

Oregon Addictions & Mental Health Division

Evidence-Based Programs

Tribal Practice Approval Form



1. Name of Tribal Practice

❖ Leading the Next Generation- Healthy Relationship Curriculum

2. Brief Description

❖ Native American based curriculum to help build healthy relationships within a community. The program includes 8 subject chapters with teachings, activities, icebreakers, and stories.

3. Other Examples of this Tribal Practice

❖ White Bison Programs, GONA (Gathering of Native Americans), NICWA (National Indian Child Welfare Association).

4. Evidence Basis for Validity of the Tribal Practice: Historical/Cultural Connections

Longevity of the Practice in Indian Country	❖ Traditional teachings, ceremonies, stories regarding healthy relationships that have existed for many generations.
Teachings on which Practice is based	❖ Historical trauma, gender differences, effective conflict resolution, health communication, coming together as a couple, healthy sexuality, and living in balance.
Values incorporated in Practice	❖ Respect, communication, belonging, connectedness, and patience.
Principles incorporated in Practice	❖ Role modeling healthy choices, teaching and sharing life experiences, reflection
Elder’s approval of Practice	❖ Approved by the Native Wellness Institute
Community feedback/ evaluation of Practice	❖ Pre/Post text already developed and evaluated

5. Goal Addressed by this Tribal Practice

* To promote and improve healthy relationship skills

6. Target Populations

a. Institute of Medicine Strategy (check all that apply)

<input checked="" type="checkbox"/> “Universal”
<input type="checkbox"/> “Selective”
<input type="checkbox"/> “Indicated”
<input type="checkbox"/> Treatment

b. Socio-demographic or other characteristic

Age	Adults
Sex	Both
Occupation	Any
Living Conditions	Any
Other	

7. Tribal Practice—Personnel

Domain	Risk Factors	Protective Factors
Community	❖ Low Community and neighborhood attachment	❖ Positive relationships in community (social norms)
Family	❖ Family Conflict	❖ Good communication, healthy beliefs and clear standards
Peer	❖ Early Initiation	❖ Positive and healthy activities
School	❖ Lack of commitment	❖ Engaged in school activities
Individual	❖ Favorable attitudes toward ATOD	❖ Healthy attitudes and expectations

8. Tribal Practice—Personnel

❖ Staff must attend 4 day training to become certified through the NWI. Cost is \$395, and includes manual and supplies. They recommend a female and a male trainer

9. Tribal Practice—Key Elements

- ❖ The curriculum addresses different principles to a healthy relationship through chapter elements.
- ❖ Chapter 1: Healthy Relationships and Native Wellness
- ❖ Chapter 2: Historical Trauma, healing and wellness, growing beyond multi-generational impacts of historical trauma.
- ❖ Chapter 3: Healthy Gender Roles, recognizing the strengths in gender differences.
- ❖ Chapter 4: Healthy Conflict Resolution, practicing healthy ways to resolve conflict in relationships.
- ❖ Chapter 5: Healthy Communication, improving current communication skills.
- ❖ Chapter 6: Creating Healthy relationships, bringing two people closer together as a couple
- ❖ Chapter 7: Healthy Sexuality, discovering healthy intimacy
- ❖ Chapter 8: Living in balance, creating the relationship you want

10. Tribal Practice—Materials

- ❖ Curriculum and other materials can be ordered, trainers much go through a Training of Trainers.

11. Tribal Practice—Optional Elements

- ❖ Program can be tailored to community, use specific Tribal songs, stories, prayers and life stories.

12. Outcomes

Decrease	Increase	Specify
Avoidable death	Longevity	❖ Promote longevity of life
Disease-specific morbidity	Health	❖ Decrease domestic violence
Disability Handicap	Ability	❖
Pain and Suffering	Wellbeing	❖ Reduce stress and conflict
Abuse Dependency Addiction	Abstinence Non-harmful Use	❖ Have a substance free home
Unemployment	Employment	❖ Healthy work environment/attitude
Educational failure	Educational Success	❖ Promotes high self-esteem, furthering education and confidence
Dysfunctional family	Healthy Family	❖ Increase healthy families

Delinquency/crime	Good Behavior	❖ Reduction in legal actions/recidivism
Homelessness Instability	Stable Housing	❖ Increase financial stability and responsibility
Unhealthy Attitude, Beliefs, Ignorance, Lack of Skills, Lifestyle	Healthy Attitudes, Beliefs, Skills, Lifestyle	❖ Understanding individual and family roles and responsibilities.

13. Contact person for Agency Providing the Tribal Practice

Person	❖ Jill Joseph, Executive Director, Native Wellness Institute
Phone	❖ 503-666-7669
E-mail	❖ jillene@nativewellness.com
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14. TBP Panel Approval and Date

May 5, 2011: Caroline Cruz, Dr. John Spence, Ron Hudson, Lee-Ann Foster, Julie Johnson, Dr. Doug Bigelow, and Jason Yarmer.
