

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

1. 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.
2. **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

1. 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
3. **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