




# Risk and Protective Factors in Native American Youth: A Preliminary Analysis

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A System of Care for Children's Mental Health:  
Expanding the Research Base  
Tampa, FL  
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# Project Overview

- 
- Practice-Based Evidence: Building Effectiveness from the Ground Up
  - Five-year collaborative effort between the Native American Youth and Family Center (NAYA), National Indian Child Welfare Association (NICWA), and the Research and Training Center on Family Support and Children's Mental Health (RTC)
  - Purposes
    - to develop strategies for documenting the effectiveness of NAYA's services (SB 267)
    - To develop a sustainable, integrated process for conducting evaluation based on known "good outcomes" of community-based programs.




# Partners

- 
- National Indian Child Welfare Association (NICWA), Portland, OR
  - Research and Training Center on Family Support and Children's Mental Health (RTC), Portland, OR
  - Native American Youth and Family Center (NAYA), Portland, OR



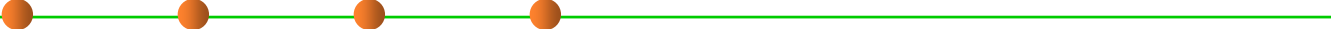
# Methods: Practice-Based Evidence (PBE)

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- ❑ Definition: PBE is information gathered from service providers, families, and youth used to identify effective interventions and areas for program or practice improvement. Participatory research methods are integral.
  - ❑ Advantages:
    - Information about desired goals and outcomes come directly from the people receiving services;
    - Cultural factors can be explicitly included in outcomes and interventions;
    - Effectiveness can then be measured according to these outcomes.



# PRACTICE-BASED EVIDENCE

Perspective from the ground up.....

- 
- Joseph P. Gone: “We Never Was Happy Living Like a Whiteman...” (Am J Community Psychol, 2007).
  - American Indian/Alaska Native people are citizens of sovereign “domestic, dependent, tribal nations” (Cherokee vs Georgia, 1930).
  - Dilemma that culture presents for service providers originates at the confluence of power and history.

“The culture of the clinic is not the culture of the community” - J. Gone


Casualties of Euro-American domination:

1. Spirituality
2. Psychological well-being
  - Depression, demoralization, substance abuse, suicide
3. Indigenous healing
4. Culturally appropriate healing



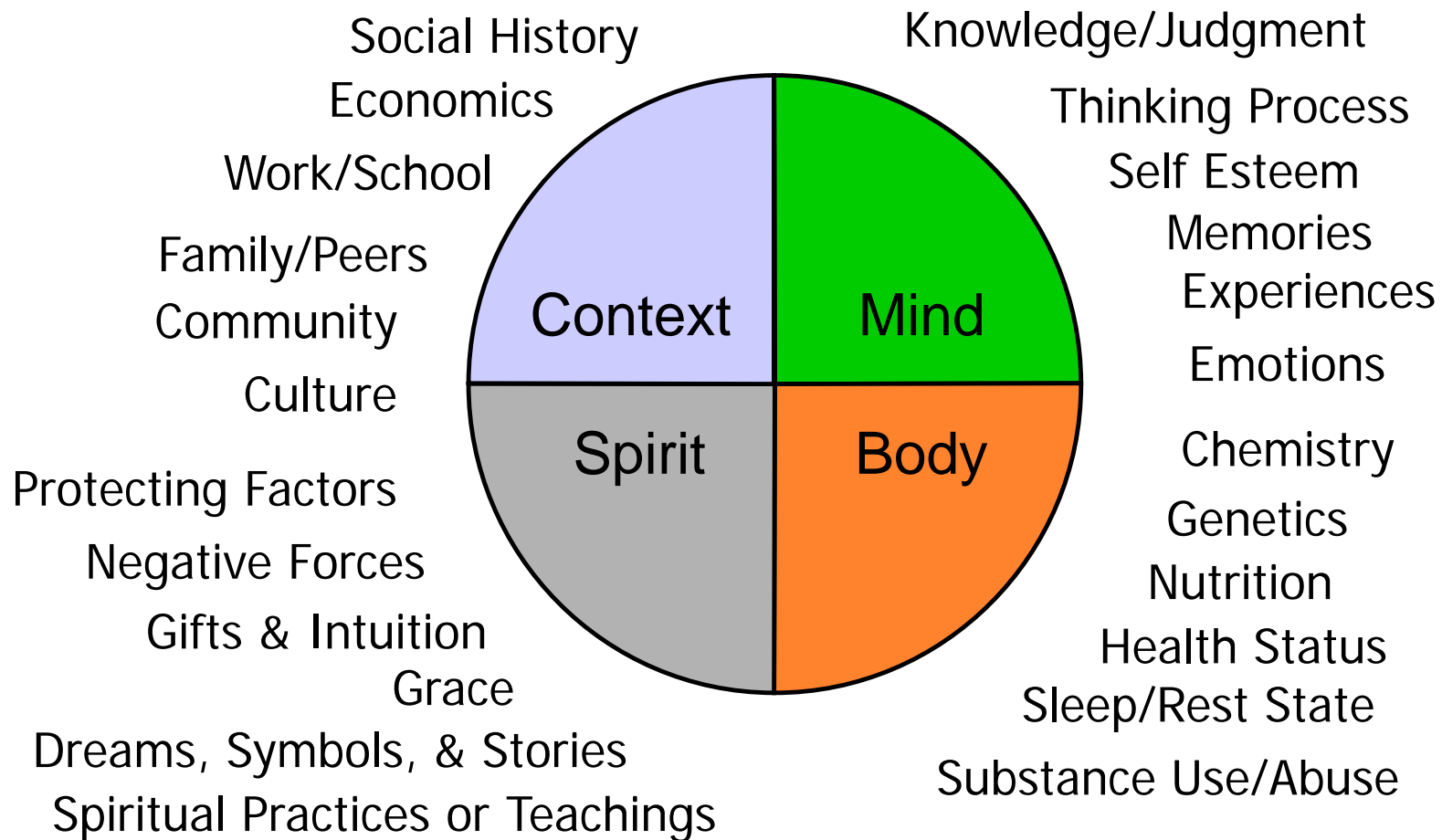


# Methods: Participatory Research

- 
- Research is collaborative
  - Researchers partner with communities in determining research questions, design, methodology, data collection, protocol, and ownership of data
  - “Studies that practice participatory research with American Indian/Alaska Native communities are also likelier to succeed among American Indians/Alaska Natives” (Davis & Reid, 1999)

# Methods: Relational Worldview

## Individual and Family Level

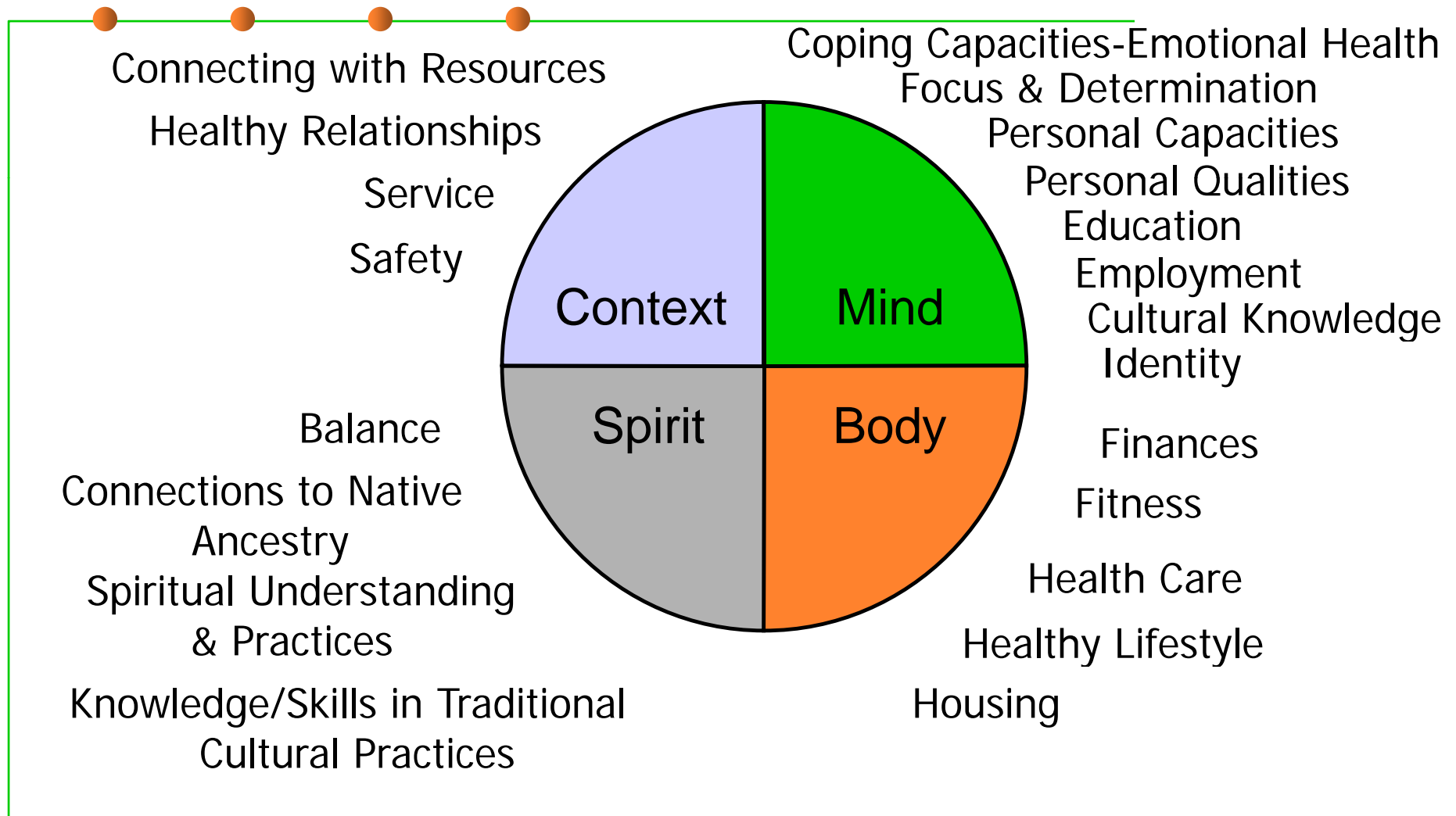


# What We Did

- Focus groups with nine diverse stakeholder groups
  - HS youth, MS youth, youth in foster care, family members, elders, community partners, NAYA program managers, staff, and board members
  - Human subjects approval and consent process
  - Participant review of notes
  - Data analysis by team using Relational Worldview as a framework
- Question: *What does success look like for Native American youth?*



# Findings : Youth Success





# Building a Program Evaluation Framework through Community-Based Research



## ■ Development Steps

- Search literature and other sources for measures that address youth outcomes;
- Assess each measure re: appropriateness for individualized case planning assessment tool;
- Review literature addressing youth outcomes seen as potential mediators of more distal outcomes.
- Develop on-line youth self-assessment tool (NAYA Assessment Tool, or NAT).



# Locating/Selecting/Developing Measures



## Steps

- Conduct search for appropriate measures
- Assess measures: Review by research team, staff
- Develop measures when necessary (e.g., items re: relationships with adults, cultural activities, living situation).



# Locating/Selecting/Developing Measures (Cont.)




## Steps

- Prepare and test online assessment tool
  - Develop using Survey Monkey
  - Pre-pilot test
    - Review by middle school and high school students
      - Content
      - Clarity
      - Appropriateness



# NAYA Staff Role

- 
- Review of ideas
  - Critique of measures
    - Cultural review
    - Practical application
  - Staff support of pre-pilot and pilot
    - Logistics
    - Preparation of youth and families
    - Consents




# PBE Outcomes in NAYA Assessment Tool

- 
- Positive cultural identity
  - School belongingness
  - Reduction in perceived discrimination
  - Hope
  - Spirituality
  - Positive relationships with adults
  - Community mindedness
  - Resilience
  - Education/ employment
  - Financial needs met
  - Safe & stable housing
  - Healthcare needs met
  - Regular exercise
  - No/reduced alcohol & drug use
  - Safe sexual behavior
  - Reduced depression/ suicidality
  - Conflict resolution



# Compiling Literature Support

- 
- Literature search for evidence
    - Tie some outcomes to other, more “concrete,” outcomes
    - Youth specific
    - AI/AN specific
  - Summaries of literature for select outcomes (mediators)
  - Summaries compiled into document for PBE project and NAYA use

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## Example: Linking PBE outcomes to Research Literature



### Cultural identity

- Cultural identity is a person's sense of ethnic pride, "the awareness and loyalty to one's culture of origin," (LaFromboise, Coleman, & Gerton, 1993) and "the social category individuals decide to adopt or stress" (Waters, 1990).



## Example: Linking PBE outcomes to Research Literature (Cont.)



### Cultural identity

- Positive cultural identity is associated with:
  - Reduced prevalence of suicide (AI/AN).
  - School success (AI/AN).
  - Reported increased school belongingness (AI/AN).
  - Stronger adherence to anti-drug norms (AI/AN).
  - Higher self-esteem (AI/AN).
  - Higher social function (AI/AN).
  - Increased resilience (a combination of pro-social and lack of problem behaviors)(AI/AN).
  - Positive physical health.
  - Better psychological health.

# The NAYA Assessment Tool

http://www.surveymonkey.com - [SURVEY PREVIEW MODE] NAYA, NICWA & PSU - Mozilla Firefox

File Edit View History Bookmarks Tools Help



[Exit this survey >>](#)

**NAYA, NICWA & PSU**

Your Strengths, Support & Resources




Please respond to the following questions.

To what extent . . .

	Not at all	A little	Sometimes	Quite a bit	A lot
10. Do you have people you look up to?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
11. Do you know where to go in your community to get help?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
12. Are you treated fairly in your community?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
13. Do you have opportunities to show others that you are becoming an adult?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
14. Is getting an education important to you?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
15. Do you feel you belong at your school?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

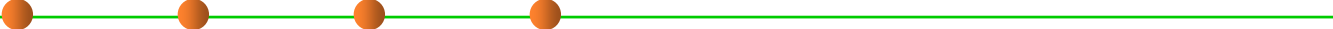


# Results from Pre-pilot

- 
- The NAT took less time than expected
  - Examples of changes suggested
    - Have all choices presented; i.e., don't just say "interested" also have "not interested."
    - Increase cultural sensitivity (e.g., alcohol use, "choose to live by" rather than "live by" other cultures).
    - Update language (e.g., "down in the dumps").

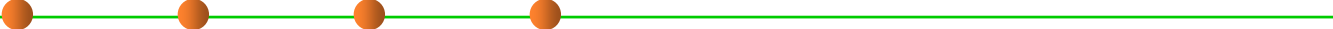


# Pilot Measures: Independent

- 
- Resilience (5 subscales; Ungar, 2006)
  - Perceived discrimination (adapted from LaFromboise, 1999)
  - Hope (Snyder, 1997)
  - Community mindedness (Voices of Indian Teens Project, n.d.)
  - Cultural Identification (adapted from LaFromboise, 1999)
  - Living based in Native culture (adapted from LaFromboise, 1999)




# Pilot Measures: Dependent

- 
- Youth's emotional state (2 measures)
    - Feeling calm and peaceful (1 item; YRBSS)
    - Depression (Short form of CES-D, piloted by Voices Project)
  - Drug use (1 item; YRBSS)
  - Alcohol use (2 items; YRBSS)




# Results from Pilot

- 
- N = 51
    - Age
      - 13 and under = 28%
      - 14-16 = 38%
      - 17 + = 34%
    - Education
      - 25% working on GED, rest in Middle School/High School
  - Took H.S. youth 30 min., M.S. youth 60 min. to complete (maximum)




# Measures: Scale reliability

- 
- Discrimination  $\alpha = .769$  (8)
  - Depression  $\alpha = .890$  (7)
  - Feeling Calm and Peaceful (1)
  - Hope  $\alpha = .816$  (6)
  - Community Mindedness  $\alpha = .731$  (6)
  - Cultural Identification  $\alpha = .934$  (6)



# Measures: Scale reliability


- 
- Ungar Resilience Subscales
    - Relationships  $\alpha = .835$  (12)
    - Community  $\alpha = .676$  (5)
    - Culture  $\alpha = .652$  (5)
    - Individual
      - Goals  $\alpha = .588$  (3)
      - Health  $\alpha = .682$  (3)

# Measures: Associations

	Ungar Relation.	Ungar Culture	Ungar Comm.	Ungar Goals	Ungar Health	Hope	C.M.	Cultural Identif.	Discr.	Cultural Activities
Ungar Relation.	1									
Ungar Culture	<b>.39**</b>	1								
Ungar Community	<b>.36*</b>	<b>.36*</b>	1							
Ungar Goals	--	<b>.31*</b>	<b>.62**</b>	1						
Ungar Health	<b>.49**</b>	--	<b>.46**</b>	--	1					
Hope	--	--	<b>.30*</b>	<b>.39**</b>	--	1				
Community Mindedness	--	--	--	<b>.35*</b>	--	<b>.50**</b>	1			
Cultural Identif.	--	<b>.47**</b>	--	--	--	--	<b>.35*</b>	1		
Discrimin.	--	--	--	<b>-.29<sup>+</sup></b>	--	--	--	--	1	
Cultural Activities	--	<b>.33*</b>	--	--	--	--	<b>.44**</b>	<b>.44**</b>	--	1



# Outcomes: Mental Health

- 
- Depression
    - Negatively Associated with Ungar Relationship Scale ( $r = -.62^{**}$ )
  - Feeling Calm and Peaceful
    - Positively Associated with Ungar Relationship Scale ( $r = .45^{**}$ )



# Outcomes: Substance Use



## ■ Drug Use Ever


- Ungar Relationship Scale:  $F=4.5(1)^*$
- Ungar Health Scale:  $F=4.3(1)^*$
- Hope:  $F=9.2(1)^{**}$
- Discrimination:  $F=2.7(1)^+$

## ■ Alcohol Use Past 30 Days

- Ungar Community Scale:  $F=3.5(1)^+$
- Ungar Health Scale:  $F=6.0(1)^*$



# Implications

- 
- Integrating evaluation into organizational culture
  - Research in service to practice to evidence
  - Practice Based Evidence
    - (Will it be good enough?)

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