

Morgan's Research Impact:

Enhancing Community Health
Through
**Community-Based
Participatory Research (CBPR)**

October 8th, 2025



Today's Panel

Panelist: Basics of
CBPR



Payam
Sheikhattari
Professor, School of
Community Health &
Policy

Panelist: The Morgan
CARES Program



Kimberly
Warren
Professor of Sociology
Director, Morgan CARES

Panelist: Personal
Journey in CBPR



Valerie Odera-
Marah
Professor of Biology

Moderator



Adriana
Foster
Research Program
Coordinator,
Morgan CARES

Defining *CBPR*

A collaborative research approach where community members are equal partners throughout the research process.

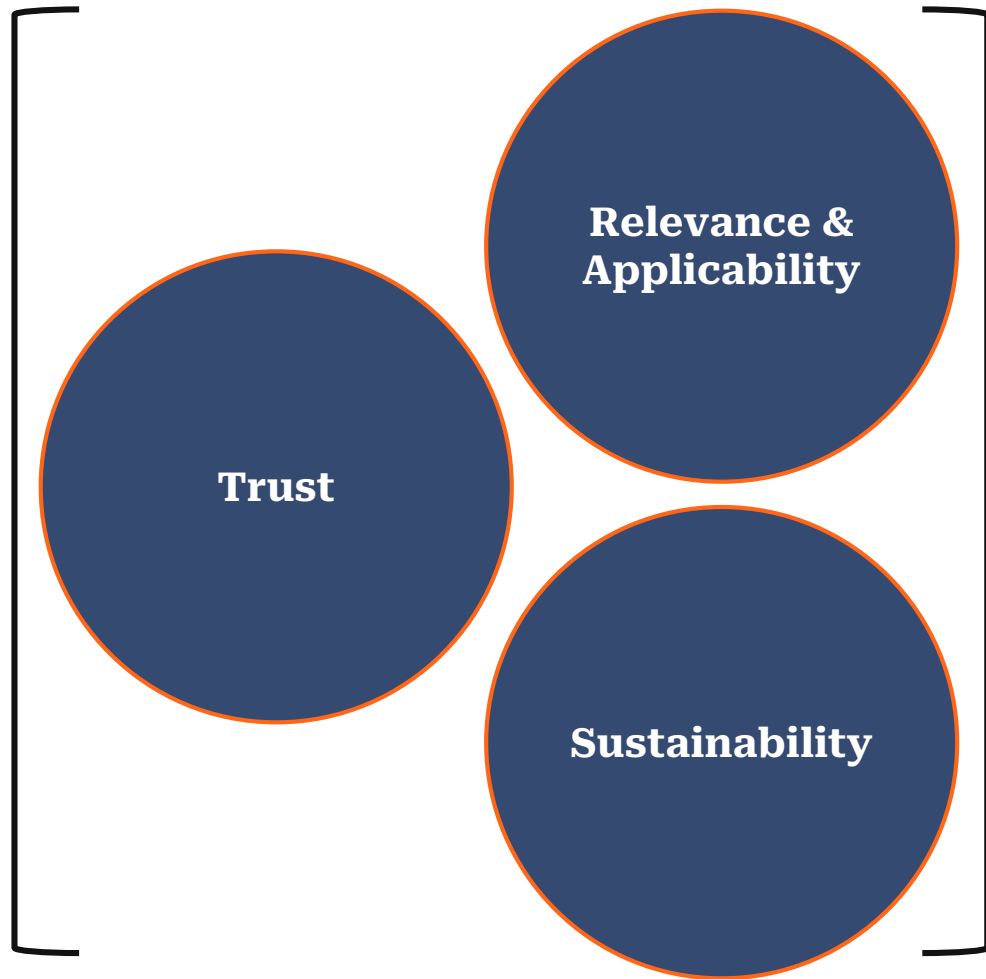
Key Principles:

- Equity
- Co-learning
- Shared decision-making
- Sustainability



Why CBPR Matters

- Builds trust in communities often underrepresented in research
- Improves relevance and applicability of findings
- Enhances sustainability of interventions



CBPR in Practice

Communities Engaged
and Advocating for a
Smoke-free Environment
(CEASE)

Longstanding CBPR
partnership, impactful &
effective

Development of the
Morgan CARES Learning
Community

Infrastructure for CBPR
projects, like CEASE, to
flourish

Benefits to Morgan State

Faculty training, student
engagement, Community
support of the institution

Practical Takeaways

Listen, value local
knowledge, long-term
commitment

The Morgan CARES Network

Our Mission is to *build capacity* for mutually beneficial community-academic relationships that support community valued and driven initiatives that *promote health*.

- Morgan CARES Community Center at Hoen
- Longstanding Steering Committee
- Community Award & Practitioner Research Award Programs
- Linkage & Matchmaking
- Network Members & Partners



Our Impact

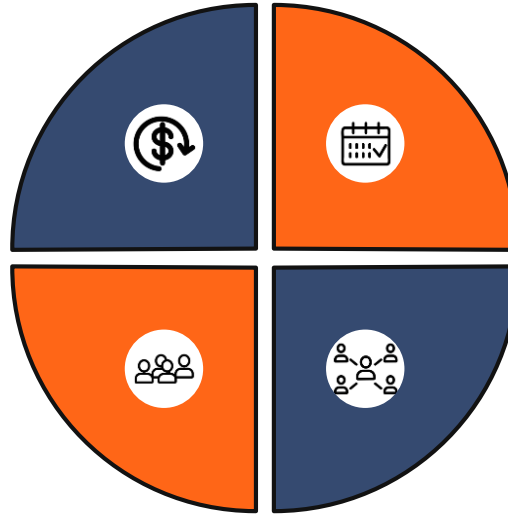
Figures include accomplishments from both 2019-2024 & 2025-2029 Grant Cycles

Community Awards

- 29 Projects Funded
- \$58,000 Invested in Community-Campus Partnerships

Network Membership

- 800+ Individuals on Mailing List
- 230+ Groups, Orgs, Agencies represented
- 270+ Individuals enrolled in Directory
- 29 Profiles Featured



Capacity Building

- ~230 Activities- Training, Consultation, Linkage Sessions, Workshops
- ~2,000 Participants

Collaborations

- NAMI Metro Baltimore
- HopeWell Cancer Support
- JHU- CONNECT Project, ICTR
- BCPS (CEASE)
- ICPHR (International)

Future Directions

2024-2029 Grant Cycle

- Expansion of the Network
- Practitioner Research Awards
- CBPR curriculum launch
- Engagement of ESIs & Students

Beyond...

- National & global impact
- Strengthening sustainability of partnerships
- Additional projects/grants under the MC umbrella
- Expansion of curriculum

Lasting infrastructure, like Morgan CARES, make CBPR development, maintenance & sustainability possible.

Community Award Snapshot

Seed Funding

Small Award (\$2,000) available to incentivize new partnerships to work together on a health initiative

Community-Campus Partnership

Projects are led by a Community Lead & Academic Co-Lead from Morgan State University

Co-Developed Proposals

Each partnership collaboratively submits proposals that include co-developed aims, goals, budgets & dissemination plans.

Morgan CARES Support

Coordinates distribution of funds, provides training and consultation throughout, supports with dissemination activities

My Journey in CBPR

- Connected with my Community Lead, Ms. Dawnita Brown
- Received funding to implement our Community Award Project- “The Binti Circle: Reclaiming Resilience Respite Retreat”
- Completed our first and continuation project-
- Long-term Commitment to partnership- Have a grant written: “**Culturally Tailored Curriculum Support for Black Daughter Caregivers**”



Continuation Study-Storytelling

Final Summary: To conclude, the outcomes of each focus group has proven that there are strong positive impacts from sharing one's caregiving story. It was shown through the responses of the focus group participants that even just getting a chance to share a space with others in similar situations, has been extremely beneficial to their own well-being, caregiving journey, and healing. One focus group member even states that this intervention, "has forced me to be transparent, which where I wasn't. And it also has forced me to ask for help, which I wasn't very, I'm still not very good at. So I'm grateful when people just hear or see something and act", and another member states, "it anchors me and grounds me, in other ways it helps me to come to terms with what's actually happening. Telling my story is a verbal self-acknowledgementAnd the disparities, the inequities, and the treatment of Black people speaks to why participating in doing this work to shape a reality of a situation that many of us don't share". Many focus group members have expressed a great benefit in their wellbeing and who they are as a person due the intervention.



Values of this Award

I have become, not just an academic advisor but also accepted as part of the community.

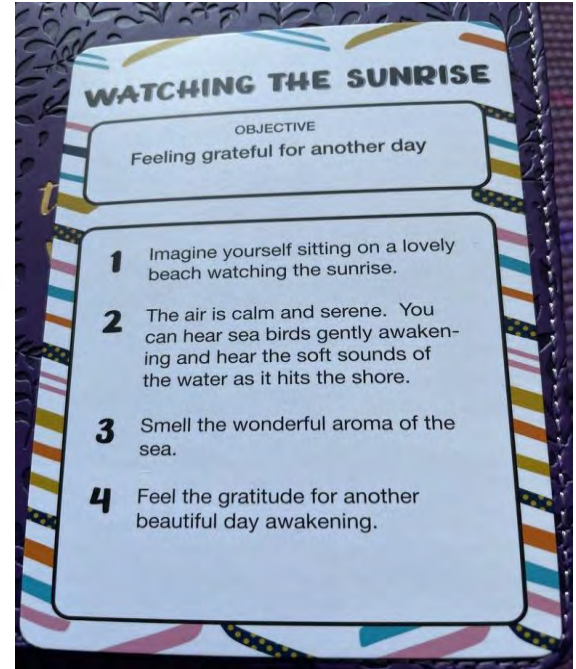


Lessons Learned

I had never heard of CBPR before, being trained as a basic researcher working in the lab.

But just showing up and finding commonality in lived experiences taught me that I too can do CBPR research.

Supporting community-led initiatives is critical for authentic CBPR



"Alone, we can do so little. *Together, we can do so much.*"

~Helen Keller



Scan the QR code
to join the Morgan
CARES Network!

