2016 Best Practices Conference

The ‘Spirit’ of the Family Spirit Program

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PROGRAM OVERVIEW
Family Spirit Intervention

Home-Based Outreach

Structured, home-based curriculum taught by AI Home Visitors to young mothers from pregnancy – 36 mos post-partum

Family Involvement

Community Referrals
Program Aims

1. Increase parenting knowledge and skills;
2. Address maternal psychosocial risks that could interfere with positive child-rearing (drug and alcohol use; depression; low education and employment; domestic violence problems);
3. Promote optimal physical, cognitive, social/emotional development for children from ages 0 to 3;
4. Prepare children for early school success;
5. Ensure children get recommended well-child visits and health care;
6. Link families to community services to address specific needs; and
7. Promote parents’ and children’s life skills and behavioral outcomes across the life span.
Program History

**SOS Project:**
- service
- teen Moms, babies
- prenatal-6 months post partum
(160 Moms served)

**Family Strengthening:**
- teen Moms/Dads
- prenatal to baby’s 6 month birthday
- RCT evaluation Moms/Dads
(48 Dads/68 Moms served)

**Cradling Our Future:**
- teen Moms
- 28 weeks gestation-
baby’s 3rd birthday
- RCT evaluation Moms
(322 Moms/kids enrolled)

1995

1998-1999

1999-2001

2002-2005

2006-Present

**Fathers Project:**
- service
- curriculum to address needs of young Dads
(55 Dads; 62 Moms served)

**Family Spirit:**
- teen Moms/Dads
- prenatal to baby’s 12 month birthday
- RCT evaluation Moms/Dads
(75 Dads/166 Moms served)

**Return to Service:**
**Program Replication**
- Replication sites all over the country
- Trainings scheduled throughout the year
Family Spirit Replication

LEGEND

- Family Spirit Affiliates
- Sites with Contracts and Trainings Pending
Development Sites

San Carlos Apache

Navajo Nation

White Mountain Apache
Family Spirit Impact – Preg to Age 3 (Postpartum)

PARENTING
- Increased maternal knowledge\textsuperscript{1,2,3,4}
- Increased parent self-efficacy \textsuperscript{3,4}
- Reduced parent stress \textsuperscript{2,4}
- Improved home safety attitudes\textsuperscript{3}

MATERNAL OUTCOMES
- Decreased maternal depression.\textsuperscript{1,2,4}
- Decreased substance use\textsuperscript{4}
- Fewer behavior problems in mothers.\textsuperscript{3,4}

CHILD OUTCOMES
- Fewer behavior problems in children through age 3.\textsuperscript{2,3,4}
  (Externalizing, Internalizing and Dysregulation)
  ✓ Predicts lower risk of substance use and behavior health problems over life course
Curriculum Overview
The FS Curriculum consists of 6 modules (63 lessons)

- Module 1: Prenatal Care (9 lessons)
- Module 2: Infant Care (16 lessons)
- Module 3: Your Growing Child (11 lessons)
- Module 4: Toddler Care (9 lessons)
- Module 5: My Family and Me (6 lessons)
- Module 6: Healthy Living (12 lessons)

- Based on principles of home-visiting and guidelines from the American Academy of Pediatrics
- Extensively reviewed and revised by local staff and community members
Lesson Administration

- **Delivery**
  - One-on-one (home-based)
  - Group sessions

- **Schedule**
  - *Sequentially:* Recruit mother at 28 weeks gestation or earlier and serve through the baby’s 3rd birthday
  - *Independently:* Select lessons based on participant needs and wants
Parts of a Lesson

Each lesson consists of 4 parts:

- **Lesson Plan:** Provides a detailed description of how to teach the lesson
  - *Grouped together in the curriculum box as booklets with each module*

- **Lesson:** Actual lesson content taught to the participant
  - *Divided by module in the curriculum box*

- **Reference Manual:** In-depth information about various topics in each lesson, including a bibliography and glossary of terms
  - *Separated from the lesson modules in the curriculum box*

- **Participant Workbook:** Handouts and worksheets for participants to reinforce key teaching points
  - *One sample workbook is included in each curriculum box; additional workbooks are available for purchase*
Lesson Presentation

What participant sees:

What CHR sees:
Required Data for Replication Sites

- Replication sites are required to report basic process measures to Johns Hopkins on a quarterly basis.
- All evaluation tools are made available to replication sites, but it is not necessary to use all of them.
- Family Spirit IHS CHR sites will utilize the following forms to collect process data and track outcomes and screening:

<table>
<thead>
<tr>
<th>Process Measures</th>
<th>Outcome and Screening Measures</th>
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</thead>
<tbody>
<tr>
<td>IHS PCC Form</td>
<td>Independent Knowledge Assessments</td>
</tr>
<tr>
<td>Quality Assurance Form</td>
<td>Comprehensive Knowledge Assessments</td>
</tr>
<tr>
<td></td>
<td>Depression Scale: PHQ-9</td>
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<tr>
<td></td>
<td>Child Development Screen: ASQ</td>
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<tr>
<td></td>
<td>Alcohol and Drug Use Questions: AUDIT</td>
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</tbody>
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Replication Phases

PLANNING
- Introductory Webinar
- Readiness/Evaluation Tools
- Online Knowledge Assessments
- Pre-Training Calls

TRAINING
- Rigorous week-long training
- Focus on curriculum content/delivery
- Evaluation Training
- FS Certification

IMPLEMENTATION
- Post-Training Calls
- Quarterly Check-Ins
- FS Connect Opportunities
Supervisor Training Program Certification

Pre-Training
- 1-hour pre-training call
- Complete online Knowledge Assessments at 100%

Training
- Attend week-long training with CHRs
- During role play, achieve a 3 or higher (“Level of Mastery”) on Quality Assurance Form

Post-Training
- Within 4-6 months:
  - Use QA Form on at least 3 home visits
  - Pass Comprehensive Knowledge Assessment at 100%
  - Participate in videoconference (Role Play, FS In-Service Presentation)
  - Submit quarterly reports
QUESTIONS?

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Sharing Family Spirit In Our Communities
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