

CARMHA PROJECT

CANNABIS AS RELIEF IN MENTAL HEALTH AND ADDICTION



About the project

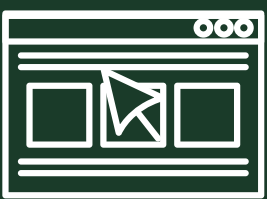


The CARMHA project is a peer-led community based research project on the relationship between cannabis use and mental health. Our understanding of these links needs to be strengthened in Canada, especially when it comes to in-risk and marginalized groups.

People with lived experience of mental health and/or substance and cannabis use will lead on the project, participating and designing every phase of the research. This approach will build capacity, skills, and new knowledge for people within these communities, as well as provide evidence for influencing public policy.

Our engagement strategy

WEBSITE



A SPACE TO LEARN ABOUT THE PROJECT, KEEP UPDATED, GATHER THE INFORMATION YOU NEED ON THE TOPIC OF CANNABIS USE AND MENTAL HEALTH IMPACT. CONTENT WILL BE VARIED AND IN DIFFERENT FORMATS SUCH AS RESEARCH PAPERS, INFOGRAPHICS, MICRO-PODCASTS, PRESENTATIONS, VIDEOS ETC.

COMMUNITY PRESENTATIONS



COMMUNITY PRESENTATIONS, DISCUSSIONS AND ROUND TABLES WILL BE HOSTED WHERE PEOPLE INTERESTED IN THIS TOPIC CAN LEARN MORE ABOUT THE PROJECT, AS WELL AS NETWORK WITH OTHERS WORKING IN THIS SPACE OR IMPACTED BY THE TOPIC. THESE PRESENTATIONS WILL HELP ESTABLISH PARTNERSHIPS TO SUPPORT THE RESEARCH.

DIGITAL COP



DIGITAL COMMUNITY OF PRACTICE: A SPACE ON THE WEBSITE CREATED TO CONNECT AND LEARN ABOUT THE TOPIC, SHARE INFORMATION, AND UTILIZE THE RESEARCH. STAY CONNECTED TO THE COMMUNITY OF PRACTICE TO BE INVITED TO FURTHER COMMUNITY PRESENTATIONS, DISCUSSIONS AND ROUND TABLES.

PEER RESEARCH IMPACTS COMMUNITY



LIVED EXPERIENCES AND EXPERIENTIAL KNOWLEDGE WILL BE CRITICAL FOR EDUCATING THE SECTOR AND WIDER COMMUNITY. BY USING THE INSIGHTS GAINED FROM LIVED EXPERIENCES, WE WILL NOT ONLY BUILD PEER SKILLS AND CAPACITY, BUT DEVELOP NEW KNOWLEDGE FOR PEOPLE WITHIN THESE COMMUNITIES, AND PROVIDE EVIDENCE FOR INFLUENCING PUBLIC POLICY.

Project goals



- 1 Exploring the reasons for cannabis use among in-risk* populations.
- 2 Understanding the impact of stigma and legalization on these populations.
- 3 Identifying the barriers and supports available to those looking for services.
- 4 Identify the impact cannabis use has on the mental health of in-risk* populations.

*in-risk: people experiencing mental health challenges, people who use substances, people facing houselessness, those who face considerable challenges meeting their basic needs, and other highly marginalized groups.

Get involved

JOIN



Join a network of people who are actively engaged in this work. You can contribute to this research in many ways, including:

- offering your own learning and insights,
- providing feedback on our findings,
- offer questions for us to think about as the project evolves,
- become a peer researcher on the project.

Visit AAWEAR.org/carmha to learn more about how to get involved and stay up to date on the project.

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