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

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

Healthy Native Nation: Our Mission
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.
Reinforcing our message in the community

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

Quarterly community newsletter articles keep 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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Questions?

Alcohol Free pregnancy is the best choice
Pregnancy Is Sacred
For a strong future generation,
No alcohol during pregnancy
Healthy Native Nation