

The Family Listening Project: A Tribal Intergenerational Community Based Participatory Research Prevention Program

Nina Wallerstein, Lorenda Belone, Greg Tafoya, Rebecca Rae, and John Oetzel

Center for Participatory Research, Office for Community Health, Masters in Public Health Program, Family and Community Medicine

Background

Funding: Native American Research Centers for Health (NARCH III): 2005-2009

Partnership: Jemez Pueblo and Ramah Navajo based on earlier collaborations with MPH team

Program Background: Built upon research evidence from a NIDA-funded family strengthening curriculum, a partnership between the Anishinabe (Ojibwe) people and Dr. Les Whitbeck at the University of Nebraska.; results showed most effectiveness with parents and children when there was an integration of cultural stories and traditions..

Purpose

To use CBPR as a translational science approach to collaboratively adapt, pilot and implement a culturally-centered intergenerational family prevention program:
 --to develop stronger cultural relationships, communications and shared cultural practices between elders and youth
 --to reduce risky behaviors and prevent alcohol and drug initiation in 4th and 5th grade children

Specific Aims

This research project aimed to integrate an empirically -tested intervention with culturally-supported practice and values from each tribe and to develop research and program capacity within the tribes to create a sustainable Family Listening Program (FLP).

Aim One: Expand the two local tribal research teams using a CBPR process; and assess the added value of participatory processes:

- 1) on program development and intervention research outcomes;
- 2) on long term sustainability of prevention programs;
- 3) on the value of cultural programming as a core prevention strategy within tribes;
- 4) on partnerships based on mutual trust and benefit between Universities and tribes.

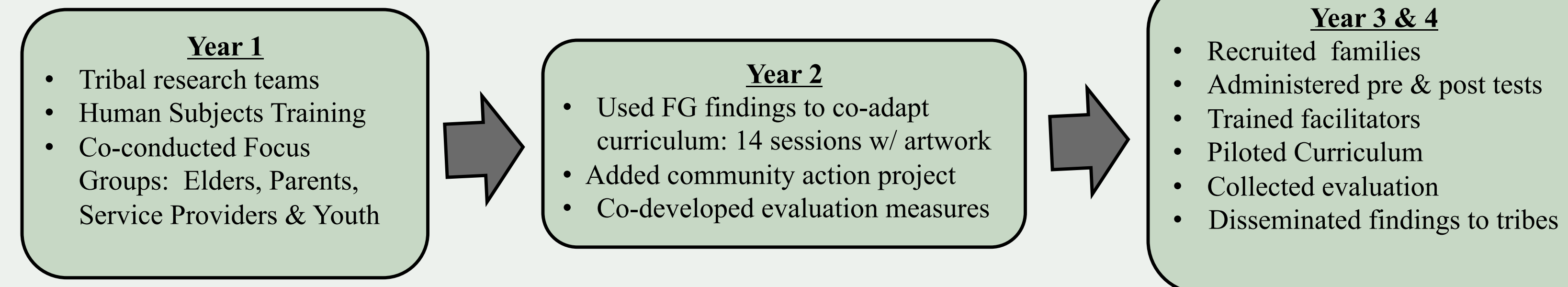
Aim Two: Collect data to adapt an established family-strengthening alcohol and drug prevention program (from the Anishinabe) to two distinct tribal cultures: Navajo and Pueblo.

Aim Three: Develop the manuals and materials to test the intervention as a pilot in both tribes.

Aim Four: Pilot the culturally centered FLP with families from each of the participating reservations, revise program content as indicated, and develop a funding strategy for full implementation of a randomized preventive trial with families assigned to the intervention group and to a delayed intervention control group from each tribe.

The Family Listening Project: NARCH III: 2005-2009

Research Path



Year 1

- Tribal research teams
- Human Subjects Training
- Co-conducted Focus Groups: Elders, Parents, Service Providers & Youth

Year 2

- Used FG findings to co-adapt curriculum: 14 sessions w/ artwork
- Added community action project
- Co-developed evaluation measures

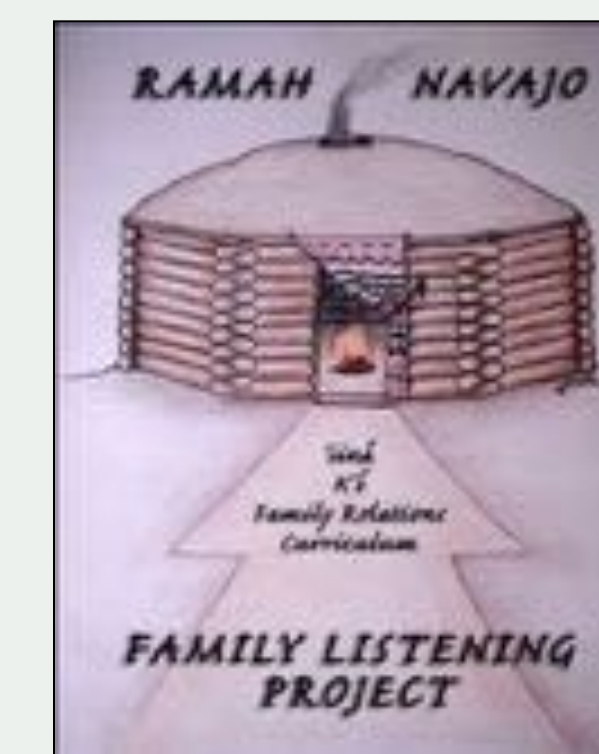
Year 3 & 4

- Recruited families
- Administered pre & post tests
- Trained facilitators
- Piloted Curriculum
- Collected evaluation
- Disseminated findings to tribes

Intervention

Intervention Curriculum

1. Welcoming
2. Family Dinner
3. History
4. Way of Life
5. Vision
6. Community Challenges
7. Communication & Help Seeking
8. Recognizing Types of Anger
9. Managing Anger
10. Problem Solving
11. Being Different
12. Positive Relationships
13. Building Social Support
14. Making a Commitment



Each Session

Conducted by trained tribal facilitator and usually in their own language

- Started with Family Dinner
- Greetings (Clan/Indian Names)
- Sharing of Home Practice
- Ice Breaker Activity
- Activities: separate adult & youth groups
- Planning Community Action Project
- Journals: adults & youth
- Wrap-up & take home practice activity
- Facilitator journal

CBPR Approach to Research

Community Based Participatory Research

- Participatory & partnership oriented
- Capacity building
- Mutual learning experience for all partners
- Community ownership
- Balance of research & action
- Acknowledged historic mistrust towards research & work to overcome negative views of research

Principles for working with Tribes

- All tribal systems shall be respected & honored
- Tribal government review & approval
- Tribal-specific data published only with tribal permission
- Tribal ownership of data & materials
- Core values: trust, respect, self-determination, mutuality of interests, perspective taking, reciprocity

CBPR Implications

- CBPR well-suited for work with tribes
- Builds community confidence & trust
- Addresses issues of power, participation & knowledge

- Enhances use of data to improve health outcomes
- Can lead to further collaboration by expanding capacities & networks

Evaluation & Overall Results

- Facilitator observations after each session
- Journals by children after each session
- Pre and post-test interviews of parent & child

3 Open-ended questions at end to parents and child about each other:
 • Any changes in family, in child, in parent?

Children

- Enhanced pride in culture and language
- Increased self-efficacy and coping
- Reduced anxiety and depression scores, with implications for reduced chronic disease, violence and substance abuse in later years.

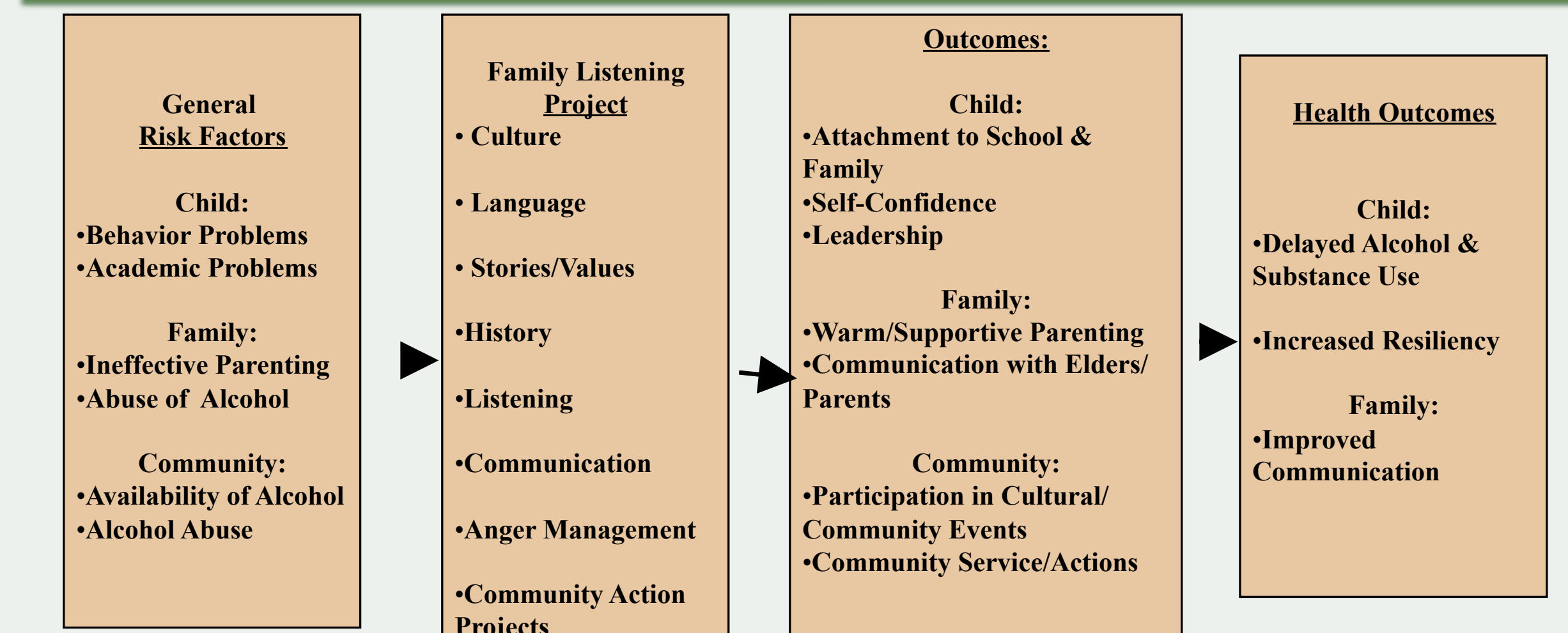
“I learned not to drink and to ask people for help and have parents to take care of you.”
 “It felt very good because I finally learned about Hemish culture.”
 “We learned our Indian names and what our Indian names mean.”

Parents

- Increased parent/child communication and positive family dynamics
- Increased pride in culture and history

“I am taking how valuable it is to teach our children the traditional way of life.”

FLP Conceptual Model



General Risk Factors

- Child:
 - Behavior Problems
 - Academic Problems
- Family:
 - Ineffective Parenting
 - Abuse of Alcohol
- Community:
 - Availability of Alcohol
 - Alcohol Abuse

Family Listening Project

- Culture
- Language
- Stories/Values
- History
- Listening
- Communication
- Anger Management
- Community Action Projects

Outcomes:

- Child:
 - Attachment to School & Family
 - Self-Confidence
 - Leadership
- Family:
 - Warm/Supportive Parenting
 - Communication with Elders/Parents
- Community:
 - Participation in Cultural/Community Events
 - Community Service/Actions

Health Outcomes

- Child:
 - Delayed Alcohol & Substance Use
- Family:
 - Increased Resiliency
 - Improved Communication

NARCH V: Family Listening Project: Mescalero

NARCH V: 2009- 2013

To collaborate with the Mescalero Tribe to adapt, pilot, and implement the Family Listening Project within their cultural values and community.

To test our translational methodology of contextualizing interventions and streamlining the adaptation process of being true to a Community Based Participatory Research approach.