

Effective Culturally Based Services: A Practice-Based Evidence Approach to Evaluation

Building on Family Strengths Conference
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Project Overview

- ❑ 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 to document the effectiveness of NAYA's services
 - To develop methods for measuring & documenting effectiveness in community-based & culturally specific programs.
 - 2005-2006 definition of youth success

National Indian Child Welfare Association

Mission

NICWA is dedicated to the well-being of all American Indian children and families.



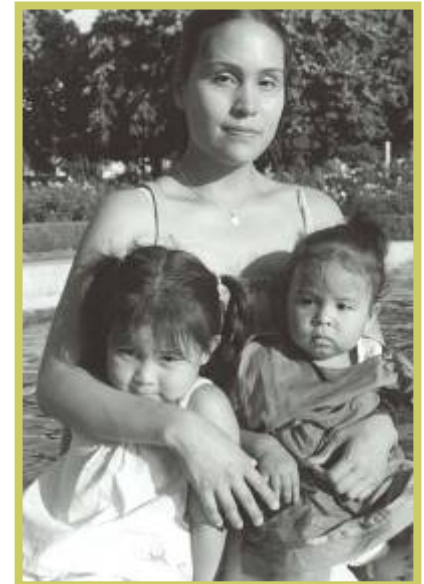
NICWA

National Indian Child Welfare Association

Protecting our children • Preserving our culture

What is NICWA?

- An Indian-operated, private non-profit, membership organization located in Portland, OR since 1983
- An advocate for the proper implementation of the Indian Child Welfare Act
- The nation's leading American Indian resource for child welfare:
 - Information and Training
 - Community Development
 - Public Policy Analysis a
 - Research and Evaluation





Research and Training Center on Family Support & Children's Mental Health

Mission

The RTC is dedicated to promoting the well-being and full community participation of children, youth and families affected by mental health difficulties. Research is designed to increase knowledge of supports, services and policies that:

- Build on family strengths;
- Are community based, family driven, and youth guided;
- Promote cultural competence; and
- Are based on evidence of effectiveness.

Native American Youth & Family Center

Our Mission

...to enhance the diverse strengths of our youth and families in partnership with the community through cultural identity and education.



Cultural Arts and Sports Program



Educational Programs

Middle School
Program

Tutoring Center

High School
Program

High School
Summer
Institute

Spring, Summer,
& Winter Camps



Youth and Family Services

Foster Care Program

Pathways

Independent Living
Program

Healing Circle

Housing &
Employment
Programs

Generations Project

Gang Prevention
Program



NAYA Holistic Service Delivery Model

- ❑ NAYA Family Center provides services that are intended to restore balance and promote harmony in the lives of Native children and families.
- ❑ NAYA Family Center uses a holistic approach to meeting the needs of children and families.
- ❑ By providing holistic services, NAYA Family Center hopes to make a positive difference in multiple areas of an individual's life.

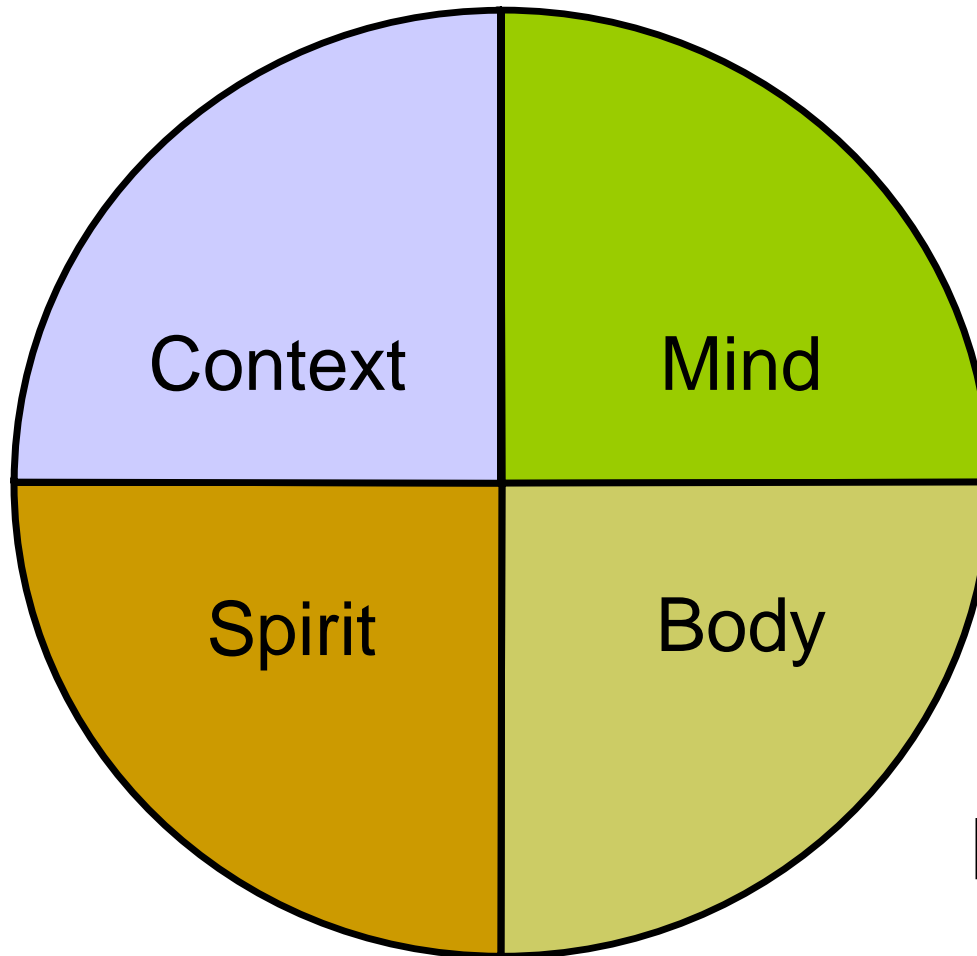
Worldview

. . . A culture's worldview is the lens through which they learn how to nurture, protect, and dream for future generations

- Iris Heavy Runner, 2002

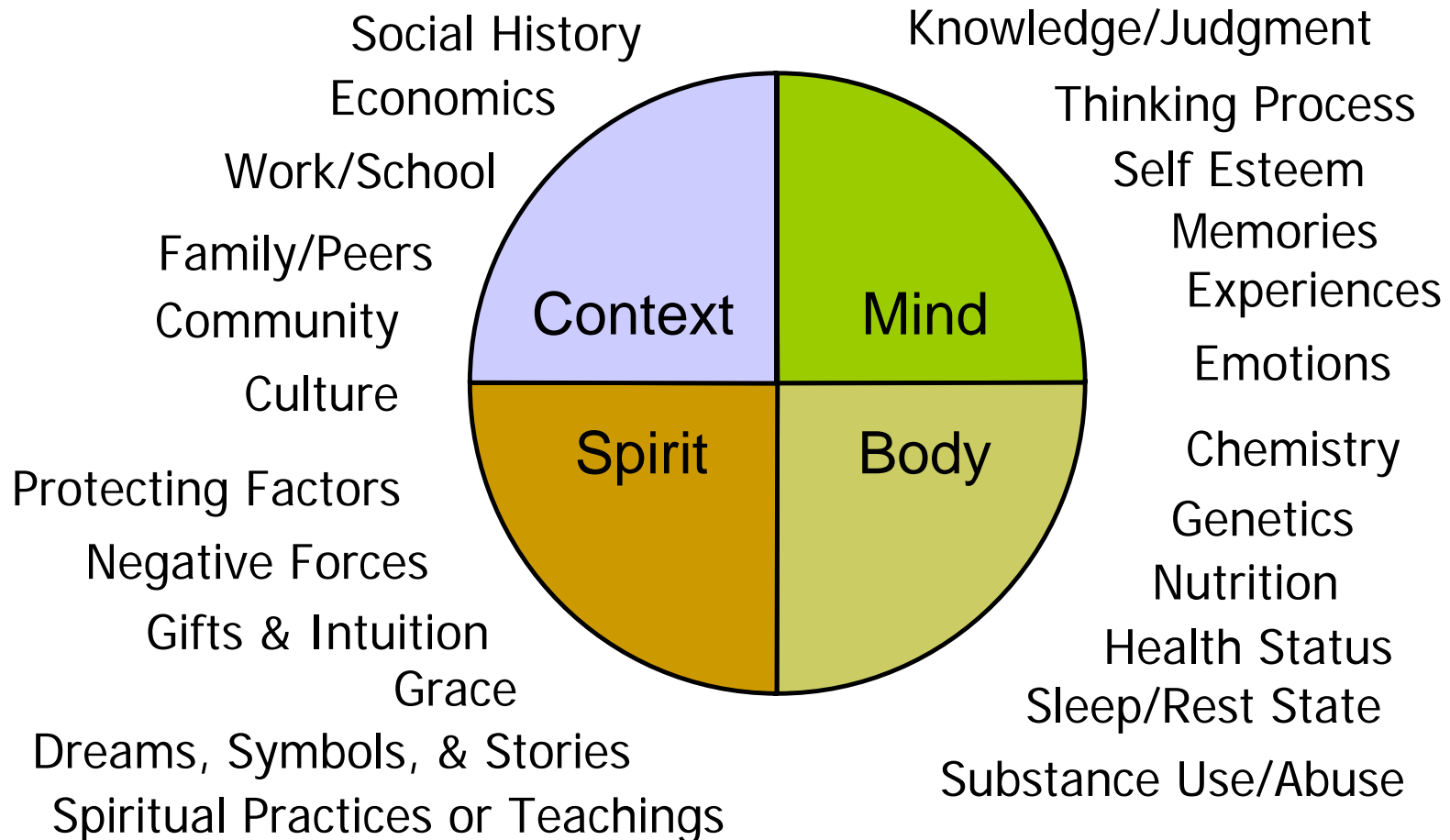


Relational Worldview Model



BALANCE

Relational Worldview Model



NAYA Family Center's Challenge

- ❑ We need a way to show that NAYA Family Center services are helping Native children and families
- ❑ Urgent because of state funding requirements for evidence-based practices



Oregon's Senate Bill 267

- ❑ Requires mental health, substance abuse, juvenile justice, corrections, and other human service programs to be evidence-based;
- ❑ Evidence-based programs are based on research principles and are cost effective;
- ❑ Timeline for expenditures of state funds by affected agencies is:
 - 25% of state funds on EBPs by July, 2005;
 - 50% of state funds on EBPs by July, 2007;
 - 75% of state funds on EBPs by July, 2009.

Project Goals

To develop ways to evaluate culturally specific services that fit our community.

To develop participatory practice-based evidence research strategies that could be applied in other settings.



Defining Youth Success

Focus groups with nine diverse stakeholder groups to learn about the outcomes that people value

- middle school youth
- high school youth
- Pathways youth
- family members
- elders
- community partners
- NAYA program managers, staff, and board members



What We Did

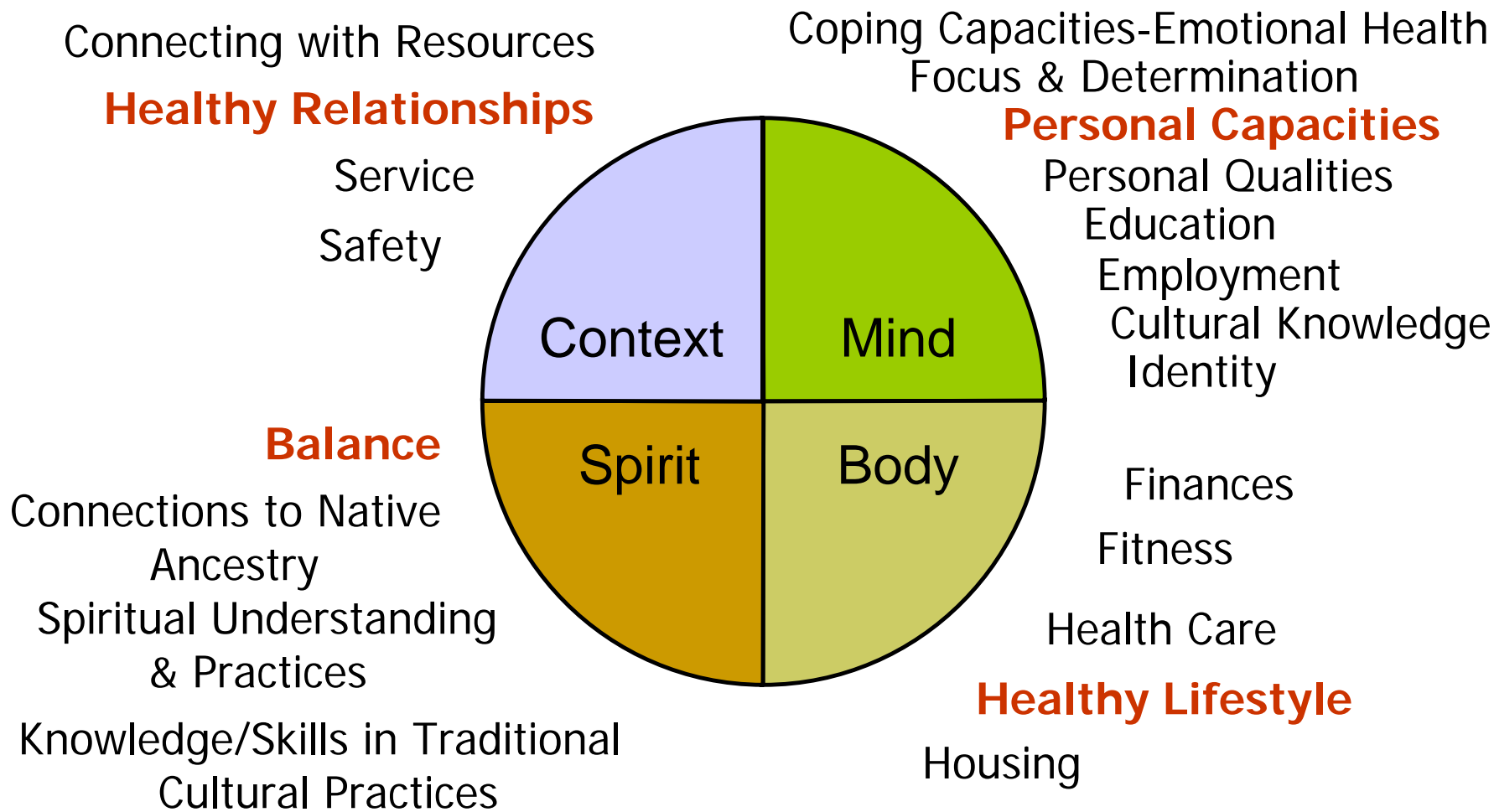
- ❑ Individual recruitment of youth, families, elders, and community partners
- ❑ Human subjects approval and consent process
- ❑ Food, transportation, and meeting space
- ❑ Child care
- ❑ Facilitator and note taker
- ❑ Participant review of notes
- ❑ Community meeting to review findings.



What We Asked

- **What does success look like for Native American youth?**
 - What is necessary to help support youth in achieving success in their lives?
 - What are the conditions that hinder a youth's progress toward success?
 - How do NAYA Family Center services contribute to a youth's success?
 - Are there other things that NAYA could be doing that would be helpful?
 - Is there anything else you would like to add that we have not talked about?

What We Learned About Youth Success



Example of Youth Success - Context

Healthy Relationships

Not being involved in a gang

Involved in positive groups

Do not succumb to peer pressure

Showing care for others

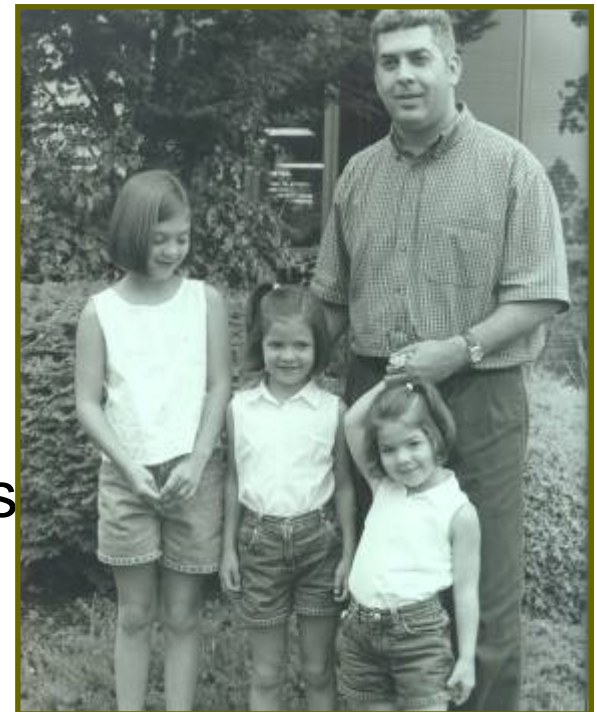
Finding constructive, non-violent
ways to solve problems

Able to listen to other people's opinions

Conflict resolution skills

Making parents proud of their children

Know lots of people



Example of Youth Success - Mind

Personal Capacities

Honoring boundaries

Healthy self-expression

Willingness to change & acceptance
of what can't change

Celebrating their own success

Finding constructive, non-violent ways
to solve problems

Being able to de-escalate



Example of Youth Success - Body

Healthy Lifestyle

Recognize wisdom to care for self & use knowledge (e.g., healthcare, sexuality)

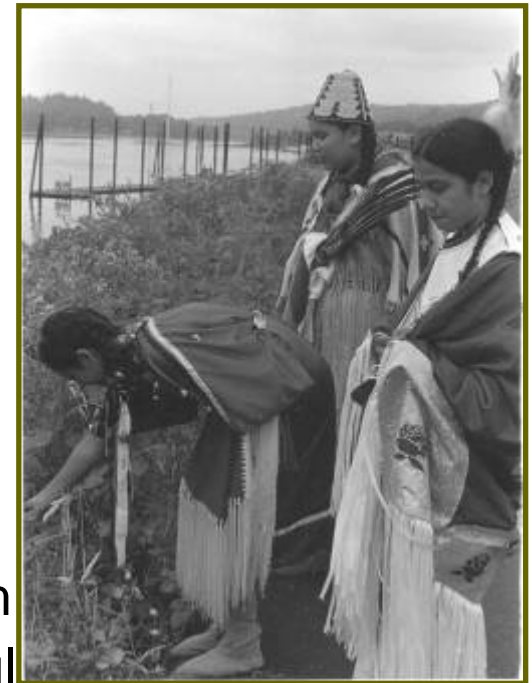
Use positive methods of stress relief

Drug/alcohol/tobacco free lifestyle

Healthy lifestyle – physical well-being & prevention

Being okay with your body & looking good

Not putting things into one's body that would make a person unhealthy – this comes from teachings when children are youth – if a youth comes from a home without these teachings somebody should teach them



Example of Youth Success - Spirit

Balance

7 ways of walking, health, family,
generations, silence, joy, generosity,
honoring the four directions, & compassion

Balance of individuality & cultural obligations

Walking in both worlds

Balancing traditional culture &
general society

Having a focus and/or vision - finding
a connection with who you are

Understanding of spirituality for
physical well-being



Views of NAYA and this Study

- What is it about NAYA that has been helpful to you, your family, and the Native American community?
- What should researchers be learning about practice in the Native American community?
- How can researchers learn about what works for you and families in the Native American community?

Identifying Intervention Strategies

- Analysis of the three sources:
 - January 2005 staff brainstorming of NAYA services,
 - focus group findings,
 - NAYA values
- Cross-cutting activities (mentoring), organizational norms and values (learning community), structured youth development (identity enhancement, future orientation, etc.)
- Chosen because of their purposeful manipulation of the balance/harmony across the quadrants of the RWV

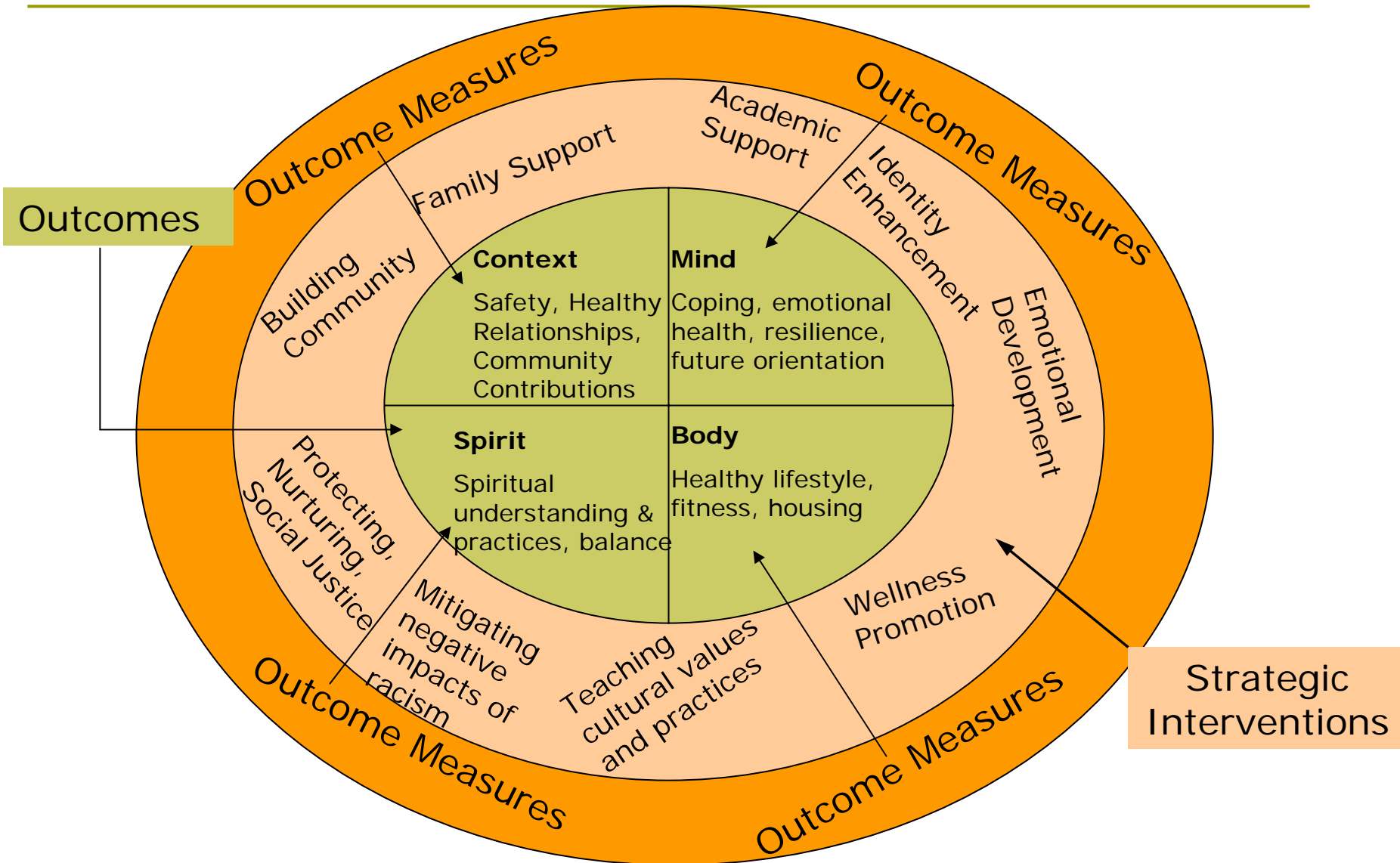
Building a Practice Approach

(Individualized planning within the RWV Model)

Aligning youth outcomes with

- *Broad program elements* (e.g., tutoring, educational advocacy)
- *Strategic interventions* (what staff members do within and across programs);
- *Formal measures of youth outcomes (resilience)*: safety, engagement, goal & future orientation, spiritual understanding, education, health.

Relationship of Outcomes, Strategic Interventions, and Measures



Next Steps

- ❑ **Pilot test individualized planning approach**
 - ❑ Identify standard, individual intended outcomes
 - ❑ Locate and/or develop outcome measures
 - ❑ Develop method for assessing fidelity

- ❑ **Combine outcomes with responses to other focus group questions**
 - Necessary supports for youth success
 - Barriers to success
 - Programming needs for youth



Appreciation to Project Participants

Thanks to our project collaborators:

- ❑ Elders, family members, youth, NAYA staff and program managers, board members, and community partners who participated in focus groups and follow-up meetings
- ❑ Members of our advisory group
- ❑ NICWA, NAYA Family Center, RTC

Discussion

- Responses from NAYA panelists
- Questions, comments from session participants



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