What Effects Health Outcomes?

- **Social Determinants of Health** are a group of social and economic factors related to people’s place in society. For some Two-Spirit people, they include ongoing effects of colonization; displacement from native lands, native lands, segregation in Indian Residential Schools, inadequate housing, the 60’s Scoop, and subsequent loss of family connections, language and culture.
- Two-Spirit people’s sources of strength namely their culture, language, lands, rights, and opportunities for self-determination are compromised.
- Resurgence of Two-Spirit identities, histories, and pride is a positive social determinant of health.
- Two-Spirit people view health holistically; this considers physical, psychological, social, and spiritual factors.

Mental Health

- Two-Spirit people may be part of the LGBTQ+ community but relate more to cultural identity within their Indigenous community.
- Some LGBTQ+ groups and Indigenous Nations may hold perceptions where Two-Spirit people aren’t fully accepted in either group.
- Mental health is negatively affected when people are forced to hide their identity; while coming out may result in discrimination, stigma, and violence related to homophobia.
- **Spiritual trauma** - psychological and emotional injury that may cause loss to culturally specific coping; i.e. smudging or speaking with Elders. This may lead to drug or alcohol use.
- **Posttraumatic Invasion Syndrome** - unnatural and genocidal disruption of cultural knowledge, practices, and self-governance through exploitation and oppression. It is often a lifelong experience affecting entire tribes, communities, and nations.
- **Addictive substances** - used to cope with intergenerational trauma, common in many communities.
- **LGBTQ+ youth use addictive substances at a 190% higher rate than heterosexual youth; related to traumatic abuse, stigma, discrimination, and violence.**

Health Concerns experienced by Aboriginal Transgender/Two Spirit People in Manitoba (2009)

<table>
<thead>
<tr>
<th>% of sample</th>
<th>Mental Health</th>
</tr>
</thead>
<tbody>
<tr>
<td>anxiety</td>
<td>81.5%</td>
</tr>
<tr>
<td>depression</td>
<td>87%</td>
</tr>
<tr>
<td>loneliness</td>
<td>88.9%</td>
</tr>
<tr>
<td>emotional numbness</td>
<td>80.8%</td>
</tr>
<tr>
<td>irritability</td>
<td>88.9%</td>
</tr>
<tr>
<td>Psychological / Spiritual</td>
<td></td>
</tr>
<tr>
<td>loss of interest</td>
<td>92%</td>
</tr>
<tr>
<td>loss of ambition</td>
<td>84%</td>
</tr>
<tr>
<td>low self-esteem</td>
<td>84.6%</td>
</tr>
<tr>
<td>body image concerns</td>
<td>88.9%</td>
</tr>
<tr>
<td>Violence</td>
<td></td>
</tr>
<tr>
<td>physical assault</td>
<td>78%</td>
</tr>
<tr>
<td>sexual assault</td>
<td>85%</td>
</tr>
<tr>
<td>related to gender identity</td>
<td>73%</td>
</tr>
<tr>
<td>related to domestic partner</td>
<td>79.2%</td>
</tr>
<tr>
<td>Cognitive / Physical</td>
<td></td>
</tr>
<tr>
<td>poor concentration</td>
<td>91.7%</td>
</tr>
<tr>
<td>chronic fatigue</td>
<td>76.9%</td>
</tr>
<tr>
<td>sleep disturbances</td>
<td>94%</td>
</tr>
<tr>
<td>physical numbness</td>
<td>65.4%</td>
</tr>
<tr>
<td>sense of injustice with a desire for change</td>
<td>91.3%</td>
</tr>
</tbody>
</table>
References:


Photos:

Additional Resources:
Authors:
Visual Artists:
- Rosalie Favell (Canada): https://rosaliefavell.com/
- Kent Monkm (Canada): http://www.kentmonkm.com/
- First Stories: Two Spirited (Canada): https://www.nfb.ca/film/first_stories_two_spirited/
- Out: Stories of Lesbian and Gay Youth NFB (Canada): https://www.youtube.com/watch?v=3KPK78nCIE
- Two-Spirits in Motion, 2003, Alberta, Canada: https://www.youtube.com/watch?v=78SFwcvLF2Y

Websites:
- Toronto: www.2spirits.com
- Winnipeg: www.twospiritmanitoba.ca
- Native Youth Sexual Health Network (Canada): http://www.nativeyouthsexualhealth.com/index.html

Written Resources:
- Safe and Caring Schools (Manitoba): https://www.edu.gov.mb.ca/k12/docs/support/transgender/index.html

Archives:
- Two-Spirited Collection, University of Winnipeg Archives (Canada): https://main.lib.umanitoba.ca/two-spirited-collection

The purpose of this project is to raise awareness and increase knowledge of Two-Spirit people. This bulletin provides a historical to contemporary overview of Two-Spirit people.

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