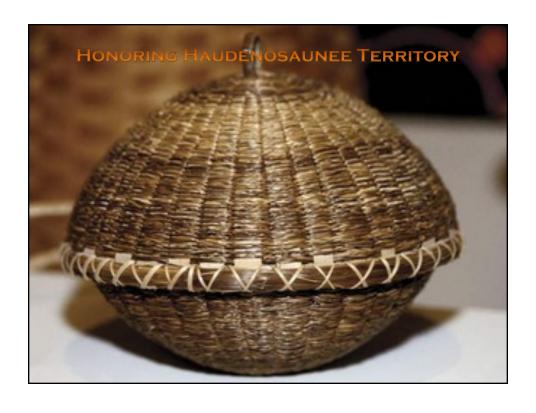
Visioning Health:

An Indigenous, Participatory, Culturally Grounded and Arts-Informed Intervention for HIV-Positive Aboriginal Women

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WHAT WE ALREADY KNOW

- ♦ Disproportionate burden of HIV on Indigenous women
- ♦ Predominance of research that highlights needs, risks, vulnerabilities and deficits
- Research and interventions that maximize strengths can counter negative social and economic determinants of health

THE BIRTH OF VISION HEALTH

- Emerged from a pilot (doctoral) study undertaken by Tracey Prentice and Doris Peltier.
- Findings indicated that research can be healing* for participants, when done with attention to:
 - Indigenous knowledges
 - cultural traditions
 - ceremony
 - strengths
- Canadian Aboriginal AIDS Network (CAAN) Voices of Women Standing Committee invited me to partner on a full study of Visioning Health

^{*} Enhanced resilience, self-determination and social support

VISIONING HEALTH GOALS

- To gather knowledge about the meaning of health and how it intersects with gender and culture for ~40 HIV + Indigenous women (PIW) from across Canada.
- Develop and test the Visioning Health model as an intervention, and assess the effectiveness and process with PIW.
- ♦ Integrate:
 - arts-informed methods, including contemporary and traditional arts (e.g. digital photography, hand drum making, ceremonial skirt making, cedar hat making)
 - qualitative interviews
 - observations
 - sharing circles
 - quantitative and qualitative survey questionnaires.
- Ground process in culture and ceremonial practices appropriate to each region, including but not limited to women's teachings, drumming/singing, sweat lodge, and pipe ceremonies.

VISIONING HEALTH GOVERNANCE

- PIW from VHI form a Women's Council that actively participates in:
 - the governance of the project
 - ensuring cultural protocols are followed
 - Sub-committees (e.g. instrument development, Website, Community Research Coordinator (CRC) training, KTE)
- PIW Mentors act as peer role models and create safety for PIW new to the VH process

ANTICIPATED OUTCOMES OF VH

- Participants report improvement in self-defined health, including a stronger sense of connectedness, self-determination (self-mastery), and social support.
- 2. New Indigenous HIV-relevant, strengths-based **knowledge** regarding conceptions of health
- **Region- and nation-specific** understandings of the intersections between health, culture and gender for PAW
- 4. **Indigenous artworks** from each group that may be used in culturally relevant health promotion and KTE
- 5. A strong network of PIW across the country
- 6. A **manual** outlining the essential elements of VH as a health promotion intervention.

MANY THANKS