



The Bright Spots Learning Lab

Delivering qualitative research trainings in a post-Covid world -- 2023 Qualitative Report Conference

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The Leadership Education & Training
Program in MCH Nutrition

CENTER FOR LEADERSHIP EDUCATION
IN MATERNAL & CHILD PUBLIC HEALTH

Sponsored by the Leadership Education and Training (LET) Program in MCH Nutrition & the Center for Leadership Education in Maternal & Child Public Health

Land Acknowledgement

The School of Public Health at the UMN-Twin Cities is situated on the ancestral land of the Dakota people.

“Minnesota” comes from the Dakota name for this region, Mni Sota Maḵoce — “the land where the waters reflect the skies.”

We acknowledge the ongoing debt that is owed to the Dakota people and strive to create healthy dialogue, relationships, and practices that redress this injustice, as well as others related to the indigenous peoples of this state.

-Language adapted from the UMN's Multicultural Center for Academic Excellence and the School of Social Work

Learn more at: native-land.ca/

The Bright Spots Mini-Lab is supported through MCHB funds

The Center for Leadership Education in Maternal and Child Public Health is supported by the **Health Resources and Services Administration (HRSA)** of the U.S. Department of Health and Human Services (HHS) under grant number [T76MC00005](#) for Leadership Education in Maternal and Child Public Health in the amount of \$1.7 million. This information or content and conclusions of our outreach products are those of the authors and should not be construed as the official position or policy of, nor should any endorsements be inferred by HRSA, HHS or the U.S. Government.

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epi.umn.edu/let



Objectives

- Discuss the Mini-Lab's foundation in the positive deviance research approach
- Examine the Covid-19 pandemic from a public health training and practice perspective
- Share lessons learned



The **Bright Spots Qualitative Mini-lab** is situated in the Division of Epidemiology and Community Health at the University of MN SPH

Mistrust

Vaccine hesitancy

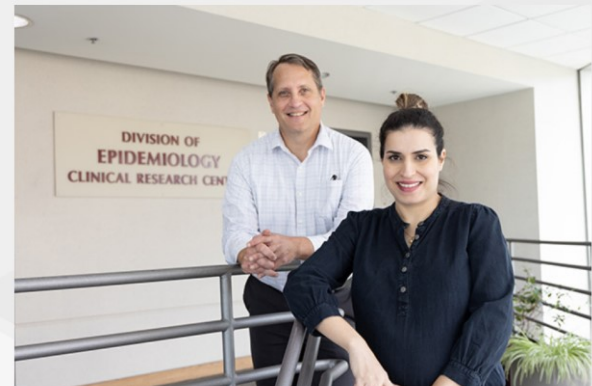
Institutional racism and historical inequities in health care



Epidemiology & Community Health

Our Division of Epidemiology and Community Health focuses on disease and health in various populations. Our experts lead and collaborate with partners on research projects and academic programming that examine the distribution, cause and prevention of diseases, and how human behavior affects overall health.

Their specific areas of research build on our robust history of discoveries involving cancer, cardiovascular disease, global health, infectious disease, maternal and child health, healthy weight, social epidemiology, and substance abuse.



Mission & Vision of the Bright Spots Mini-Lab

Collaboration

We believe the health of populations and communities starts with collaboration between researchers and community members.

Asset-based

By using asset-based research to enhance the health communities, we value the role community member play to inform public health practice.

Community voices

Influenced by a positive deviance approach, we seek to incorporate their voices and experiences in the research process.

Serve and share

The Mini-Lab exists to serve the training needs of students, faculty, research scientists, practitioners, and community members by sharing best practices so they can engage in this level of qualitative research.



History of the Bright Spots Mini-Lab

The Mini-Lab offers participants the space to build or augment the qualitative research skills they've learned in classrooms or while at work in their agencies.

2018

Mini-Lab infrastructure is built by Dr. Jamie Stang and Dr. Zobeida Bonilla

2021- Present

Mini-Lab trainings provide CEU opportunities on a wide range of research topics and reach participants as far as Hawaii and India

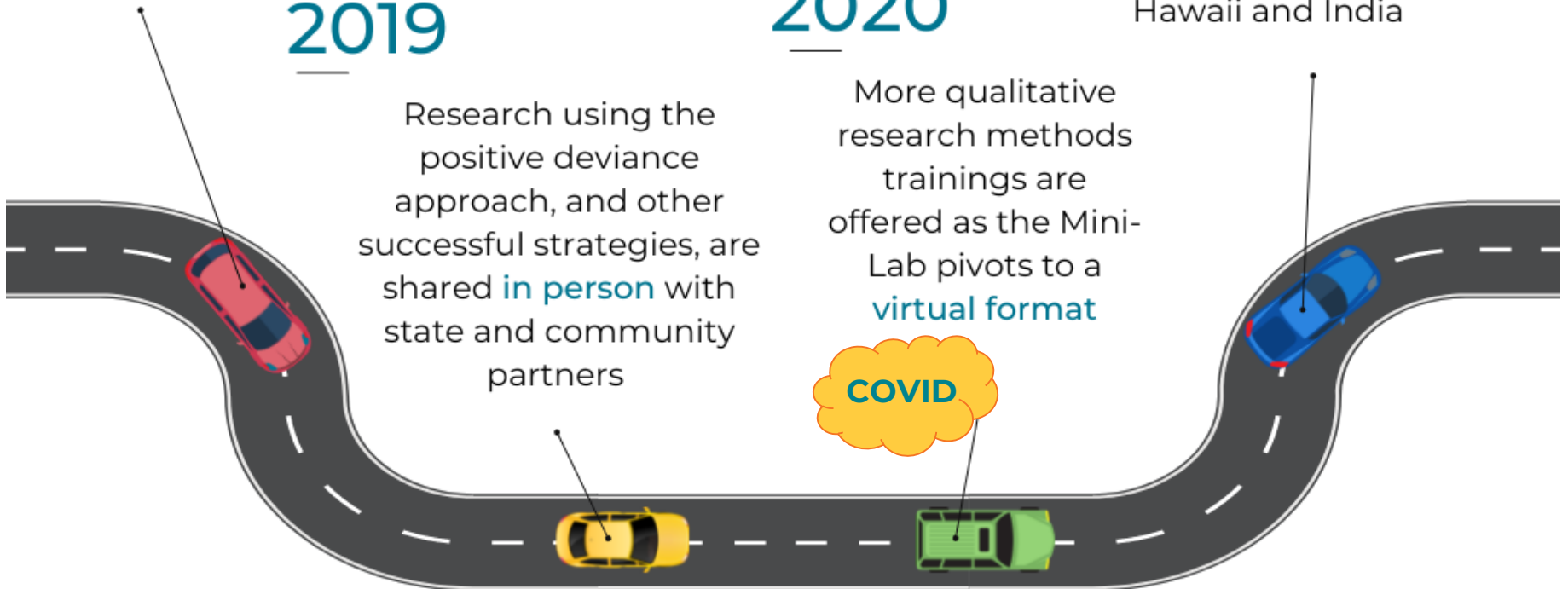
2019

Research using the positive deviance approach, and other successful strategies, are shared **in person** with state and community partners

2020

More qualitative research methods trainings are offered as the Mini-Lab pivots to a **virtual format**

COVID





Driven by a Positive Deviance Approach

Positive deviance is an approach to program development, evaluation, and research that leads to asset-based solutions and messages that come from within and build upon the strengths of communities and lived experiences of those impacted by a public health issue. It's been used across the globe to identify low-cost, easily accessible health interventions using community-engaged methods.

Source: photo: <https://images.squarespace-cdn.com/content/v1/5a1eeb26fe54ef288246a688/1576190695923-7L8oVTQ8o8TGgM5D1DU6/mother+feeding+child.jpg>



Covid-19 Changed Our Strategy

Covid-19 and the ensuing pandemic affected...

public health research
education, professional development, and trainings
community engagement
and much more...



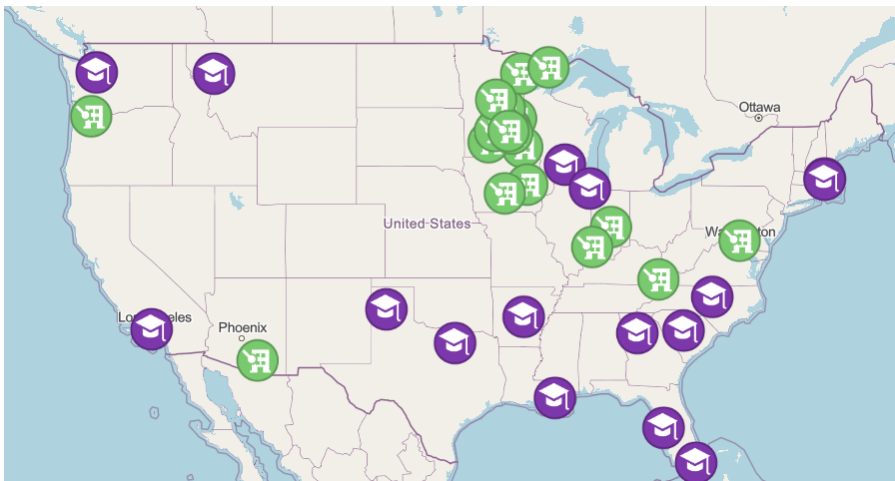
Mini-Lab Results



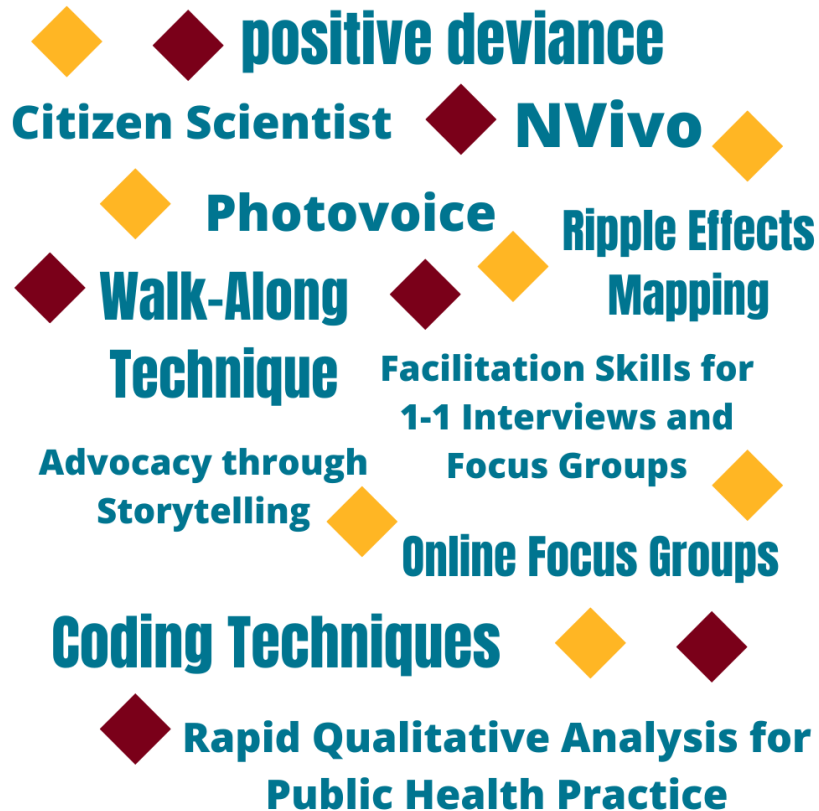
From 2019-2023, the Mini-Lab transitioned from in-person sessions to **virtual trainings**.

We have hosted **12 Learning Lab trainings in the five years** with

- over **350** participants from
 - **20** academic institutions
 - **40** different community organizations
 - **21** states across the country including Hawaii
 - **one** international participant from India



Mini-Lab Results Topics & Feedback



What participants have to say

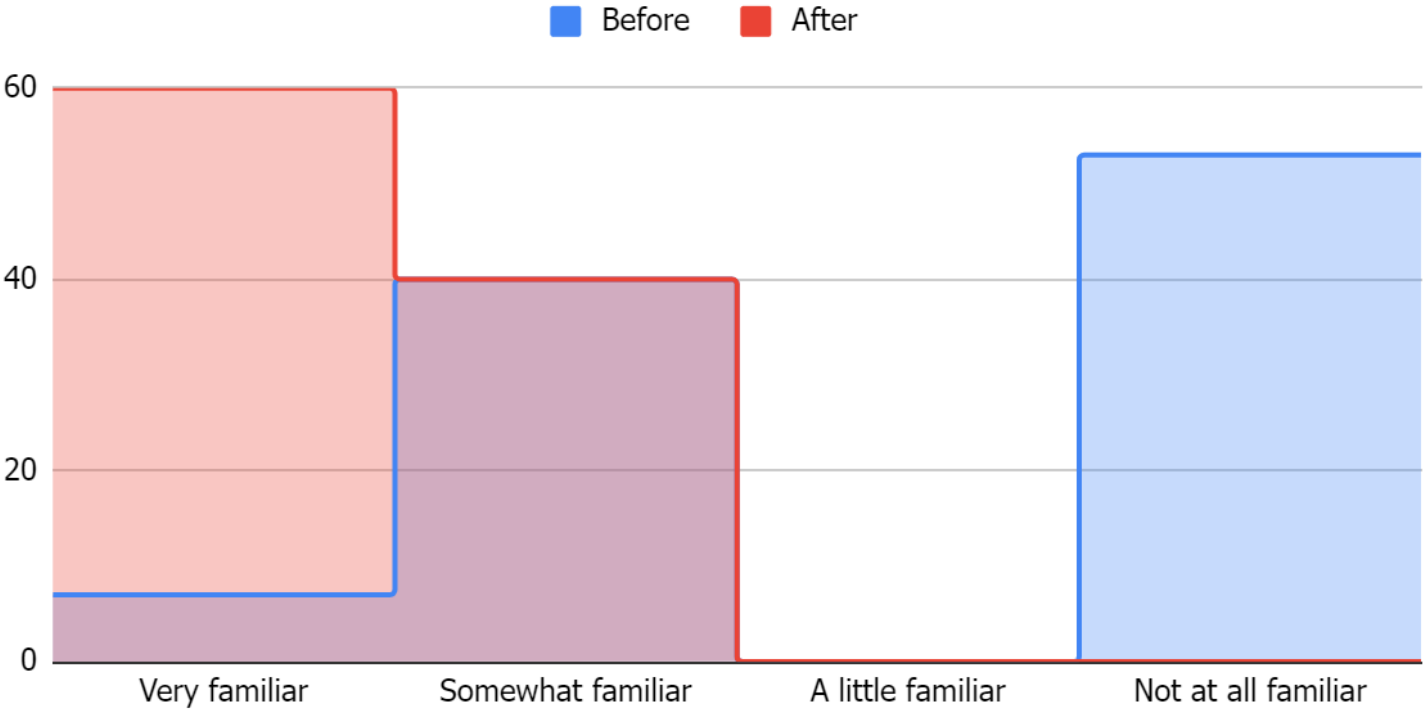
“These are valuable opportunities to stay up to date on emerging research and ensure best practices are applied in real world settings.”

“This type of very practical hands-on session was great”

Mini-Lab Results



Percentage of Familiarity Before and After the Learning Lab:
Ripple Effects Mapping with Dr. Scott Chazdon
March 25, 2022



March 25, 2022 Learning Lab

Lessons Learned

- Free trainings **maximize community** and **agency resources** and provide an opportunity for **continued professional development** (e.g. CEU's)
- Exposing participants to **accessible qualitative research methods** is key to incorporating community voices and experiences in the research process
- ***Learning Lab training sessions***
 - **simplify research** for academics and non-academics alike
 - make qualitative research methods **actionable** for all types of researchers and practitioners- no matter the stage of career or scope of project
 - encourage participants to capture **lived experiences** which are crucial to enhancing the health of communities

Minnesota
Department of
Health

Healthy Food
Health Lives

UMN Nature Study

Dominican
Republic – menstrual
health project

Real Life Applications

...and many more

Student and
Community
Projects

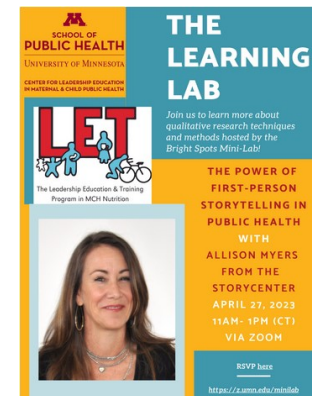
Future Directions

Experience the Mini-Lab first-hand by attending our last workshop of the 2023 Spring semester:

The Power of First Person Storytelling in Public Health

with Allison Myers
from the StoryCenter
April 27, 2023
11:00AM-1:00PM CST

[RSVP Here](#)



The flyer is a vertical rectangular graphic with a yellow and blue color scheme. At the top left, it features the University of Minnesota logo and the text 'SCHOOL OF PUBLIC HEALTH UNIVERSITY OF MINNESOTA'. Below this is the 'LET' logo (Leadership Education & Training) with the text 'The Leadership Education & Training Program in MCH Nutrition'. The main title 'THE LEARNING LAB' is in large white letters on a blue background. To the right, it says 'Join us to learn more about qualitative research techniques and methods hosted by the Bright Spots Mini-Lab!'. The event details are listed: 'THE POWER OF FIRST-PERSON STORYTELLING IN PUBLIC HEALTH WITH ALLISON MYERS FROM THE STORYCENTER APRIL 27, 2023 11AM - 1PM (CT) VIA ZOOM'. At the bottom, there is a photo of Allison Myers, a 'RSVP here' link, and the URL 'http://z.umn.edu/minilab'.

Thank you!

Questions?

Connect with the Center on social media!

