

# Respecting Diverse Journeys on Many Roads: Adaptation and Precision in Home Visiting

Presentation by:

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CENTER FOR  
INDIGENOUS HEALTH

The image is a composite of two photographs. On the left, a modern, multi-story building with a curved, cantilevered design is shown. The building has a light-colored facade and large windows. On the right, a scenic view of a river flowing through a rocky gorge is shown. The river is blue and surrounded by dark, jagged rock formations. In the background, a hillside is covered with trees in autumn colors. The two images are separated by a jagged, torn-paper-like cutout effect. The text "Acknowledging the land" is overlaid on the left side of the image.

# Acknowledging the land

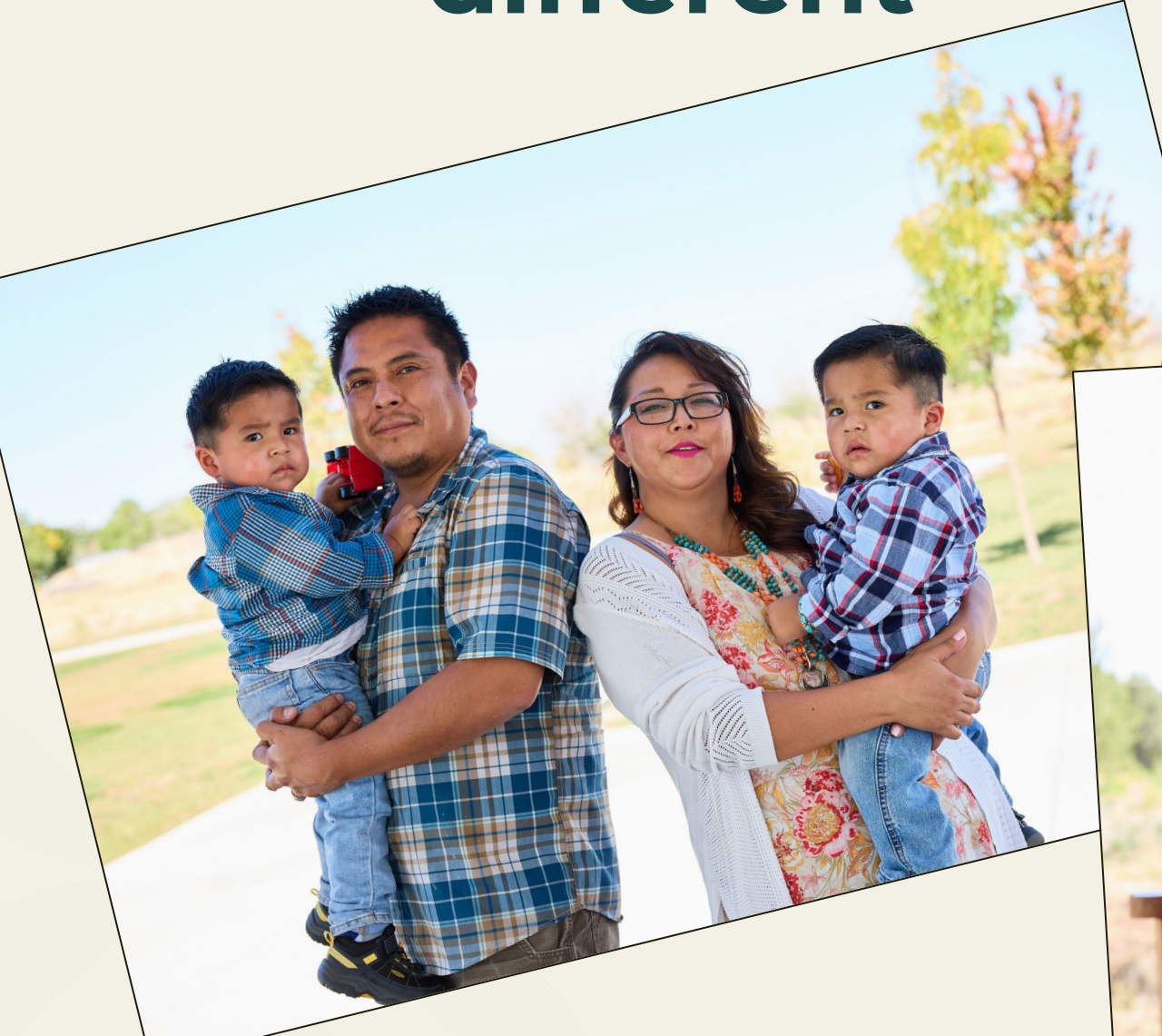
**“I have heard my grandfathers say that there are many roads to the High Place. We need to support each other by respecting the ‘many roads’ of all Tribes. The teachings of one Tribe will shed light on those of another”**

*(Benton-Banai, 2010, p. 4)*

A woman with dark hair, wearing a maroon jacket and a blue earring, is shown in profile, looking towards the right. She is holding a young child. The child is wearing a blue headband with a colorful geometric pattern, a blue jacket, and a necklace of blue beads. The background is a vast, rugged canyon landscape with layered rock formations under a clear blue sky. A dark teal semi-transparent banner is overlaid on the lower left portion of the image, containing white text.

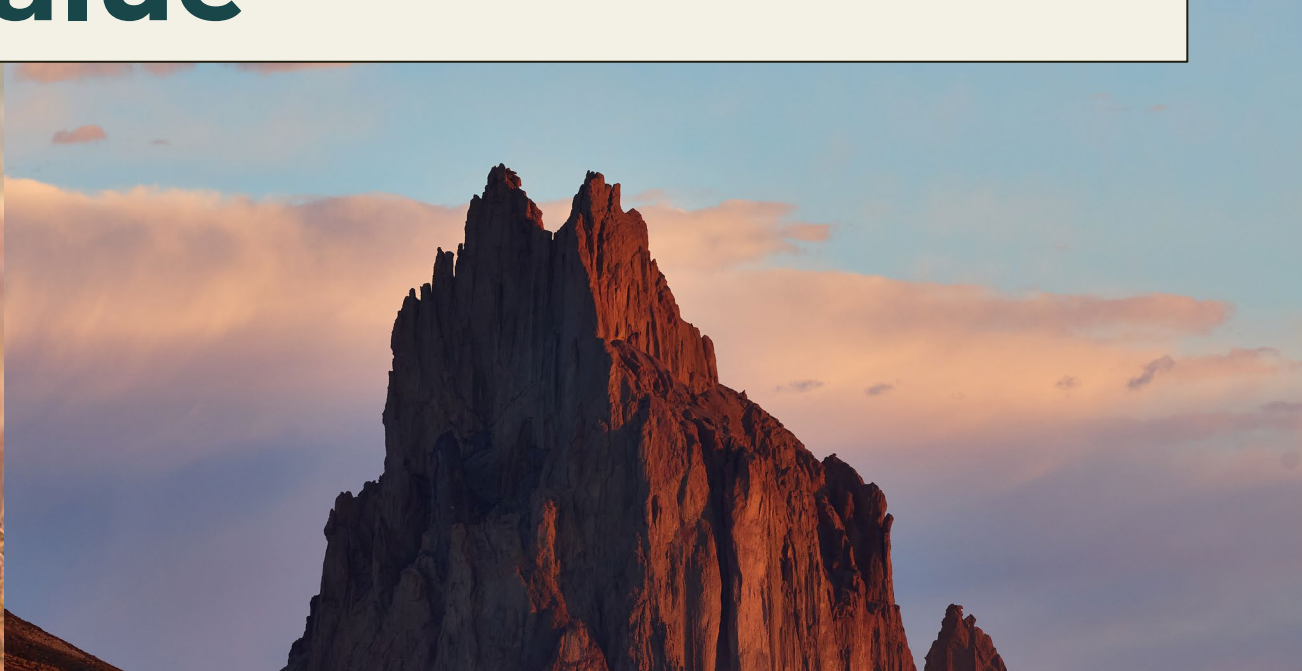
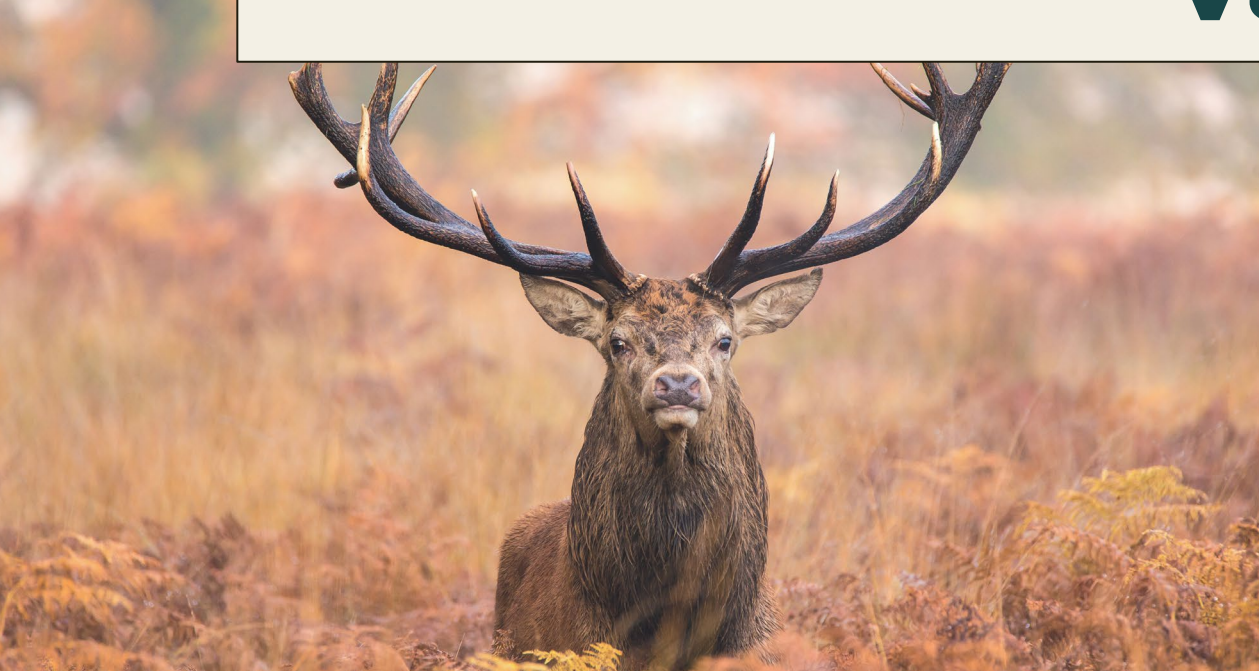
Families are the foundation of  
health in many Indigenous  
communities

# All families are different





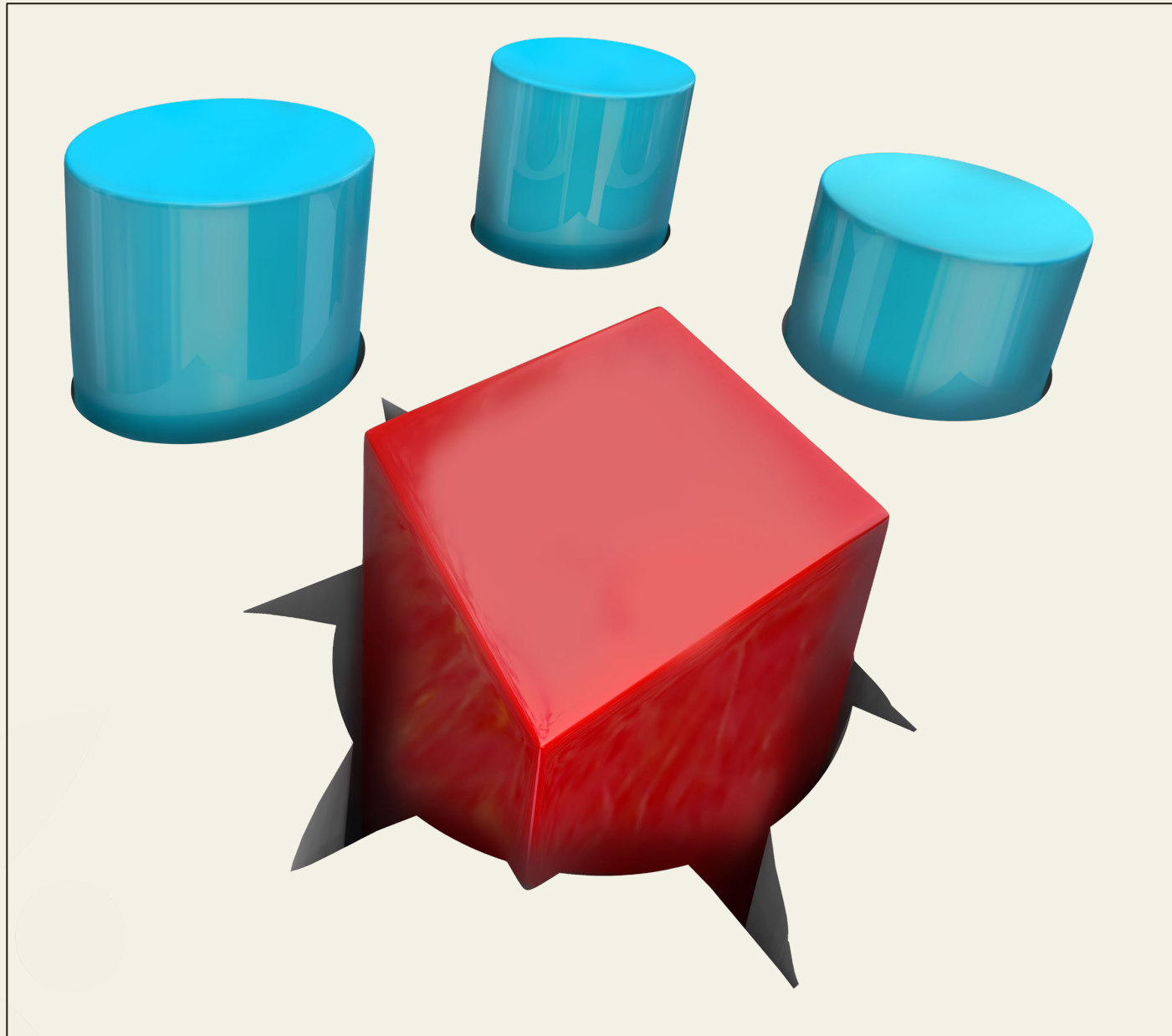
**These differences hold incredible value**





**Fabric of our survival and thriving**

# But too often...





# Problems with one size



Problems with: recruitment, engagement, retention and addressing diverse and emergent needs

**How do we allow flexibility,  
adaptation, and tailoring  
within a home visiting  
model?**

# Family Spirit Program

An Indigenous Early Childhood Solution



Evidence-based maternal and child health home visiting program reaching 170+ tribal communities across 28 states



Employs Indigenous community members to teach and mentor young parents



Comprehensive, culturally-based curriculum and social support between pregnancy – 5 years postpartum





# Family Spirit Research Findings

## Pregnancy to Age 3

### Parenting

- Increased maternal knowledge <sup>1,2,3,4</sup>
- Increased parent self-efficacy <sup>3,4</sup>
- Reduced parent stress <sup>2,4</sup>
- Improved home safety attitudes <sup>3</sup>

### Mothers' Outcomes

- Decreased depression. <sup>1,2,4</sup>
- Decreased substance use <sup>4</sup>
- Fewer risky behaviors <sup>3,4</sup>

### Child Outcomes

- Fewer social, emotional and behavior problems through age 3. <sup>2,3,4</sup>
- Lower clinical risk of behavior problems over life course <sup>4</sup>

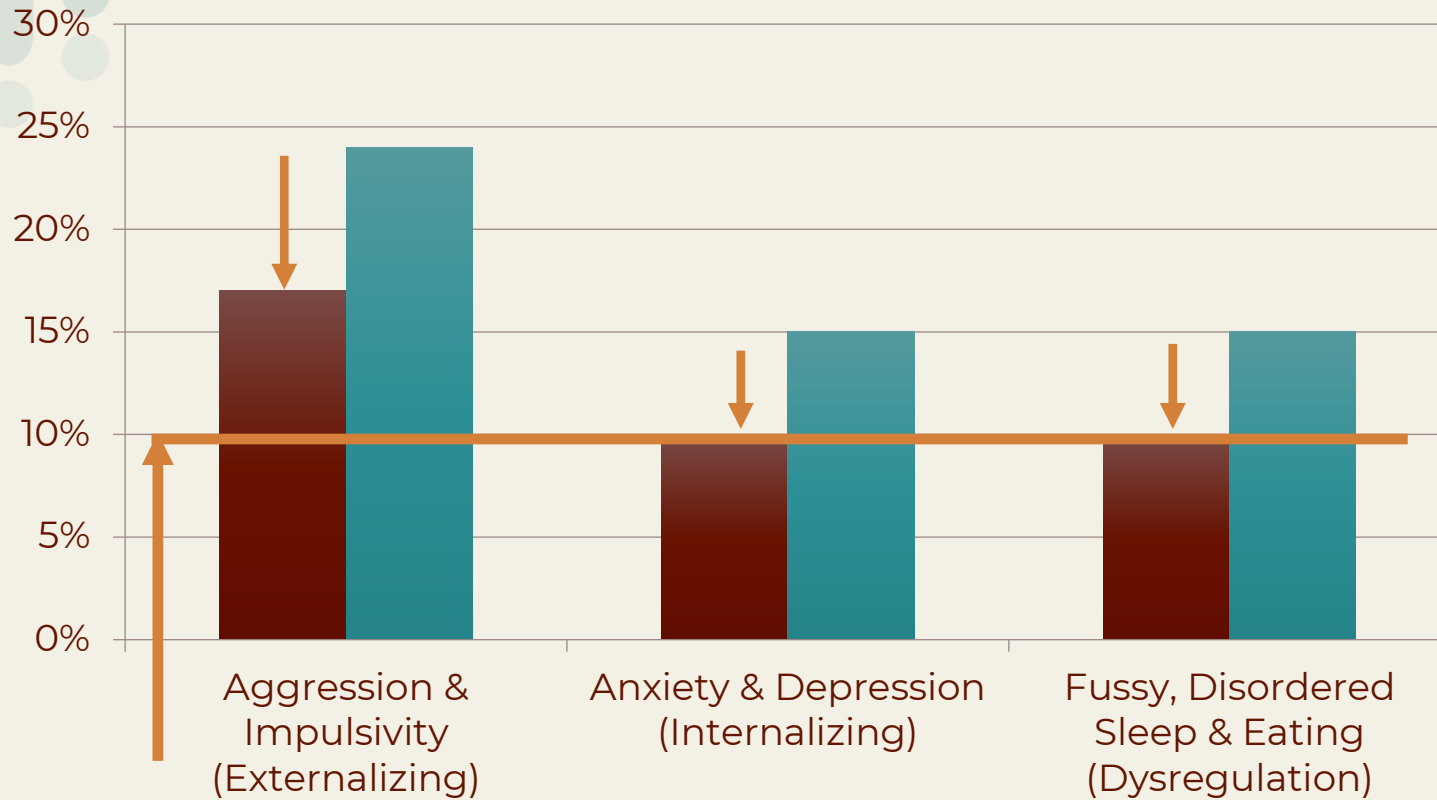
1 Barlow A, Varipatis-Baker E, Speakman K, et al *Arch Pediatr Adolesc Med.* 2006;160:1101-1107

2 Walkup J, Barlow A, Mullany B, et al. *Journal of the American Academy of Child and Adolescent Psychiatry.* June 2009.

3 Barlow A, Mullany B, Neault N, et al. *American Journal of Psychiatry.* January 2013.

4 Barlow A, Mullany B, Neault N, et al. *American Journal of Psychiatry.*, February 2015.

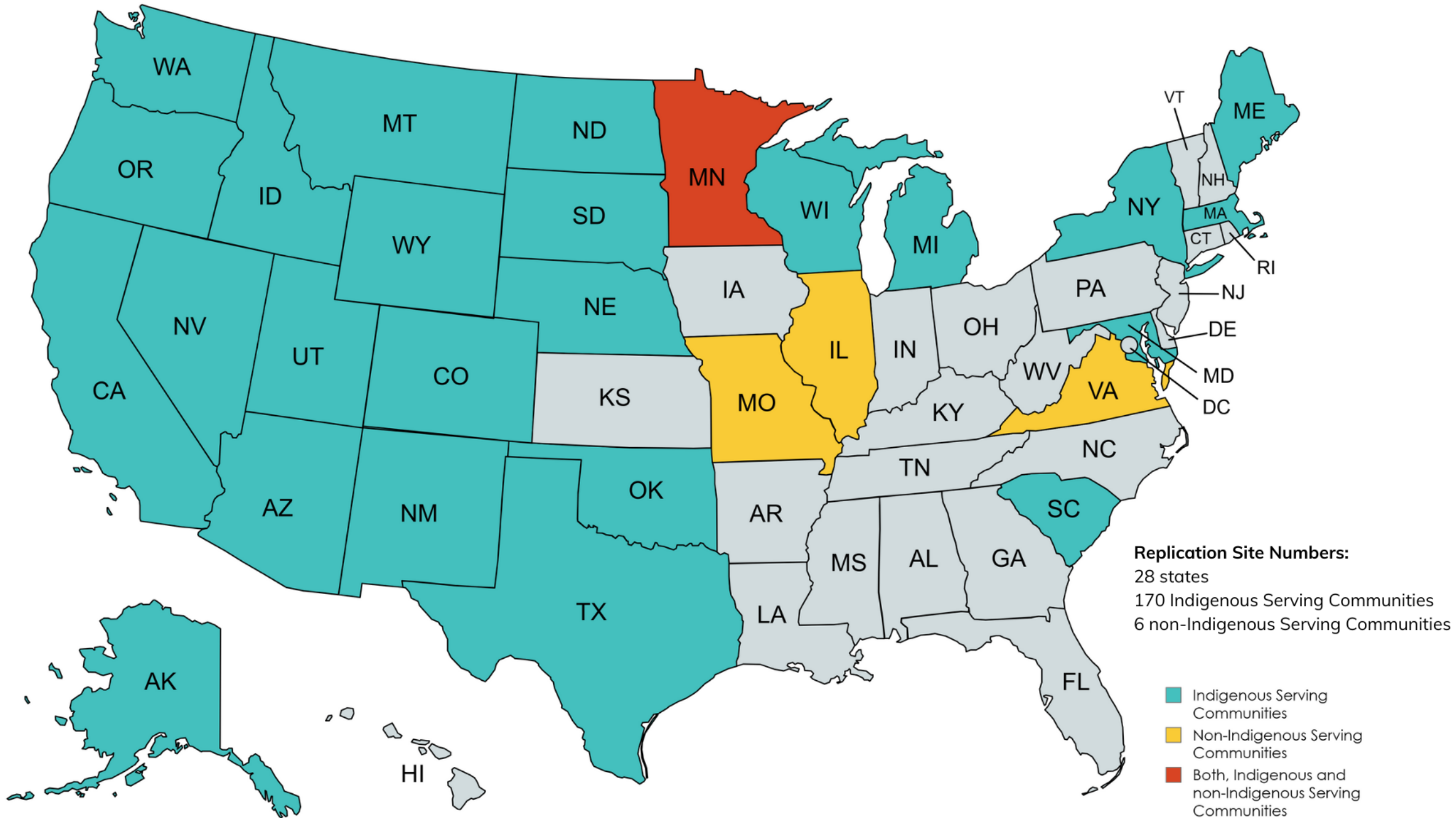
# Impact of Family Spirit on Children



■ Family Spirit Children

■ Other children not participating

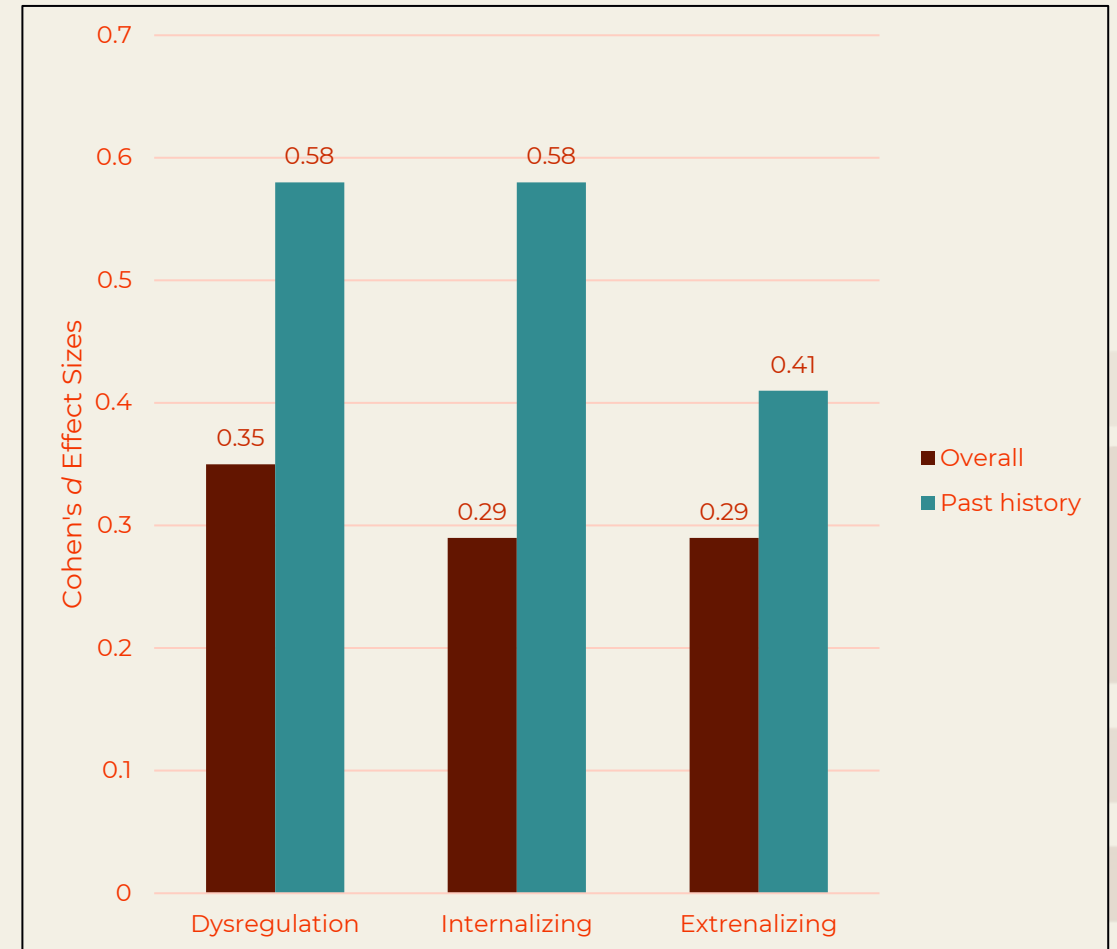
**National Norms**



# During implementation

- Home visitors tailor and adapt the curriculum in practice
- Limited time with families during real-world implementation delivery
- Families experience different outcomes, indicating that they may need different types of support

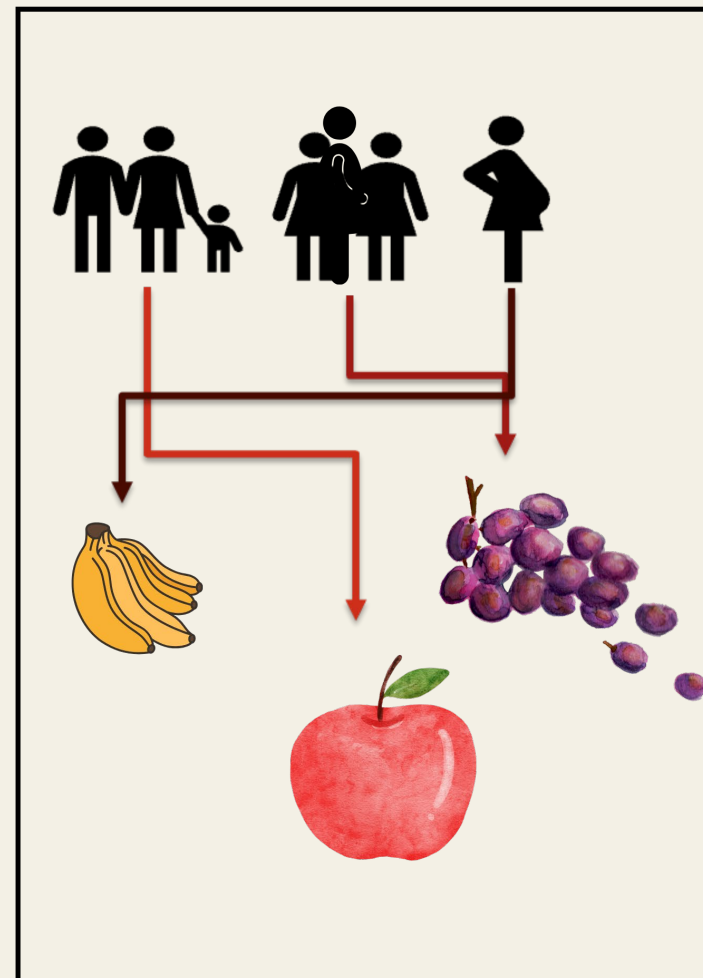
Child outcomes by a history of maternal substance use  
( $N = 322$ )



# A “precision approach” to family spirit



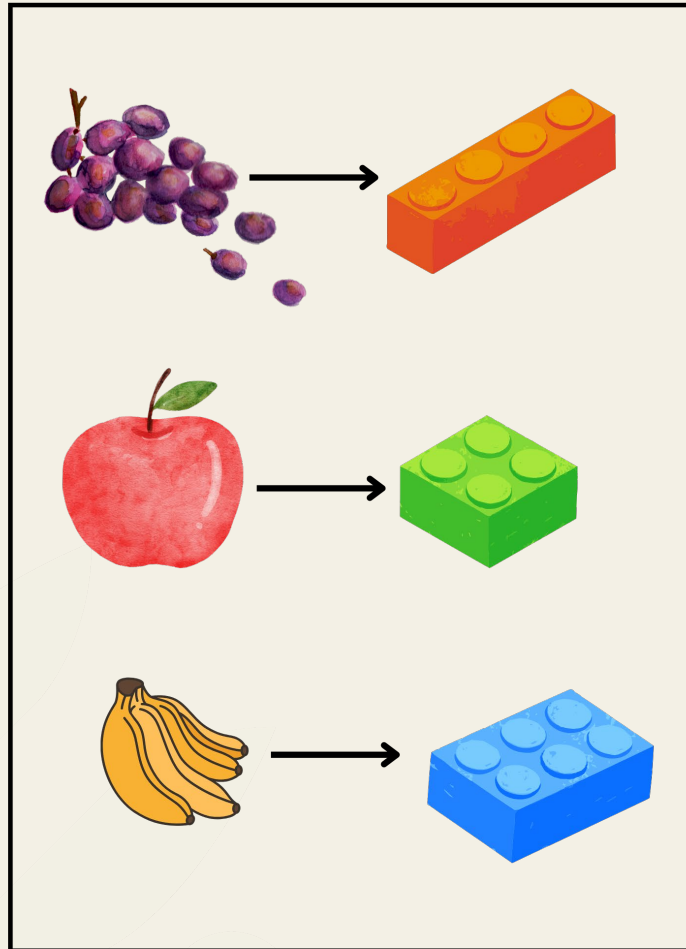
Family Spirit is  
made up different  
components



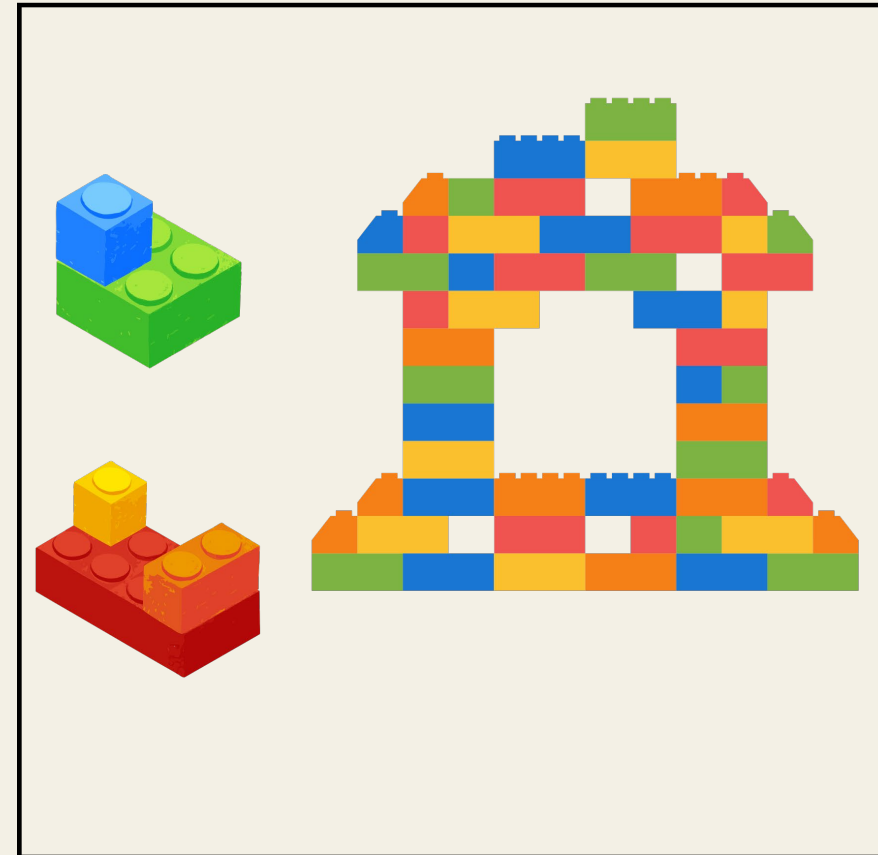
Every family and/or  
community needs or  
wants different things



# Sum is greater than the whole

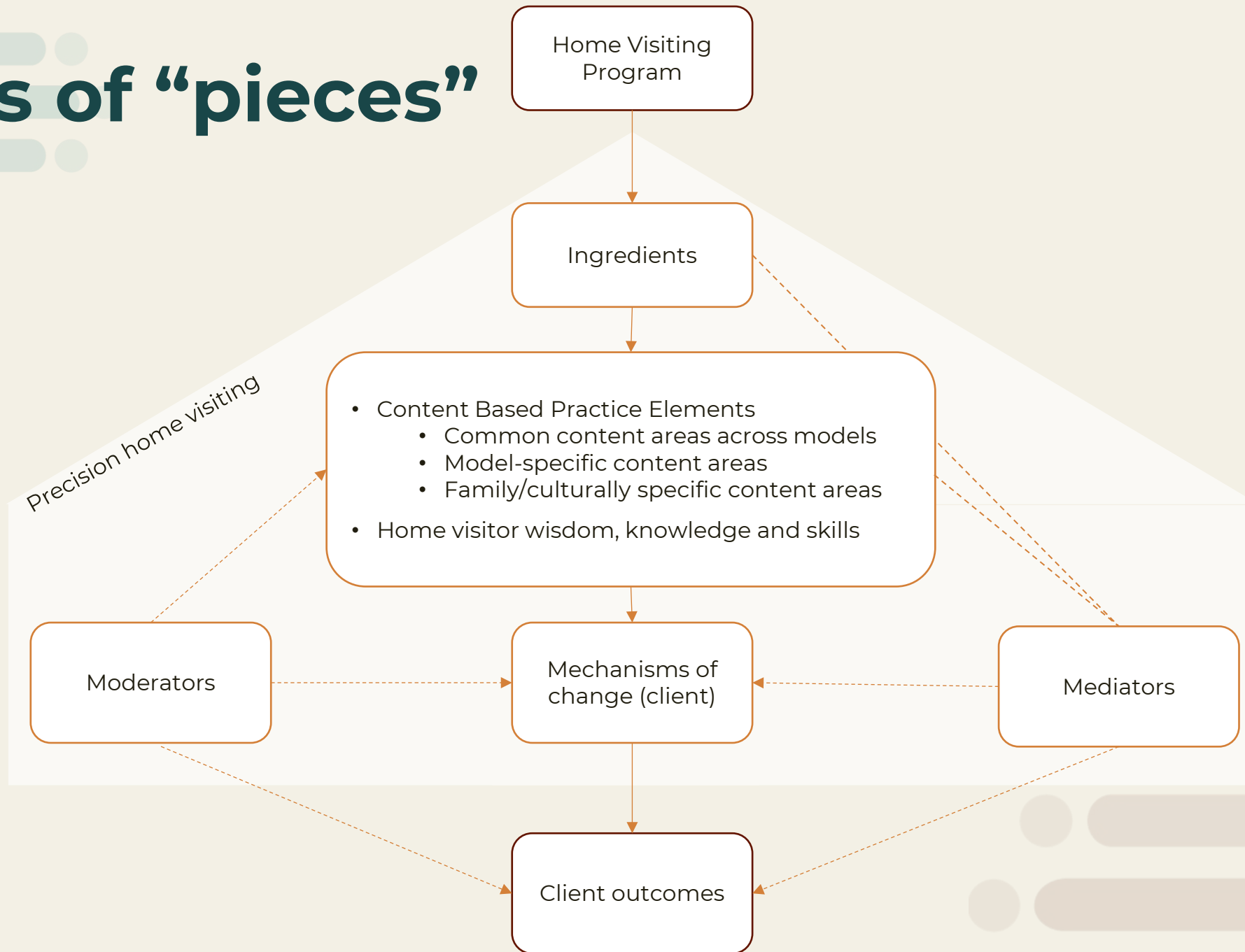


Family Spirit can be broken into pieces



These pieces can be put together to create programs that fit the needs of our families & communities

# Types of “pieces”

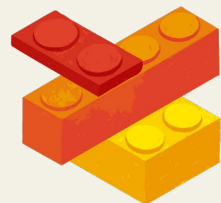
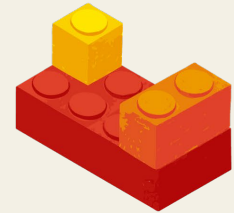
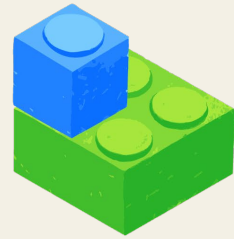


# Family Spirit Adaptation Continuum



Type (From FRAME)	Replication	Enhancements	Adaptations	New Model
<b>Content</b> <i>Examples:</i>	<i>Flexible order of lessons; Use digital curriculum versions vs. paper; Produce a local Culture Guide to supplement the Core Curriculum.</i>	<i>Incorporate a play-based module to improve child development; update content to be inclusive of LGBTQ.</i>	<i>New curriculum modules focused on specific content (e.g. FS Nuture, FS Strengths, FS Thrive, +LiM).</i>	<i>Focus specifically on mathematics enrichment.</i>
<b>Context</b> <i>Examples:</i>	<i>Implement with mothers and caregivers not recruited during pregnancy.</i>	<i>Implement in a group setting; implement in a clinic setting.</i>	<i>Delivered as a stand-alone module or alongside home visiting.</i>	<i>Implement in a school-based setting.</i>
<b>Training &amp; Evaluation</b> <i>Examples:</i>	<i>Alternate training formats (i.e. virtual); Use community-based evaluation methods vs. standardized tools.</i>	<i>Include additional apps that role-play or train on the same Family Spirit content and skills.</i>	<i>Training for more specialized staff, such as speech-language pathologists.</i>	<i>Self-directed online learning modules only.</i>
<b>Implementation Scale up</b> <i>Examples:</i>	<i>Administer Quality Assurance observations during demo visit vs. actual visit.</i>	<i>Text messaging to health educators to support adherence to fidelity.</i>	<i>Adapting to new populations such as Black Americans in Chicago.</i>	<i>Reducing to only two visits to expedite scaling.</i>

# Expanding Family Spirit's responsiveness to diverse needs





Promoting Maternal  
and Early Child Health

**SPIRIT**  
THRIVE



## Why a Curriculum for age 3-5 children & their caregivers?

- Noted as a priority for Family Spirit Affiliates
- Lack of access to services and programs across many communities
- Key time for education, intervention, and support for families and children before they enter school systems
- Important stage of life for generational healing for parents and children

# Family Spirit Thrive Develop Process

Culture and Traditions



Historical HV Context



Affiliate Survey



Expert Advisory Group



Family Spirit Thrive

# The Roots of Thrive



## Cultural Foundations

- Age 3-5 is an important time for learning and development
- Indigenous peoples have ways of life that give instructions for caring for children of all ages
- A child is becoming to understand who they are, they can ask questions, understand and identify their interests, and are eager to learn about their connections to their family, community, and the land

## Historical Context

- Many interruptions in family structures happened around this age
- There is a need for healing in the structures, content, and messages we are sharing with families here
- It is important to develop programs and content that honors families' unique journeys and support whole caregiver and child well-being





## Community Engagement Processes

- 54 out of 69 active affiliate sites provided initial input on content and structure
- Feedback was reviewed by the Family Spirit National Team
- Expert Advisory Board formed with Indigenous leaders in early childhood development and home visiting to provide ongoing feedback on curriculum

# Family Spirit Thrive



**20 Lessons Total**  
**8 "Core" Lessons**  
**12 "Pathway" Lessons**

# FS THRIVE PATHWAY LESSONS

Grounding Children & Caregivers

## FAMILY WELLNESS

Connecting to the Land

Making Routines a Family Tradition

Art with Recycled Materials

## ARTS & CRAFTS

Crafts with Nature

Stories of our Art & Crafting

Children are Sacred  
Interconnection  
Indigenous Foundation  
Honor Ancestors  
Build on Strengths

native language, traditional teachings, building school readiness, nurturing development, connections to extended family, stewardship

## TRADITIONAL FOODS & NUTRITION

Preparing Indigenous Food

Gathering & Harvesting

Taking Care of the Land

## PHYSICAL ACTIVITY & MOVEMENT

Screen time alternatives

Movement with Our Music & Songs

Learning Landmarkers & Outdoor Safety



## Family Spirit Thrive: Meeting Families Where They are At

- Every person is unique and has been shaped by their history, experiences, strengths, challenges
- We support caregivers and their children on their own unique paths



*family*  
Promoting Maternal **SPRIT**

# Thrive & the Family Spirit Adaptations Framework

<b>Type (From FRAME)</b>	Changes that alter outcomes, service population, staff qualifications but keep fidelity to FS core components*
<b>Content</b> <i>Examples:</i>	<i>Content for 3-5 year olds.</i>
<b>Context</b> <i>Examples:</i>	<i>Delivered as a stand-alone module.</i>
<b>Training &amp; Evaluation</b> <i>Examples:</i>	<i>New measures to match the curriculum, training follows the same process as FS core model.</i>
<b>Implementation Scale up</b> <i>Examples:</i>	<i>Coming soon</i>

Replication

Enhancements

Adaptations

New Model



# FAMILY SPIRIT STRENGTHS

Promoting Maternal  
and Child Health



A program by



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In partnership with



CETA

# Indigenous women, particularly young mothers face profound challenges



Projected to have the highest increase in premature mortality by 2030



Young women ages 20-30 are particularly vulnerable



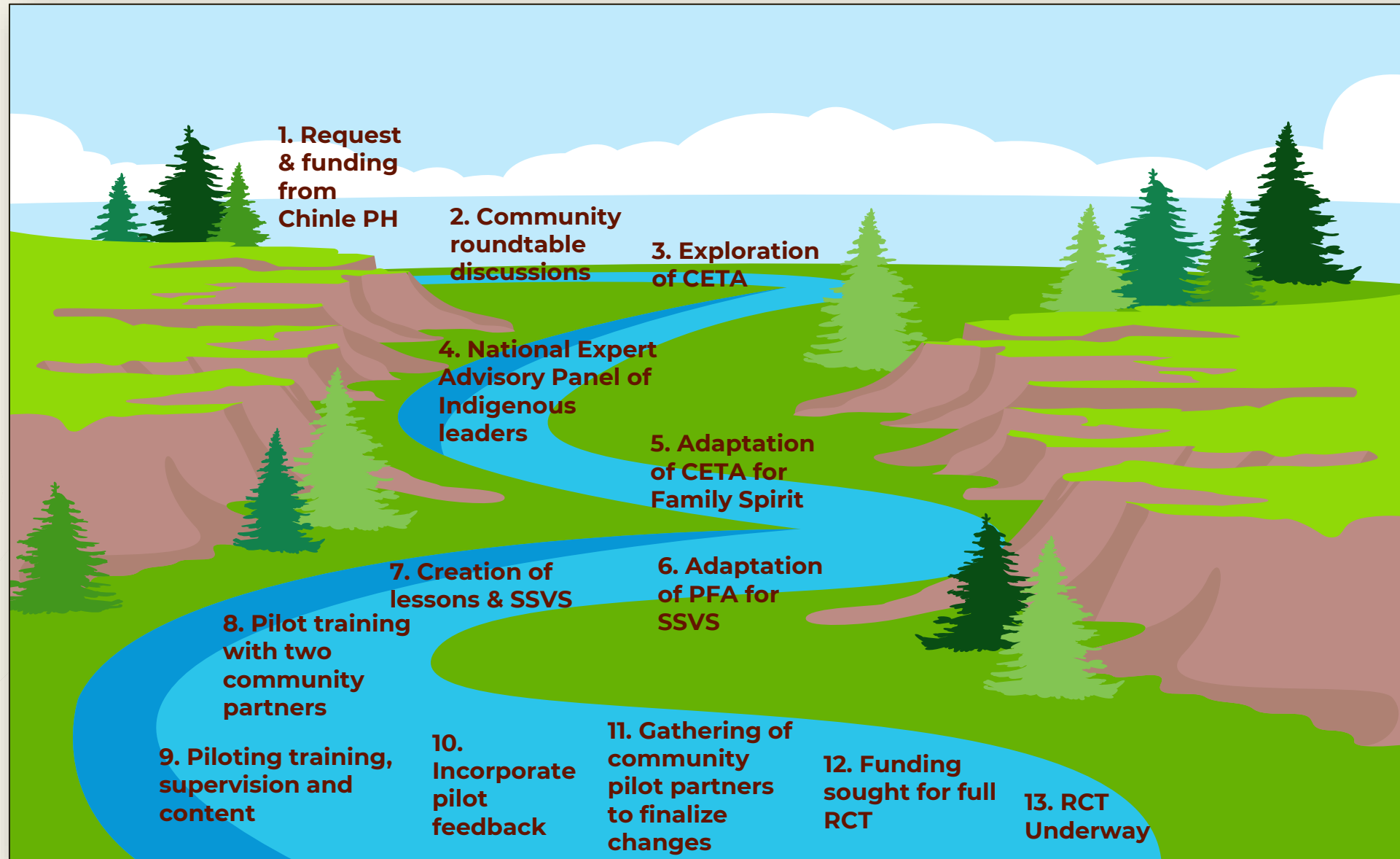
Causes are preventable but rooted in longstanding inequities caused by colonization, forced relocation and other historical trauma



Single-focus interventions will not address the complexity of maternal mental health

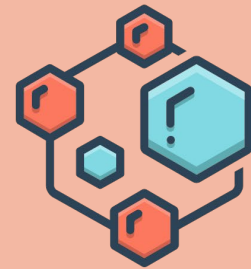


# Community Engagement Journey to build Family Spirit Strengths





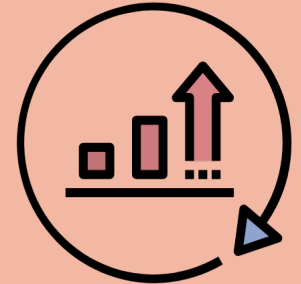
# Common Elements Treatment Approach



**MODULAR**



**TAILORED**



**SCALABLE**

Implementation Strategy

# Lesson pathways

## Core Lessons

1. Together on a Learning Journey  
(Psychoeducation)
2. Thinking in a different way  
(Cognitive Coping)
3. Getting on a good path  
(Problem Solving)

### Depressive symptoms

Finding Connection  
(Behavioral Activation)

### Symptoms of Anxiety

Relaxation

### Substance Use

Walking in Balance &  
Harmony  
(SBIRT)

Increase dosage

Change ordering

Add new content

# Indigenous values and practices throughout

## Beginning in a Good Way

### TEACHING POINTS

This lesson is a specific part of a series called Family Spirit Strengths. It's important to stick with this series. We can learn and practice new ways of thinking and caring for our well-being. Grounding practices help begin these lessons in a supportive way. We all have strengths that we can build on to feel better over time.

REVIEW THE TEACHING POINTS WITH THE PARTICIPANT.

We have found that starting these sessions with what we call a grounding practice helps to put our minds and bodies in a good place for learning.

Examples of grounding practices include taking some deep breaths, saying a short prayer, listening to a short meditation or calming music. Let's try one today.

- ✓ **Health Educator Note:** To lead the breathing exercise: Take a deep breath, breathing in for 5 seconds then breathing out for 5 seconds. Repeat five times.
- ✓ **Health Educator Note:** As it makes sense, mention grounding practices that connect us to land, water, and other sacred spaces and elements.

**Getting started with Family Spirit Strengths:**

Today we will discuss our mental and emotional well-being and the importance of caring for both as we care for our physical health.

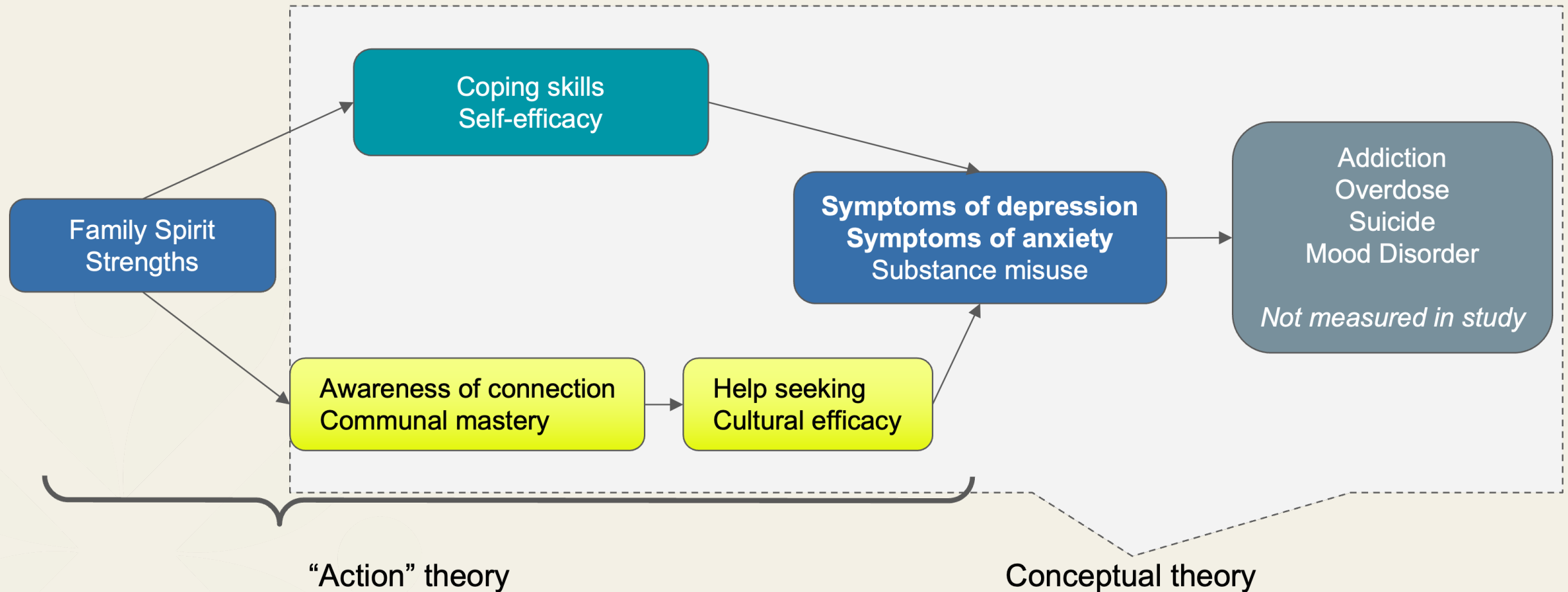


## Activities That Help Us Find Connection



# Mechanisms of change

**Figure 5.** Therapeutic mechanisms for Family Spirit Strengths effects on symptoms of depression and anxiety, and substance misuse



# Strengths & the Family Spirit Adaptations Framework

<b>Type (From FRAME)</b>	Changes that alter outcomes, service population, staff qualifications but keep fidelity to FS core components*
<b>Content</b> <i>Examples:</i>	<i>Content focus on reducing symptoms of depression and anxiety, and reducing substance use</i>
<b>Context</b> <i>Examples:</i>	<i>Delivered either integrated into home visiting or as a stand-alone module.</i>
<b>Training &amp; Evaluation</b> <i>Examples:</i>	<i>Apprenticeship model of training and clinical supervision</i>
<b>Implementation Scale up</b> <i>Examples:</i>	<i>Developing menu of implementation strategies to enhance scale up and sustainability</i>

Replication

Enhancements

Adaptations

New Model



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Build a world of  
**PLAY**

The LEGO Foundation |  | PARTNER



**LEGO SPIRIT PROJECT**



# Precision orientation

*“Precision approaches can be thought as an orientation that, combined with CBPR approaches, allows communities to leverage all or certain components of Family Spirit and modify those to fit the needs of the families they serve. Delivering Family Spirit through this approach will ensure the best fit for diverse contexts and families.”*

# Respecting diverse journeys on many roads: First Peoples of North America can guide us on our path toward precision home visiting

Lisa Martin<sup>1</sup> , Allison Ingalls<sup>1</sup>, Alli Elizabeth Kushman<sup>1</sup>, Amanda Leo and Emily E Haroz<sup>1</sup>





**Community-engaged work combined with precision approaches can help advance health equity & justice**



**INEQUALITY**



**EQUALITY**



**EQUITY**



**JUSTICE**



**Thank you!**

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