



Johns Hopkins University



**CENTER FOR AMERICAN
INDIAN HEALTH**

June 07, 2017 Tribal Prevention Gathering
**Family Spirit Home Visiting Program – Gaining Community Buy in to Implement
Prevention Programs**

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Presentation Overview

- Background on Johns Hopkins Center for American Indian Health
- History of Family Spirit Model and the CBPR Approach to Program Development
- Rationale for Focusing on Parenting
- Results/Findings from Family Spirit Trials
- Additional Ideas for Gathering Community Support to Implement Prevention Programs

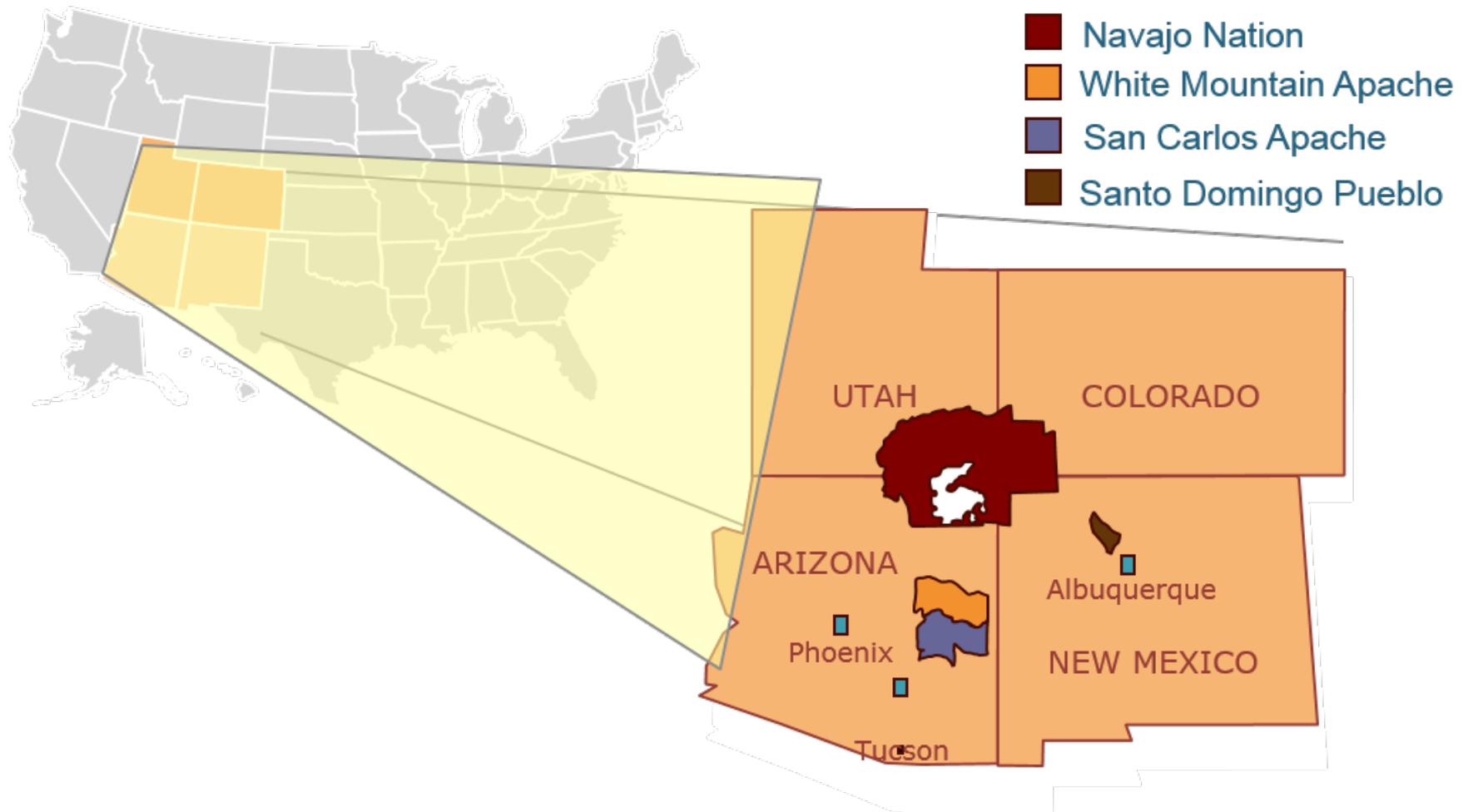
Johns Hopkins Center for American Indian Health at the Bloomberg School of Public Health



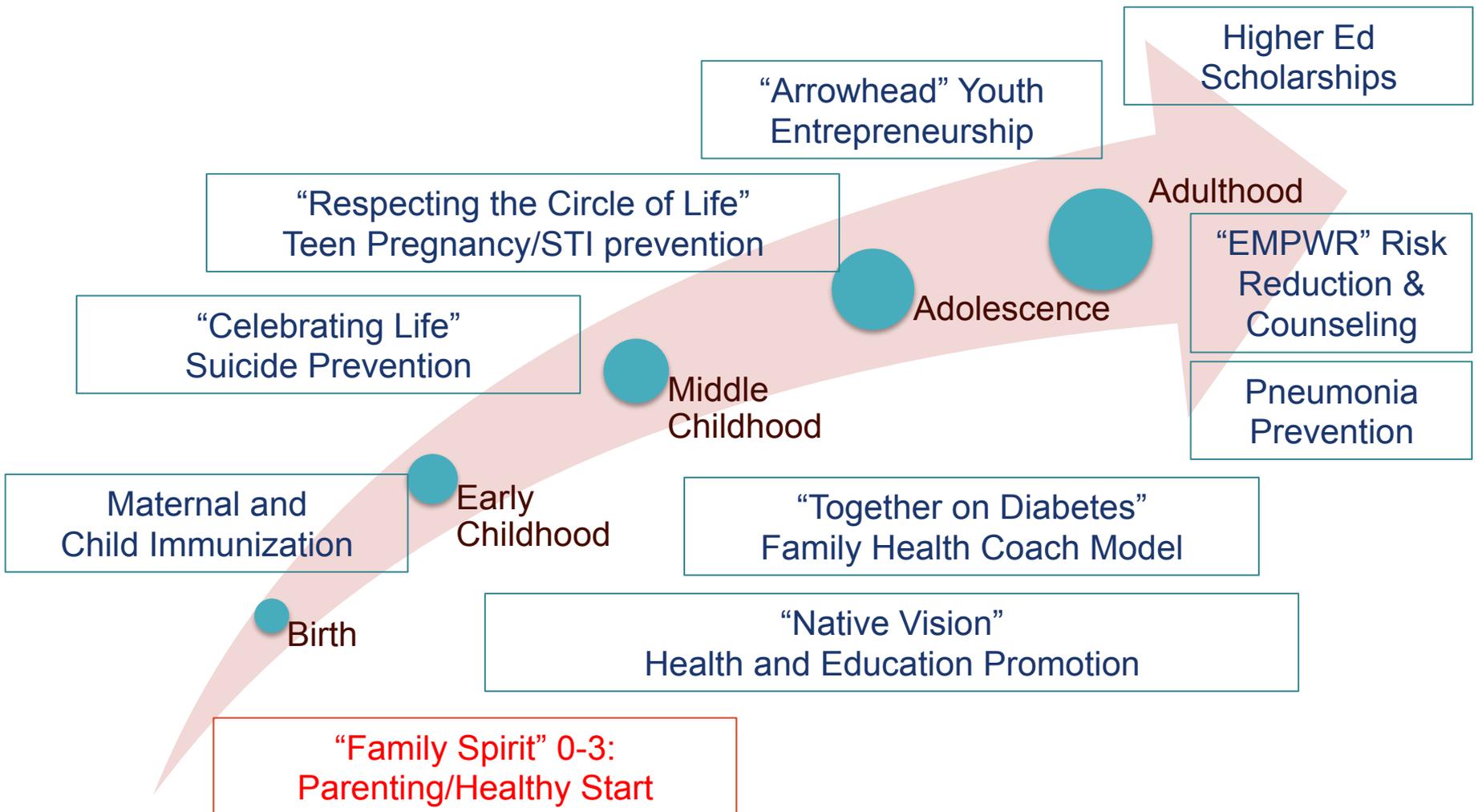
For more than three decades we have partnered with American Indian communities to co-design programs to achieve optimal health and well-being across the lifespan.

MOU with Indian Health Service since 1991.

35+ Years of Health Innovations with Southwestern Tribal Partners



Changing the Future: Working Across the Lifespan



Family Spirit Intervention



Home-Based Outreach



Family Involvement



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



Community Referrals

Family Spirit: Two Decades of Development

Family Spirit Design

- Tested with 160 Moms/babies prenatal-6 months pp

Family Spirit Trial 2:

- Moms/Dads
 - prenatal to 12 mos. pp
 - RCT evaluation
- (n= 166 parents-children)

Program Replication

- 90+ affiliate sites

1999-2001

2005-2012

1995-1998

2002-2005

2012-Present

Family Spirit Trial 1:

- Moms/Dads/babies
 - Prenatal to 6 mos. pp
 - RCT evaluation
- (n= 68 parents-children)

Cradling Our Future Trial 3:

- * Mom/babies
 - * Prenatal to 3 yrs. pp
 - * RCT evaluation
- (n= 322 parents/children)

Getting Started...

How the CBPR Process Shaped the Family Spirit Intervention Design



CBPR Process

- Community Advisory Boards (each community)
 - Guided formative work
 - Ongoing input for intervention & evaluation
- Hired/trained local paraprofessionals for:
 - Formative development
 - Home visitors
 - Evaluators
- Formative development
 - In-depth interviews: teen parents, grandparents, healers, providers (n=135)
 - Roundtables (n=6/community ~24 total)
- Regular Tribal Health Board and Tribal Council review and input

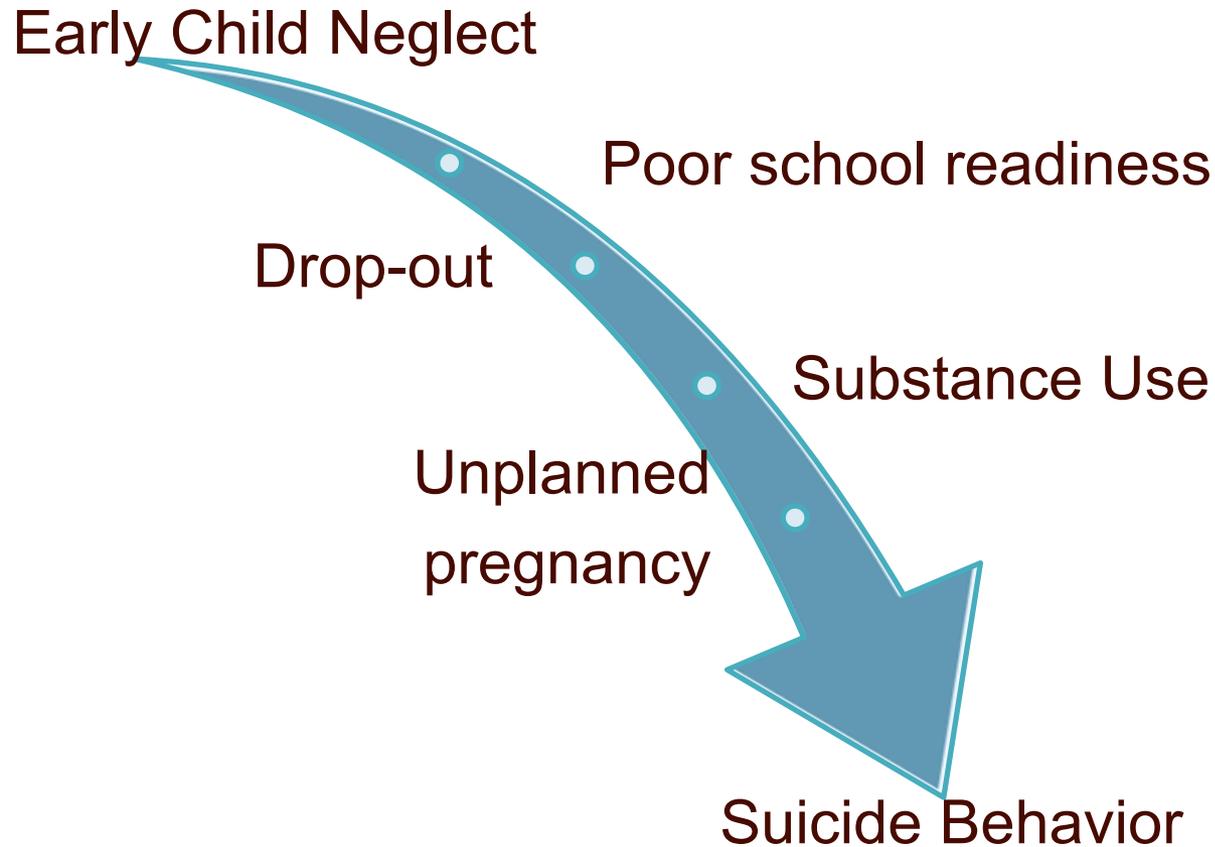


Needs: Where to Begin?

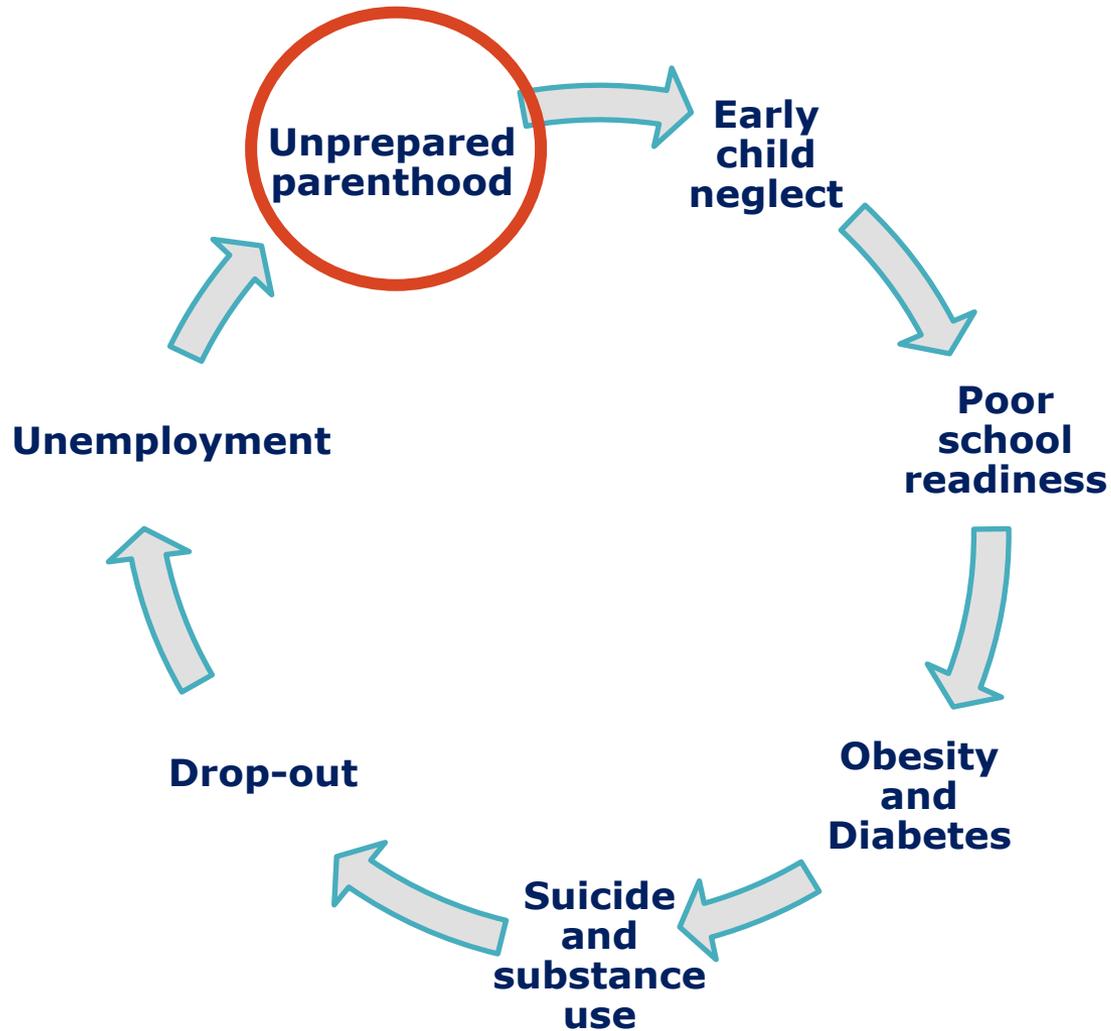
- >46% of AI women begin child-bearing in adolescence
- AI adolescents: highest drug use and other behavioral disparities in US
- Rural, isolated, and highly mobile
- Major barriers to health care and health/parenting education
- Historical/cultural loss amplifies family and community risk factors for drug use and negative parenting
- Children are sacred



What is happening? A downward trajectory...



How do we break this cycle?



What We Have Learned about Parenting and Early Childhood Behavior

- Poor/negative parenting (**poor maternal self-efficacy, inconsistent discipline; restrictive, coercive parenting**) associated with **externalizing and internalizing** behaviors in infancy/toddlerhood are predictive of problems in middle and later childhood
- Early life is the most formative developmental period
- Pregnancy/early parenting – key time for behavioral redirection

Stronger Parents Raise Stronger Children*

- Prenatal/ Early Life Home Visiting
 - Evidence-based interventions proven to improve the life trajectories of low income women and children
 - Positive effects now shown up to **age 19 years**

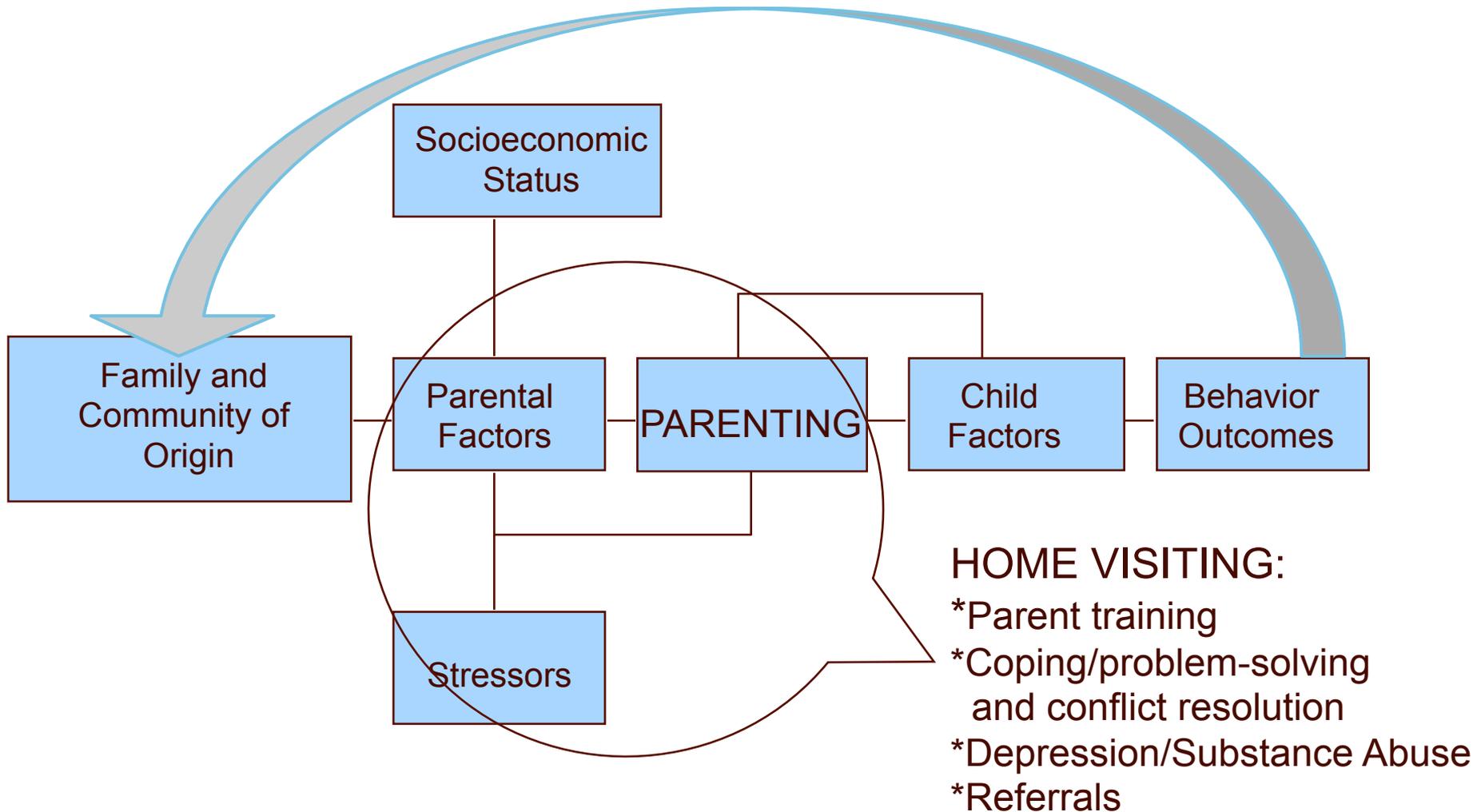


Arch Pediatr Adolesc Med 2010;164:9-15, 412-418, 419-424

Family Spirit: An Indigenous Solution

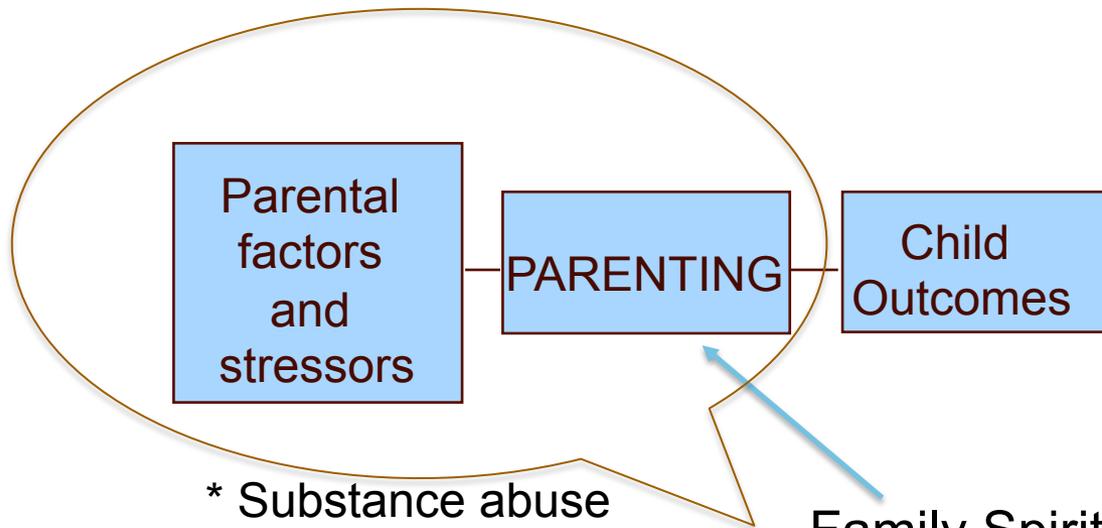


How do we affect change: The Family Spirit Theoretical Model



A closer look...

Family Spirit's Intergeneration Design



- * Substance abuse
- * Depression
- * Parental stress
- * Poor coping skills



Family Spirit targets improved parenting, plus behavioral/mental health issues that can impede positive parenting:



Designed for Culturally Embedded *Paraprofessional Family Health Educators*

- Shortage of nurses on reservations
- Local paraprofessionals can navigate local cultural and social mores required for home visits
- Builds trust and local work force
- Agents of change



Comprehensive Content



- ✓ **Goal-Setting**
- ✓ **Parenting and Well-Child Care**
- ✓ **Reproductive Health**
- ✓ **Nutrition/Responsive Feeding**
- ✓ **Establishing Meal Time/Sleep Routines**
- ✓ **Oral Health**
- ✓ **Family Planning**
- ✓ **Substance Abuse & Depression Prevention/Referral**
- ✓ **Conflict and Problem-Solving**
- ✓ **School/Career Planning**
- ✓ **Budgeting for One's Family**
- ✓ **Preparing Children for School**

American Academy of Pediatrics' Caring for Your Baby and Young Child: Birth to Age 5 (Shelov et al. 2004): Definitive reference for child care content

Curriculum Overview



Culturally Grounded Content and Format

- “Familiar” **stories create dialogue** between Family Health Educator and mom to solve problems
- Illustrations by indigenous artist
- Out-takes for local cultural activities and additional resources



Lesson Presentation

What participant sees:



What Health Educator sees:



How Well Has Family Spirit Worked?



Family Spirit Trial Results

“In-Home Prevention of Substance Abuse Risk in Native Teen Families”



**(NIDA Grant #: ROI DA019042
with additional support from OBSSR)**

Study Design: Randomized Controlled Trial



**322 Teen Moms Enrolled
in Study
at 28-32 wks gestation**

**159 Moms
(Treatment group)**

Family Spirit Intervention

plus Optimized Standard Care

**163 Moms
(Comparison group)**

Optimized Standard Care

Family Spirit Paraprofessional Home-Visiting Impact: Pregnancy to Age 3

Parenting

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

Mothers' Outcomes

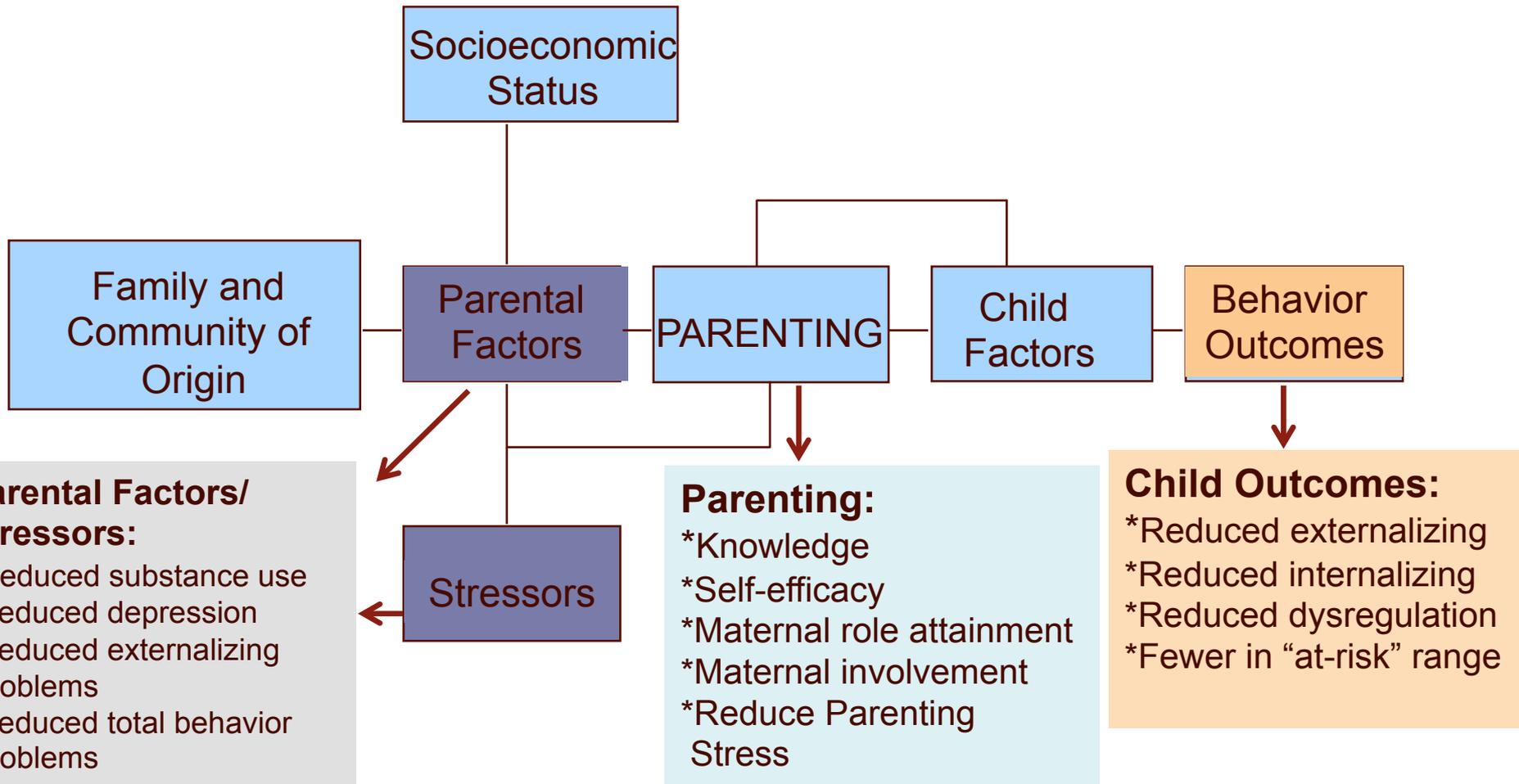
- Decreased depression ^{1,2,4}
- Decreased substance use ⁴
- Fewer risky behaviors ^{3,4}

Child Outcomes

- Fewer social, emotional and behavior problems through age 3 ^{2,3,4}
- Lower clinical risk of behavior problems over life course ⁴



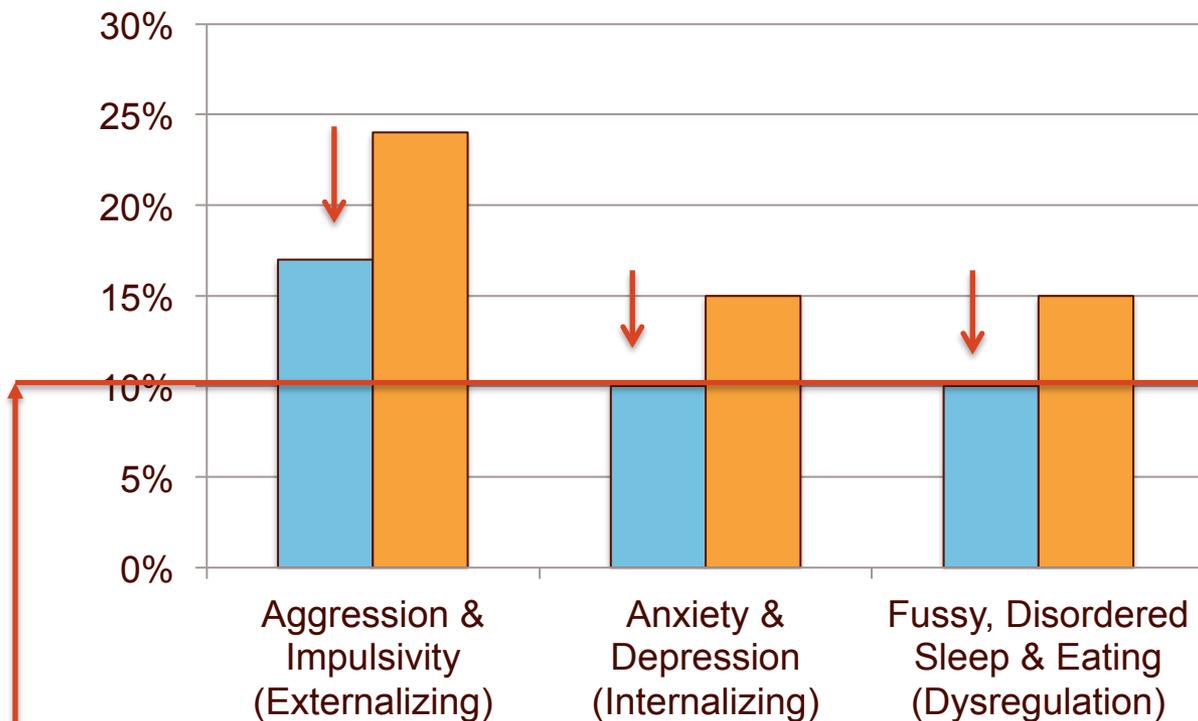
Family Spirit Findings



Impact of Family Spirit on Children in Tribal Communities



- Family Spirit Children
- Other children not participating



National Norms

Family Spirit: National Endorsements



- **Highest federal rating** for HOMVEE: effectiveness of home visiting program models targeting families with children 0 to 5
- **Highest participant retention:**
 - 91% at 1 year postpartum
 - 83% at 3 years postpartum
- NREPP: 4.0/4.0 on “**Readiness for Dissemination**”

Additional Ideas: Building Community Support

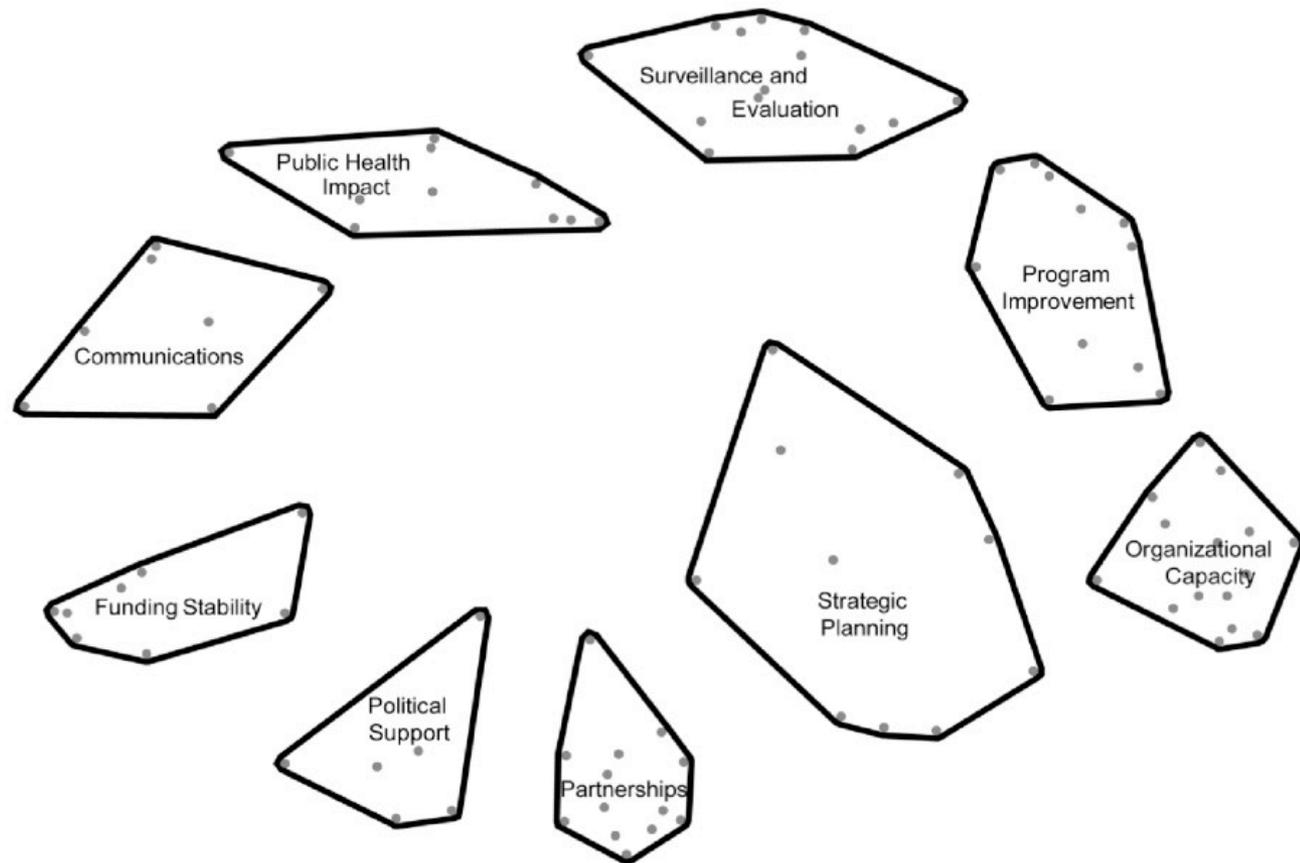


Why does community support matter?

- Initial investments leading to long term beneficial outcomes?
- Build and test interventions only to have them end?
 - Fail to become embedded in organizations and community
- Sustainability
 - Change is constant, programs are being adapted all the time
 - Implementation is an ongoing process

RECOMMENDATIONS FOR BUILDING COMMUNITY SUPPORT

- Review of 85 studies
- 9 core domains that affect a program's capacity for sustainability



RECOMMENDATIONS FOR BUILDING COMMUNITY SUPPORT

<https://sustaintool.org/>



Plan

- Plan as a team (Community Advisory Board)
- Review program's mission and purpose
- Review PSAT
- Prioritize areas of sustainability capacity need to be addressed
- Write a sustainability action plan
- Implement action plan
- Reassess sustainability (PSAT) annually

Other examples of sustainability strategies

Conduct educational outreach visits	Trained person meets with providers in their own settings
Audit and feedback	Collect and summarize performance data to monitor, evaluate and modify implementation
Identify and prepare champions	Identify and prepare individuals who dedicate themselves to supporting, marking and driving through implementation
Inform local opinion leaders	Educate influential people in the community who might advocate for the program
Involve consumers	Engage or include consumers in the implementation efforts
Recruit and train for leadership	Recruit and train leaders for the implementation effort
Introduce payment schemes	Pay by visit/case load/incentives/etc.

Acknowledgements

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- Indian Health Service
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- Substance Abuse and Mental Health Services Administration (SAMHSA)
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- Annie E. Casey Foundation
- Share our Strength Foundation



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JOHNS HOPKINS 
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A Story of Hope

<https://www.youtube.com/watch?v=6e0swZ-e5f8>