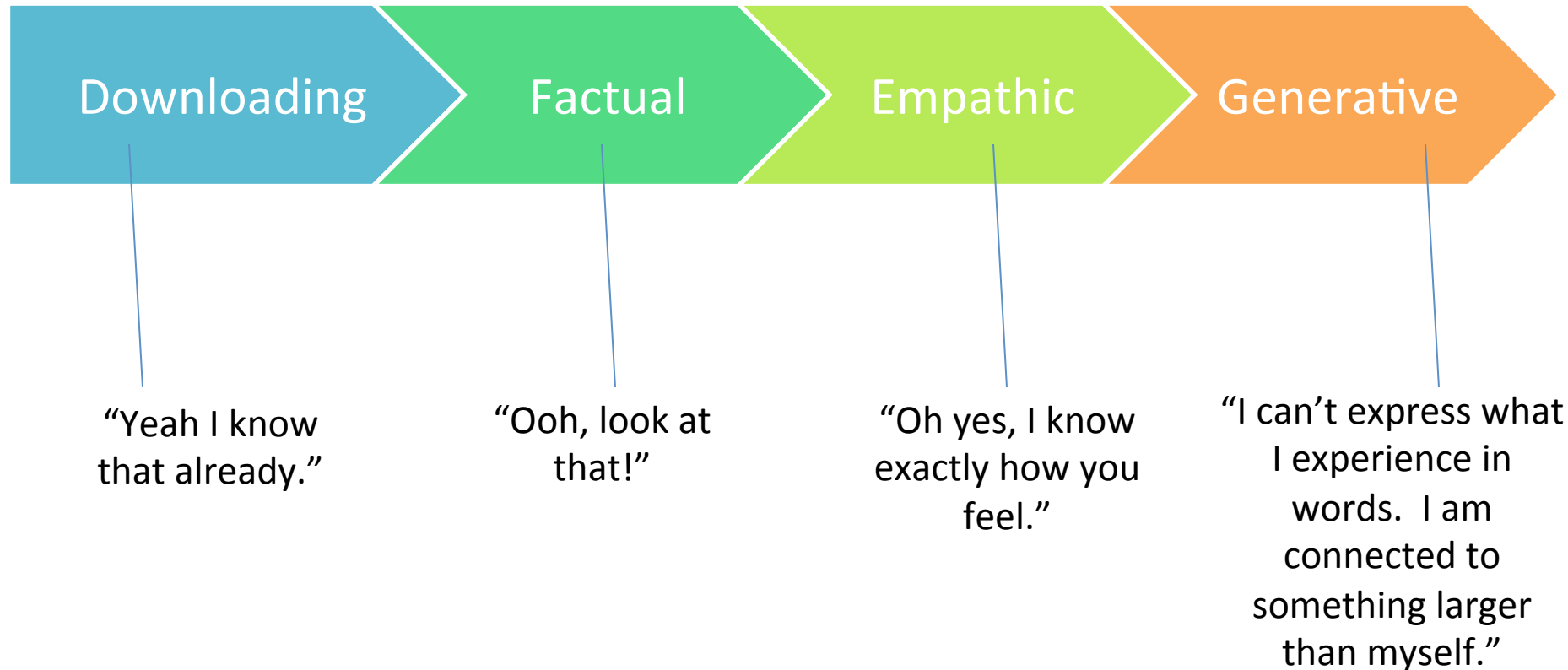
# Cultural safety training

- How does your....
  - Gender/Sexuality
  - Race/Ethnicity
  - Socioeconomic class
  - Academic & Political Paradigms
  - Cultural & Nationality
  - Religion/Philosophy
  - Life Experiences

.... affect your research?

# Effective communication

- Listening
  - C. Otto Scharmer's "Theory U"



# Personal transformation

- People Powered Change:
  - “...communities grow from inside out, evolving from the place where ‘I’ live, to the community where **‘we’ grow.**”



# Personal transformation





# Personal transformation

- Hoʻoulu `Aina is an ideal learning environment because that mechanism of relationships, by which many people learn, often unconsciously, is cultivated. The connection is with each other and/or with the land.
- The volunteer experience at Hoʻoulu `Aina can be personally transformative
- Lifelong learning



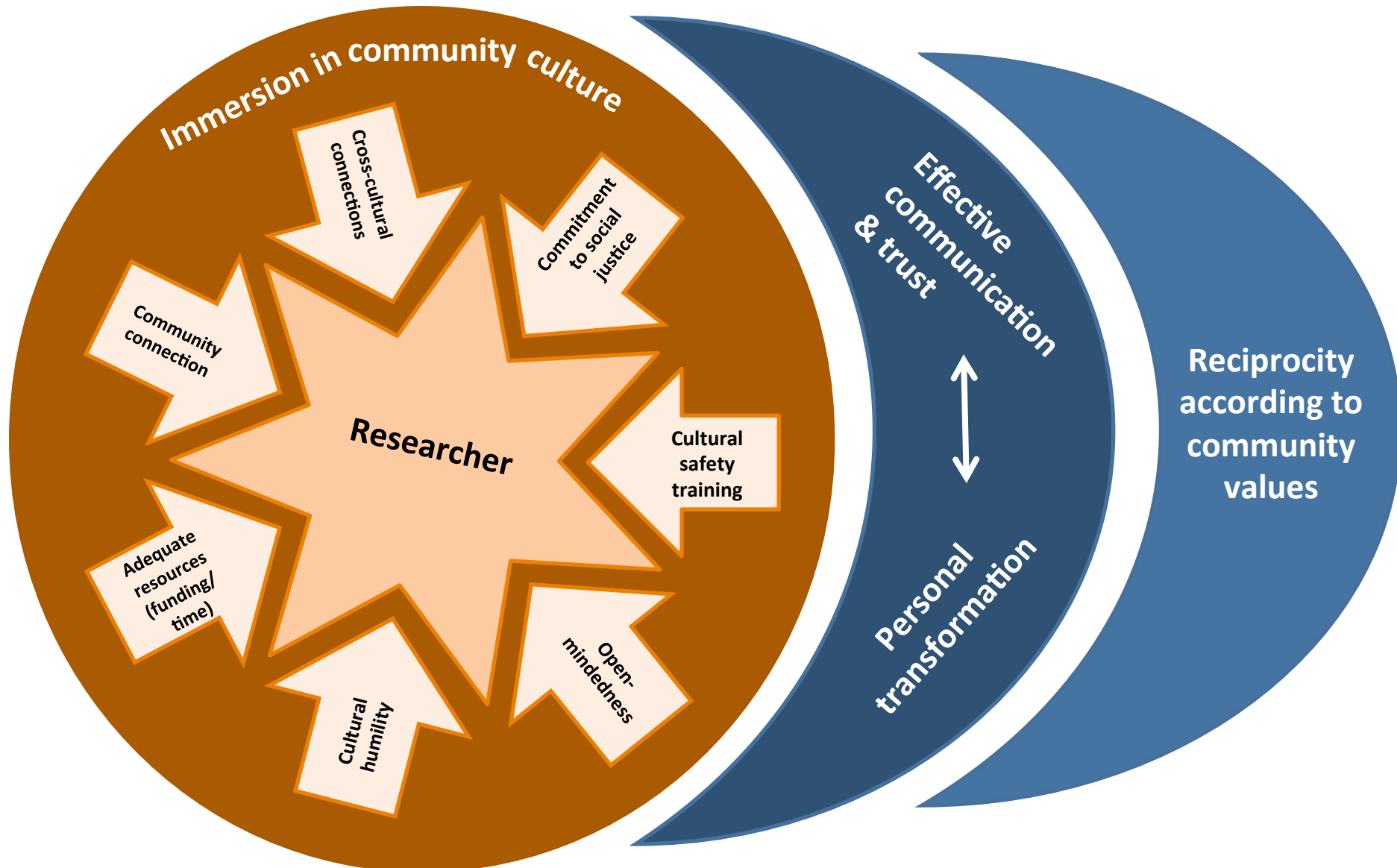
Somewhere there are people  
To whom we can speak with passion  
Without having the words catch in our  
throats  
Somewhere a circle of hands will open to  
receive us  
Eyes will light up as we enter  
Voices will celebrate with us  
Whenever we come into our own power  
Community means strength that joins  
our strength  
To do the work that needs to be done  
Arms to hold us when we falter,  
A circle of healing, A circle of friends  
Some place where we can be free

– Starhawk  
*Dreaming the Dark*

# Ripple Model: Growing Community-Engaged Performative Researchers

Inputs & Activities

Outcomes

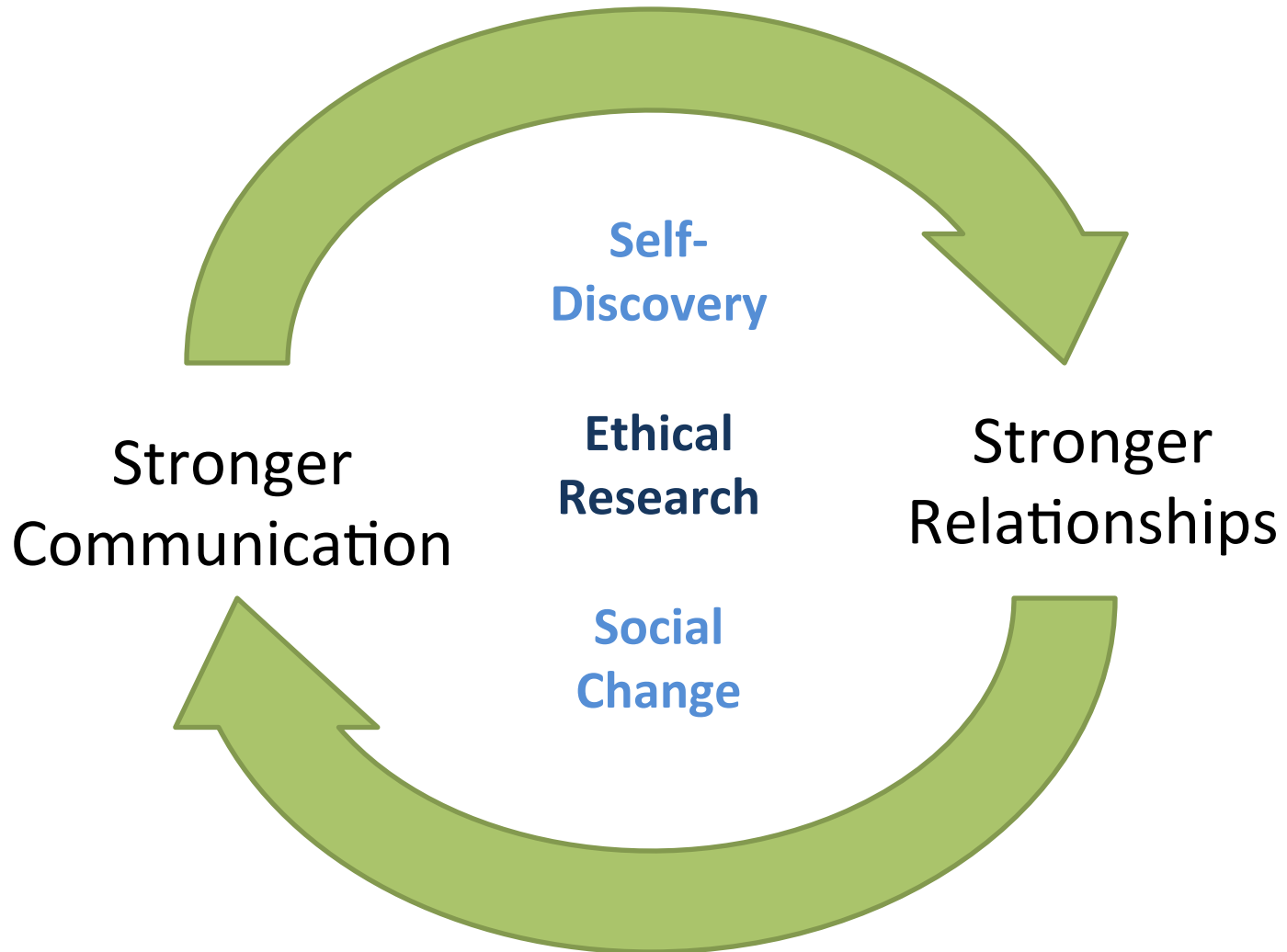


# Results: Developing Evaluation System

- Narrative Research and Qualitative Framework
  - Storytelling, Story mapping
- Community data ownership
  - “The ‘Researched’ design and implement the research”
- Reciprocal benefit collaboration
  - “Everyone who contributes benefits, and all who benefit contribute”



# Impact



# Acknowledgments

- KKV
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- 'Ouaua & Maluawai

# Questions