

# The Stat's Talk Back: Building Capacity with Indigenous Peoples Living with HIV/AIDS in Research Through a Community at the HeART Framework



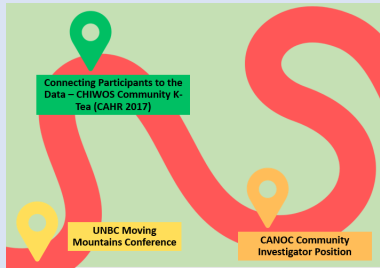
Claudette Cardinal, Wâpakwaniy



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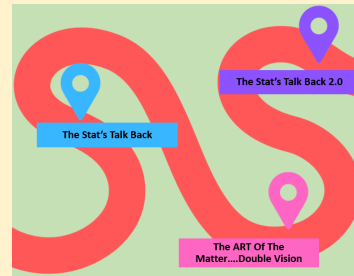
## ᐃᑦᑦᑦᑦᑦᑦᑦᑦ | Background Learning the Arts-Based Method



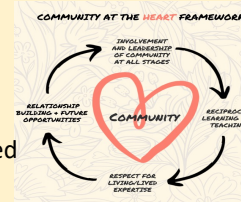
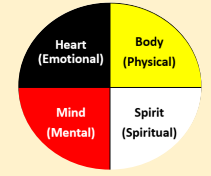
My interest in arts-based research with my community started with 3 important experiences. At the UNBC Moving Mountains Conference, I learned a partnered-canvas painting technique. This led me to organize a similar activity at CAHR 2017 called CHIWOS K-Tea, where we discussed mental health, PTSD outcomes, and sexuality using art as a platform. From here, I joined the CANOC Community Investigator Program as the first Indigenous Community Investigator allowed me to challenge power imbalances and advocate for my community and had the opportunity to build allyship relationships and research cART and experiences of side effects.

## ᑦᑦᑦᑦᑦᑦᑦᑦ | Methods

### The People & The Projects that paved the way towards becoming and Arts-Based Indigenous Community Researcher



My journey of leading arts-based research began when I was awarded 2 grants from the Feast Centre for Indigenous STBBI Research.



This led to the projects: The Stats Talk Back, The ART Of The Matter....Double Vision and The Stats Talk Back 2.0. The Stats Talk Back involved 6 community members creating a video with masks. The ART of The Matter....Double Vision at CAHR 2023 asked participants to make 2 canvases – one representing side effects and one that was positive & strengths-based, and a video explaining. The Stat's Talk Back 2.0 had 22 participants do canvases & videos at home.

All used the "Community At The Heart Framework" that centers Community members as leaders in the research. In all, participants filled out a self-assessment using the Medicine Wheel's four quadrants to evaluate the impact of medications on holistic well-being before and after the arts-based activity.

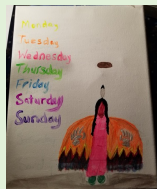
## ᑦᑦᑦᑦᑦᑦᑦᑦ | Results



### Part 1: Side Effects



Here are some canvases the participants made and photos of us at Nelson Park for the Stat's Talk Back mask video.



### Part 2: Positive & Strengths-Based

The table shows self-assessment quotes participants wrote before and after participating in the arts-based method.

	Before	After
<b>Heart</b>	Connected by, still unsure of many things. Protective of self	More at ease and trusting in this engagement. I feel like my armour is beginning to come off. I'm not so guarded.
<b>Body</b>	Sore feet, tired, a little jittery	Quite relaxed actually. After I got going I discovered my anxiety decreased and I felt so relaxed while painting!
<b>Mind</b>	My mind is racing with thoughts from all directions, it's racing with who what where when & why	My mind feels more aware, looking back where my journey started to where I am now in life
<b>Spirit</b>	My spirit feels overloaded and missing the love & care it needs	My spirit is soaring with pride seeing how many changes I have been making and still making

## ᑦᑦᑦᑦᑦᑦᑦᑦ | Conclusions & Feedback

The Feast Centre Community Fellowship allowed me to lead my own research on a topic that is near to my heart. The projects were very successful and here are some quotes from participants.

*"Art based workshops create a visual on the person's journey. It opens the imagination to work with the spirit towards healing and Recovery."*

*"Art is Power, Art is Spirit and Voice, it is organic."*

*"We need more funding to keep these arts-based projects running."*

*"I wasn't sure that art-based workshop was for me, until I took part and it really helped me see a visual of the transitions of early diagnosis and where I am today."*