



**NATIVE AMERICAN
HEALTH CENTER**
Serving the community since 1972

Strong Families Tribal Home Visiting

Angelina Ahedo & Sophia Taula-Lieras May 2014

Native American Health Center, Inc.

- Oakland, San Francisco, Richmond & Alameda
 - Traditional Healing & Culturally-rooted services
 - Medical (Perinatal & Pediatric)
 - Dental
 - Behavioral Health
 - Youth & Community Engagement
 - Grant-funded Programs (HIV, Suicide, Alcohol & Other Drug Prevention, Grief & Loss, etc.)



Strong Families Tribal Home Visiting Program (SFHV)

- Tribal MIECHV Grantee 2011-2016
 - Initial year: Community Needs Assessment, Planning
 - Evidence-Based Model
 - Benchmark & Rigorous Evaluation Required
- Serve 40
- Target Population:
 - Pregnant and parenting families with Native American children age 0-3.
 - Self-Identified
 - Living in Alameda County
 - Low-income (WIC eligible)
 - High-need



Community Needs Assessment

Quantitative Findings	Qualitative Findings
High rates of substance use among NAHC perinatal clients	Address historical trauma
AIAN teen pregnancy rate twice as high as other races in Alameda County	Use peer support model
Gestational diabetes and obesity rate for AIANs twice that of other races	Integrate wellness
Increased incidence of substantiated child abuse for AIANs as compared to other races in Alameda County	Identify family's natural support network and resources
AIAN foster children twice as likely to have two or more placements and remain in care longer	Ensure basic needs are met
Higher rate of AI/AN women and children living in poverty, and an increased use of Social Security Income (SSI), public assistance, and food stamps.	Prioritize stabilizing family living conditions and situations
Increased percent of AIANs living between 100-299% of the Federal Poverty Level	Offer consistent service to build trust with AIAN families
AIANs have the second highest high school dropout rates	Improve cultural connection
AIAN youth and adults experience three times as much intimate partner violence compared to other races in the country	Integrate culture and traditional ways of parenting

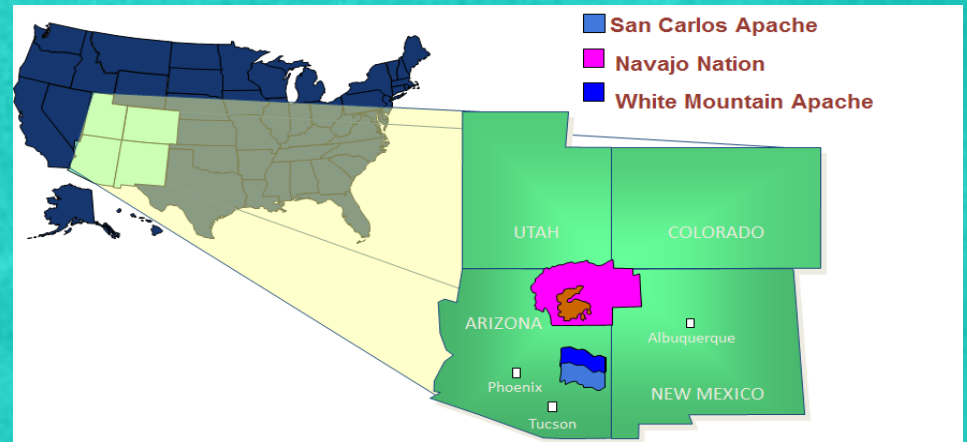
Family Spirit Intervention

- Johns Hopkins Bloomberg School of Public Health
 - Center for American Indian Health
- Home based outreach
- American Indian paraprofessionals as Health Educators
- Extended family involvement
- Structured curriculum designed for young mothers from pregnancy to 36 months post partum
- Community referrals & networking



Family Spirit History & Development Sites

- Community based participatory research
- 1995: project based programs with evaluations began
 - Teen mothers projects, teen fathers projects, both
- 2002: Family Spirit created based on evaluation and community feedback from previous projects
- 2006: Replication sites across country
- San Carlos Apache
- Navajo Nation
- White Mountain Apache



Family Spirit Training Objectives

- Provide in-depth training on the history and background of the Family Spirit Program
- Provide rigorous training on each curricular section and program evaluation method
- Provide additional tools and skill-building for Health Educators throughout the training



Family Spirit Training Overview

- Training consists of:
 - Family Spirit program protocol
 - Case management tools
 - Curriculum content and delivery
 - Evaluation content and delivery
 - Special interest topics



Training

- Preparation for training
 - Online pre-assessments for each lesson
 - Each training attendee must pass each test with 80% passing rate or higher
- 4 full-day training
- Covers each of the 6 modules, highlights certain lessons
- Plenty of time for role playing/practicing
- Tools for Health Educators
 - Separate time to discuss common concerns/issues/questions related to home visiting
- Evaluation Tools
 - Knowledge Assessments
 - ASQ
- Technical Assistance



Family Spirit Curriculum Topics

- Wide range of topics:
 - Prenatal care
 - Infant care
 - Parent skills
 - Substance use prevention
 - Child development
 - Maternal life skills
- Based on principles of home-visiting and guidelines from the American Academy of Pediatrics
- Extensively reviewed and revised by local staff and community members
- Designed to be accessible for 4th grade reading level

Family Spirit Curriculum Modules

- **Module 1: Prenatal Care**
 - Prepare for the arrival of baby
 - How to care for mother and baby
 - Know what to expect during pregnancy
- **Module 2: Infant Care**
 - Adapting to new life with baby
 - Basic infant care skills
 - How to respond to baby's various needs/wants
- **Module 3: Your Growing Child**
 - Child development info from 7 months until 3rd birthday
 - Prepare for pre-school with activities & play

Family Spirit Curriculum Modules

- Module 4: Toddler Care
 - Daily routine and monitoring
 - Basic skills for encouraging healthy habits
- Module 5: My Family and Me
 - Life skills that will positively influence herself, her child and her family and friends
- Module 6: Healthy Living
 - Building self-esteem
 - Role modeling
 - Substance Abuse Prevention
 - Family Planning
 - Prevention of STIs

Family Spirit Outcome Data from Pilot Trials

- Positive findings at one year post partum published data:
 - Increased maternal knowledge.^{1,2,3}
 - Increased maternal involvement.¹
 - Decreased maternal depression.^{1,2}
 - Reduced parent stress.²
 - Increased parent self-efficacy.³
 - Improved home safety attitudes.³
 - Fewer behavior problems in mothers.³
 - Fewer behavior problems in infants at 1 year.^{2, 3}
 - Higher impact among mothers who used substances at baseline.³
- Additional positive findings at three years post partum manuscript currently under review.

1 Barlow A, Varipatis-Baker E, Speakman K, et al. Arch Pediatr Adolesc Med. 2006;160:1101-1107.

2 Walkup J, Barlow A, Mullany B, et al. J of the Amer Academy of Child and Adol Psychiatry. 2009;48(6):591-601.

3 Barlow, A, Mullany B, Neault N, et al. Amer Journal of Psychiatry. 2013; 170:83-93.

Family Spirit and Strong Families

- Family Spirit Introduction
- Menu of Options provided at initial intake
- Menu of Options reviewed at first home visit
- Lessons can begin at 3rd home visit, although it varies for each family
- Lessons
 - 1st Lesson: Binders provided
 - Every Lesson: Handouts from Participant Workbook & Reference Manual provided
 - Lessons can include a variety of incentives:
 - Working Towards a Better You: journal or daily planner
 - Daily Routines for Confident & Effective Parenting: routine chart & stickers
 - Breastfeeding Basics: breast pads

Lesson Structure

- Structure:
 - Check-in
 - Objectives
 - Discussion of teaching points
 - Include activities
 - Introduce participant workbook pages and reference manual
 - Wrap-up
- Keys to Success:
 - Facilitate interaction & discussion vs. rigid teaching style
 - Role modeling
 - Flexibility
 - Readiness (parent & child) for the lesson
 - Other relevant, pressing issues



Peer Specialist Model

- Peer Specialists
 - From the community
 - Have worked in the community for a long time
 - Are American Indian
 - Are parents
- Community Gatekeepers
 - Resources
 - Well known in the community
- Curriculum
 - Technical jargon in lay terms—designed as peer model

Peer Specialist Model

- Why Peer Specialists fit our community:
 - Community Trust
 - Addresses power dynamic
 - Cost effective
 - Role modeling
 - Building community capacity
 - Visible in the community



Integration

- Strong Families has been at the forefront of the Integration journey within the larger NAHC system
- Care Coordinators Dual Role
 - Home Visiting
 - Care Coordination
- Scope of Knowledge
- Who do we coordinate with?
 - Perinatal Department
 - Community Wellness Department
 - Medical Department
 - Dental Department
 - WIC
 - Youth Services



Community Engagement

- NAHC is one piece in a greater network of American Indian community organizations in the Bay Area
- Considered a gateway into the network of community resources
- Engage the community through weekly groups, community events and cultural events
 - Outreach for Strong Families
 - Visibility for Strong Families



Community Engagement

- Ongoing, weekly community groups
 - Positive Indian Parenting
 - Recovery Circle
 - Family Health & Wellness
 - Traditional Arts
 - Beading
 - Men's Drum Group



Community Engagement

- Cultural Events
 - Sage Gathering & Wrapping
 - Traditional Healers
 - Blessing of the Womb Ceremony
 - Wiping of the Tears Ceremony
 - Manhood Ceremony
 - Womanhood Ceremony
 - Co-sponsor powwows



Community Engagement

- Community Events
 - Spring Gathering
 - Gathering of the Lodges
 - Youth Gathering Of Native Americans (GONA)
 - Running is My High
 - Block Party
 - Family Movie Night
 - Co-sponsor seasonal events:
 - Halloween Party
 - Harvest Dinner
 - Christmas Dinner & Gift Giveaway



Community Engagement

- Strong Families Events
 - Space for families we work with individually to come together and build a community and support network
 - Open to extended family members of our participants
- Past events
 - Habitots Field Trip
 - Financial Skills Workshop: Budgeting for Your Family
 - Baby Shower for pregnant and new parents
- Upcoming events
 - Strong Families Conference (June)
 - Partnership with Tribal TANF
 - Day-long event
 - Workshops: like skills, self-care, job skills, child development

Thank you!

Angelina Ahedo

angelinaa@nativehealth.org

510-434-5309

Sophia Taula-Lieras

sophiat@nativehealth.org

510-434-5453

