

Exploring lessons learned from arts-based HIV and STI prevention programs with Northern and Indigenous adolescents in the Northwest Territories, Canada

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Overview

- What is FOXY
- FOXY participation & sexual health
- Contextual influences on sexual health
- Contextual influences on mental health
- Implications

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FOXY

FOXY is a revolutionary program for young women and gender diverse youth that promotes mental and sexual health and healthy relationships across the North.

LEARN MORE

WORKSHOPS

A FOXY workshop isn't like a normal school day. It's exciting, fun, and engaging. Youth don't just learn about sexual health – they learn about themselves, their own well-being, and gain confidence in the decisions that they make in their lives.

PEER LEADER RETREATS

Young women and gender diverse youth aged 13-17 from across the NWT are invited to join the FOXY team for a week of sexual health education, learning about healthy relationships, the arts, leadership, and self-empowerment.

RETREAT APPLICATIONS

Applications for our summer 2020 Retreats have now closed. Applications for our summer 2021 Peer Leader Retreats will be available in May 2021.

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Evaluating FOXY's impact on sexual health

- School-based workshops with adolescents aged 13-18 in secondary schools in 17 NWT communities.
 - arts-based approaches (e.g., role-play, body-mapping)
 - seven components held over 1-2 days
- Participants completed baseline surveys immediately before and after.
- Surveys assessed socio-demographics, HIV/STI knowledge, HIV/STI risk perception, sexual relationship power (SRP), and safer sex efficacy.
- Latent change score models were conducted to assess pre-post differences, using full-information maximum likelihood estimation.

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Findings

- 344 participants (mean age 14.3 years, SD: 1.3; gender: men: 49%, women: 49%, non-binary: 2%; LGBTQ: 15%; Indigenous: 79%)
- Most (66%) participants had attended a FOXY workshop before
- Latent change score models had good fit, and revealed:
 - significant and large effect size for **increased HIV/STI knowledge** ($\beta=2.10$, $SE=0.48$, $p<0.001$)
 - significant and small effect sizes **for increases in HIV/STI risk perception** ($\beta=0.24$, $SE=0.06$, $p<0.001$) and **safer sex efficacy** ($\beta=0.16$, $SE=0.07$, $p=0.02$).
- As expected, the largest increases across several outcomes was the first time the participant took the workshop; individuals who had taken the workshop more times demonstrated smaller increases in HIV/STI risk perception and safer sex efficacy ($\beta= -0.35$ - -0.43 , $p<0.05$).

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Background

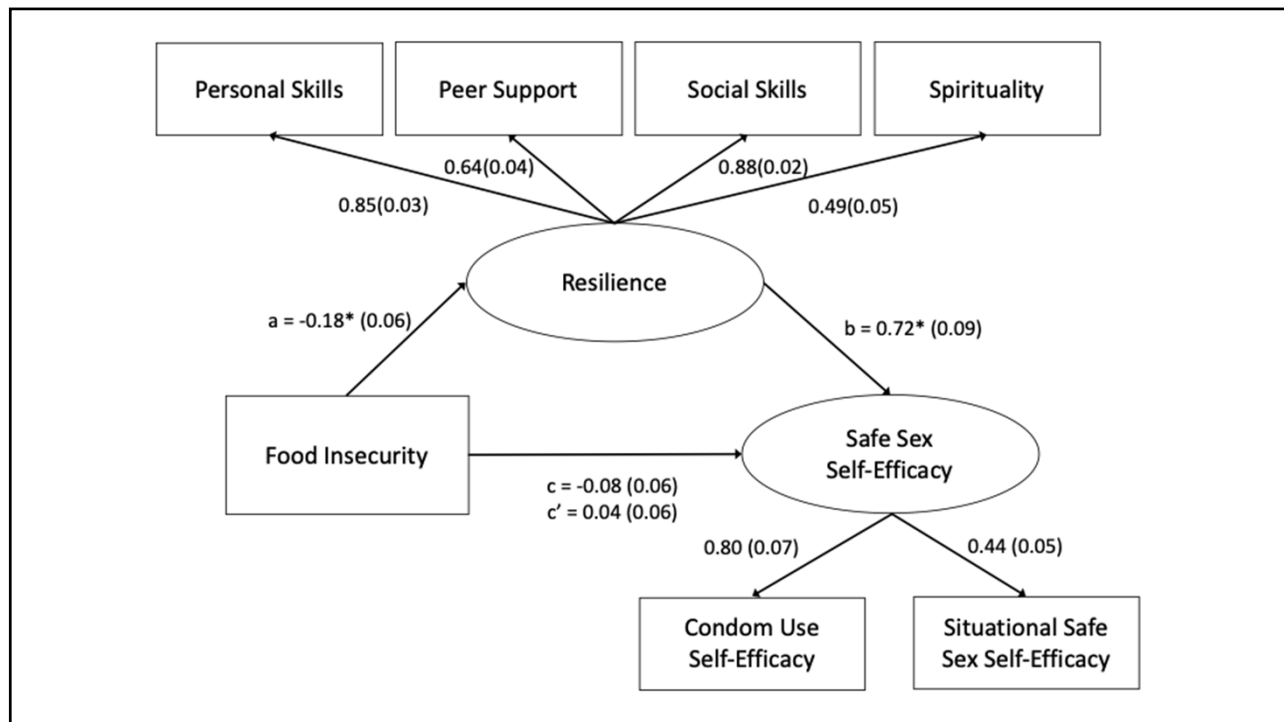
- Food insecurity is a structural factor linked with HIV vulnerabilities through mental health and coping mechanisms.
- In the NWT, food security (15.9%) is nearly double the national prevalence
- Informed by a social contextual approach, we explored pathways from food insecurity to condom use efficacy via resilience.
- Condom use efficacy is a proxy for sexual agency, encompassing knowledge, intentions, and relationship dynamics for negotiating safer sex.

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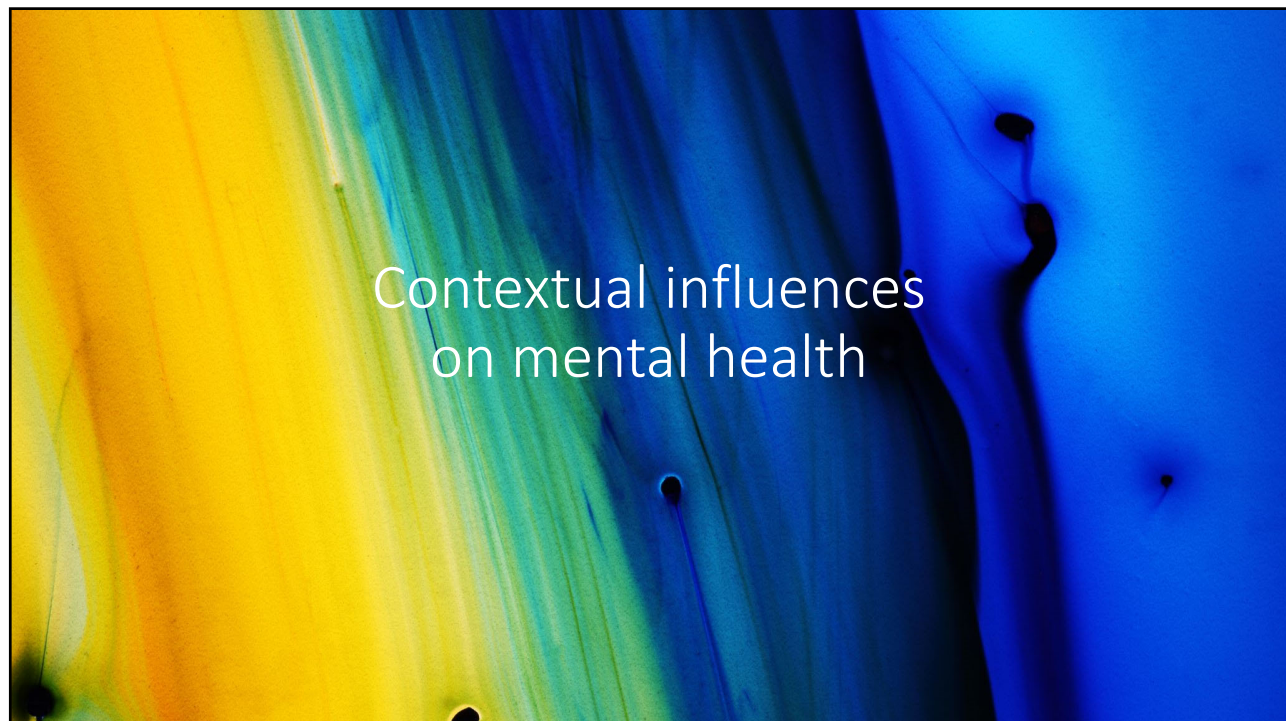
Findings

- Food insecurity was higher among Indigenous vs. non-Indigenous youth (48% vs. 34%, $p=0.02$).
- Food insecurity was associated with lower resilience ($\beta = -0.14$, $p = 0.006$, 95% CI = -0.23, -0.04), and resilience was associated with increased condom use efficacy ($\beta = 0.55$, $p < 0.001$, 95% CI = 0.45, 0.65).
- While the direct path from food insecurity to safer sex efficacy was not significant ($\beta = 0.03$, $p = 0.53$, 95% CI = -0.06, 0.11), the indirect effect via resilience was significant ($\beta = -0.08$, $p = 0.008$, 95% CI = -0.13, -0.02).
- These results signal that food insecurity is associated with lower resilience, that in turn is associated with lower condom use efficacy.

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Findings

- Nearly half (n=186; 47%) reported minimal/no depression symptoms, 25% (n=100) mild symptoms, and 28% (n=111) moderate/severe symptoms.
- In adjusted analyses, participants who were cisgender women compared to other genders (AOR: 2.31, 95%CI: 1.55, 3.45), sexually diverse vs. heterosexual (AOR: 2.14, 95%CI: 1.21, 3.78), and food insecure (AOR: 2.19, 95%CI: 1.47, 3.26) had double the odds of more severe depression symptoms.
- Among those dating, dating violence was associated with double the odds of moderate/severe depression symptoms (AOR: 2.11, 95%CI: 1.25, 3.54).

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Implications for health promotion with adolescents in the NWT

1. Arts-based approaches to HIV prevention hold potential for advancing HIV prevention with Northern and Indigenous youth, with promise for producing lasting benefits through increasing risk perception, safer sex efficacy and knowledge.
2. HIV prevention strategies focused on building individual resilience are insufficient to address larger social contexts of food insecurity
3. Mental health promotion can address material (food insecurity), relational (dating violence), and symbolic (gender and sexual orientation norms) contextual factors associated with depression

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For more information

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