



## **2SHAWLS: 2-Spirit HIV/AIDS Wellness and Longevity Study**

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*A study examining the factors, skills, resources, knowledge and practices that contribute to two-spirit men's health and well-being living long-term with HIV in Ontario.*

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*Aboriginal people in Canada are adversely affected and disproportionately represented in the HIV pandemic. However, despite numerous obstacles, two-spirit men living with HIV/AIDS are adaptable, strong, and resilient. From the perspective of Aboriginal peoples, health and wellness is often described as holistic, incorporating the physical, emotional, mental, and spiritual aspect of self. It is within this context that 2SHAWLS sought to understand the skills, resources, knowledges, and practices that contribute to the health and wellbeing of two-spirit men living long-term with HIV/AIDS. Using a community-based approach, and informed by Indigenous and decolonizing methods, the study invited participants to discuss historical, biomedical, social, spiritual, sexual, and behavioural factors affecting their health, wellness, and resiliency. Through our participants' discussions, the Seven Paths of Resiliency arose as integral components of their health, wellness, and resiliency. The Seven Paths of Resiliency represent a framework for understanding the resiliency of two-spirit men living long-term with HIV/AIDS as specific systems of personal, cultural, community, and spiritual assets and resources.*

With special thanks to:

Georgi Georgievski, Chavisa Brett, Earl Nowgesic, Doe O'Brien Teengs, Heather Chierici, Sharp Dopler, Lyndon George, Petanacoot Nenakawekapo, Alita Sauve, Jodi Cotter

Funding was provided by Catalyst Grant funded by the Canadian Institutes of Health Research (No.: 492662) and additional funding was provided by the Ontario HIV Treatment Network