

Building a Comprehensive Family Support System for Urban Indians



UNITED INDIANS
OF ALL TRIBES FOUNDATION



SEVEN DIRECTIONS

A CENTER FOR INDIGENOUS PUBLIC HEALTH

UNIVERSITY *of* WASHINGTON

Ina Maka Family Program

Vision: Health and well being for American Indian, Alaska Native, Native Hawaiian, and Pacific Islander families in King County.

Program Design: Provide a relationship-based and parenting-focused program with an emphasis on parent-child interaction, development-centered parenting, and family wellbeing.



Ina Maka Family Program

Ina Maka Family Program – United Indians of All Tribes Foundation: Project Logic Model



Vision: Health and well being for American Indian, Alaska Native, Native Hawaiian, and Pacific Islander families in King County.

Community Context: AIAN and NHPI families in King County experience poor maternal, infant, and child outcomes at disproportionately high rates.

Program Design: Provide a relationship-based and parenting-focused program with an emphasis on parent-child interaction, development-centered parenting, and family wellbeing.

GOALS AND OBJECTIVES:

Support the well-being of urban Native children and families with a home visitation intervention created for the urban AIAN community

Provide a culturally tailored early childhood home visiting program for urban Native children and caregivers

Contribute to building an evidence-base for home visiting interventions

Develop a system of care and early childhood linkages in King County for AIAN

RESOURCES / INPUTS:

- Staff & Partners

- Ina Maka Team
- UIATF & stakeholders
- Culturally adapted programs

- Needs assessment results
- Tribal MEICV evaluation
- CQI

- Partnership development with AIAN/NHPI resources

PROGRAM ACTIVITIES:

- Home visits
- Group connections & family events
- Referrals

- Develop AIAN & NHPI PAT modules

- Participate & disseminate evaluation & CQI

- Identify & Assess community needs & resources

PROGRAM OUTPUTS:

- # of families participating
- # of children
- # of group connections
- Etc

- # of satisfaction surveys

- # of presentations completed
- # of new funding sources

- # of referral partners
- # of families referred and completed referrals

OUTCOMES:

- Improvements in knowledge of child development
- Reduction in parent stress
- Reduction in CPS contacts
- Improvements in Tribal MICHV benchmarks

- Satisfaction with culturally adapted modules
- Greater comfort in seeking culturally relevant services

- Improved program sustainability
- Expansion and growth of program services

- Improved services for AIAN/NHPI families across King County
- Enhanced partnerships

Building a System of Care

Serving Our Community

How do we utilize the framework of home visitation and indigenize and expand it for our urban Indian community?



Culture: Connecting with Kids and Families

Youth

“The best way for the kids to be involved in the culture is for the parents to be involved in the culture.”

One youth offered:

“Teach them their dances, their languages, to speak their language, to teach their language, and read their language, and to write their language and to make the foods that are traditional and not unhealthy, and just be able to eat something that’s healthy every day, and just let them be aware of what they’re eating. Because it plays a big role in spirituality and mentality...”

Parents

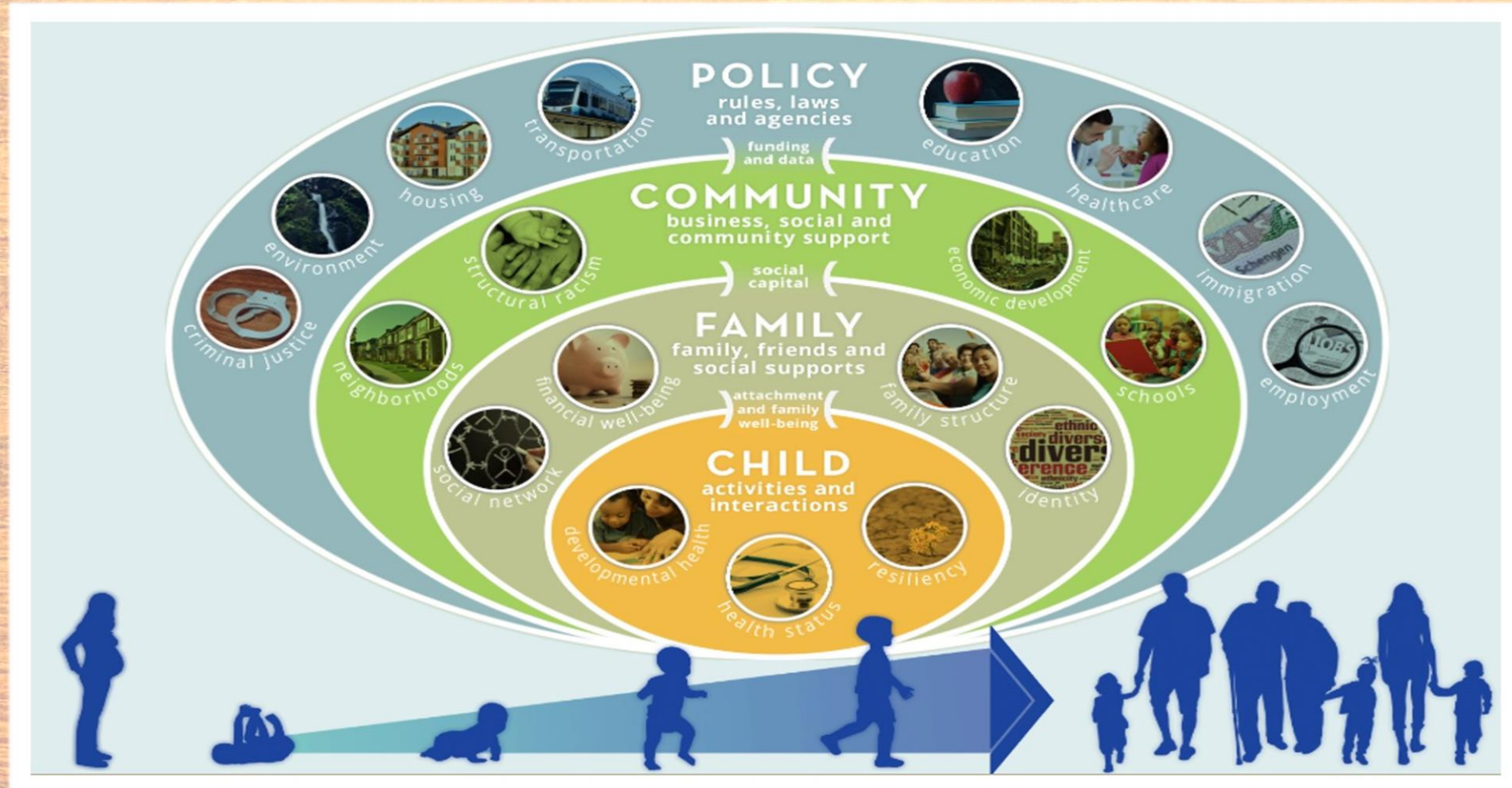
“There's a sacred process to what we do. That's part of that process and not just an arts and crafts project.”

“The reality is that these programs need to be like our families are, which is whole based. The whole family – we can't just skip a generation by reaching to the children. We need to be giving a hand in culture activities for the whole family.”

Elders

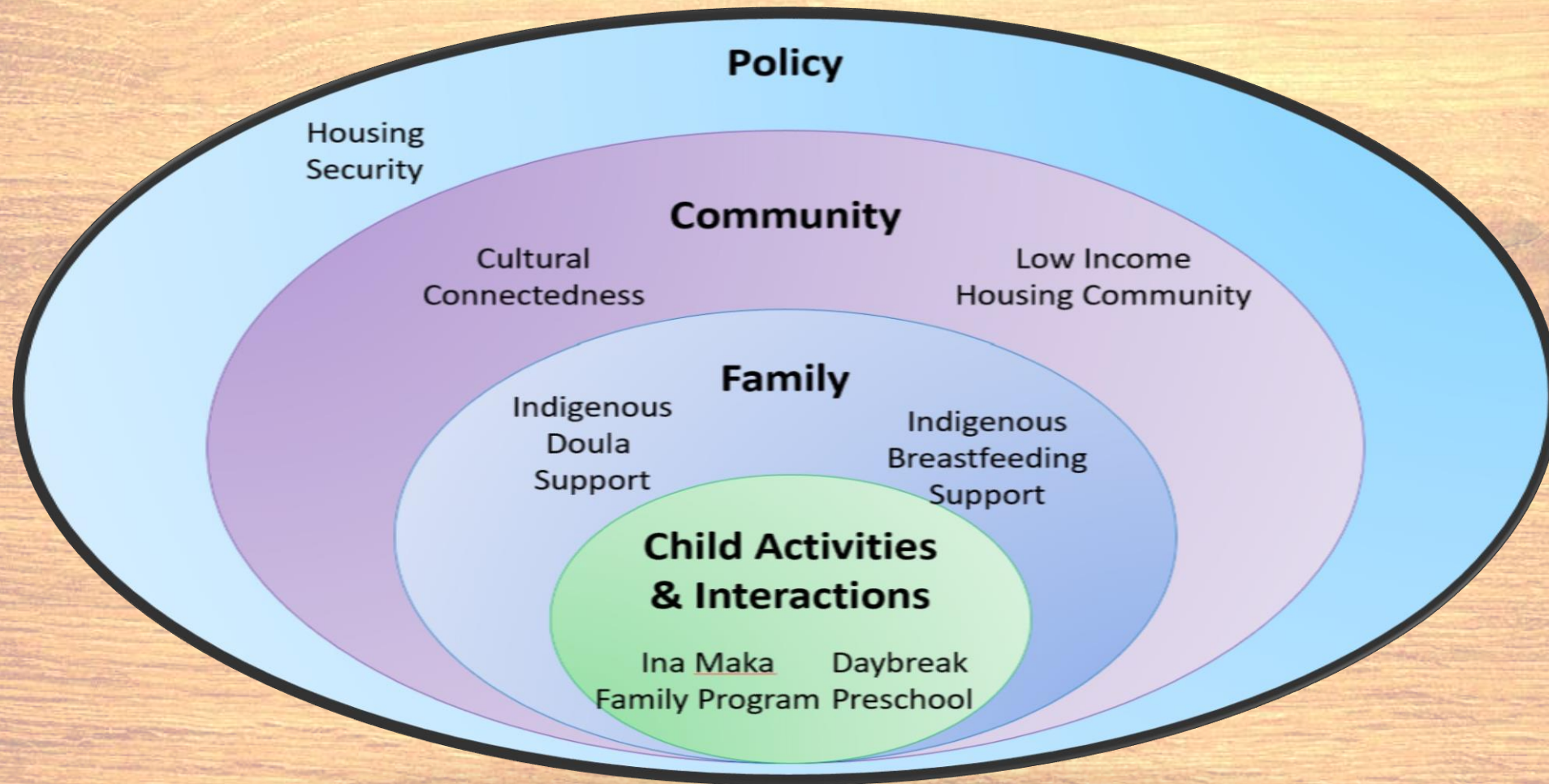
“In order to get the kids really interested, they have to see their parents invested in it as well.”

Early Childhood Education System



Early Childhood Comprehensive Systems Collaborative Improvement and Innovation Network (ECCS CoIIN). (2019, October 3). Retrieved from <https://www.nichq.org/project/early-childhood-comprehensive-systems-collaborative-improvement-and-innovation-network-eccs>.

ULATF Early Childhood Education System



Service Expansion

United Indians Community Services

Ina Maka
Home Visiting



Our Strong Fathers
Support Program



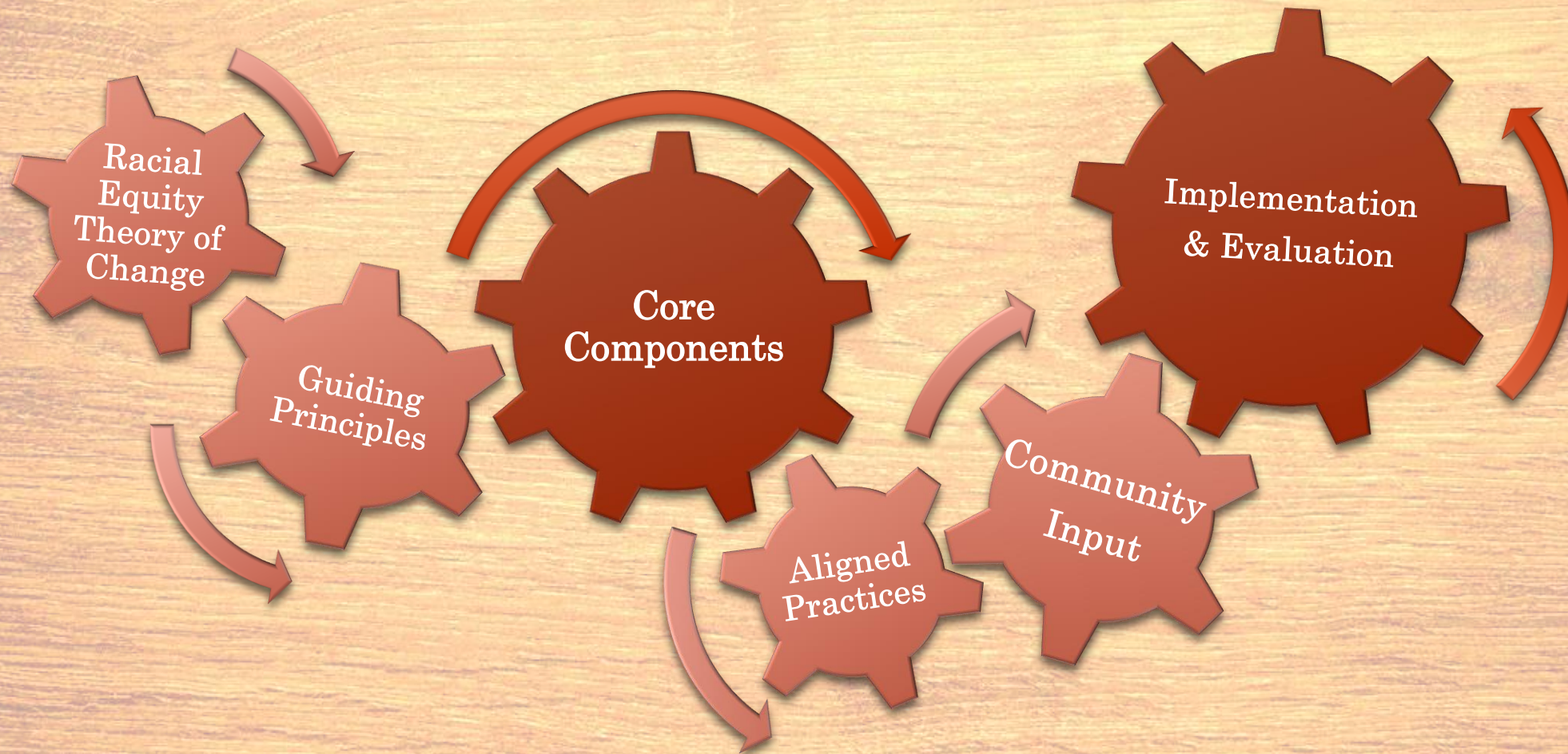
Daybreak Star
Birth Doulas



Ina Maka
On Track



Capacity Building Process





Our Strong Fathers

Project Description

Through group and individualized support, OSF is designed to meet Urban American Indian / Alaska Native and Native Hawaiian / Pacific Islander father's cultural and parenting needs. OSF will work to reduce the personal, cultural and systemic barriers that disproportionately affect Native Fathers and strengthen the bond between Native Fathers and their children, partners, and community.



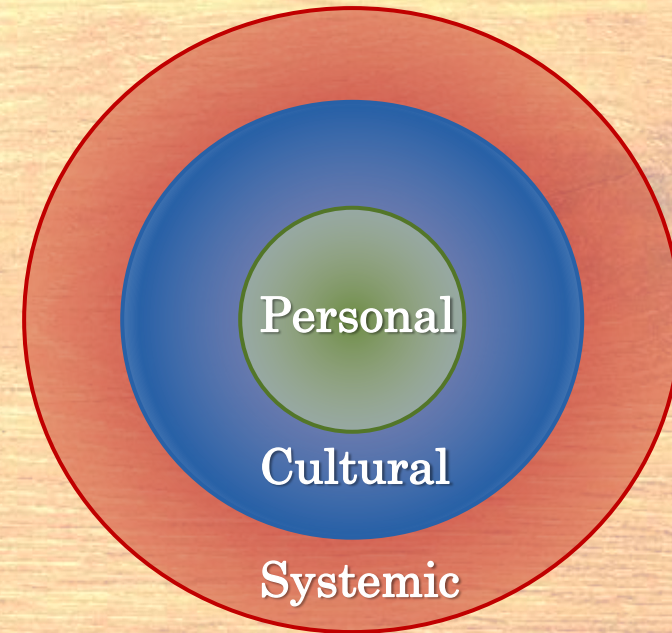
Model Development

- Identify Racial Equity Theory of Change
- Develop Guiding Principles
- Establish Core Components
- Draft Practice Profile
- Community Engagement

Racial Equity Theory of Change

OSF will work to reduce barriers that disproportionally affect Native Fathers, such as:

- | | | |
|--------------------|------------------|----------------|
| -Communication | -Identity | -Custody |
| -Motivation | -Language | -Education |
| -Trauma | -Cultural Access | -Unemployment |
| -Addiction | -Enrollment | -Incarceration |
| -Toxic Masculinity | -Ceremony | -Homelessness |



Program Implementation

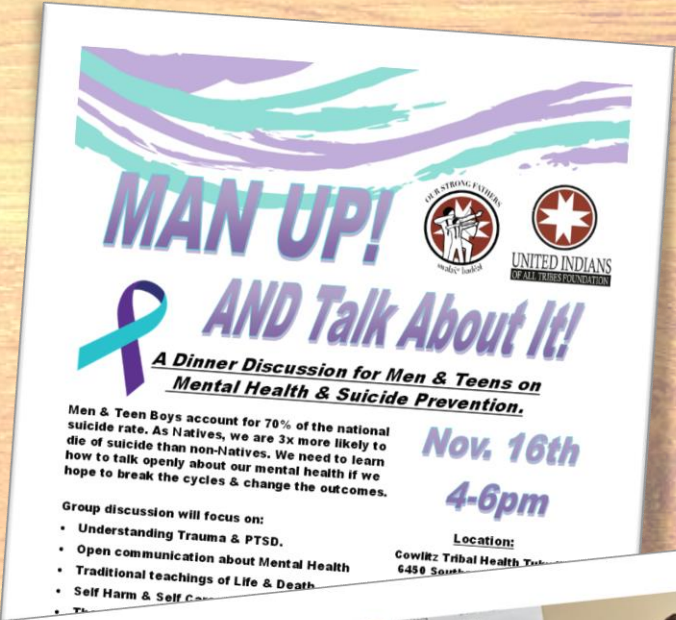
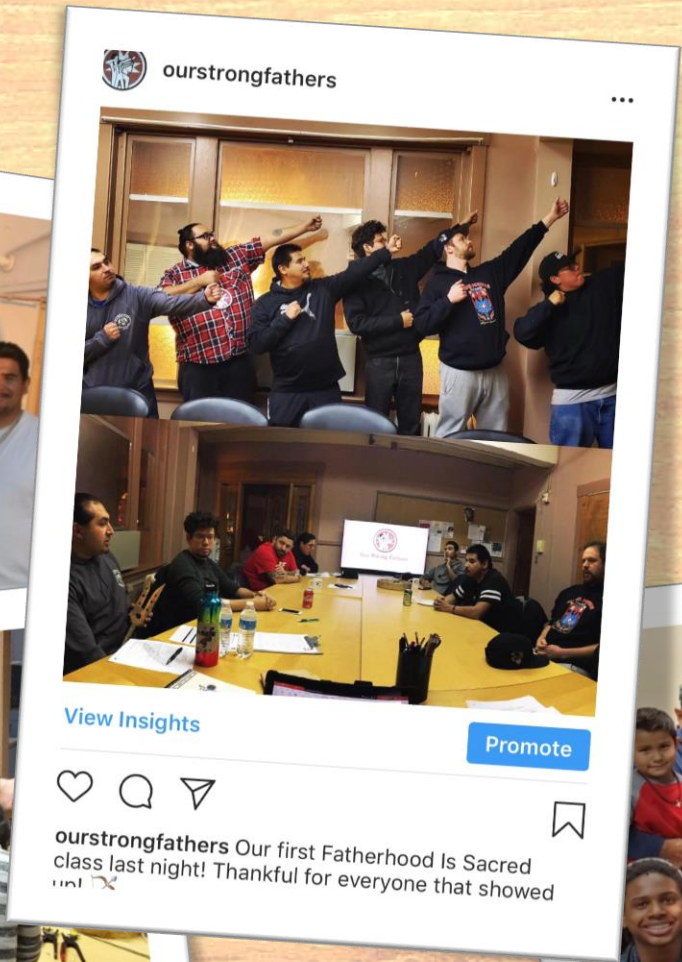
- July -Community engagement
- August -Program launch, weekly meetings begin
- Nov. - Men's dinner discussion on Mental Health & Suicide
- Dec - Hand drum making class
- Jan - Fatherhood Is Sacred® classes begin



Training & Development

- Staff are culturally connected to the AIAN/NHPI communities.
- Motivational Interviewing
- Fatherhood Is Sacred®
- Positive Indian Parenting
- Attachment-based curricula Promoting First Relationships and/or Circle of Security.

Success/Lessons Learned





Daybreak Star Doulas

Model Development

Current Doula Program models in King County

- Open Arms Perinatal Services
(Community Based Doulas and birth doulas)
- Birth Doulas
- Postpartum Doulas

Filling in the Gaps

- Full Spectrum Doula model
- We serve pregnant people regardless of the outcome of their pregnancy.
- Abortion/Termination
- Adoption/Relinquishment/Child Welfare
- Birth and Postpartum up to 3 months

Training

Choosing a training

Zaagi'idiwin

(Melissa Brown & Candace Newman, Winnipeg, MB)

- Only Native centered, Native run doula training available

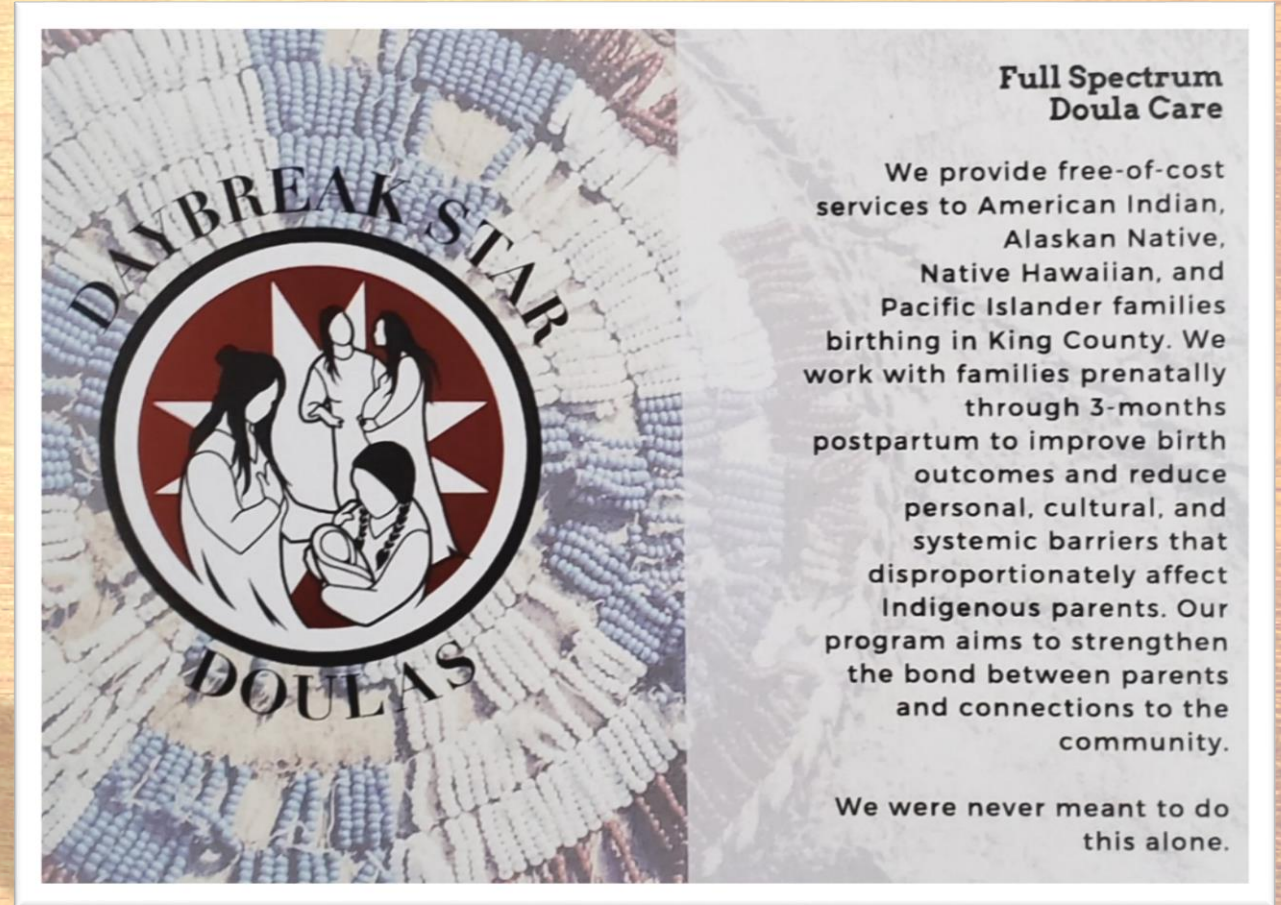
Application Process to find students

40 Full Spectrum Indigenous Doulas were trained



Program Implementation

- August 2019 Hired doulas
 - Vanessa
 - Cassandra
- September 2019 began seeing clients
 - Postpartum and birth
 - Abortions



Success/Lessons Learned

- We are full!
- Attended 2 births
- Postpartum care
- Additional Advocacy



Contact Info

- **Katie Hess, M.P.H.**

Ina Maka Family Program Director
United Indians of All Tribes Foundation
khess@unitedindians.org

- **Myra Parker, JD/MPH, PhD**

Assistant Professor and Director, Seven Directions
Department of Psychiatry and Behavioral Sciences
UW Medicine
myrap@uw.edu

- **Camie Goldhammer,
MSW, LICSW, IBCLC**

Daybreak Star Doulas, Program Manager
United Indians of All Tribes Foundation
cgoldhammer@unitedindians.org

- **Deyorhathe Esquivel**

Our Strong Fathers Program Manager
United Indians of All Tribes Foundation
desquivel@unitedindians.org