
A Message from the Director

Who would have thought a year ago that we would still be working our way through living in a COVID world?! But here we are. While there are many aspects of our working and personal lives that have been highly unpredictable and stressful over the past year, this has also been a time of opportunity to reflect on what is important. For me, it has allowed me to ground myself in collaborations with our students and my colleagues at Carleton. What a phenomenal process this has been!

For the first time, the CHAIM Centre brought on board two students from Journalism, who together with students (and graduates) from Neuroscience and Health Sciences formed a formidable team. As you'll see in this newsletter, they substantially increased our social media presence, launched The COVID-19 Chronicles, organized the One Health Student Challenge, put together resources associated with Black History Month, established our Speakers Bureau, and most recently, launched a Knowledge Mobilization Resource Hub on the CHAIM Centre website. It has been exhilarating to watch this remarkable team conceive, organize and implement these highly creative and timely initiatives.



The CHAIM Centre has also been playing a more central role in research mobilization activities in partnership with other initiatives at Carleton. Several researchers have submitted team proposals that are strengthened by partnering with a Research Centre focused on Knowledge Mobilization of health research. These partnerships are mutually beneficial, and the CHAIM Centre has been pleased to play a role by providing letters of support. If you're planning a team grant with translational elements, please get in touch with me to talk about how we might be able to support your initiative.

In the meantime, the CHAIM Centre is continuing to develop strategies to support the mobilization of the research of our students and staff. If you have any ideas of activities that could be helpful, just let us know!

Stay safe and healthy!

Kim Matheson, Director

Recent Activities

Despite the restrictions imposed by COVID, the past 6 months have been a period of activity and growth for the CHAIM Centre. We welcomed several team members, worked on developing novel initiatives, and continued to adapt our regular activities to the ongoing reality of the pandemic. Some highlights:

- **Website launch:** In the fall of 2020 we began migrating content over to our new website. Now fully launched, the new site is organized around our key research areas and features blogs, video series, and regularly updated news items. You can explore the new site here: <https://www.chaimcentre.ca/>

- **Social media expansion:** To broaden our impact and reach, in addition to our [Twitter](#) account, we also created a [LinkedIn page](#) and [Facebook page](#) for the CHAIM Centre. Please follow us!
- **COVID video series:** In December, we launched [the COVID-19 Chronicles](#), a student-led video series featuring the lived experiences of members of the Carleton community impacted by the pandemic. This series was produced by our two stellar journalism interns, Lilo & Emily – for more about their experiences with CHAIM, check out our ‘Spotlight’ section below!
- **Black History Month activities:** The CHAIM Centre published several feature blogs to mark Black History Month, including Biology & Humanities student Debrah Makinde’s blog “[Education: A Neglected Social Determinant of Health in the Black Community](#)”, which was preceded by a blog by Neuroscience graduate Kianna Mahmoud, “[Unapologetically Black](#)”. A [curated reading list](#) of articles our team found compelling on the topic of Black health and wellness is also available on our website.
- **2021 One HEALTH Student Challenge:** A lot of time and effort in these past 6 months was spent planning and launching our annual [One HEALTH Challenge](#), which was converted to a virtual format due to the pandemic. Focusing on [building cross-generational connections to promote mental wellness among older adults and youth](#), the 2021 Challenge generated record level of interest from students, with 10 interdisciplinary teams signing up to compete!



The competition launched on January 28th and concluded with a final event on March 18th. This year’s [judging panel](#) featured industry leaders in technology, healthcare, retirement living, and the non-profit sector, who were tasked with reviewing students’ solutions and selecting a winning team. After intense deliberation, first place went to [Together One Forever](#), a web-based interactive storytelling program created by students Kareena Ajith, Andréanne Morera Tanguay, Natasha Nayar, Sophia Rivas, and Matthew Wilson. Judges also

named a runner-up: [BioDem](#), a COVID-friendly space for community programming created by Neha Khanna, Izzy Munevar-Pelton, Hailey McGuire, Jaimie Reynolds, and Molly Zhang. We were blown away by the talent and creativity evidenced by the diverse solutions teams produced this year. **Congratulations to our winners and to everyone who participated!** All the teams’ creative 3-minute video pitches can be viewed on our website: <https://www.chaimcentre.ca/all-teams.html>



Spotlight – Meet our Journalism Interns!

Our names are Emily Koch and Lilo Noort. We have been working with the CHAIM Centre on their communications since October. We are two journalism students with a passion for communications work and creating content. We understand the importance of health and interdisciplinary research, so we are glad to support the CHAIM Centre’s communications.

Emily Koch

I have been working with the CHAIM Centre since October on different communications and knowledge translation projects. My primary role is to facilitate the development of a knowledge translation resource collective that helps researchers display their work in a way that is accessible to the public.

The goal with my work on the knowledge translation collective is to provide researchers with the tools they need to publicize their research. I am happy to announce that the CHAIM Centre has published a “[KT Resource](#)” page on our website that offers different online tools and resources to



researchers – see below for more details! I look forward to the new ventures the CHAIM Centre is taking on to expand our knowledge translation collective.

Working with the CHAIM Centre has been very rewarding, in part because I have been helping build their knowledge translation sector from the ground up, but also because of the amazing group of women that I work with. Our meetings together are always innovative. We bounce ideas back and forth in a brain-storm style until we arrive at a final conclusion.

Lilo Noort



Working with the CHAIM Centre has been an excellent learning opportunity. My main responsibilities were running social media, creating promotional graphics and design on our website.

My goal with working at the centre was to expand my journalistic and communications portfolio, as well as learn more about health research. Throughout my time with CHAIM, I have been able to take part in a variety of events and initiatives in a field I was not entirely familiar with. However, with the assistance of the wonderful team I worked with, I was able to effectively communicate and learn about health communications.

Working with CHAIM has been rewarding. Not only was I able to use my skills in graphic content creation and social media management in a unique way, but I was able to learn from the amazing group of women I worked with. The work environment was one that fostered creativity and allowed me to grow as a student and in my career.

Upcoming Events and Opportunities

- **Call for blogs:** Did you know that the CHAIM Centre publishes blogs written by members and students of all levels? If you have an idea for a blog that touches on one of [our key research areas](#), let us know! We provide editing support and promote each blog through our social media platforms.
- **Speakers Bureau:** Have a workshop, panel or other event coming up and looking for a speaker? The CHAIM Centre's Speakers Bureau has over 20 members with expertise on a wide range of health-related topics such as stress, epidemiology, student mental health and more! [Visit our website to book a speaker](#). Or contact us if you wish to be included as a potential speaker!
- **Knowledge Mobilization Resource Hub:** the CHAIM Centre recently launched a [new page on our website](#) featuring a collection of articles, guides, and tools to assist with knowledge translation. This page is intended to serve as a centralized resource hub for health researchers seeking practical ways to build awareness and engagement with their work among different audiences. If you have suggestions for additions or improvements, let us know!



Contact Us

Director: [Kim Matheson](#)

Journalism Interns: [Emily Koch](#) & [Lilo Noort](#)

Administrator: [Betty Zahalan](#)

Research Assistants: [Melissa Carvalho](#), [Maria Pranschke](#), & [Emily Tippins](#)

General inquiries: chaimcentre@carleton.ca



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