**Innovations for Community Resilience, Equity and Advocacy in Kingston and Area (I-CREAte)**

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Innovations for Community Resilience, Equity and Advocacy in Kingston and Area (I-CREAte) is a community-based participatory action research initiative. I-CREAte conducts meaningful and action-oriented research to improve the health and well-being of children, families, and communities in Kingston and the surrounding region.

**Why are We Doing This?**

Adverse Childhood Experiences (ACEs) come in many forms but are experienced as stressful, negative, or traumatizing events that occur before the age of 18. Experiencing ACEs is associated with attention problems and aggressive behaviour in childhood, and poor health outcomes later in life, such as chronic conditions and mental health challenges.

Adverse Community Environments, such as exposure to violence or racism, living in poverty, poor-quality housing, and lack of social mobility and social capital are also closely linked to poor health.

Together, Adverse Childhood Experiences and Adverse Community Environments make up the “Pair of ACEs” — family and community-level indicators that have huge social and economic costs. The Pair of ACEs prevents children, families, and communities from reaching their full potential and living healthy lives.

**Who is involved?**

The I-CREAte research team is composed of five Queen’s researchers, all with community-based and equity-oriented research programs, as well as five community researchers who come from a variety of community organizations and representations.

Supporting this team is a community advisory board made up of community members and representatives from community agencies including the City of Kingston, KFL&A Public Health ACEs Core Team, HARS, newcomer agencies, school boards, and Indigenous organizations, among others.

The community advisory board members have agreed to provide input and guidance for this project, including in the recruitment of participant families, and to receive and implement recommendations that emerge from the research, thereby helping to complete the knowledge to action cycle.

**The I-CREAte Approach**

The I-CREAte approach is to facilitate and build capacity for community-led, equity-oriented, and socially accountable research projects that support healthier, more resilient communities. By exploring experiences of resilience in equity-seeking communities, I-CREAte will transform how lived-experience knowledge is used to inform:

* community-led programs and services that improve child and family health and well-being outcomes;
* social- and policy-related decisions; and
* community programs and services at the local and regional level.