



CAROL RABINOVITCH UMBRELLAS

Carol Rabinovitch is a contemporary Montreal artist. CAROL'S style is whimsical and sometimes abstract. Her joy is in giving the canvas a personality and a mood, as shapes and forms spring into her mind. Her fondness for umbrellas, hats and butterflies are her favourite themes. She creates with oil and acrylic paints, monoprinting, collage, assemblage and recycled art—sometimes combining them, generating mixed-media images. "Umbrellas" portray several different backgrounds, techniques in shape, colour and various textures, representing symbols and objects that cover us and protect us from rain and from sun.

RESILIENCE AGAINST DISCRIMINATION

TITLE: Project PRIDE (Promoting Resilience in Discriminatory Environments)

RESEARCHER: Nathan Grant Smith, Ph.D., Assistant Professor, Department of Educational and Counselling Psychology, Faculty of Education

Project PRIDE (Promoting Resilience in Discriminatory Environments) is a novel HIV prevention intervention that focuses on helping young gay/bisexual men to cope effectively with the stress that results from stigma and discrimination.

Prevalence rates of HIV infection in young gay and bisexual men have increased in recent years. One of the factors implicated in HIV transmission among young gay/bisexual men is societal stigma and discrimination. Stigma and discrimination have been linked to a variety of negative psychological, physical and behavioural health outcomes, including substance use and risky sexual behaviours. In addition, experiences of stigma can be internalized and create feelings of shame, low self-esteem and disconnection from the lesbian, gay, bisexual and trans communities.

The goals of Project PRIDE are to increase self-esteem, behavioural skills related to HIV risk reduction, community engagement and adaptive coping strategies. By helping young gay/bisexual men to cope more effectively with stigma-related stress and to mobilize personal and community resources, Project PRIDE aims to reduce participants' reliance on maladaptive coping strategies such as a substance use and unprotected sex.

Funded by the Canadian Institutes of Health Research, researchers at McGill University, Ryerson University, Université du Québec à Montréal, and University of Windsor are engaging community members in the development and refinement of the intervention, which will be delivered to approximately 30 gay/bisexual men between the ages of 18 and 25 in Montreal and Toronto. Future research will utilize randomized controlled trials to test the intervention's effectiveness in reducing substance use and unprotected sex.

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