



# OPENING THOUGHT



# CULTURAL APPROACHES TO PREVENTION: TOOLS TO GUIDE PRACTICE





# PRESENTERS

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# TODAY'S AGENDA

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- Background and need
- Program tools
  - Approach to development
  - Products for the prevention field
  - Potential applications
- Questions and Discussion

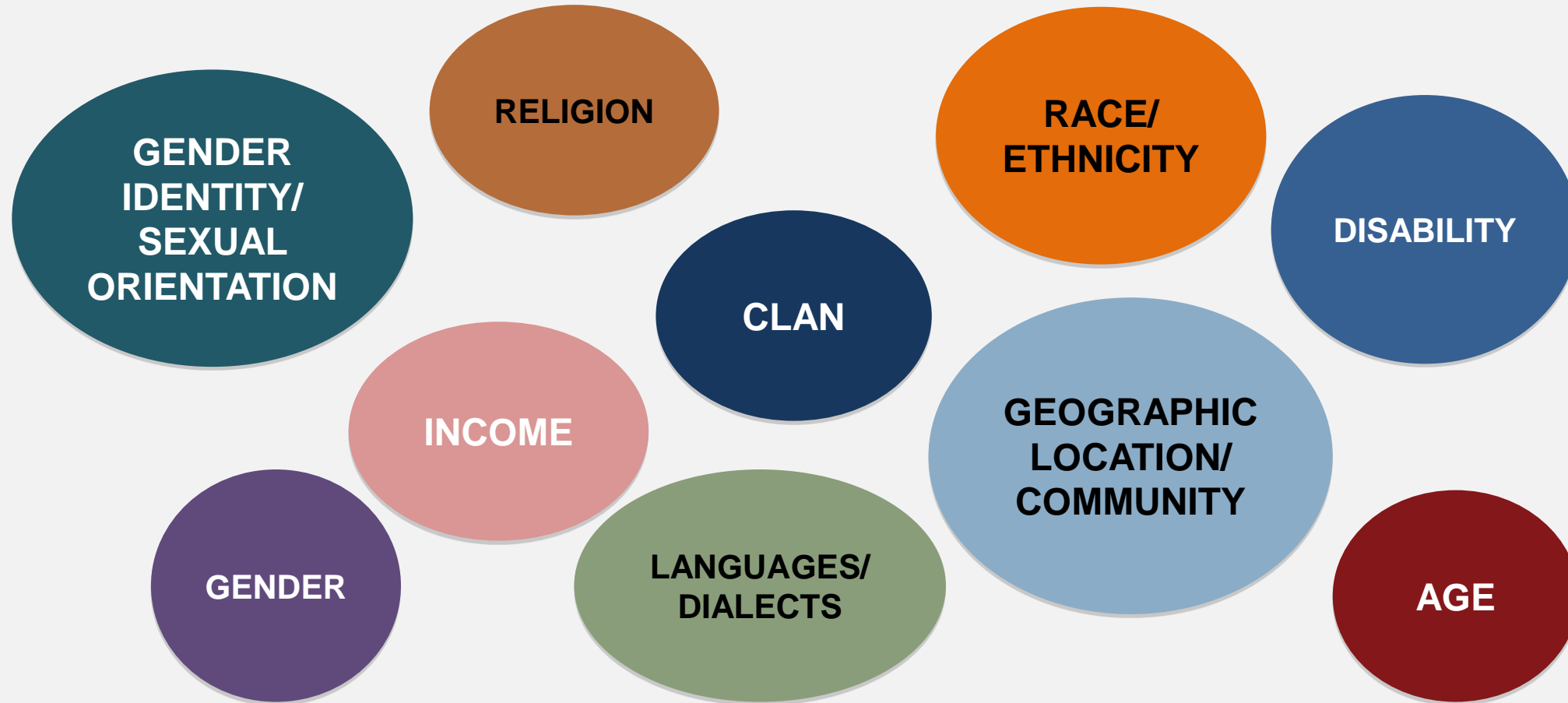






# CULTURE CAN BE DEFINED BY...

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# ELEMENTS OF CULTURE

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- Norms
- Values
- Beliefs
- Symbols
- Practices
- What else?





# CULTURE-BASED BEST PRACTICES

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- Traditional healing ceremonies
- Tribal arts
- Songs and dance
- Coming of age events
- Traditional games
- Clans and societies
- Storytelling
- Culture camps



# What We Hear from Tribes...

*The need for information and guidance on culturally-informed programs*



"MY ANCESTORS MADE A WAY FOR  
ME TO EXIST TODAY... THAT IS  
WHY I LOVE MY NATIVE CULTURE,  
IT PROTECTS ME"

**STEMI JOHNSON, 12**  
Abeonoo-Shawnee/Sac and Fox/Oklahoma





# BACKGROUND AND NEED

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Is there one place we can go to obtain information on culturally-informed programs?

How do we measure cultural factors associated with health promotion and substance misuse prevention in AI/AN populations?

Which programs have been developed by tribes, with tribes, or for tribes?

Which culturally-informed programs reduce substance misuse or abuse and/or promote mental health among American Indian and Alaska (AI/AN) populations?

What cultural factors protect against substance misuse and promote mental health among AI/AN populations?



# BACKGROUND AND NEED

*....many practices that have been determined to be evidence based have inadequate or no inclusion of cultural variables in research samples, no examination of the impact of culture(s) on outcomes...*

Delores Subia Big Foot of the  
Indian Country Child Trauma Center





## Our Overall Approach

- *Have external native voice*
- *Invite national tribal experts to review the tools*
- *Recognize we cannot place onus on one person*



# QUESTIONS = THREE TOOLS

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1. What cultural factors are associated with substance misuse?
2. How do we assess cultural traditions, practices, and values?
3. What programs and strategies have been developed to address promote health among tribes?

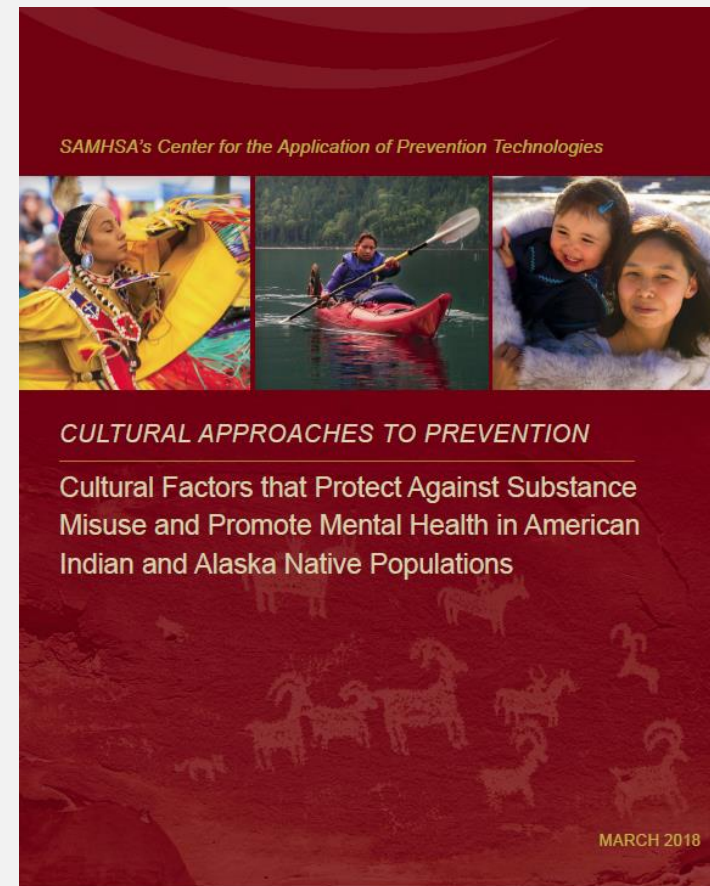






# A REVIEW OF CULTURAL FACTORS

What cultural factors are associated with substance misuse?





# FACTORS REVIEW: DEVELOPMENT

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***We employed a systematic process.***

- 2005-2016
- EBSCO databases
- Studies included:
  - American Indian or Alaska Native populations
  - Demonstrated a direct association between the cultural practice or belief and outcome



# FACTORS REVIEW: DEVELOPMENT

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***Tribal experts reviewed and asked that we:***

- Include qualitative studies
- Provide context for risk factors
- Provide tribal specific information



# FACTORS REVIEW: END PRODUCT

Studies	Factors
<b>8 studies of protective factors</b>	<ul style="list-style-type: none"><li>• Having a strong AI/AN identity</li><li>• Practicing traditional values</li><li>• Experiencing support and opportunities for connection with family and community</li></ul>
<b>3 studies of risk factors</b>	<ul style="list-style-type: none"><li>• Experiencing historical trauma (or loss of cultural traditions)</li><li>• Participating in generic (vs. tailored) cultural activities</li><li>• Tribal reservation alcohol use norms</li><li>• Engaging in traditional activities and native traditionalism</li></ul>





# FACTORS REVIEW: END PRODUCT

Protective Factor	Outcome	Population	Citation
<b>Living by traditional way</b>	Lifetime meth use	Pregnant American Indian teens from rural reservation communities in the Southwest US	Barlow et al., 2010
<b>Greater importance ascribed to traditional Indian values</b>			
Risk Factor	Outcome	Population	Citation
<b>Historical trauma (or loss of cultural traditions)</b>	Past month smoking; experimental smoking	California American Indian youth	Soto, Baezconde-Garbanati, Schwartz, & Unger, 2015



# FACTORS REVIEW: APPLICATIONS

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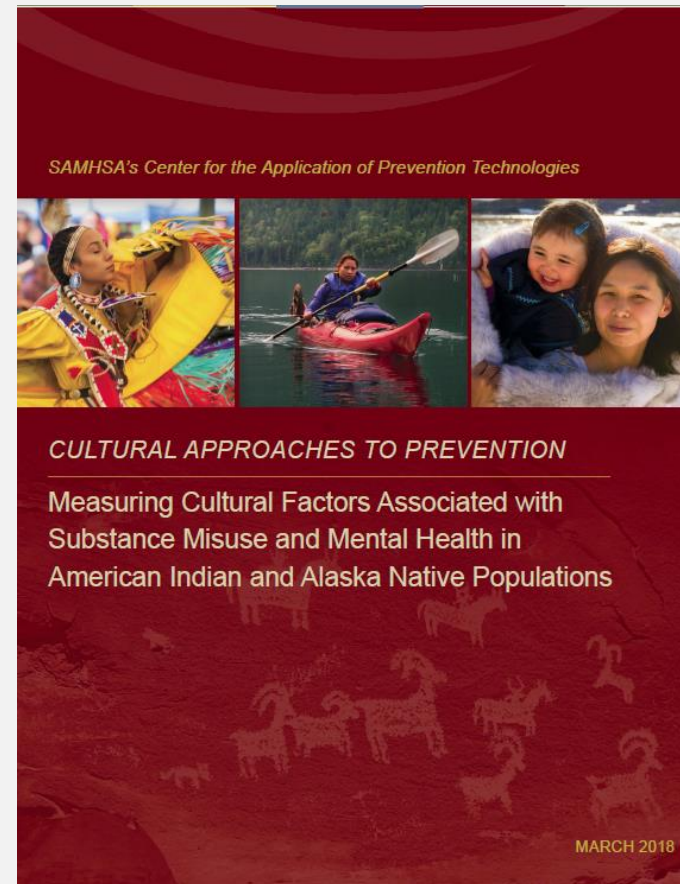
*This tool can be used to help you:*

- Determine which factors are present in your community.
- Prioritize the factors
  - How important is the factor?
  - Does the factor influence other behavioral issues besides substance misuse?
  - Is the factor modifiable?
  - Is there a suitable evidence-based or practice-based program that can be implemented to promote or deter this factor?



How do we  
assess  
cultural  
traditions,  
practices,  
and values?

# MEASURES GUIDE





# MEASURES GUIDE: DEVELOPMENT

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*We employed a systematic process.*

- 2005-2016
- EBSCO Databases
- Search terms:

*“cultural practices”*

*“traditional practices”*

*“substance use”*

*“American Indian”*

*“Native American”*

*“Indigenous”*

*“tribal”*





# MEASURES GUIDE: DEVELOPMENT

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## *Tribal experts asked that we:*

- Make it understandable to people without research training
- Include actual measure items when possible
- Provide contact information of developer



# MEASURES GUIDE: END PRODUCT

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## *A final tool of measures that includes:*

- Two main sections
  1. Can be used for research purposes without further author permission
  2. Requires users to contact the measure developer for permission to use
- 33 measures (20 publicly available)
- Both quantitative and qualitative studies
- Measures specific to a given tribe, as well as pan-ethnic measures



# MEASURES GUIDE: END PRODUCT

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*A final tool of measures organized by 7 main concepts:*

- Acculturation or enculturation
- Attachment and connectedness
- Communal mastery
- Ethnic identity
- Historical loss
- Participation in cultural or traditional activities
- Religiosity and spirituality



# MEASURES GUIDE: END PRODUCT

The Alaska Native Cultural Identification Scale	
<b>Description</b>	An 8-item scale (N=284) adapted from Oetting & Beauvais's Orthogonal Cultural Identification Scale (1991) by the Center for Alaska Native Health Researchers. It is composed of Alaska Native Cultural Identification ( $\alpha = .77$ ) and White American Cultural Identification ( $\alpha = .63$ ) subscales that compute the level of one's identification with Alaska Native and White American (mainstream) cultures when in the home and school settings.
<b>Population</b>	Rural-dwelling Alaska Native youth ages 12 to 18 years old, predominately identifying as members of the Yup'ik cultural linguistic group. Other groups represented were Iñupiat, Athabaskan, Aleut/Alutiiq, and Tlingit/Haida.
<b>Items</b>	<p><u>Alaska Native Identification (ANI)</u></p> <p>When you are at home...</p> <ul style="list-style-type: none"><li>• How much do you live by or follow the Native American way of life?</li><li>• How much do you speak Native language?</li></ul> <p>When you are at school...</p> <ul style="list-style-type: none"><li>• How much do you live by or follow the Native American way of life?</li><li>• How much do you speak Native language?</li></ul>



# MEASURES GUIDE: END PRODUCT

The Alaska Native Cultural Identification Scale	
Items (cont.)	<p><u>White American Identification (WAI)</u></p> <p>When you are at home...</p> <ul style="list-style-type: none"><li>• How much do you live by or follow the White American way of life?</li><li>• How much do you speak English?</li></ul> <p>When you are at school...</p> <ul style="list-style-type: none"><li>• How much do you live by or follow the White American way of life?</li><li>• How much do you speak English?</li></ul> <p><b>Response scale:</b> Slider analog scale with 20 units of equal length.</p>
Citations	<p>Allen, J., Fok, C. C. T., Henry, D., Skewes, M. &amp; People Awakening Team. (2012). Umyuangcaryaraq "Reflecting": Multidimensional assessment of reflective processes on the consequences of alcohol use among rural Yup'ik Alaska Native Youth. <i>The American Journal of Drug and Alcohol Abuse</i>, 38(5), 468–475.</p> <p>Mohatt, N. V., Fok, C. C. T., Burket, R., Henry, D., &amp; Allen, J. (2011). Assessment of awareness of connectedness as a culturally-based protective factor for Alaska Native Youth. <i>Cultural Diversity and Ethnic Minority Psychology</i>, 17(4), 444–455.</p>





# MEASURES GUIDE: APPLICATIONS

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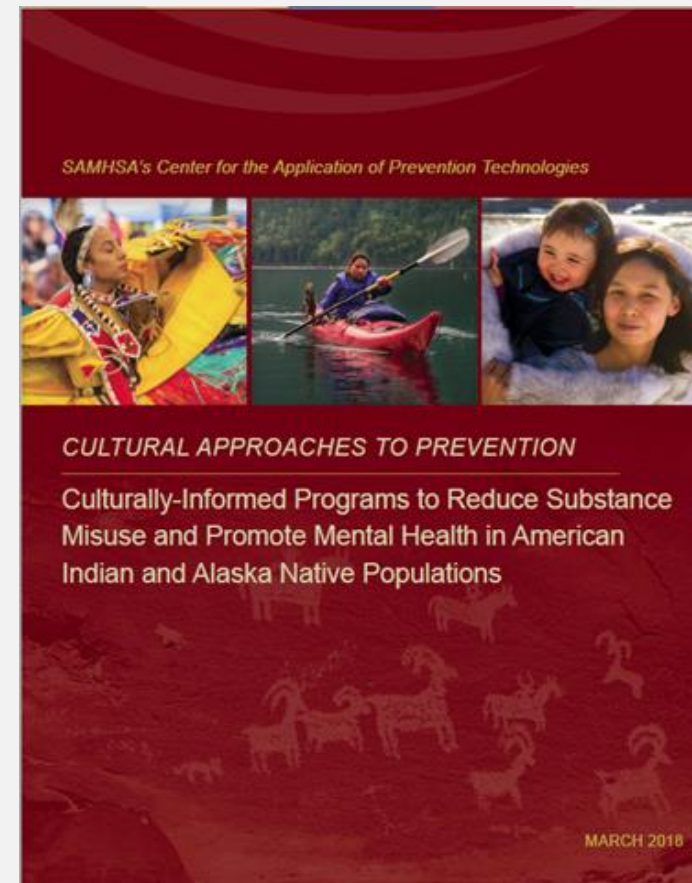
***This tool can be used to help you:***

- Document presence or absence of cultural factors
- Identify programs that address cultural factors associated with substance misuse
- Assess change associated with program implementation



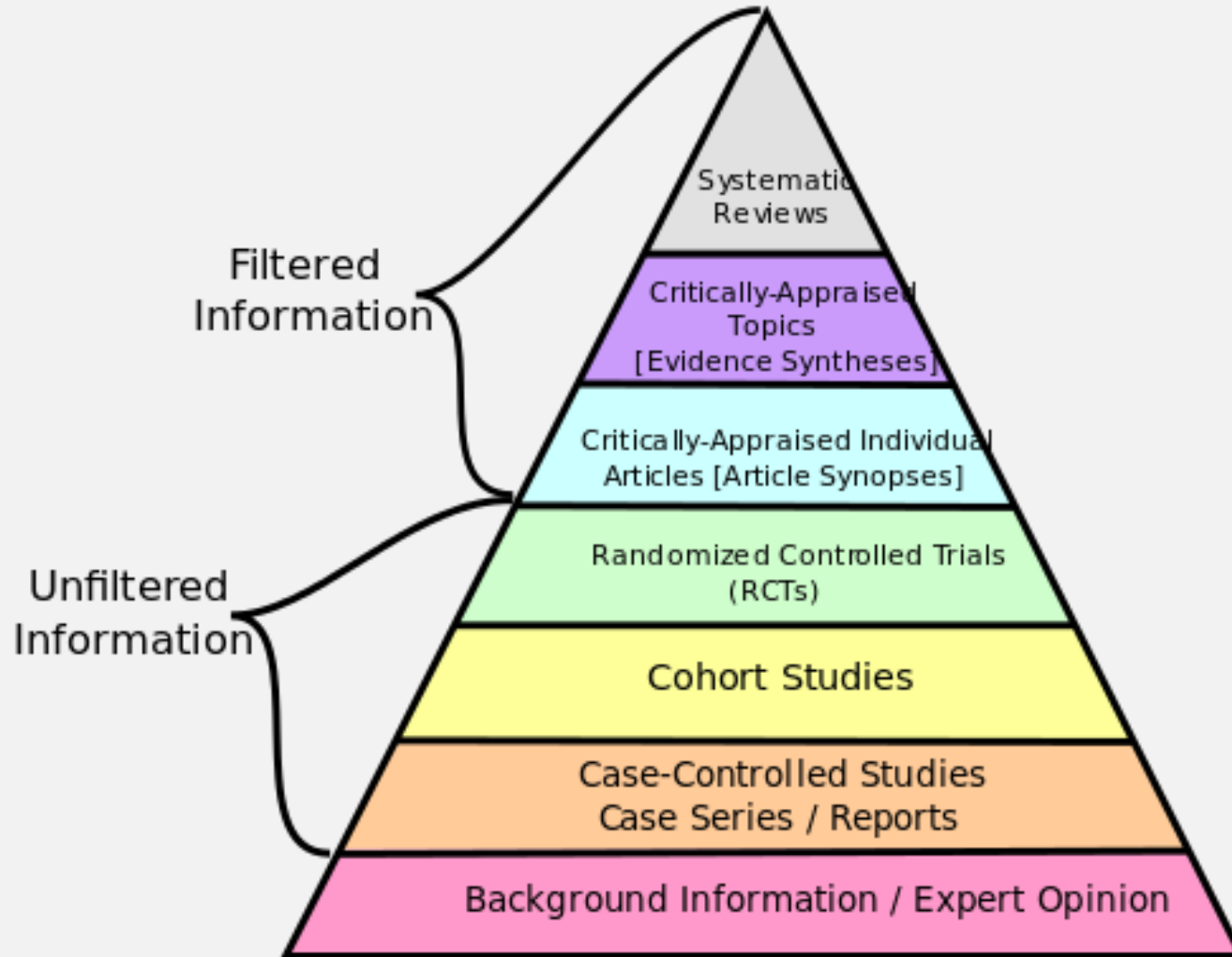
What programs and strategies have been developed to address promote health among tribes?

# PROGRAM INVENTORY



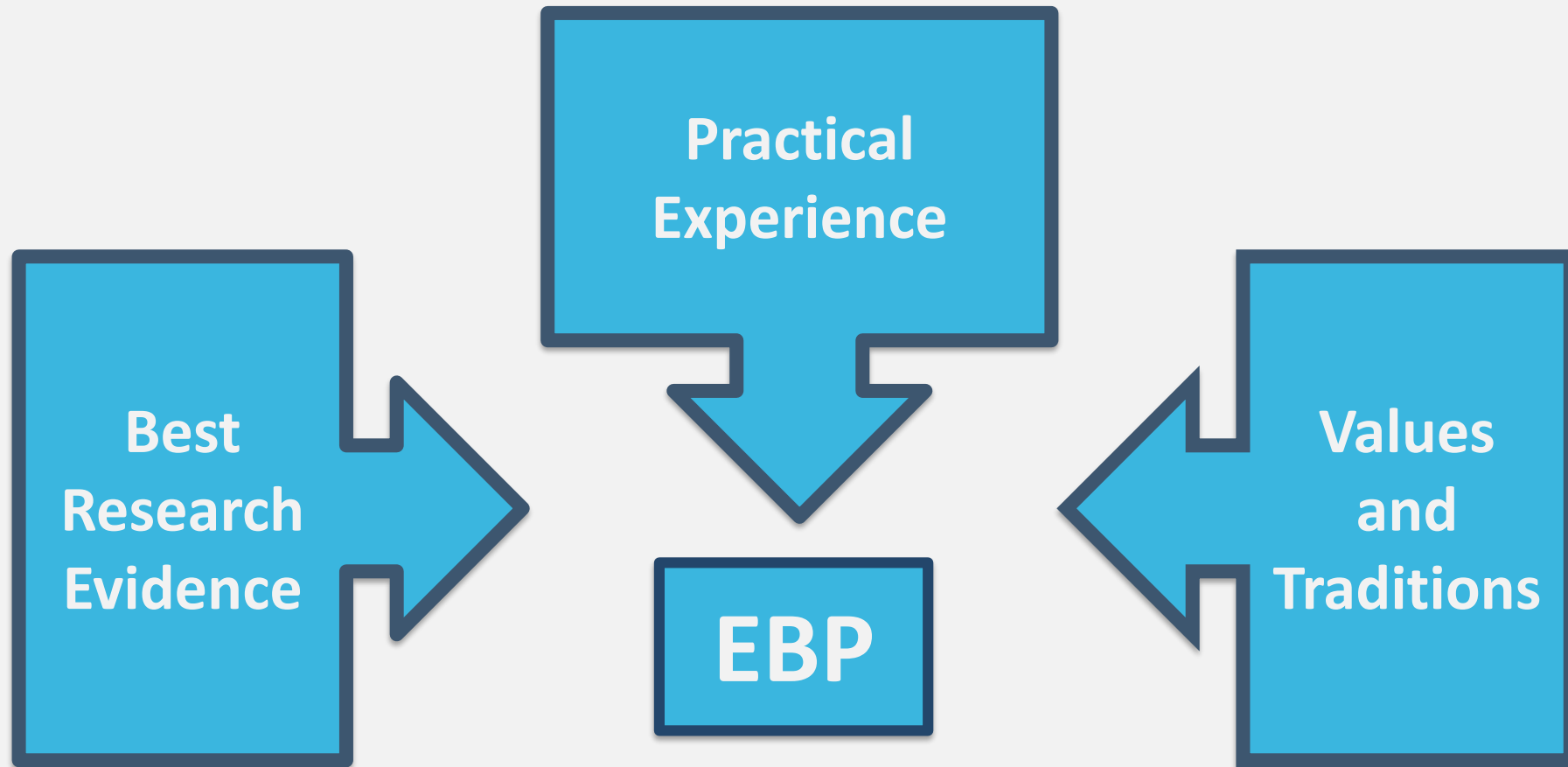


# CULTURALLY-INFORMED PROGRAMS



# CULTURALLY-INFORMED PROGRAMS

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# PROGRAM DIRECTORY: DEVELOPMENT

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*We consulted multiple sources.*

- Athena Forum
- Child Trends
- First Nations Behavioral Health Association
- Indian Health Service
- Johns Hopkins' Center for American Indian Health
- OJJDP Model Programs
- One Sky Center
- Public Health Agency of Canada
- SAMHSA NREPP
- DHHS Home Visiting





# PROGRAM DIRECTORY: DEVELOPMENT

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## *Tribal experts asked that we:*

- Separate programs into two categories—Western-based evaluation and practice-based.
- Rate programs based on strength of evidence.
- Indicate whether program was developed by tribes, with tribes, or for tribes.
- Mention cost of implementation.
- Make available full text of studies.

# PROGRAM DIRECTORY: END PRODUCT

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## *The final program directory:*

- Features 71 programs divided into two sections:
  - 42 evaluated using Western evaluation methods
  - 29 developed and refined using practice-based evidence
- Organized by population groups
- Highlights cultural elements
- Focuses on reducing substance misuse and improving emotional, mental, and/or physical health



# PRODUCT DIRECTORY: END PRODUCT

*First, programs sorted by outcomes*

Outcome	Have Evaluation Documentation	Practice-Informed
<b>Mental Health Promotion</b>	<ul style="list-style-type: none"><li>• Caring for the Circle Within</li><li>• Cherokee Talking circle</li><li>• FACE (Family and Child Education) Program</li><li>• Families and Schools Together (FAST) for American Indian Children</li><li>• Family Spirit</li><li>• Healing of the Canoe Project</li></ul>	<ul style="list-style-type: none"><li>• Alaskan Rural Human service Program</li><li>• Discovering Our Story</li><li>• Honoring Children Making Relatives</li><li>• Honoring Children, Mending the Circle</li><li>• LEAP (Lapwai Equine Assisted Program for Life Enrichment)</li></ul>



# PRODUCT DIRECTORY: END PRODUCT

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***For programs with evaluation documentation,  
information organized by:***

- Description
- Costs
- Developer
- Populations
- Settings
- Evaluation Design
- Evaluation Outcomes
- Evaluation Studies
- Featured Source
- Contact Information
- Resources



# PRODUCT DIRECTORY: END PRODUCT

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*For practice-based programs, information organized by:*

- Description
- Costs
- Developer
- Populations
- Settings
- Featured Source
- Website
- Resources





# PROGRAM DIRECTORY: APPLICATIONS

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***Use the information in this tool to:***

1. Look at protective factors
2. Identify relevant programs
3. Determine strength of evidence
4. Balance strength of evidence against other needs
5. Refine your search by considering outcomes
6. Determine feasibility of implementation
7. Develop an evaluation plan, if needed

# QUESTIONS?

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# CLOSING THOUGHT





# THANK YOU

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