

Collaborative Health Research Institute of Southern Alberta

The CHRISA Post Fall 2023

CHRISA Unconference

On May 5th & 8th, CHRISA had the privilege of hosting a “unconference”. The goal of the event was to encourage out-of-the-box thinking and to build a network of researchers, community members (e.g., patients), students, practitioners, and policymakers to develop grassroots initiatives that address the current healthcare challenges faced by Albertans. Over 100 people attend this event.

Future events

Following the unconference, we acknowledge that cultivating solutions for complex healthcare issues can be a challenging and sometimes overwhelming task. We received valuable feedback from participants. We hear you! For the next steps in cultivating solutions, we are planning a Quality Improvement Workshop. The aim of this workshop is to provide a structured approach to breaking down big, complex issues into tangible and measurable solutions. The workshop will guide participants to focus on systematic problem-solving, process optimization, and outcome measurement. The techniques will focus on creative actionable plans and measurable improvements in healthcare. Stay tuned for more information.



“Great discoveries and improvements invariably involve the cooperation of many minds.”

-Alexander Graham Bell



Unconference Participant Experience

The CHRISA unconference proved to be a catalyst for health-related projects. The rich exchange of ideas and shared passion for healthcare laid the groundwork for numerous participants to continue working together and drive positive change in healthcare. Below are two stories shared by unconference participants highlighting the ongoing work.

Addressing Economic Barriers to Care

“After making connections with fellow attendees of the CHRISA unconference, conversations about ways to build capacity to address poverty and other social determinants arose. A few of us got together after the unconference and brainstormed how we could offer a shortened version of *Bridges Out of Poverty*, as well as other local related content, to primary care health professionals.

Addressing Economic Barriers to Care workshop was held in Lethbridge on Thursday, October 5th with 28 people attending. Participants included community agency representatives, public health staff and primary care staff.

I am hopeful that we can collaborate and continue to offer learning opportunities for primary health care providers and partners in the future.”

-Stasha Donahue, Alberta Health Services

Shaping Research Interests

“Attending the CHRISA unconference played an instrumental role in shaping my research interests. During the event, I participated in a breakout session hosted by Health Promotion Facilitators who discussed results from their tobacco and vaping questionnaire that went out to local schools. Engaging in these discussions allowed me to gain valuable insights into the severity of this issue.

The unconference not only heightened my awareness of the vaping epidemic in local youth but also inspired me to pursue a thesis topic related to vaping. As a master's student and public health professional, this event served as a catalyst for solidifying my research direction, ultimately leading me to choose a vaping-related issue as the focus of my thesis.”

- Amanda Hepp, Graduate Student

Want to stay connected? Let CHRISA help.

Collaboration brings benefits to all parties. CHRISA improves opportunities to exchange ideas and develop cooperation with agencies across Southern Alberta. CHRISA supports member driven activities. Contact us at CHRISA.info@uleth.ca if you are:

- Looking for collaborators on a research project.
- Looking to connect with experts in a particular topic.
- Wanting to pitch your research idea.
- Wanting to present information in your area.
- Looking to set up a special interest group.

Contact us for all your health-related research inquiries.

Email: chrisa.info@uleth.ca