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Pewaseskwan

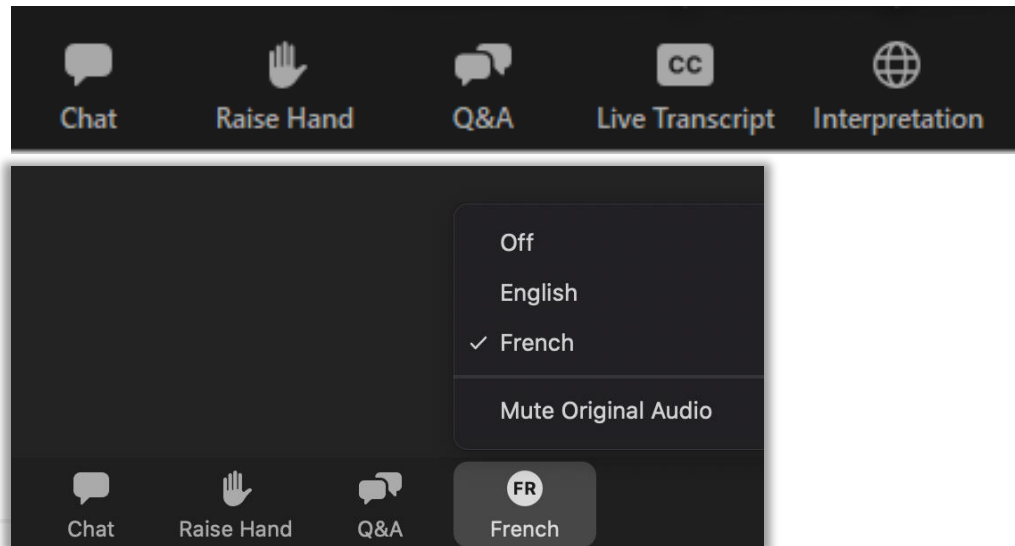
# Peer navigation for Indigenous women in HIV and hepatitis C care

A presentation by *pewaseskwan* – the  
Indigenous Wellness Research  
Group's Peers4Wellness teams in  
Vancouver and Saskatoon

# Interpretation / Interprétation

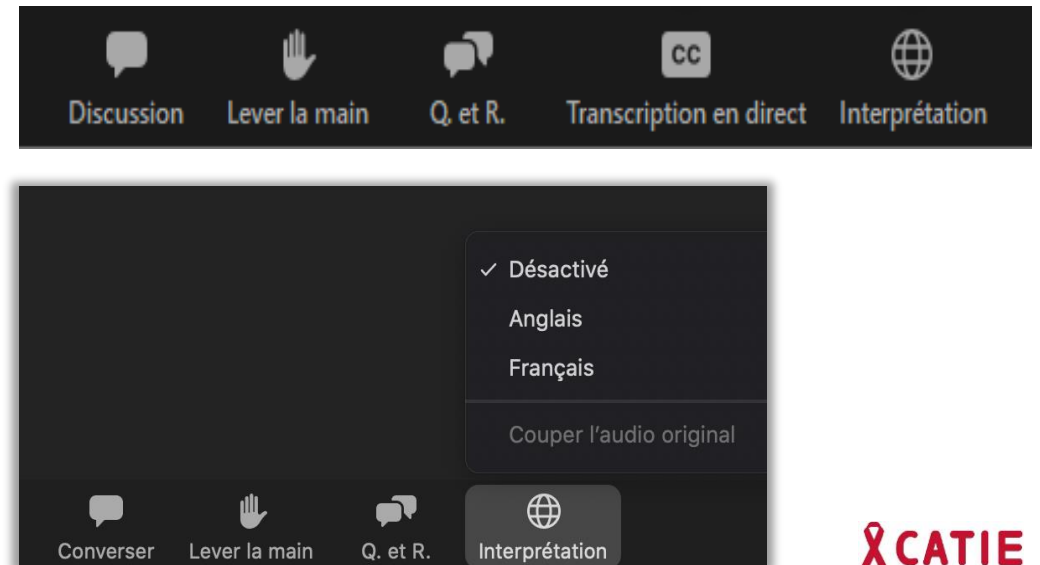
English-French simultaneous interpretation is available during the webinar.

Attendees should choose their preferred language from the **Interpretation** tab at the bottom of the screen.



Durant le webinaire, des services d'interprétation simultanée anglais-français sont disponibles.

Les participants au webinaire devront opter pour la langue de leur choix à partir de l'onglet **Interprétation** au bas de l'écran.



# Q&A / Q. et R.

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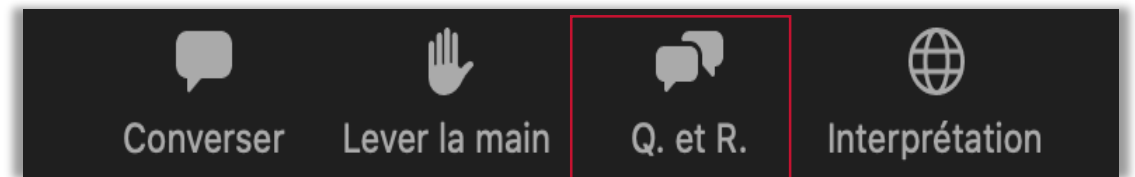
All attendees will be muted during the webinar.

Submit your questions in English or French through the **Q&A** tab at the bottom of the screen (not the Chat tab).



Tous les participants resteront en sourdine durant le webinaire.

Posez vos questions en français ou en anglais par l'intermédiaire de l'onglet **Q. et R.** au bas de l'écran (non celui de Converser).



# Care Circle

- Some of the content in our presentation today may be triggering, so please take time to look after yourself
- Following this webinar, there will be a check-in circle
- We also encourage you to make use of the resources available at <https://www.crisisservicescanada.ca/en/looking-for-local-resources-support/> (Link in the chat.)



# Agenda

- Peers4Wellness Introduction and Definitions
- Peers4Wellness BC
- Peers4Wellness SK
- Ceremonial Research
- Questions
- Closing



# What is the Peers4Wellness study?

- Indigenous, peer-led community-based participatory action research project
- Aims to develop Indigenous-centred approaches to HIV/HCV peer navigation
- Focused on Indigenous womxn in BC and SK
- Funded by CIHR
- Based at Simon Fraser University and University of Saskatchewan



# Definitions

- **Peer Navigation:** a person-centred approach to guide, connect, refer, educate and accompany people with HIV/HCV through systems of care
- **Wellness:** a dynamic state of balance between all relations including spiritual, emotional, mental and physical



Peers4Wellness, BC





# The Story Tellers

Metro Vancouver & Fraser Valley

- Indigenous women (cis- & trans-gendered) (W); n= 23
- Community-based peer navigators (PN); n= 17
- Community-based organizations (CBO); n=10

# The Stories' Plot

1. What is the community's vision for Indigenous-centred peer navigation?
2. Is there a need for Indigenous-centred peer navigation?



# The Stories: Three Episodes

- I. The Oneness Vision
- II. Mission Impossible
- III. Mission Possible



# I. The Oneness Vision

## Indigenous Vision for Peer Navigation



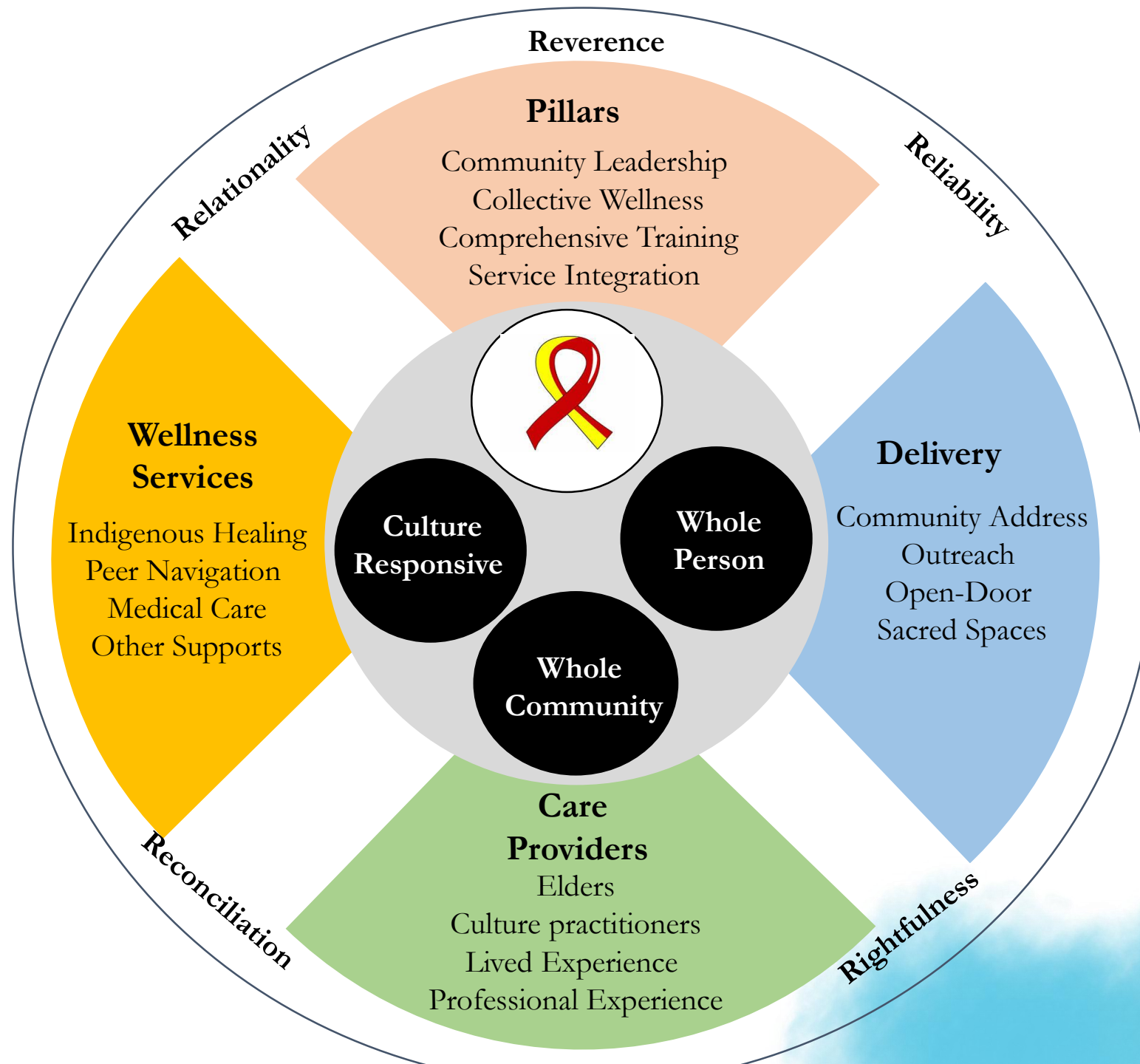




# Vision Statement

Indigenous peer navigation is “whole community”-led,  
“whole person”-centred and culturally responsive.





## The “Oneness” Model: Indigenous Peer-Led HIV/HCV Care





# Indigenous Peer Navigation

## Training & Support Needs: Community Voices

### Peer Navigator Wellness

*“Peer workers, in general, and peer navigators, health ambassadors, peer counsellors; they don’t get a lot of support from organizations they work for, because they don’t really understand exactly what that person is doing, and the impact that it has on them emotionally, even personal-safety-wise.” (PN)*



# Indigenous Peer Navigation

## Training & Support Needs: Framework

- Scope of practice
- HIV/HCV basics
- Service landscape
- Communication

- Self-care support
- Vicarious trauma support
- Occupational support



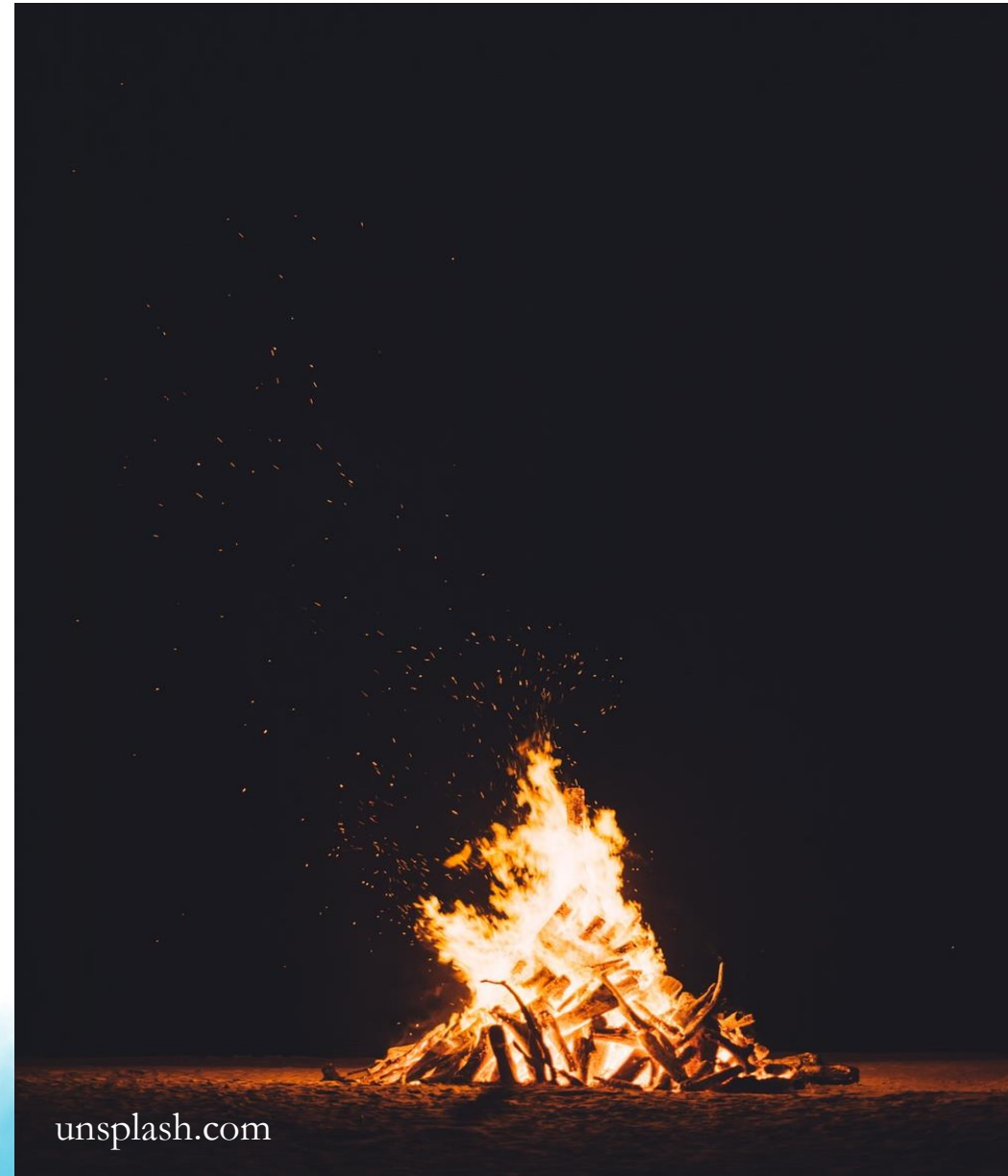
- Indigenous cultures
- Indigenous spirituality
- Indigenous medicines
- Linking to Indigenous supports
- Holding Indigenous circles
- Historic trauma informed care

- Slow
- Inclusive
- Hands on
- Seven generations



## Relational Equality

*“I believe that peers should be equal, have a voice at all tables. No one above the other; work together as a team.”  
And be given any training and offered training.” (PN)*



# Wellness Moment

<https://youtu.be/9MvNaFWcQf4>



## II. Mission Impossible

### Barriers to Indigenous Peer Navigation





# The Healthcare System

*“Indigenous people...don’t find that there are a lot of resources that are culturally appropriate, and/or in a way that they would like to be supported. **It seems to be like, this is what there is, and if it isn’t suitable for you, well then that’s too bad, I guess you don’t get that support. And I think that needs to change.**” (PN)*

*“I think people know innately, how to be caring individuals. **But it’s that system piece, like, ‘Where do I go’.**”*

(CBO)



# Under-utilization of & Under-Capacity for Peer Navigation

*“I also don’t use peer support.” (W)*

*“If the peer navigator is pissed off at the health [system], then that’s it, that [peer navigation] thing won’t happen. Cause they will not want to bring them here. So I think the first connection will be peer navigator and the health system.” (CBO)*

*“And yeah, people do burn out.” (PN)*

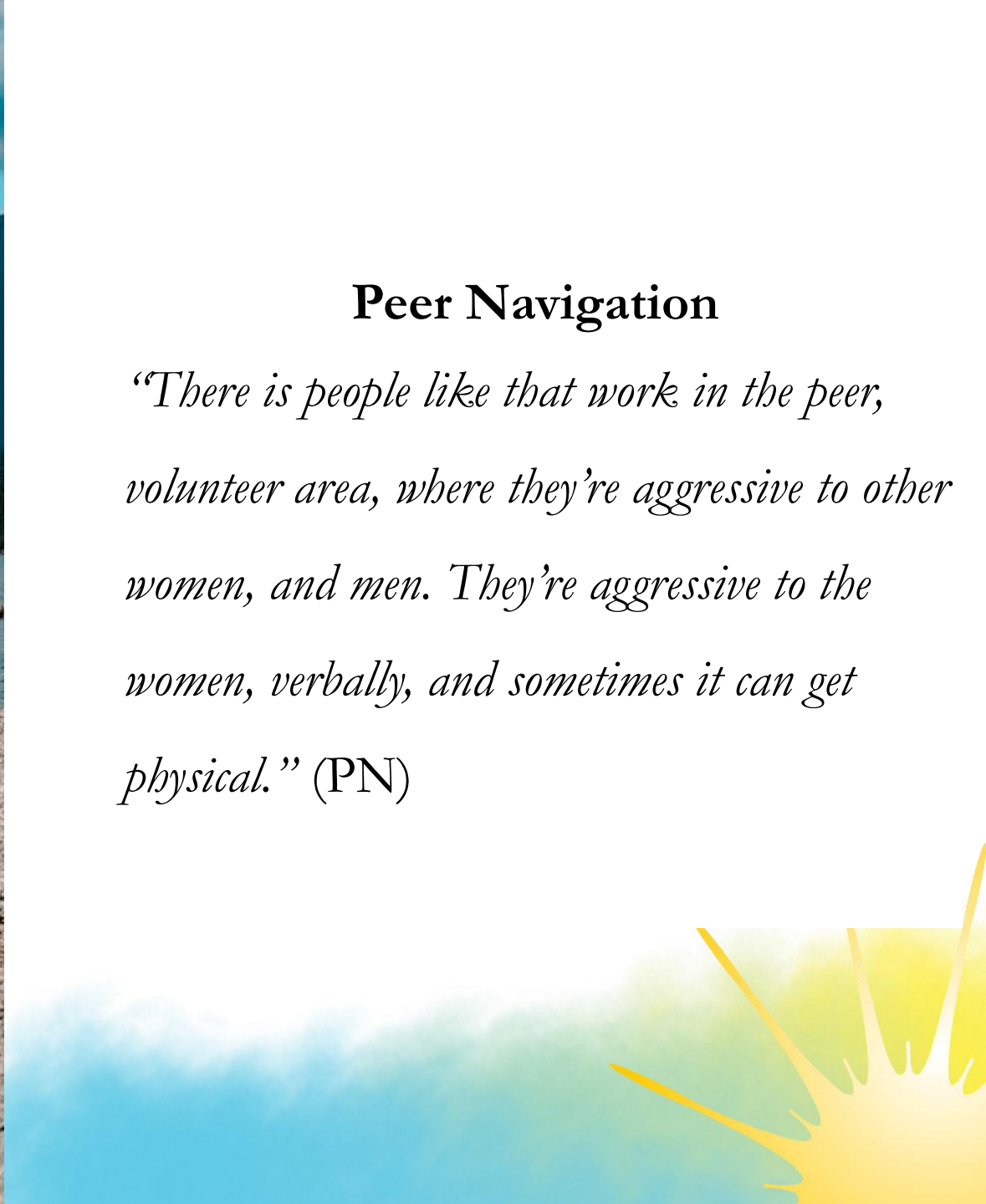
*“We realize that’s a huge gap in our services, and so we’ve been trying to find the funding... to be able to provide better care to Indigenous populations, especially those that are in an urban setting, but we haven’t been able to find the money yet.” (CBO)*



# Do ~~No~~ Harm

## Peer Navigation

*“There is people like that work in the peer, volunteer area, where they’re aggressive to other women, and men. They’re aggressive to the women, verbally, and sometimes it can get physical.” (PN)*



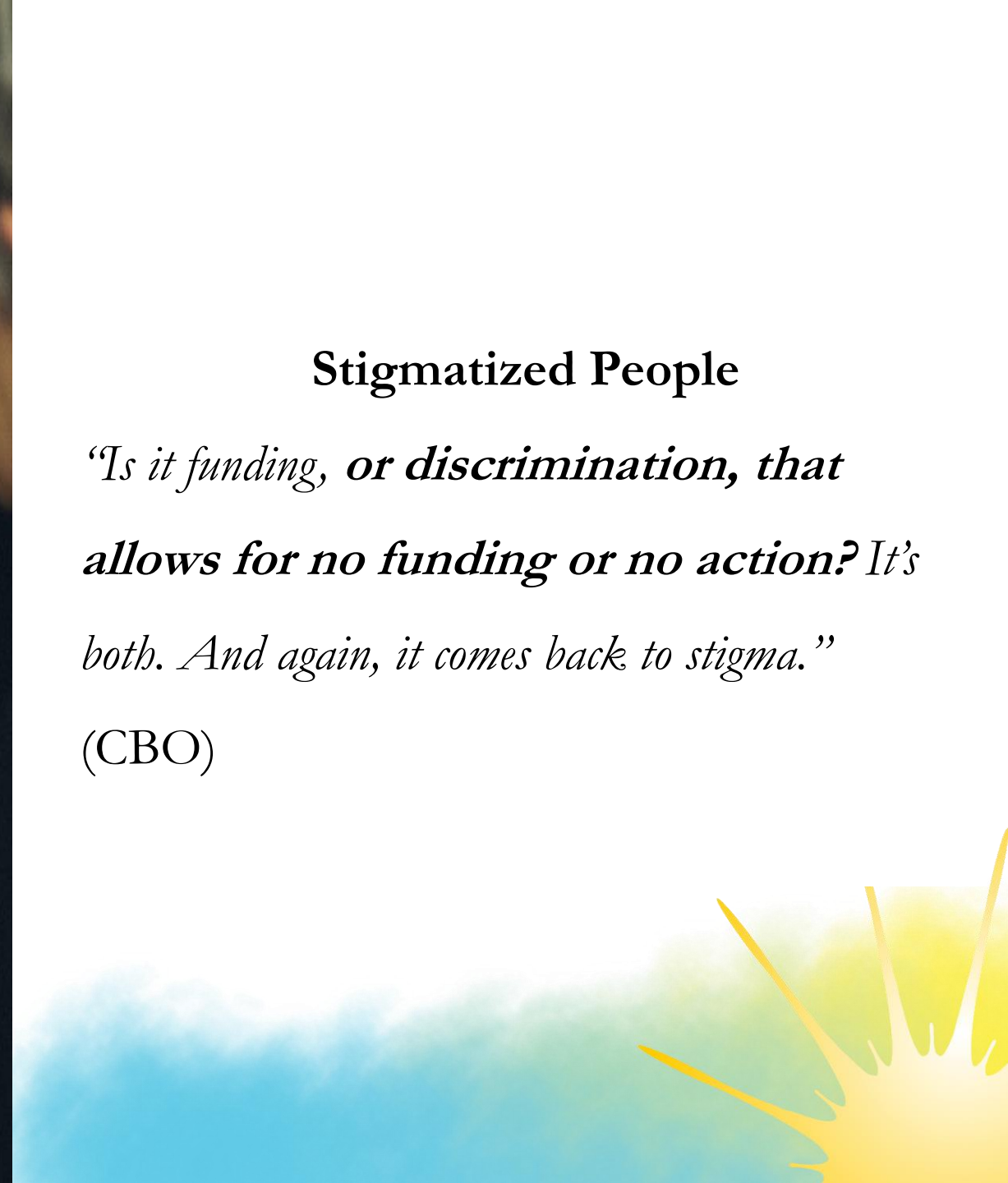


“Treated Less Than.”  
(CBO)

## Stigmatized People

*“Is it funding, or discrimination, that allows for no funding or no action? It’s both. And again, it comes back to stigma.”*

(CBO)







unsplash.com

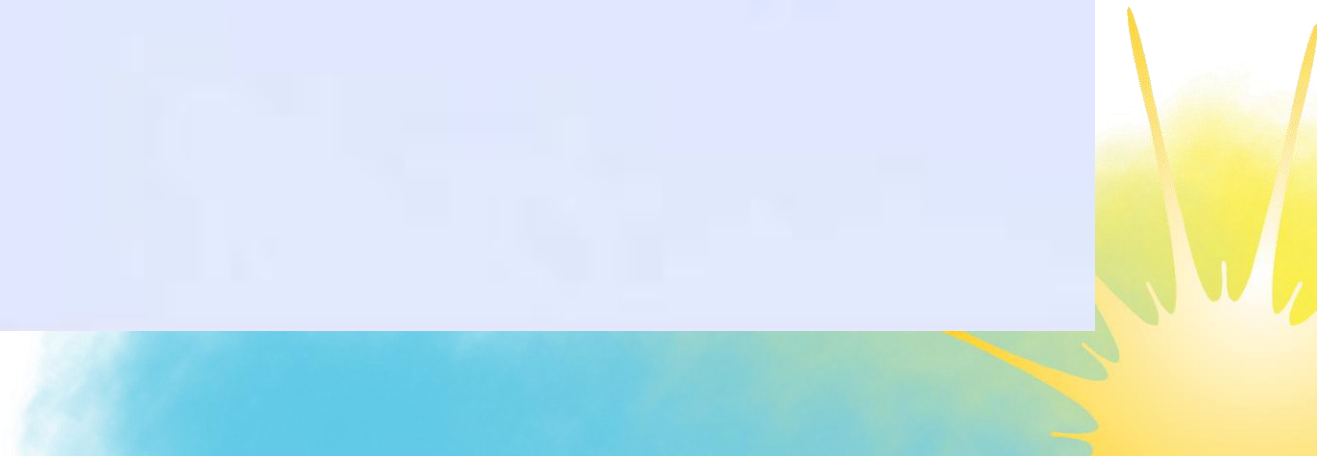
*“I do feel it’s got to be a **real radical change** to the whole environment, not just a temporary [solution]...it’s got to be more of a systemic change, that means that people have a safe environment, day to day. **Otherwise, being ill, is a huge job. Getting better is a huge job.** And you need a lot of support for it...And it’s putting too much pressure on workers, and support workers, to try to fill that gap.” (PN)*



# Wellness Moment



<https://youtu.be/i94QoqvmgrM>



# **III. Mission Possible**

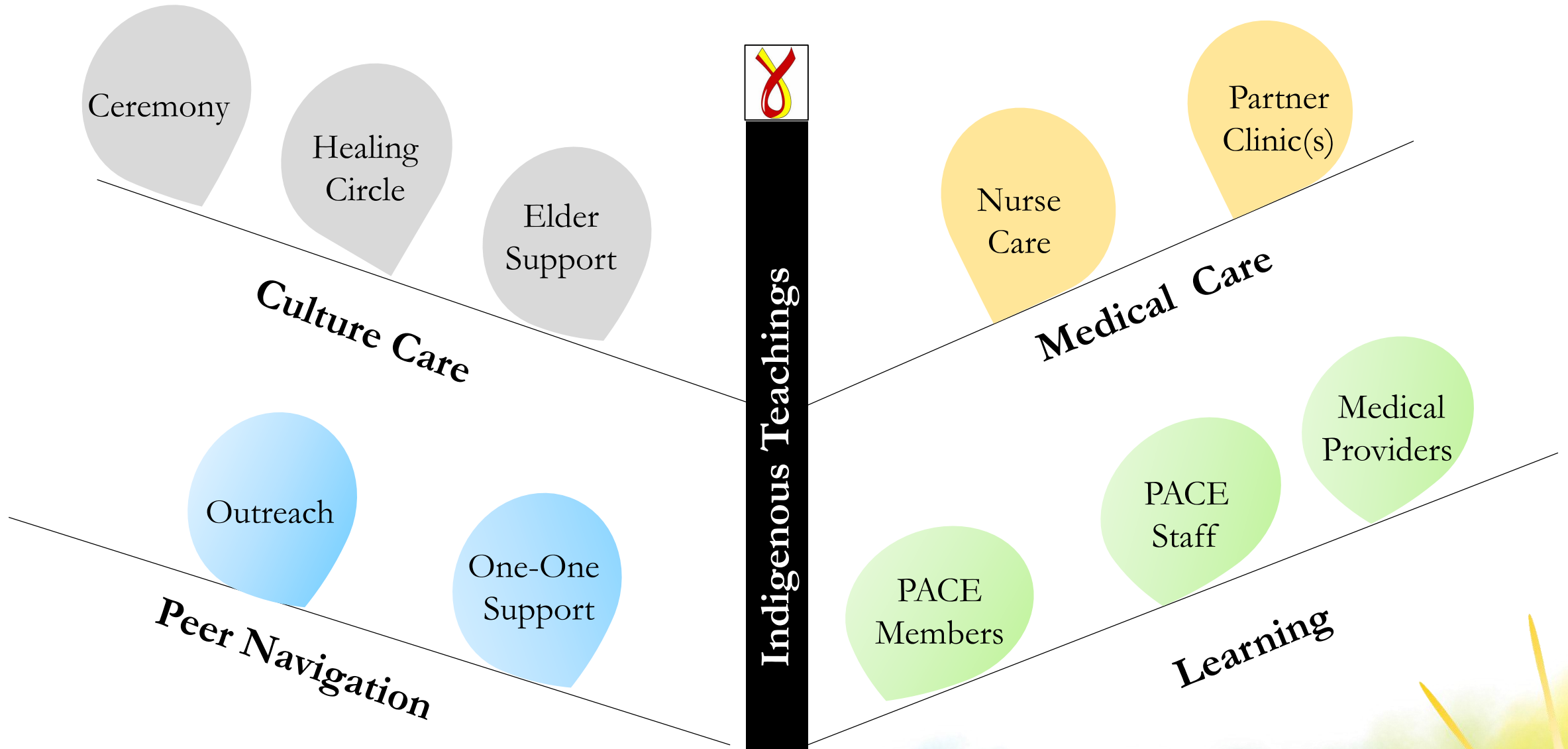
Peers4Wellness @ PACE SOCIETY



# Seeds of Strengths

- Resilient Indigenous women
- Leading peer navigators
- Strong Indigenous community
- Committed community allies





The Peers4Wellness Program @ PACE Society

Peers4Wellness, SK



# Peers for Wellness (P4W) Saskatchewan: Partnerships and Relationships







# CBOs Interviewed

**7 interviews, 7 organizations, 8 participants**

**7 various positions and 1 peer support worker:**

program director, peer support worker, social worker, Elder, executive director, executive director, nurse practitioner and cultural and projects coordinator

**Community-based organizations (CBO's):**

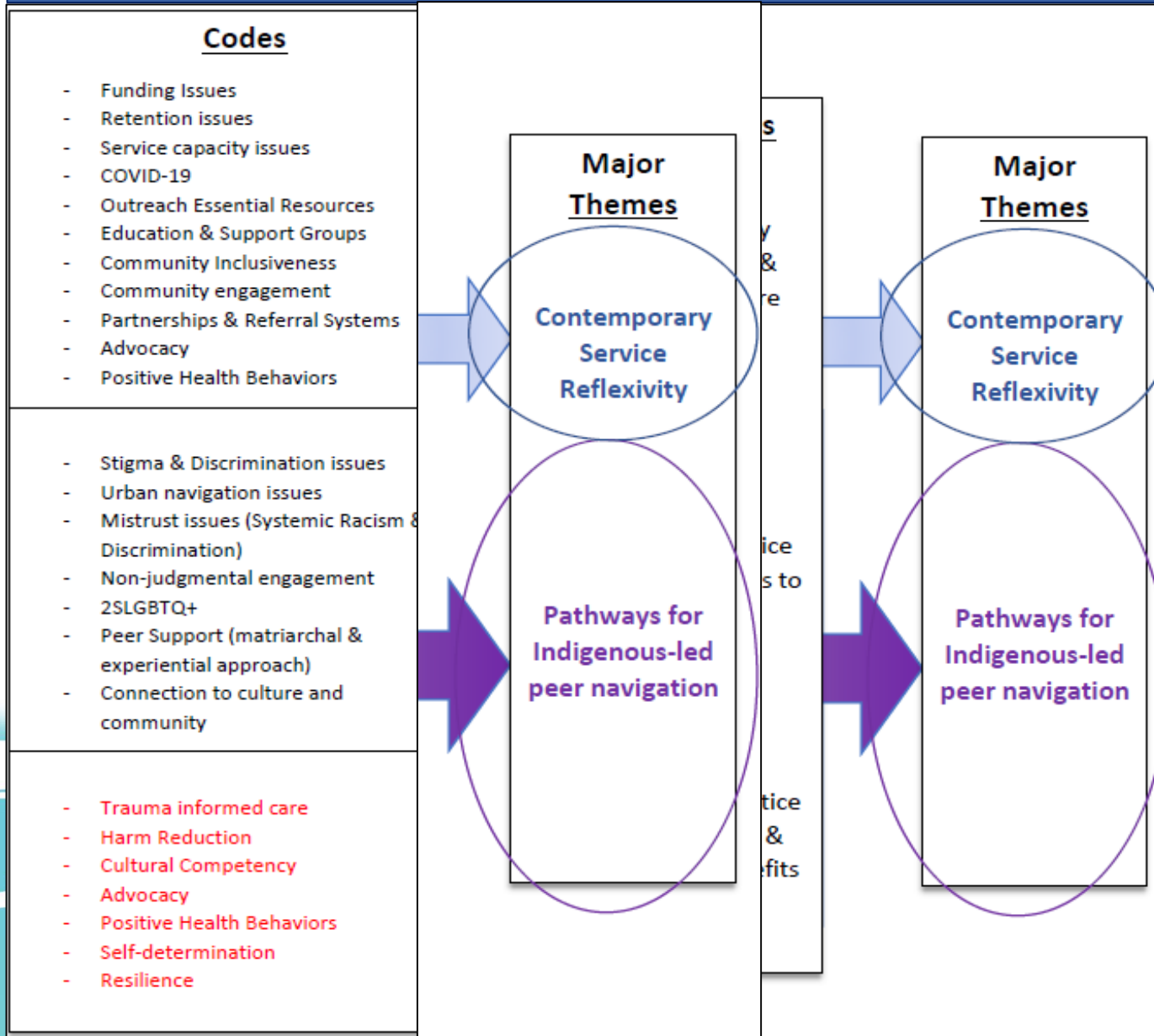
- All Nations Hope\* (Regina, SK) \*2 participants
- Friendship Inn (Saskatoon, SK)
- Elizabeth Fry Society\* (Saskatoon, SK)
- People Living With Aids Network\* (Saskatoon, SK)
- Central Urban Métis Federations Inc.\* (Saskatoon, SK)
- Saskatoon Sexual Health Clinic (Saskatoon, SK)
- Out Saskatoon\* (Saskatoon, SK)



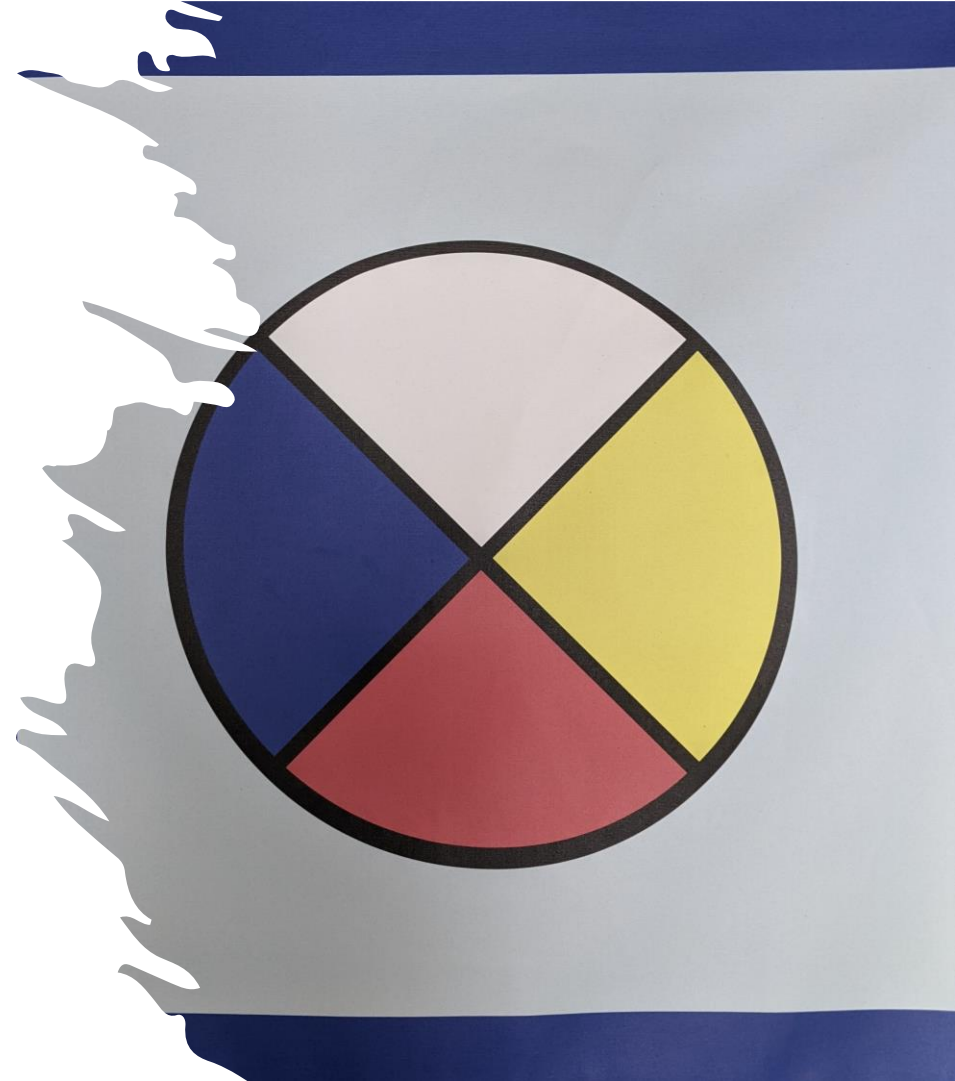


# Findings

## Coding Process Diagram



# Decolonization, Collaboration, and Research Design







# Ceremonial Research

Image belongs to Elder Sharon Brass



# Upcoming Sharing Circles

- To continue the discussion, we will be hosting sharing circles with CATIE's support in the near future.
- We invite Indigenous organizations and frontline workers who offer HIV/HCV peer navigation programs and services to join.
- Please reach out by the end of this week to Sadeem Fayed at [sadeem\\_fayed@sfu.ca](mailto:sadeem_fayed@sfu.ca) if you are interested.



# Q&A

- Please put your questions in the Q&A tab.
- If possible, address them to a specific panelist.





# Thank you! / Merci!

Please complete the webinar evaluation  
that will be provided following this  
webinar.

Veillez nous faire part de vos commentaires  
en répondant à l'évaluation qui vous sera  
envoyée après le webinaire.

