

COMMUNITY-DEFINED PROTECTIVE FACTORS IN NATIVE AMERICAN YOUTH



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Project Overview



- Five year collaboration between:
 - 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

Project Overview: Rationale



- To demonstrate the effectiveness of culturally situated services for Urban AI/AN youth
- To begin providing an evidence base for culturally rooted interventions for Native youth
- To develop a methodology for community based organizations to evaluate their own programs

Rationale, continued



- To enable the agency to receive state funding for services
 - ▣ Accelerated by state and federal requirements for evidence-based practices (e.g. Oregon SB 267).

Development of Assessment Tool

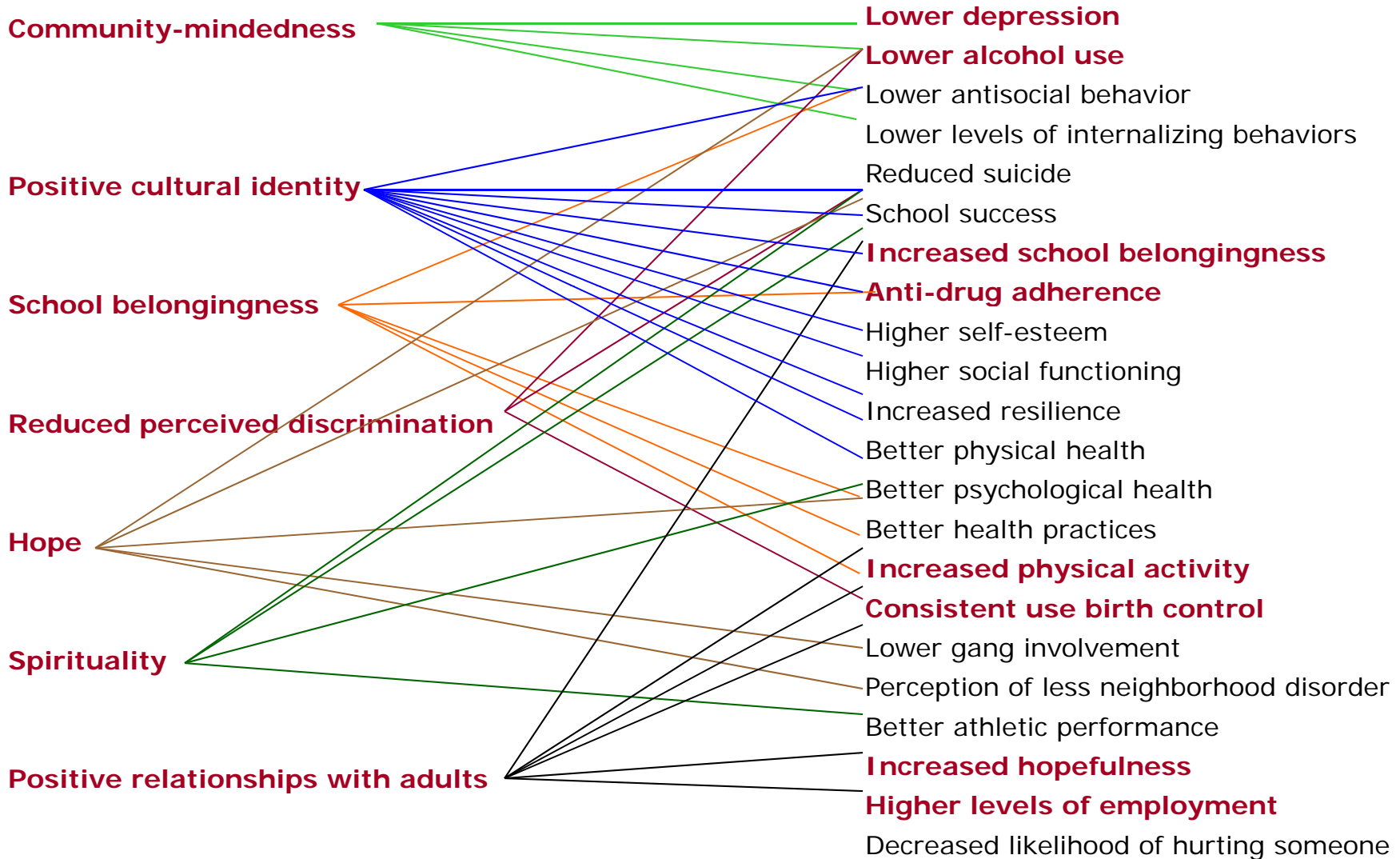
- Conducted focus groups with agency stakeholders and constituents to generate community-defined indicators of Urban Indian youth success
- Identified scales that had validity with AI/AN youth which measured community-defined indicators
 - ▣ Created scales where none existed
 - ▣ Member checking to assure cultural relevance and that scales captured community-defined outcomes
- Creation of NAYA Assessment Tool (NAT)

Literature Support for Outcomes



- Examined links between outcomes identified through the focus groups and outcomes in the mainstream research literature
- <http://www.rtc.pdx.edu/PDF/pbPBELiteratureOutcomes.pdf>

Relationship of NAYA-identified outcomes to existing evidence



Outcomes in **bold** are NAYA-identified outcomes; all items in right column are outcomes from the research literature.

The NAT Collects Data Regarding:

- Participation in NAYA activities
- Demographics
- Financial stability
- Resilience
- Health and access to healthcare
- Housing situation and neighborhood safety
- School belongingness
- Alcohol & drug usage
- Sexual health behaviors
- Discrimination
- Hope
- Community mindedness
- Problem solving/coping
- Depression/suicidality
- Ethnic pride
- Participation in cultural and spiritual activities

Participants



□ Participants

- 126 youth (114 identified as AI, AN and/or First Nation)
 - Urban
 - Receiving case management
- 54% male, 46% female, 1% two-spirit
- 48% 14 and younger, 40% 15-17, 12% 18+
- 27% “unstable” housing (changed within past 12 months)

Living Situation

Living Situation	Current % (n)	Last 12 months % (n)
With parents	77.2 (95)	2.5 (3)
With another family member	37.7 (46)	3.3 (4)
With friend	7.4 (9)	4.9 (6)
On own	3.3 (4)	4.1 (5)
With boy/girlfriend	5.7 (7)	4.9 (6)
Foster home	9.0 (11)	4.1 (5)
Crisis Shelter	.8 (1)	4.1 (5)
Homeless (shelter)	.8 (1)	5.7 (7)
Group home	4.1 (5)	4.9 (6)
Residential Treatment Center	2.4 (3)	2.4 (3)
Hospital	.8 (1)	3.3 (4)
Jail/correctional facility	1.6 (3)	4.9 (6)
Ran away	N/A	12.2 (15)

Measures: Independent



- Resilience (4 subscales; Ungar, 2006)
- Hope (Snyder, 1997)
- Community mindedness (Voices of Indian Teens Project, n.d.)
- Feeling Calm & Peaceful (OHT, 2007)
- Participation in Traditional Activities

Measures: Dependent



- Mental health (2 measures)
 - ▣ Depression (Short form of CES-D, piloted by Voices Project)
 - ▣ Suicide contemplation (1 item; YRBSS)
- Drug use (2 items; OHT)
- Alcohol use (2 items; YRBSS)
- Safer sex behaviors (2 items; YRBSS)

Measures: Reliability

- Depression $\alpha = .88$ (7)
- Hope $\alpha = .86$ (6)
- Community Mindedness $\alpha = .78$ (6)
- Ungar Resilience Subscales
 - ▣ Relational $\alpha = .73$ (6)
 - ▣ Community $\alpha = .67$ (8)
 - ▣ Cultural $\alpha = .74$ (6)
 - ▣ Individual $\alpha = .65$ (8)

Strengths

Measure	Mean (sd)	Max. Score
Resilience: Community	4.0 (.60)	5
Resilience: Cultural	3.9 (.83)	5
Resilience: Individual	4.2 (.55)	5
Resilience: Relational	3.8 (.79)	5
Community Mindedness	2.3 (.65)	4
Hope	4.2 (1.1)	6
Feeling calm and peaceful	4.1 (1.1)	6
Participation in Traditional Activities	3.7 (2.6)	8

Health Behaviors



- Alcohol Use

- 44% ever

- Of those, 53% reported using the past 30 days

- Drug Use

- 34% ever

- Of those, 51% reported using the past 30 days

Health Behaviors



- Depression mean = 1.5 (sd = .65) on a 4-point scale.
- Suicide contemplation
 - ▣ 8% seriously considered suicide in past 12 months
- Sex Behaviors
 - ▣ 36% report ever having sex
 - Of those, 71% used a condom last sex
 - Of those, 75% did not drink or use drugs during last sex

Living Situation Associations



- Youth in unstable living conditions more likely to have:
 - Ever used drugs ($\chi^2=4.2^*$)
 - Seriously considered suicide in last 12 months ($\chi^2=4.0^*$)
- No differences in strength scores

Strengths

	Resilience: Comm.	Resilience: Individual	Resilience: Culture	Feeling Calm & Peaceful	Hope	Comm. Minded- ness	Part. In Native Activities
Resilience: Relational	.67**	.53**	.53**	.49**	.47**	.31**	.13
Resilience: Community	X	.71**	.55**	.40**	.48**	.34**	.09
Resilience: Individual		X	.42**	.31**	.54**	.29**	.10
Feeling Calm & Peaceful				X	.50**	.27**	.02
Hope					X	.39**	.02
Community Mindedness						X	.24**
Participation in Native Activities							X

Strengths and Health Behaviors

	Alc. use	Alc. use: past 30 days	Drug use	Depres- sion	Suicide contem- plation	Condom use: last intercourse	Substance use: last intercourse
Strength measures							
Ungar Relational			t= -3.1**	r= -.37**	t= -4.8***	t= 2.4*	t= -2.2*
Ungar Community			t= -2.5*		t= -2.6**	t= 2.4*	t= -3.0**
Ungar Individual			t= -2.6*		t= -2.1*	t= 2.4*	t= -3.4**
Ungar Cultural					t= -2.5*		
Hope	t= -2.5*	t= -1.9*	t= -2.7**	r= -.18*	t= -2.5*	t= 2.7**	t= -3.1**
Feeling calm	t= -2.3*		t= -2.3*	r= -.35**	t= -4.7***		
Part. Nat. Act.					t= -2.3*		

Conclusion



- Youth demonstrated high levels of strengths despite being “high risk”
- Few differences between those in stable vs. unstable living situations.
- Strength measures are associated with higher percentages of healthy behaviors such as abstaining from drugs, safer sex practices, and lower levels of suicide contemplation.

Next Steps



- Following youth longitudinally, assessing every six months
- Comparing Native-identified to non-Native-identified youth
- Cultural identity as a potential mediator
- Development of models of resilience/ healthy behaviors

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