

Navajo Nation- Fetal Alcohol Spectrum Disorders Project



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Fetal Alcohol Spectrum Disorders Project

Navajo Division of Health

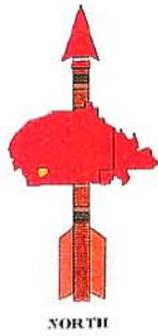
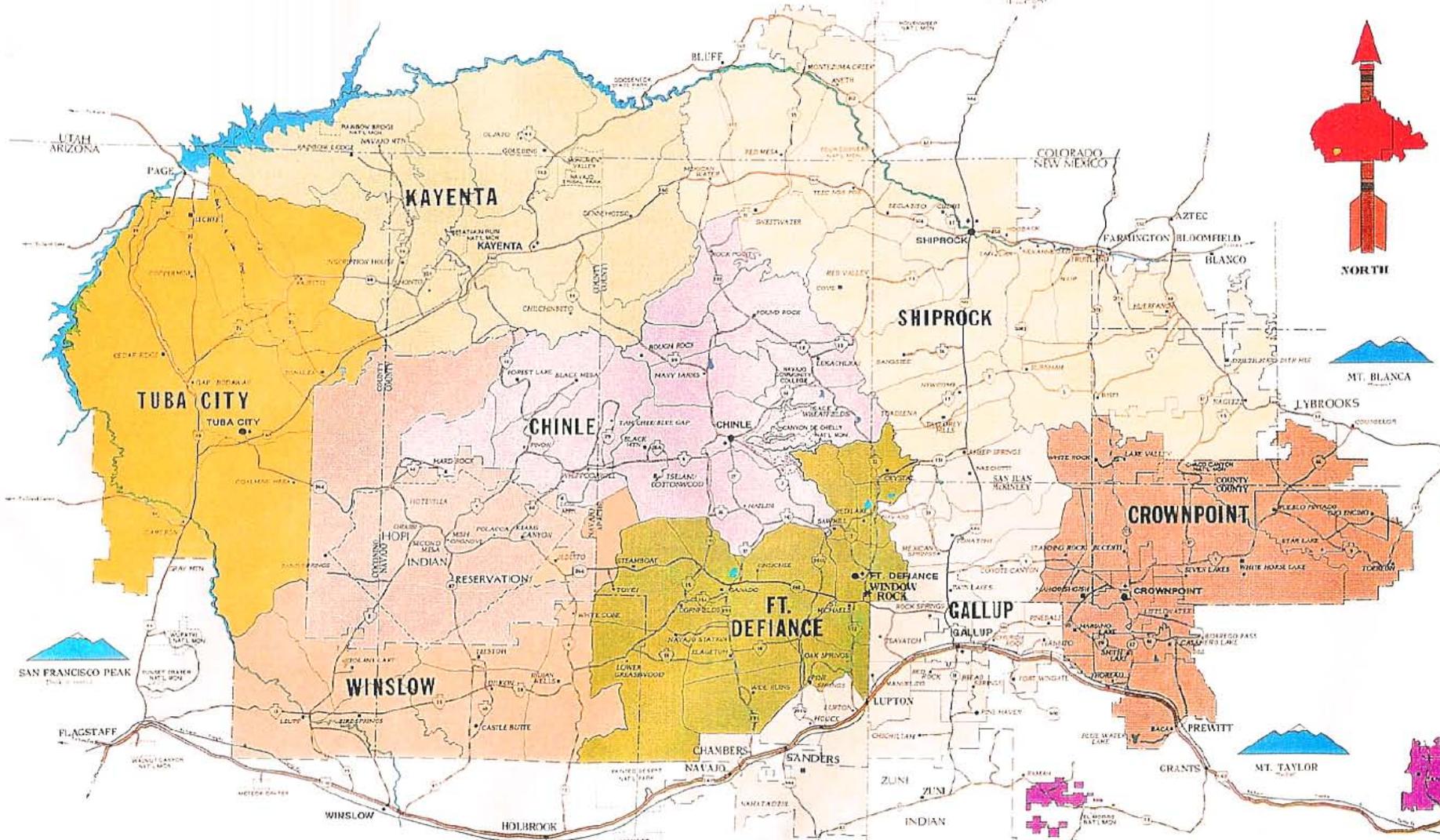
Department of Behavioral Health Services

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Project Objectives

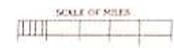
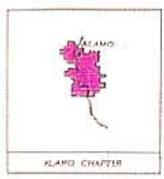
- Provide prevention education and information about birth defects, Fetal Alcohol Spectrum Disorders:
 - Populations at large
 - High risk groups-teens/youth/expecting mothers and pregnant women
 - DBHS staff, clients, and their families



NAVAJO NATION U.S.A.
P.H.S. — INDIAN HEALTH SERVICE
SERVICE UNIT MAP

LEGEND

	INTERSTATE		CAPITAL
	PAVED ROAD		AGENCY
	GRADED ROAD		TOWN
	STATE		CHAPTER
	COUNTY		HOUSE
	RESERVATION		P.H.S. SERVICE UNIT OFFICE
	CHAPTER		RIVER
	PARKS		LAKE





Community-Based Interventions and Research

- Identifying community strengths
- Identifying community weaknesses
- Peer education program



Community Strengths

- Strong community connections and support through families/extended families
- Navajo Nation Department of Behavioral Health-FAS trainings for staff and educational activities for women, men, youth, and families.



Community Strengths

- Strong beliefs in traditional cultural practices including: ceremonies and prayers to achieve harmony and balance
- Strong spiritual connections: Native American Church, Church of Latter Day Saints, and Christian Churches



Community Weaknesses

- Large geographic region-difficult for transportation to services for prevention and intervention
- No treatment programs specific for childbearing or pregnant women for perinatal alcohol and drug abuse or dependency



Community Weaknesses

- Need community-based educational programs for prevention and intervention activities (build on existing programs within Navajo Behavioral Health)
- Need parenting classes specific to the needs of families who have a child with alcohol related birth defects



Community Stakeholders

(Those with a real interest in improving birth outcomes and preventing FAS)

- Community members
- Chapter leaders
- Healthcare providers for women and children
- Teachers
- Counselors
- Local, regional, and state representatives



Community Attitudes, Values, and Beliefs

- Traditional beliefs and practices—ceremonies to prevent and treat
- Involvement of extended family in childrearing and family support
- Harmony and Balance in mind, body, and spirit
- Strong desire to manage own needs
- Importance of teaching language, culture, and history to new generations.





Have a Healthy Baby, Be Alcohol Free

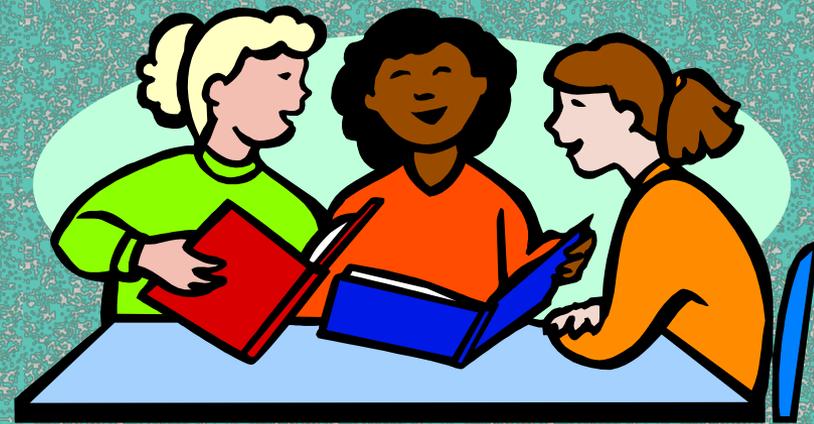
Fetal Alcohol Syndrome Caused by
Women drinking Alcohol during Pregnancy.

Fetal Alcohol Spectrum Disorder 729-4468



Community-Based Prevention Program

Peer Education
among Native
American Youth
for FASD
Prevention





Peer Education Program

- Peer Education among Native American Youth for FASD Prevention
 - 2 year program
 - Target population: 11-15 years of age
 - Peer education: 2-3 youth, ages 11-15 years of age

Alcohol Related Birth Defects Education by Peers to Peers



- Learning difficulties
- Social/behavioral challenges-violence
- Substance use/abuse
- Mental health challenges



Program Responsibilities

- Provide training for staff/teachers
- Using program goals and objectives



Program Responsibilities

- Identify realistic partnership/ collaborative goals
- Identify if there are any strategies & barriers to sharing information about the project with the rest of the world



Program Responsibilities

- Project work plan (time line) and logic model development (Each program will stagger in development to integrate lessons learned).
- Keep a record of methods, progress, time logs, & lessons learned during the course of the project





Other Activities

Baby Contest-
Navajo
Nation Fair

Provide 1st/2nd
places
for age 0-6
months



Questions

