

Multipronged Strategy Needed: FASD Awareness, Prevention and Support in an American Indian Community

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Results and Relevance, Vancouver, BC, Canada
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Disclosure

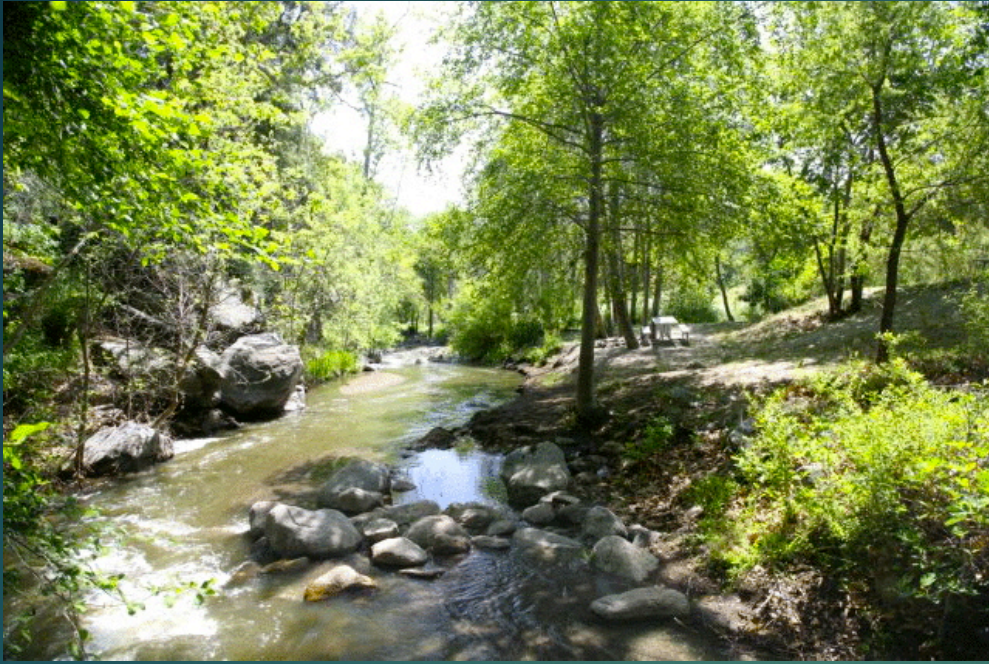


- ▶ The speakers have nothing to disclose

Learning Objectives



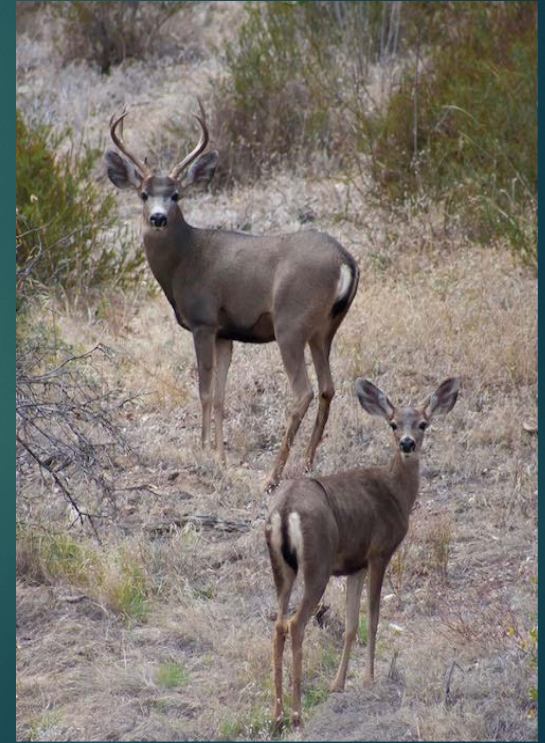
- Describe the process of community FASD health promotion with the goals of primary, secondary and tertiary prevention
- Explore the interaction of various steps in the process using examples from Southern California
- Discuss challenges unique to specific communities and the need for cultural congruence
- Review techniques found to be effective



Welcome to Indian Country and
Healthy Native Nation



The desert geography of our region highly influences tribal culture, traditions, and ceremonies. Tribes in my area remain active in their Bird Singing, Peon games, and other cultural and ceremonial activities.



First Steps in Addressing FASD

- Topic prioritized by Tribal Board
- Approved by SCTHC (Southern California Tribal Health Clinic) IRB
- Local Native community members hired and trained
- Local partnerships were developed to gain approval and to incorporate local expertise



Sequence of Approach

- ▶ Study 1: Scope – community risk for alcohol-exposed pregnancy?
 - ▶ Results: More than a third of women of childbearing age were at high risk of having an alcohol-exposed pregnancy
- ▶ Study 2: Support for Families – needs and priorities?
 - ▶ Issue: locating families affected by FASD
- ▶ Study 3: Prevalence of FASD?
 - ▶ Results: total FASD prevalence was estimated at 4.1%
- ▶ Study 4: Child Development Resource Center
 - ▶ Prevalence and correlates of developmental disabilities among community children?
 - ▶ Caregiver population capacity, challenges, and resource needs?



Healthy Native Nation: Our Mission

“To increase awareness, provide advocacy and support for families affected by FASD, and to improve and strengthen the lives of those living with FASD.”



Barriers



- Lack of Information about the risks associated with alcohol use during pregnancy
- Lack of Trust
- Stigma
- Social Isolation
- Lack of Transportation

Adopting a Cultural Focus



We also utilize art from local artists in our educational messages



Reaching out to youth



Interactive youth education projects



Involving native youth to help create prevention materials



Hands-on education presentations

Outreach & education at annual traditional gatherings



Community Pow Wows where Healthy Native Nation has had table displays each year



Community education at traditional annual celebrations

Talking Circle/Support Group

We meet monthly with parents and caregivers to discuss issues relating to Fetal Alcohol Spectrum Disorders

SUPPORT
Makes A Difference!

2019 SUPPORT GROUP SCHEDULE

For Parents and Caregivers of Children With Special Needs

Sponsored by
Healthy Native Nation
Family Support Project

MEETINGS:
2nd Tuesday of Each Month
4-5 pm

January 8 Your Child's Self Esteem
February 12 Open Discussion & Personalized Photo Pot Craft
March 12 Children & Chores
April 9 Open Discussion & Flaxseed Warmers Craft
May 7 Rewarding Success
June 11 Open Discussion & Nail Polish Marble Art Craft
July 9 Parent/Child Play Interaction
August 13 Open Discussion & Beaded Window Chimes Craft
September 10 ... Behavior Problems
October 15 Open Discussion & Feather or Beach Rock Art
November 12 Positive Parenting
December 10 Open Discussion & Beaded Ornament Craft

Red Coral & Lava Stone Bracelets with essential oils




Reinforcing our message in the community

Healthy Native Nation Resource Library has books, brochures, flyers, & videos one-on-one training is also available




HEALTHY NATIVE NATION MOVES FORWARD
Principal Investigator: Christina Chambers, PhD



Healthy Native Nation was established to increase awareness of Fetal Alcohol Spectrum Disorder (FASD), provide advocacy, services, and relevant support for families affected by developmental disabilities including the effects of prenatal alcohol exposure, and improve and strengthen the lives of community members living with FASD.

We are proud to be the first tribal National Organization for Fetal Alcohol Syndrome (NOFAS) affiliate in the country. We provide:

- provide community outreach and education. Among other immediate goals, we are working to bring diagnostic services and a parent support group to our community.
- If you have questions regarding FASD or would like information or training, we are here to help! Please call us at

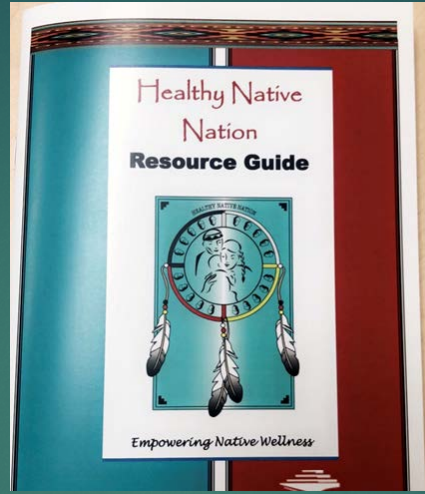


Toni Jensen and Rhonda Romero at a focus group with California Indian Legal Services.

Quarterly community newsletter articles keeps our communities updated on Healthy Native Nation activities



Grocery Bags
with native art



Community
Resource
Directory

Protecting Your Unborn Baby

*Be safe: Have an alcohol-free
pregnancy*



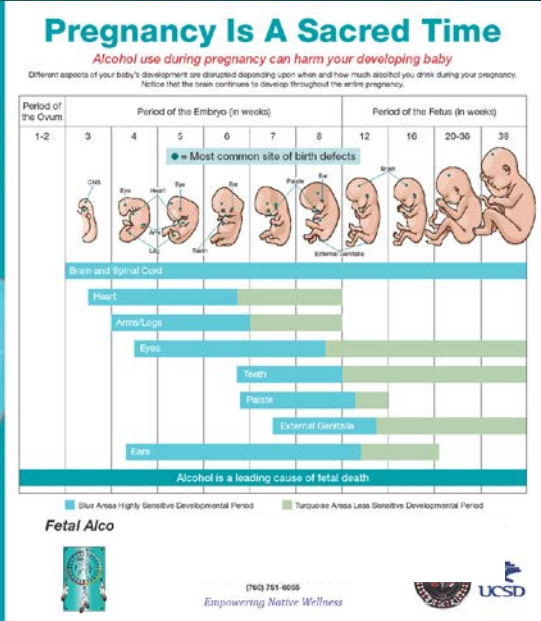
Healthy Native
Nation

Educational
Brochures

We networked with our Medical OB Clinic



Healthy Native Nation participated in 8 OB clinics reaching 87 native women over the past 1 ½ years
Various clinic departments continue to donate items for gift bags each month



Developmental Chart in all exam rooms of the clinic

Conferences & Trainings

- Trained clinic staff, educators, and professional groups throughout the project
- We partnered with NOFAS for a conference targeting women in recovery with over **60** participants
- FASD and the Law Conference drew over 65 lawyers, judges and community representatives
- We held a workshop, FASD in the Classroom, for teachers



Annual Art Show





Summary – Strategies and Prioritized Support

- Cultural focus
- Local concepts and images
- Outreach to where people are
- Reinforce the message
- Networking
- Support Group
- Education and Training
- Resource Library and Guide
- Recurring Events



Lessons Learned

- ▶ Cultural congruence
 - ▶ Intervention
 - ▶ Motivation
 - ▶ Methods
- ▶ Community involvement
 - ▶ All aspects of study
 - ▶ Control of data
- ▶ Community Strengths
 - ▶ Resilience
 - ▶ Family
 - ▶ Altruism
 - ▶ Social structure

It's All About Respect!!



We are Grateful for Support!



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Healthy Native Nation Family Support Project research project is supported by the NIH/NIGMS/NIAAA grant #1S06GM128073 (NARCH X)

Questions?



*Alcohol Free
pregnancy is the
best choice*



Pregnancy Is Sacred

For a strong future
generation,
No alcohol during
pregnancy

Healthy Native Nation