

# We R Family - Partnering to Build Sustainable Programs



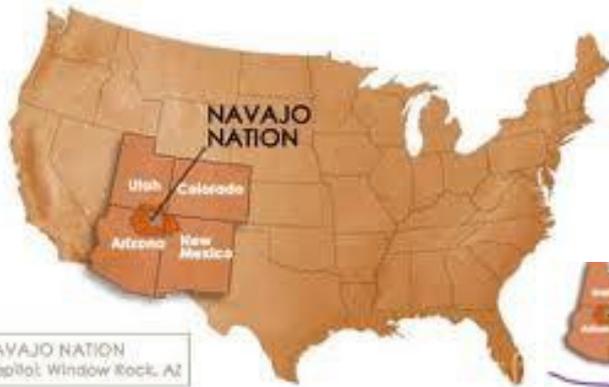
Child Therapist/Medical Social Worker  
Pinon Health Center, Counseling Service

# Learning Objectives

The Pinon Health Center in Arizona has developed a successful community program that is sustainable, relevant and culturally appropriate. We would like to share our successes and lessons learned.

Where we are...

# Pinon, AZ: Navajo Nation



NAVAJO NATION  
Capitol: Window Rock, AZ



# Dzil' Yijiin Region



# Pinon Health Center~Pinon, AZ



# Providing Health Services

Pinon Health Center  
provides medical  
services ~14,000  
“active users” (seen  
at least once in 3  
years)

About 3,300 general  
visits to the PHC per  
month.



DVPI Program Support Team

# *Challenges*

## Limited Economic Opportunities

Pinon Health Center  
Schools  
Bashas/local grocery  
Gas stations  
Subway/Pizza Edge  
Laundromat  
Local shops/home  
businesses  
Flea Market

# Challenges

## Poor Infrastructure

Over half of our households are without electricity

About 30% of households have no running water

90% of the homes off  
paved roads

No paved access North, West, or South

# Challenges

Limited Law Enforcement and High Demand

The Chinle Police District must do the task of:

Marshal

Highway Patrol

Serving Warrants

Animal Control

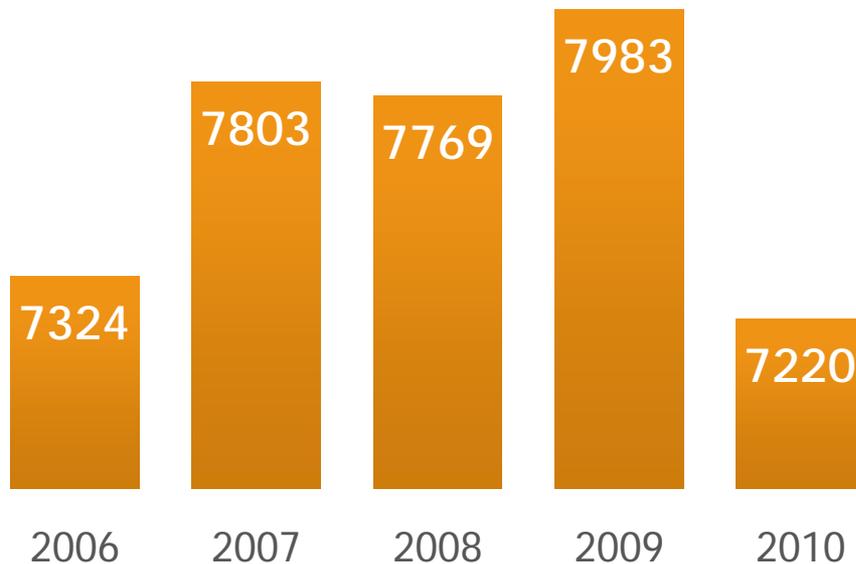
Public Safety Officers

Children's unit

Ambulance

# Chinle Police Department - Western Area

## Total Incidents Handled



- Cottonwood
- Salina Springs
- Blue Gap
- Whippoorwill
- Low Mountain
- Pinon
- Black Mesa
- Forest Lake
- Hard Rock

# Goals and Objectives

The Goal of the Pinon Health Center Counseling Service DVPI program is to decrease the incidence of domestic violence within the Pinon service area of the Navajo Nation by educating the community using the traditional Navajo cultural teachings and using non-traditional educational approaches.

# DVPI Funded Community Programs

We R Family

ATSA YAZ Native Club

Girl Scouts Troops

Youth Summit

Roping Clinic

Culture Camp

Community School Culture  
program

Taking Back our  
Community/Coalition

Equine Family Program

Dzil Yijiin Youth Leadership

Adventure Based Learning

# Program Participation

DVPI programming offered more than 125 sessions during 2012-13, with attendance totaling nearly 6,000.

# Program Participation

Programs are structured into 4 areas:

- Clinic-Based Programs

- School-Based Programs

- Community-Based Programs

- Capacity Building

# Program Participation

Summary of DVPI Event Attendance Data		
Event	# of Sessions	Average Attendance
Clinic Based		
Healthy Relationships Training	2	25
Sweat Lodge Purification	3	6

# Program Participation

School Based		
Event	# of Sessions	Average Attendance
Artist in Residence	4	85
Beat the Heat!	3	28
Girl Scout Campouts	4	14
Girl Scout Silly Science Camp	2	67
Girl Scout Sessions and Celebrations	20	55
Healthy Living Holiday/Spring Break Youth Program	6	19
Parenting with Tom Chee	2	55
PAMS Adventure Based Youth Program	3	13
PHS Adventure Based Youth Program	6	6.5
Traditions Mirror Our Future	26	10

# Program Participation

Community Based		
Event	# of Sessions	Average Attendance
Hardrock/Forest Lake ABN Youth Education Day	1	63
Equine Therapy - Horse 'n' Around	7	87
Horsemanship Demonstration	2	106
Jr. Fitness Leader Training	2	22
Youth Roping Clinic	2	46
Youth Leadership Ropes Course Training	2	15
We R Family	16	137
Capacity Building		
Red Horse Nation Training	3	22
Staff Ropes Course Trainings	4	17
Taking Back Our Community Unity Walk	1	187
Taking Back Our Community Meetings	6	26

# The Power of Partnerships

Pinon Health Center DVPI and MSPI Grants

Chinle Comprehensive Health Care Facility

Pinon Counseling Services

PUSD Healthy Living Program/ 21<sup>st</sup> century program

PUSD staff

PUSD youth involvement

Pinon Community School

Chapter Leadership and Council Delegate

Navajo Nation DBHS/Social Services

Dzil Yijiin Judicial Court

Community and Volunteers

# Clinic-Based Programs

# Clinic-Based Programs

## Sweat Lodge

women's support groups and a program for men,  
referred to as the Alternative to Violence Program.

serves both perpetrators and victims

programs run for 12 weeks

both court referred and self-referred individuals

include both western style therapy and traditional  
Navajo sweat lodge session techniques.

Partnership with Counseling Service Staff, Native  
Medicine, and referring agencies

# School-Based Programs

# School Based Programs



# School-Based Programs Partnerships

Linda King, Principal at Pinon Elementary School

“I really appreciate what you do for our children, our community. There are numerous activities/events you have sponsored that have definitely impacted our families in a positive way. I am in full support of all that you do to provide opportunities for our children.”

# School-Based Programs Partnerships

Lori Chee, Assistant Principal at the Pinon High School

"We would love to have the counseling group on site again this school year at Pinon High School. The counseling group that was held in the Spring was very effective. The original group of students were referred for counseling services and took part in this on site counseling due to extreme behavior issues that were exhibited at school (drug use, alcohol use, bullying, threat, fighting, etc.). The student that participated in this group were not referred again to my office for discipline issues. These students are also asking if they will be continuing the program."

# Community-Based Programs

# Community-Based Programs

Pinon Youth Baseball;  
Dzil Yijiin Youth  
Leadership Programs;  
Youth Roping;  
and Equine Therapy

...and We R Family

# Community-Based Programs: Equine Therapy

## **What did you learn about your behavior from watching the presentation?**

A new and improved outlook on life

I need to speak in Navajo more often to my grandparents

Our Navajo culture is important, we need to learn it

That I am enabling my children at being lazy!

Several good reminders. Overall, I heard all this from my parents and I'm doing an okay job as a parent. I need to brush up on certain things. I got grandparents.

Your behavior impacts everything around you, even the animals

I learned that I have to be Responsible

Teach what we've learned. Go beyond your family

you are what you preach, children learn from your behavior.

I need more positive consistency in my parenting skills

That I can be an enabler of dependent behavior

Horses have similar behavior as a child

# Community-Based Programs: Equine Therapy

**After watching the presentation, how will you control your emotional behavior?**

Stop, think and go slowly in sharing teaching

Sit with kids and talk about the problem

Watch how I react, kids will act how I act.

Keep content, my behavior affects others

Treat animals with respect

To be patient and don't rush into things

Be honest with how I feel

Being more understanding, patient

Respect others and be a role model

I will train my emotions, I can help

Community-Based We R Family

# Community-Based: We R Family

Began with DVPI Year 1 with a program developed by the University of Utah entitled the American Indian Strengthening Families Program (AISFP).

14 week family therapy program with referred families.

includes some generic Native American elements, but it was not developed specifically for the Navajo community.

the program took place at the Pinon Health Center and there was minimal involvement or partnering outside the IHS facility.

# Community-Based:

Over the first 2 ½ years of AISFP program implementation, we saw that there were a number of changes that could be made:

- the length of the program meant that a number of families missed multiple sessions or due to lack of transportation they quit the program entirely

- difficult to coordinate with other agencies, such as the Family Services agency that made the referral. The social services case would be closed before the patient completed the program.

- large amount of resources for fewer than 8 families

- 3-hour program with a focus on lecture and no physical activity made it hard for youth to handle.

# Community-Based: We R Family

Sessions held every other week September - May

Family Dinner with Nutritional Education and table topics - 1<sup>st</sup> hour

Age-Based Breakout groups - 2<sup>nd</sup> hour

- Parents/Adults

- High School/Middle School

- Elementary 3<sup>rd</sup> - 5<sup>th</sup>

- Elementary K - 2<sup>nd</sup>

- Child Care

Group Activity with games or crafts - 3<sup>rd</sup> hour

# Community-Based: We R Family

We R family is a combination of evidence-based and practice-based education programs for parenting skills

Active Parenting

Strengthening Families

Healthy Relationship

GONA (Gathering Of Native Americans)

Love & Logic Parenting

Navajo Wellness Model

STEP (Systematic Training for Effective Parenting) and other curricula

# Community-Based: We R Family

## Partnerships

Elementary School “Cadre” teaching groups in all subject matter host the Group Activity for educational enrichment activities.

IHS Community Nutrition creates menus and provides table tents with information.

21<sup>st</sup> Century Grant program and Healthy Living programs work with families to achieve their goals.

FIAT parent committee gets face time with families at these events.

Local, County, State and Federal service and judicial departments are able to refer and require attendance

# We R Family Participation - 2012-2013

total of 360 families represented

total of 931 individuals who attended at  
least once during of the eight sessions

# Capacity Building Programs

# Capacity Building Programs



# Taking Back our Community

The mission of the Taking Back Our Community (TBOC) collaboration is to instill a sense of responsibility and empowerment in the community to confront and resolve issues of violence and disruptive behavior within the community.

# Taking Back our Community

The TBOC is a multi-stake holder organization that includes:

State, Federal, and the Navajo Nation agencies for social services and behavioral health

Courts, law enforcement

Housing Authority

Area Chapter Houses

Navajo Nation Council

Indian Health Service counseling services,

Pinon Unified School District, Pinon Community Schools

Community members

# Taking Back our Community

The TBOC strategy is to look at the primary elements that lead to disruptive behavior, such as domestic violence, substance abuse, lack of employment, and lack of government services such as law enforcement and begin to develop ways to mitigate or resolve these problems.

# Taking Back our Community

October 30, 2012 - Unity Walk and Kick-off

Monthly Meetings - ONGOING

May 29 and 30, 2013 - Strategic Planning Session

October 25, 2013 - Unity Walk and Officer  
Appreciation

# Taking Back our Community

At the end of May, a two-day Strategic Planning session was held, in which participants discussed ways to move ahead in addressing five challenge areas:

- Public Safety/crime;
- Health (physical and mental);
- Educational Opportunities/results;
- Economic Opportunities; and
- Navajo Cultural Preservation.

# Taking Back our Community

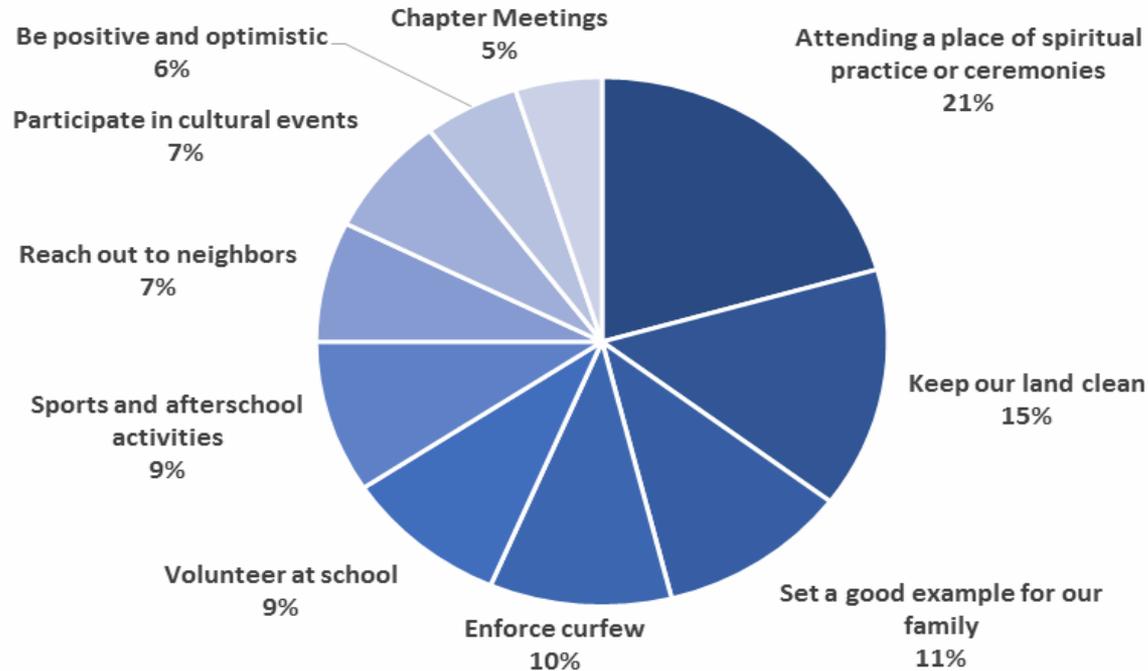
Over 180 community members attended the Unity Walk and kick-off in 2012 and again in 2013

Average 26 people attending each monthly TBOC meeting

Strong support from Local leaders, school board, government agencies, Court and Law Enforcement.

# Taking Back our Community -

## What will help us take back our community?



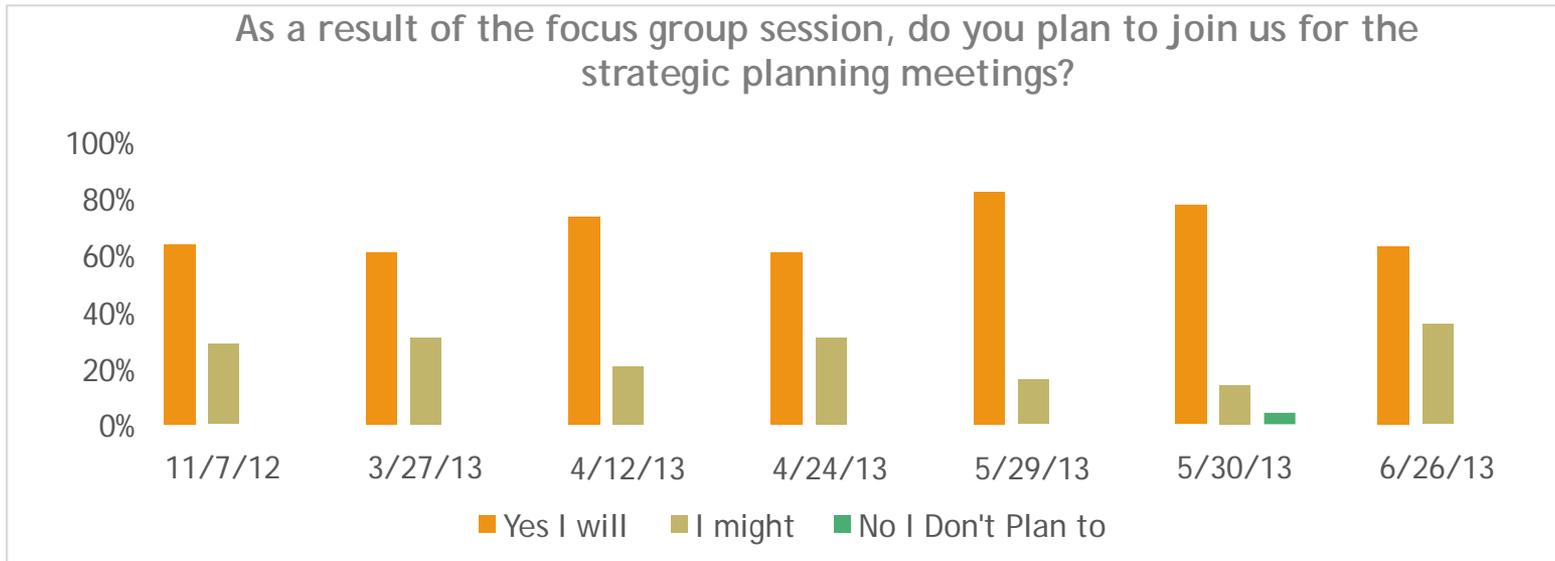
# Taking Back our Community

“Very good. I enjoyed this session, it is needed.”

“It was difficult for me to attend this planning session due to my awareness of the negative between law enforcement and the community. However during this planning session, I strived to focus on the positive side, thanks to [facilitators]. I think and feel the backbone to TBOC is law enforcement involvement, regardless of their resources.”

“All in all, everything was GREAT!! ...want to see the project continue consistently.”

# Taking Back our Community



# Collaboration with Partners

# Collaboration with Partners

Build their goals and objectives into our plan by including them in planning meetings

Real-time information sharing – meeting minutes, planning documents, attendance summaries

We use Google Drive – a password protected, web-based data storage where we keep planning tools, schedules, and meeting minutes

Also post summary data from surveys taken at the events

# Collaboration with Partners

# Evaluation

# Evaluation

Participation data

Survey data

Report creation

Evaluator Findings and  
Recommendations

# Evaluation

## Participation data

# Evaluation

## Survey data

We R Family Winter/Spring 2013		ADULT Survey		
<b>1. Satisfaction</b>				
How happy are you with....	I'm Not Happy	I'm Somewhat Happy	I'm Happy	
a. The meal?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
b. The group facilitator?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
c. The family activity?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
d. The information you received?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
e. The overall training?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
<b>2. Taking Charge</b>				
As a result of this workshop, do you plan to....	No, I Don't	I Might	Yes, I Will	
a. implement what you learned at home?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
b. Share the information with friends and family?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
c. Attend another We R Family session?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
<b>3. Community Action</b>				
If I see....	Not at All	A Little	A Lot	
a. Violence and Bullying is an issue in Stock.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
b. Programs like We R Family help.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
<b>4. Demographics</b>				
What is your name? *Your name will be used only for the raffle drawing.				What is your gender?
<input type="text"/>				<input type="radio"/> Male
				<input type="radio"/> Female
<b>5. Session Follow-Up</b>				
*I have attended a We R Family session in the past*				
<input type="radio"/> True	if True, please complete the questions on the back.			
<input type="radio"/> False	if False, and this is your first session, your survey is complete. <b>Thank You!</b>			

# Sustainability Plan

# Sustainability Plan

Collaborating with existing partners

Sharing the challenges of Dzil Yijiin region with various administrative offices

Capacity building (training of trainers)

Coalition building

Seeking additional tribal, state and federal funding

# References

Hopkins, A.H. (2002). *Active parenting NOW*. Atlanta, Georgia: Active Parenting Publishers

Sunderland, M. (2006) *The science of parenting*. New York: DK Publishing

<http://www.designlearn.net/clc-model.php>

<http://www.nativeprideus.org/programs.html>

<http://www.nativewellness.com/>

<http://nace.samhsa.gov/index.aspx>

<http://www.strengtheningfamiliesprogram.org/index.html>

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