

Nato' we ho win

An Artistic and Cultural Program for Indigenous Women Who Have Experienced Intimate Partner Violence

Research Briefing: Trauma-and-Violence-Informed Approaches
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Nato' we ho win: The Art of Self-Healing

- ◆ 13-week group for Indigenous women who have experienced intimate partner violence
- ◆ Culturally relevant, holistic, and trauma-and-violence-informed
- ◆ Goal: for women to engage in cultural and creative art forms to build resilience and cultural connection, social support networks, and knowledge of traditional Indigenous culture



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Project Background



- ◆ Provincial Association of Transition Houses and Services of Saskatchewan (PATHS)
 - ◆ Member association for domestic violence shelters and services
- ◆ Investment from Public Health Agency of Canada (PHAC)
- ◆ Development of Nato' we ho win program
- ◆ Program delivery
- ◆ Intervention research

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Support

- ◆ Indigenous Knowledge Keepers
- ◆ Facilitator
- ◆ Domestic Violence Advocates
- ◆ Elders
- ◆ Childminding Organizers
- ◆ Childminders
- ◆ Food Preparation
- ◆ Transportation



Photo: Rachel Zelniker, CBC

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Art, Self-Care, and Teachings



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Art, Self-Care, and Teachings



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Research

- ◆ Mixed methods intervention research
 - ◆ Quantitative and qualitative
 - ◆ Intake, end of program, and one-year follow up
- ◆ Program evaluation



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Quantitative Results



- ◆ At one-year follow-up, participants self-reported **statistically significant increases**:
 - ◆ resilience
 - ◆ personal agency
 - ◆ connectedness
 - ◆ post-traumatic growth
 - ◆ new possibilities + spiritual change
- ◆ **statistically significant decreases**:
 - ◆ depression
 - ◆ anxiety

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Qualitative Results

EMOTIONAL

Confidence
Happiness
Self-Care
Awareness
Resilience

SPIRITUAL

Connection to culture
Teachings + spiritual practices
Sense of belonging
Sense of purpose



INTELLECTUAL

Clearer thinking
Sharing/ talking with others
Family support
Setting goals
New skills

PHYSICAL

Avoiding substance use
Feeling healthy
Physical self-care

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Continuation of *Nato' we ho win*



- ◆ Established a supportive community for Indigenous women
- ◆ Women want ongoing access to cultural healing activities
- ◆ Template for continued community group projects
- ◆ Passing on learning

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