

Living Your Best Life: Defining Living Versus Living Well with HIV in Canada

Living Your Best Life with HIV: Event Schedule

Fri, Jan 29, 2021

1:00pm

Living Your Best Life with HIV: Wholistic Healing Map as a Potential Framework

🕒 1:00pm - 4:00pm, Jan 29

📍 Zoom

This is the opening session for the Living Your Best Life: Defining Living versus Living Well with HIV in Canada meeting. The official opening will be led by Invited Indigenous Elder Valerie Nicholson followed by an introductory video by CAN LhIVE WELL leads Muluba and Dr. Jason Brophy and Tammy Yates, ED of Realize. Next will be a workshop on using the Indigenous Medicine Wheel Map as a framework to defining wellness and as a tool for healing. The afternoon will close with small breakout discussions where participants explore how the Medicine Wheel can be used to define their own wellness and how people living with HIV across Canada define wellness.

👤 Executive Director of Realize



Tammy Yates Executive Director, Realize

👤 Principal Investigator, CAN LhIVE WELL Grant



Jason Brophy Clinician, Pediatric Infectious Diseases Specialist; CTN Investigator; Principal investigator for the CAN LhIVE WELL Grant, CHEO; Canadian HIV Trials Network; CAN LhIVE WELL Grant

👤 Speakers



Valerie Nicholson Elder for the meeting; Peer Researcher; Co-investigator; Community Advocate, Living Your Best Life: Living versus Living Well With HIV in Canada Project Team (Elder); AIDS Vancouver (Peer Navigator); YouthCo, Yuusnewas, First Directions, Camp Moomba (Elder); Canadian Aboriginal AIDS Network Positive Leadership Development Institute - Pacific AIDS Network (Trainer); Life and Love with HIV; Canadian Coalition to Reform the Criminalization of HIV; Indigenous Women's Working Group; WHO - civil society representative; Research: CHIWOS; CHIWOS PAW; WATCH - Women ART and the Criminalization of HIV; Weaving our Wisdoms WOW Study; SHIFT; CBR Reach; CUES; CAN LhIVE WELL; BC Centre for Excellence in HIV/AIDS -Building More Bridges -Canoc -Retain/Shape - SHARE -Eng/aging -SUAP -H2H - Hope to Health -James Raven Project Broken Arrow BC Womens' Childrens' Hospital: BCC3; HEU C2 Project; WEL; Tel; Trauma and Violence TVAC.



Donald Turner National Lead Facilitator, Medicine Wheel Spirit Shadow Dance



Principal Knowledge User



Muluba Principal Knowledge User, CAN LhIVE WELL "Living Your Best Life: defining living versus living well with HIV in Canada"

12 Subsessions

- **Meeting and Session Opening by Elder Valerie Nicholson**
🕒 1:00pm - 1:10pm, Jan 29
- **Introduction Video by Organizing Team Leaders**
🕒 1:10pm - 1:30pm, Jan 29
- **Housekeeping and Introduction of the Workshop.**
🕒 1:30pm - 1:35pm, Jan 29
- **The Wholistic Medicine Wheel Map as a Framework for Defining Wellness and for Healing (Part I).**
🕒 1:35pm - 2:05pm, Jan 29
- **Break Time!**
🕒 2:05pm - 2:20pm, Jan 29
- **Breakout Session Housekeeping**
🕒 2:20pm - 2:25pm, Jan 29
- **Breakout Sessions**
🕒 2:25pm - 2:50pm, Jan 29
- **Summarizing the Breakout Session**
🕒 2:50pm - 3:00pm, Jan 29
- **The Wholistic Medicine Wheel Map as a Framework for Defining Wellness and for Healing (Part II)**
🕒 3:00pm - 3:30pm, Jan 29
- **Visualization**
🕒 3:30pm - 3:45pm, Jan 29
- **Closing Remarks by the Principal Investigators**
🕒 3:45pm - 3:50pm, Jan 29
- **Closing of the session by Elder Valerie Nicholson**
🕒 3:50pm - 4:00pm, Jan 29

Sat, Jan 30, 2021

Sun, Jan 31, 2021

Mon, Feb 01, 2021

1:00pm

Living Your Best Life with HIV: Indigenous Peoples in Canada

🕒 1:00pm - 4:00pm, Feb 1

📍 Zoom

This session features Indigenous community advocates, community-based researchers and academics who focus on improving the wellness of Indigenous Peoples living with HIV in Canada.

🔊 Speakers



Valerie Nicholson Elder for the meeting; Peer Researcher; Co-investigator; Community Advocate, Living Your Best Life: Living versus Living Well With HIV in Canada Project Team (Elder); AIDS Vancouver (Peer Navigator); YouthCo, Yuusnewas, First Directions, Camp Moomba (Elder); Canadian Aboriginal AIDS Network Positive Leadership Development Institute - Pacific AIDS Network (Trainer); Life and Love with HIV; Canadian Coalition to Reform the Criminalization of HIV; Indigenous Women's Working Group; WHO - civil society representative; Research: CHIWOS; CHIWOS PAW; WATCH - Women ART and the Criminalization of HIV; Weaving our Wisdoms WOW Study; SHIFT; CBR Reach; CUES; CAN LhIVE WELL; BC Centre for Excellence in HIV/AIDS -Building More Bridges -Canoc -Retain/Shape - SHARE -Eng/aging -SUAP -H2H - Hope to Health -James Raven Project Broken Arrow BC Womens' Childrens' Hospital: BCC3; HEU C2 Project; WEL; Tel; Trauma and Violence TVAC.



Jasmine Cotnam Research Coordinator (WCH); Direct Client Services Case Manager(Elevate NWO), Women's College Hospital; Elevate NWO



Krista Shore Educator/Advocate (Circle of Courage SK); WATCH Research Associate, CEO of Rolling Thunder Consulting, Circle of Courage Saskatchewan, Rolling Thunder Consulting



Sean Hillier York University



Mikiki Community Consultant, CAN LhIVE WELL: Living Well with HIV research project



Sylvain Beaudry Research Coordinator; Community Consultant, COCQ-SIDA, Living Your Best Live with HIV Project

15 Subsessions

- **Welcome and Land Acknowledgment by Invited Indigenous Elder Valerie Nicholson to Open Session#2.**
🕒 1:00pm - 1:15pm, Feb 1
- **Housekeeping and Introductions by Moderator.**
🕒 1:15pm - 1:20pm, Feb 1
- **Wellness initiatives taking place in BC and Canada – the WATCH study, CHIWOS-PAW, Culture is healing work.**
🕒 1:20pm - 1:30pm, Feb 1
- **Indigenous women managing stress through increased knowledge and culture; Insights into Ontario Initiatives**
🕒 1:30pm - 1:40pm, Feb 1

- **Circle of Courage in Saskatchewan and Wellness Initiatives for Indigenous Women living in (rural and urban) Saskatchewan.**
🕒 1:40pm - 1:50pm, Feb 1
- **Wellness Research in Indigenous Peoples: A Policy Perspective. Highlight how Indigenous men are forgotten, without specific wellness programming.**
🕒 1:50pm - 2:00pm, Feb 1
- **Discussion Panel - Wellness of Indigenous Peoples Living with HIV in Canada: Current Initiatives and Next Steps**
🕒 2:00pm - 2:30pm, Feb 1
- **Break Time!**
🕒 2:30pm - 2:45pm, Feb 1
- **Show and Tell, Housekeeping and Introduction of Community Consultations**
🕒 2:45pm - 2:50pm, Feb 1
- **Introduction of Demographics and Presentation of Themes from Two Community Consultations**
🕒 2:50pm - 3:10pm, Feb 1
- **Breakout Session Debrief**
🕒 3:10pm - 3:15pm, Feb 1
- **Breakout Session**
🕒 3:15pm - 3:35pm, Feb 1
- **Breakout Session Summary**
🕒 3:35pm - 3:45pm, Feb 1
- **Summary Remarks by the Organizing Team**
🕒 3:45pm - 3:50pm, Feb 1
- **Session Closing by Elder Valerie Nicholson**
🕒 3:50pm - 4:00pm, Feb 1

Tue, Feb 02, 2021

Wed, Feb 03, 2021

Thu, Feb 04, 2021

1:00pm

Living Your Best Life with HIV: Key Populations

🕒 1:00pm - 4:00pm, Feb 4

📍 Zoom

This third virtual session will host speakers engaged in wellness research or community-based initiatives focusing on key populations of people living with HIV in Canada.

🗣️ Speakers



Valerie Nicholson Elder for the meeting; Peer Researcher; Co-investigator; Community Advocate, Living Your Best Life: Living versus Living Well With HIV in Canada Project Team (Elder); AIDS Vancouver (Peer Navigator); YouthCo, Yuusnewas, First Directions, Camp Moomba (Elder); Canadian Aboriginal AIDS Network Positive

Leadership Development Institute - Pacific AIDS Network (Trainer); Life and Love with HIV; Canadian Coalition to Reform the Criminalization of HIV; Indigenous Women's Working Group; WHO - civil society representative; Research: CHIWOS; CHIWOS PAW; WATCH - Women ART and the Criminalization of HIV; Weaving our Wisdoms WOW Study; SHIFT; CBR Reach; CUES; CAN LhIVE WELL; BC Centre for Excellence in HIV/AIDS -Building More Bridges -Canoc -Retain/Shape - SHARE -Eng/aging -SUAP -H2H - Hope to Health -James Raven Project Broken Arrow BC Womens' Childrens' Hospital: BCC3; HEU C2 Project; WEL; Tel; Trauma and Violence TVAC.



Muluba Principal Knowledge User, CAN LhIVE WELL“Living Your Best Life: defining living versus living well with HIV in Canada”



Ahmed Habre Community Advocate, AIDS Committee of Ottawa, AIDS Committee of Durham Region



Carmen Logie Associate Professor, CTN Investigator, University of Toronto, Canadian HIV Trials Network (CTN)



Yasmeen Persad Research Coordinator, Women's College Hospital Research Institute, Trans Women and HIV Research Initiative, TPOC



Maureen Owino Director (CAAT), Community Advisory Committee member (CTN), PhD Student (York University), Committee for Accessible AIDS Treatment, Canadian HIV Trials Network (CTN), York University



Ron Rosenes



Kenneth P Community Consultant, Living Your Best Life: Living versus Living Well With HIV in Canada Project Team, ACAS



Asha U Community Consultant, Living Your Best Life: Defining Living versus Living Well with HIV in Canada Project Team



Jackie F Community Consultant, Living Your Best Life: Defining Living versus Living Well with HIV in Canada Project Team

15 Subsessions

- **Session Opening by Elder Valerie Nicholson**

🕒 1:00pm - 1:15pm, Feb 4

- **Housekeeping and Introductions for today's speakers.**

🕒 1:15pm - 1:20pm, Feb 4

● **Youth living with HIV Wellness Initiatives - Ontario and Canada**

🕒 1:20pm - 1:30pm, Feb 4

● **Aging Well with HIV. With a focus on the Wellness of the MSM Community in Canada**

🕒 1:30pm - 1:40pm, Feb 4

● **How racialized people living with HIV and at risk of COVID19 are vulnerable to systemic racism/racist policies that threaten their wellness/health.**

🕒 1:40pm - 1:50pm, Feb 4

● **HIV Stigma and Effects on Wellness: Focus on the Transgender people living with HIV and Wellness Initiatives from TWIRI**

🕒 1:50pm - 2:00pm, Feb 4

● **Panel Discussion**

🕒 2:00pm - 2:30pm, Feb 4

● **Break Time!**

🕒 2:30pm - 2:45pm, Feb 4

● **Introduction to the Community Consultations**

🕒 2:45pm - 2:50pm, Feb 4

● **Community Consultant Discussion - Part 2**

🕒 2:50pm - 3:10pm, Feb 4

● **Breakout Sessions - explained by the moderator**

🕒 3:10pm - 3:15pm, Feb 4

● **Breakout Session**

🕒 3:15pm - 3:35pm, Feb 4

● **Breakout Session Summary**

🕒 3:35pm - 3:45pm, Feb 4

● **Closing Remarks from Organizing Team Pls**

🕒 3:45pm - 3:50pm, Feb 4

● **Session#3 Closing by Elder Valerie Nicholson**

🕒 3:50pm - 4:00pm, Feb 4

Fri, Feb 05, 2021

1:00pm

Living Your Best Life with HIV: Impacting Policy and Practice

🕒 1:00pm - 4:00pm, Feb 5

📍 Zoom

In this final session speakers will describe wellness programs and initiatives to target physical and mental wellness. The focus of the session will be programming and policies to improve wellness for people living with HIV in Canada.

🗣️ **Speakers**



Tammy Yates Executive Director, Realize



Valerie Nicholson Elder for the meeting; Peer Researcher; Co-investigator; Community Advocate, Living Your Best Life: Living versus Living Well With HIV in Canada Project Team (Elder); AIDS Vancouver (Peer Navigator); YouthCo, Yuusnews, First Directions, Camp Moomba (Elder); Canadian Aboriginal AIDS Network Positive Leadership Development Institute - Pacific AIDS Network (Trainer); Life and Love with HIV; Canadian Coalition to Reform the Criminalization of HIV; Indigenous Women's Working Group; WHO - civil society representative; Research: CHIWOS; CHIWOS PAW; WATCH - Women ART and the Criminalization of HIV; Weaving our Wisdoms WOW Study; SHIFT; CBR Reach; CUES; CAN LhIVE WELL; BC Centre for Excellence in HIV/AIDS -Building More Bridges -Canoc -Retain/Shape - SHARE -Eng/aging -SUAP -H2H - Hope to Health -James Raven Project Broken Arrow BC Womens' Childrens' Hospital: BCC3; HEU C2 Project; WEL; Tel; Trauma and Violence TVAC.



Bob Leahy Realize



Puja Ahluwalia National Lead: Rehabilitation, Optimal Health and Wellbeing, Realize



Kelly O'Brien Associate Professor, Department of Physical Therapy, University of Toronto, University of Toronto, Canadian HIV Trials Network (CTN)



Marie-Josée Brouillette Associate Professor, Dept. of Psychiatry; CTN Investigator, McGill University, Canadian HIV Trials Network (CTN)



Chantal Mukandoli Intern Peer Navigator; Community Consultant, PWA Toronto; Living Your Best Life with HIV project



Adria Quigley CTN Postdoctoral Fellow, McGill University, Canadian HIV Trials Network

16 Subsessions

- **Session Opening and Land Acknowledgment by Elder Valerie Nicholson**

🕒 1:00pm - 1:15pm, Feb 5

- **Housekeeping and Introduction of Today's Speakers**

🕒 1:15pm - 1:20pm, Feb 5

- **Summary of Community Consultation Recommendations**

🕒 1:20pm - 1:30pm, Feb 5

- **Opinion Paper: Optimal Health and Wellbeing in HIV**

🕒 1:30pm - 1:40pm, Feb 5

- **Optimal Health and Wellbeing in HIV. Talking about a 4th 90 target and how it relates to quality of life and wellbeing.**

🕒 1:40pm - 1:50pm, Feb 5

- **Mental and Physical Wellness Initiatives in Rehabilitation: Community-Based Exercise Interventions to improve health outcomes for people living with HIV**
⌚ 1:50pm - 2:00pm, Feb 5
- **Wellness and Mental Health Initiatives in Canada**
⌚ 2:00pm - 2:10pm, Feb 5
- **Panel Discussion**
⌚ 2:10pm - 2:40pm, Feb 5
- **Break Time!**
⌚ 2:40pm - 2:50pm, Feb 5
- **Group Stretch**
⌚ 2:50pm - 2:55pm, Feb 5
- **Breakout Session Housekeeping**
⌚ 2:55pm - 3:00pm, Feb 5
- **Breakout Session**
⌚ 3:00pm - 3:20pm, Feb 5
- **Breakout Session Summary**
⌚ 3:20pm - 3:30pm, Feb 5
- **Realize: Closing Remarks and Future Work**
⌚ 3:30pm - 3:40pm, Feb 5
- **CAN LhIVE WELL Grant PIs: Closing Remarks and Future Work**
⌚ 3:40pm - 3:50pm, Feb 5
- **Session#4 and Meeting Closing by Elder Valerie Nicholson**
⌚ 3:50pm - 4:00pm, Feb 5