

# Notes from the Center

## The Johns Hopkins Center for American Indian Health

Issue 6, Fall 2007

### From the Director...



Dear Friends,

It is my honor to be writing you again during this Holiday season. This year, the Center went through a rigorous process to reflect on our past 20 years and plan for our next decade. This process led us to examine and update our Center's Mission. I have highlighted the key words that we've changed. We also added a VISION and VALUES statement. Every one of our 150 staff, including more than 80 American Indian employees of our Center, contributed to the guiding statements below. I am proud to share these with you:

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#### MISSION

The mission of Johns Hopkins Center for American Indian Health (CAIH) is to work in partnership with American Indian and **Alaska Native** communities to raise AI/AN health status, self-sufficiency and **health leadership** to the highest possible level. This mission is accomplished through three core activities: Research, Training/**Education and Service**

#### VISION

Through continued dedication to our mission, we will support American Indian and Alaska Native communities in achieving: optimum physical, mental and social well-being, autonomy over community-based research and health service activities, and worldwide leadership in supporting other communities to overcome health inequalities.

#### VALUES

The values that inspire and support the Center's daily work are a commitment to: integrity, professional excellence, compassion, and mutual respect for individuals, cultures and nations.

You can imagine my privilege and delight to direct a Center that is guided by these words and intentions. With your continued help and faith, we will restore leadership and well-being to American Indian and Alaska Native Tribes. In turn, the first Americans will help other world cultures re-learn how to take care of our Mother Earth and sustain harmony among all living creatures. This is essential to the future of our planet at this point in our very challenged history.

With respect and appreciation for all you do,

Mathuram Santosham, MD, MPH  
Director



JOHNS HOPKINS  
BLOOMBERG  
SCHOOL of PUBLIC HEALTH

# NV Year-Round Program



This year we are proud to announce the launching of Native Vision year-round programming on the White Mountain Apache reservation. The annual Native Vision sports and life skills camp has continually been a highlight for many youth. Using the Native Vision camp as a springboard, we are now exploring further ways of mentoring and providing positive activities for youth. While the annual sports camp does a phenomenal job of encouraging youth toward positive development for 3 days, the other 362 days that occur between camps are often difficult for youth. Hence, the goal of our new year-round programming is to build upon the progress made during the annual camps and provide programming that will keep youth engaged throughout the entire year.

In the past 4 months, Native Vision staff has interviewed youth, parents, teachers, coaches, counselors, and leaders of the White Mountain Apache Tribe community with the aim of developing youth programming that is supportive of programs already established in the community, sustainable, relevant for youth, and reflective of the Apache culture. With the help of The Kennel, a youth-outreach center in Whiteriver, Native Vision hosted a “kick-off” party for year-round programming. At the event, youth and adults were able to share their ideas for what they would like to see established in their community. Not only was community support for Native Vision demonstrated by the 200 youth and adults who were in attendance, but also by the fact that community sponsors and members contributed food, a live DJ, prizes, lighting, and a facility at no cost to Native Vision.



Although we are still in the formative stages of year-round programming, the past 4 months of simply listening to the ideas of the White Mountain Apache community have led us to structure our programming around the following activities:

Quarterly sports and life-skills clinics (2-3 days every quarter): Professional athletes will coach one or two sports and assist in life-skills training for youth, behavioral specialists will lead parenting classes for parents of participating youth, and varsity athletes will help professional athletes coach younger participants.

Sports leagues for 1<sup>st</sup> – 4<sup>th</sup> graders: Community members will help coach and referee one sports league in the fall and one sports league in the spring for 1<sup>st</sup> – 4<sup>th</sup> graders, for whom no school sports programs exist. An ongoing goal-setting/achieving component: At quarterly clinics, youth will set individual goals for each school quarter with the help of Native Vision staff, letters of encouragement will be sent by professional athletes to youth, and those who reach their individual goals will receive recognition and awards.

The first quarterly clinic was held on November 2-3, 2007 and focused on the sport of lacrosse. The event was open to 3<sup>rd</sup> – 8<sup>th</sup> graders and was held at Canyon Day Junior High. We look forward to an incredible year!



# Training Update



*Olivia Sloan  
Coordinator, Training and  
Scholarship Program*

## New Addition to Baltimore Training Team

Olivia Sloan joined the Center's Baltimore office in mid-May and is the new Coordinator of the Training & Scholarship Program. Olivia moved to Baltimore from Alaska and immediately began working on Summer Institute courses. She will be assisting with all training & scholarship related activities, including Summer and Winter Institutes, American Indian student activities at the JHU School of Public Health and the continued development of the training program itself.

Olivia is Navajo and Tohono O'odham and was born and raised in Santa Fe, New Mexico. Prior to coming to Johns Hopkins, Olivia worked for the Inter Tribal Council of Arizona, Inc. (ITCA) in the area of American Indian/Alaska Native health care policy and health research. She also worked with the University of Arizona and Tribes to coordinate the ITCA American Indian Research Center for Health, a grant funded by the NIH/IHS Native American Research Center for Health (NARCH) initiative. Olivia is a graduate of the University of Arizona where she studied International Management & Culture.

Olivia is excited to have joined the Center team and looks forward to working and getting to know all the other Center staff!

## '07 Summer Institute

Three courses were offered during Summer Institute 2007: 1) Introduction to American Indian Health Research Ethics; 2) Collecting, Analyzing, and Using Public Health Data in Native American Communities; and 3) Social Determinants of Health in Indigenous Populations. A total of 92 individuals attended this summer's Institute—that sets a new Center record for the most participants attending a single Institute!

The course "Introduction to American Indian Health Research Ethics," which was led by Kristen Speakman and Cathie Frazier, explored ethical issues that arise in the conduct of human subjects research in American Indian communities. Twelve (12) of the 27 course participants were Center staff. Guest speakers included Dr. Lillian Tom-Orme (Navajo) of the University of Utah Health Sciences Center, Dr. Phil Smith (Navajo) of the Indian Health Service and Dr. Nancy Kass of Johns Hopkins School of Public Health.

Faculty from the Infectious Disease program led the course "Collecting, Analyzing, and Using Public Health Data in Native American Communities." Kate O'Brien, Aruna Chandran, Gene Millar and Mindy Perilla hosted 25 students for this course, including seven Center staff. This course taught basic concepts of epidemiology and biostatistics. Guest lecturers included Drs. William Moss and Marie Deiner-West of Johns Hopkins and Ms. Beverly Pigman who is the Chair of the Navajo Nation Human Research Review Board.

The course Social Determinants of Health in Indigenous Populations was offered for the first time during this summer. This course was led jointly by Center faculty Kristen Speakman and Cathie Frazier and faculty from the University of Alberta, School of Public Health Drs. Malcolm King and Fay Fletcher. The course used a social determinants of health framework to study the health inequalities between indigenous populations of the US, Canada, Australia, and New Zealand and prevailing societies. The 41 people (including two Center staff) who attended the course represented over 20 Tribal and Indigenous groups from four countries (US, Canada, Australia and New Zealand). A long list of esteemed American and Canadian lecturers contributed to this course including Dr. Lori Alvord (Navajo), Dr. Jeff Henderson (Lakota) and Mr. Thomas Hatathli (Navajo).



# Instijufe Courses

The Center for American Indian Health's Winter and Summer Institute courses are designed to provide American Indians and professionals working in Native communities with training in concepts related to public health to recruit American Indians and professionals working in Native communities to receive training in the health sciences. Limited scholarships are available for American Indian students, which cover course tuition, travel and lodging. For more information on the Winter or Summer Institutes, please check out our website at [www.jhsph.edu/caih](http://www.jhsph.edu/caih) or contact Olivia Sloan or Cathie Frazier at (410) 955-6931.

## Winter Instijufe '08

### **January 7-11, 2008 - Using Mass Media for Health Promotion in Native American Communities**

This course is designed to train students in developing a mass media campaign directed at health promotion within tribal communities. Students will be introduced to the basics of how to develop and design an effective media campaign. Students will acquire skills in developing a media campaign that targets key messages related to identified health needs; understand the components of developing web pages; and develop a web page to educate the public on the area of a health concern identified in the needs assessment linking it to the previously developed media campaign.

### **January 14-18, 2008 - Interdisciplinary Approach to Understanding the Health of American Indians**

This course uses an interdisciplinary approach to understand different aspects of American Indian health. The course explores health and illness perceptions of American Indian cultures and considers approaches that blend American Indian healing with Western or orthodox methods. Course participants will learn to view a priority health issue from the perspective of Native communities and through the lens of various disciplines such as epidemiology, anthropology, mental health, political science/policy, and sociology. The over-arching emphasis of the course will be working on the front lines with American Indian communities to help them solve their own problems using culturally sensitive interventions.

## Summer Instijufe '08

### **Mental Health Care and Delivery in Native American Communities**

This course focuses on the status, needs, availability, and outcomes for mental health treatment and services to American Indians and Alaska Natives. Ways to improve services currently available and the need to promote wellness are among key issues stressed.

### **Introduction to Quantitative and Qualitative Research Methods**

The overarching goal of the course is to provide a basic overview of qualitative and quantitative research methods and the different applications of each to a variety of different public health interventions.

### **Introduction to Data Management Using American Indian Health Data**

This course is an introductory level course intended for students with a very basic understanding of biostatistical concepts used in public health sciences. The focus of the course is on teaching basic data management skills and processes, including: participant tracking, management of personnel, software selection, development of data forms and data entry screens, data security, data cleaning and verification, development of data dictionary, and the development of policies and procedures manual for data management system.

# Scholarship Recipients

## 2007 Native Vision Scholarship Recipients

Native Vision awarded two rising college freshman a \$5,000 scholarship at the June 2007 camp. It was a very difficult job to choose two people from a pool of over 60 applicants from across the nation. Ethan Amos and Albert Her Many Horses were chosen for their academic and extra-curricular accomplishments as well as their hopes and dreams of serving their community after the completion of college. We are very proud of Ethan and Albert and look forward to reporting back to our Native Vision family on their success!



Clark Gaines and Joe Merriweather presenting Ethan Amos with Native Vision scholarship check.

**Ethan Amos, White Mountain Apache**, was at the camp to receive his scholarship. Through efforts in education and role modeling, Mr. Amos plans to defeat the enemies of alcoholism and drug abuse that face so many White Mountain Apaches. Mr. Amos' educational goals involve attending Northern Arizona University where he will major in pre-medicine. Upon graduation from college, he plans to pursue a career in physical therapy/athletic training with the NFL, which nicely complements his athletic side. Mr. Amos' many athletic accomplishments include all-region honors in basketball and all-state honors in football. We look forward to Ethan Amos, and his wonderful vision, being a part of Native Vision Camp for many years to come.

**Albert Her Many Horses, Sioux**, is truly an inspiration. He has an amazing passion for music and is described as having unlimited musical potential. In addition to his musical talent, Mr. Her Many Horses is also a super athlete who has played football, cross-country and track and placed at state wrestling competitions. At the North American Indigenous Games in 2006, he placed second in his wrestling weight category! Mr. Her Many Horses has a magnificent plan for bringing music to his home reservation of Rosebud, South Dakota. He plans to teach high school music while simultaneously running a grant-funded music store where quality instruments and instruction will be available to anyone in need. In the fall, he will begin his studies at Augustana College (Sioux Falls, South Dakota) with a special major of music education and business, a major that has been designed especially for him as he works toward his dream of bringing music to the people of his reservation.

## Evening With The Stars

12th Annual Evening with the Stars Fundraiser  
Friday, November 9, 2007  
The U.S. Chamber of Commerce, Washington, DC

Native Vision hosted its 12th annual fundraiser "Evening with the Stars" on Friday, November 9, 2007 at The U.S. Chamber of Commerce, 1615 H Street NW in Washington, D.C. An evening of cocktails and gourmet dining was offered with a unique silent and live auction of sports memorabilia and American Indian art. Auction highlights included an all-expense-paid trip for two to Super Bowl XLII in Glendale, Arizona and a Pro Bowl package to Hawaii. Master of Ceremonies was Brian Mitchell, retired NFL player for the Washington Redskins. All proceeds will benefit the Native Vision Sports and Life Skills Camp. The next camp, slated for June 12-14, 2008, will mark the 12th anniversary of the program. For more information on "Evening with the Stars" or the Native Vision program, please contact Marlena Hammen, Native Vision Coordinator, at 410-955-6931 or mhammen@jhsph.edu.



# Native Vision Camp

## 11th Annual Native Vision Sports and Life Skills Camp

The 11th Annual Native Vision camp was held in Whiteriver, AZ from June 4-6, 2007. It was hosted by the White Mountain Apache Tribe and registered approximately 500 youth from over 15 tribal nations who were coached by 50 of the nation's top professional and collegiate athletes. Approximately 800 community members from the host tribe took part in camp activities, including a community feast, cultural celebrations, parenting workshops and opening and closing ceremonies.

The camp offered six sports clinics, including football, basketball, volleyball, soccer, track and lacrosse. In addition, JHU organized a variety of life skills and self-expression workshops for campers and adults. The campers attended leadership workshops in which they participated in interactive activities to promote team work and a vision for their future. An arts and crafts workshop was also offered in which youth were guided through a creative process to produce their own sand art to illustrate their personal vision for how they would, "Stride, Soar, Succeed." Parents, chaperones and community members attended a parent workshop to learn parenting tips and ways to promote literacy with two experts from Catapult Online program, Rachel Whiting and Kim Fields. The workshop was geared toward building parent's skills to promote school readiness in their children, with a special emphasis on literacy. In addition, the group was joined by Scottie Graham, retired running back from the Minnesota Vikings and father of two. Mr. Graham emphasized the important role parents play in shaping children's lives, and how they themselves must be role models in the realms of education, reading and academic learning. He also underscored the importance of working together to promote cultural respect and pride and setting high expectations for children, families and communities.

The White Mountain Apache Tribe organized cultural events and community feasts to promote Native pride and traditional strengths for camp participants. More than 200 local volunteers assisted with the efforts. This year, Native Vision awarded two \$5,000 scholarships to Native students entering college (see page 5). Scholarship recipients were selected through a competitive narrative application and review process administered by the Center.

On the last day of camp, Native Vision pro athlete mentors participated in a large community service event in which more than 300 non-perishable food boxes from Feed the Children were distributed to needy and extremely grateful families on the reservation.

We will be forever grateful to the people of the White Mountain Apache Reservation for being gracious hosts for the five camps held in Whiteriver. We look forward to next year's camp to be held on June 12-14, 2008 in Bernalillo, New Mexico hosted by the Southern Pueblo Tribes. Stay tuned for more information.



# Navajo Research Conference

The Infectious Disease group at the Center had 6 abstracts accepted for presentation at the 2007 Navajo Nation Research Conference. This conference offers an opportunity to discuss our ongoing and recently completed projects with other researchers and community members. Dissemination of the results and impact of our work to the community is a critical component of the research mission of the Center for American Indian Health and the tribe. Below is a list of the ID abstracts accepted this year, and the staff member who gave the presentation.

Abstract: Pneumococcal colonization in Navajo families in the Prevnar era (Presenter: Stella Cly)

Abstract: Pneumococcal disease reductions among Navajo in the PCV7 era (Presenter: Lori Samuel)

Abstract: Immunogenicity of pneumococcal conjugate vaccine among Navajo infants (Presenter: Ray Reid)

Abstract: Adult pneumococcal disease and prevention with pneumococcal polysaccharide vaccine (Presenter: Carol Tso)

Abstract: Haemophilus influenzae invasive disease among Navajo children (Presenter: Wanda Lefebvre)

Abstract: The RSV Prevention Study: a trial aiming to reduce respiratory infections among Navajo infants (Presenter: Paula Begay)

# ID Update

This has been an exciting year for the ID group. Below are updates of our ongoing and soon-to start projects.

**RSV Prevention Study:** Navajo and White Mountain Apache infants and toddlers have known rates of hospitalization for RSV disease that are several fold higher than those seen in the general US population. These RSV rates are of the order found among infants with underlying disease conditions (e.g. prematurity, congenital cardiac disease) for whom Synagis (a monoclonal antibody against RSV) is recommended. Synagis is not recommended for routine use among otherwise normal, healthy Navajo or Apache babies.

In November 2004 we began a several year study to evaluate whether a new monoclonal antibody (called Numax) can prevent serious RSV disease and subsequent wheezing among Navajo and Apache children. Enrolled children receive 5 (monthly) injections of Numax or placebo during their first RSV season. They are followed for all medically attended respiratory illnesses through 3 years of enrollment and for all wheezing episodes through 5 years of life. The study is being conducted on the Navajo Nation (Shiprock, Tuba City, Winslow, Gallup, Fort Defiance, Chinle, Crownpoint), and on the White Mountain and San Carlos Apache reservations. This summer, we conducted an "interim analysis" in which some of the data from the 1,400 children enrolled in the first three years of the study

was analyzed.

We were pleased to find out that Numax prevented 83% of RSV hospitalizations. It also prevented 71% of outpatient RSV lower respiratory infections. Furthermore, the rate of RSV hospitalizations in the placebo group (those children who did not receive the active product) was 8.3%, which is significantly higher than the RSV hospitalization rate for healthy children in the general US population. These results show that RSV disease remains a significant problem in the Navajo and Apache communities, and that this product is extremely effective in reducing the amount of serious RSV disease that affects these children.

We will continue to enroll children into the study for one more season. The reason for this is that another important question is whether Numax has an effect on the rates of wheezing-associated illness in the first several years of life. We do not yet have enough children enrolled in the study to answer this question. Numax has not yet been licensed for use in the US, so the only way that Navajo and Apache babies can receive Numax is by enrolling in the trial. We aim to enroll 700 babies this winter, for a total sample of 2,100 children.

**Long-term NP Study:** This is a study to evaluate the effects of long-term use of Prevnar vaccine on the serotypes of pneumococci circulating in the community. Prevnar is a vaccine against pneumococcus, a bacterium that commonly causes pneumonia and meningitis in children. There are over 90 sub-types of pneumococcus (called "serotypes"), and Prevnar protects against 7 serotypes that commonly cause disease in children. All children in the United States, including Navajo and Apache children, receive Prevnar as part of their routine childhood immunizations. We are trying to find out if common use of Prevnar results in some serotypes becoming more virulent or infectious as the antibody pressure in the community (because of vaccination) increases. The study is also designed to find out how people are protected from carrying pneumococcus in their nose.

The study is being conducted on The White Mountain Apache reservation and on the Navajo Nation (SH, CH, FD, GL). This is a family based study. Children and their adult household contacts are enrolled and followed for 6 months. Nasopharyngeal (NP) specimens are collected monthly from all household members. Enrollment was completed in September of 2007. We have enrolled a total of 300 families with over 1,000 participants. We expect to complete subject follow up in the next several months and will analyze the data in the next year.

**Hib Invasive Disease Case-Control Study:** Prior to the routine use of *Haemophilus influenzae* type b (Hib) conjugate vaccines in infants, Hib was a leading cause of severe childhood illnesses including meningitis and pneumonia, and rates of Hib disease in the Navajo and White Mountain Apache were several fold higher than in the same-aged children in the general US population. Since the routine use of the Hib conjugate vaccines, rates of invasive Hib disease have plummeted. There is some concern that with the common use of Hib vaccine, the other types of *Haemophilus influenzae*, such as type "a," may become more significant causes of serious illness. Although there does not appear to be an overall increase in the rate of Hi (non type b) invasive disease since Hib vaccine was introduced, there are clusters of Hi'a' that have occurred in the Navajo Nation. We are partnering with Arctic Investigations Program in Alaska, and the Navajo Epi Center as well as the Arizona and New Mexico State Health Departments to conduct a prospective case-control study on the Navajo reservation to evaluate risk factors for invasive Hi disease and colonization. The study is currently being considered by the IRBs for approval, and we hope to begin enrollment in the next several months.

**Active Surveillance for Invasive Bacterial Disease:** As we have for more than 10 years, we continue the longterm ongoing epidemiologic evaluation of invasive disease episodes caused by *Neisseria meningitidis*, *Streptococcus pneumoniae*, and *Haemophilus influenzae* in Native American Indian children. Following the rates of diseases caused by these bacteria gives us important information about how significant of a problem these illnesses are on the reservation. In addition, as vaccines for some of these diseases have been introduced, we are able to track how the rates of these diseases have changed before and after common vaccine use. With this information, we hope to better predict which bacteria will be significant causes of disease in the future and try to prevent those illnesses.

*We would like to express our appreciation to the Navajo and Apache tribes for their continued support of our projects, and especially to the numerous study participants.*

*We also acknowledge the IHS for their collaboration, and finally, offer a huge thanks to our staff for their tremendous efforts in ensuring that these studies are conducted to the highest possible quality.*

# Family Spirit Replication

## Background on the Family Spirit Program

The Family Spirit Program model has been designed and field tested since 1998 by the Center in partnership with parent and child advocates from the Navajo and White Mountain Apache reservations to promote positive health and life outcomes for teen and/or first-time American Indian parents and their offspring. The program goals are two-fold: 1) to strengthen American Indian communities by helping vulnerable families on reservations achieve optimal, health and well-being; and 2) to mobilize existing local and national resources to deliver culturally appropriate, community driven and capacity-building services for reservation youth and families.

The Family Spirit program was originally designed as a 15-month in-home parent education and advocacy program administered by Native paraprofessionals, called Family Health Educators (FHEs). FHEs understand first-hand the barriers to stable family life and secure child-rearing and many were once teen parents or have an interest in the teen parent population. FHEs have undergone rigorous training, use a structured curriculum that has been adapted to local cultural beliefs, and follow a training guide and policies and procedures manual to administer The Family Spirit Program. The curriculum consists of a minimum of 40 visits for parent training, and an average of 5 to 7 visits in which the FHEs act as parent advocates by assisting their clients to get care and services from available community-based services. The FHEs also assist participants in accessing other community resources relevant to their specific needs—including pursuit of Temporary Assistance to Needy Families, GRE and higher education opportunities, job skills education, legal services and other social services.

## Scope and Results

Results from a randomized control pilot trial (n=53 mother-child pairs) of the Family Spirit program demonstrate the program significantly improves parenting knowledge and maternal-child involvement. We also found promising data to suggest that the program may help decrease maternal depression. Results from a larger randomized control trial completed in 2005 (166 mother-child pairs) show significant improvement in maternal parenting knowledge and significant positive impacts on child's behavior, including less activity/impulsivity, less peer aggression, and less distress when separated from a parent.

The program evaluation was supported by the Substance Abuse and Mental Health Services Administration (SAMSHA), and the curriculum will soon undergo review for inclusion in the National Registry of Effective Parenting Programs. Peer-reviewed presentations on positive outcomes have been made to The American Public Health Association (November 2003, November 2004, December 2005, November 2006, November 2007), SAMHSA (August 2004), National Early Head Start Conference (September 2004), Native American Child & Family Conference (February 2006) and the Indian Health Service national conferences (May and September 2004, May 2005, May 2006, and June 2007), among others. The program was featured as an outstanding Native-run public health initiative in the summer 2003 *Winds of Change* magazine. Pilot results have also been published in November 2006 (Volume 160) edition of the *Archives of Pediatrics and Adolescent Medicine*.

## Replication and Dissemination

The Center is currently running a study to see if lessons taught to mothers between a child's first and second birthday improve maternal and child outcomes (see page 2; *Cradling Our Future*). Given our successes thus far, we are very optimistic about our capacity to serve so many young families and what we might learn. Based on our initial findings, the Center partnered with several Native communities to replicate FS as a service program with the hope that the Family Spirit project will be self-sustainable. The first partner to replicate Family Spirit was the Chinle, Arizona community, centrally located on the Navajo Nation. This initiative was initially replicated as a service project in Chinle and is currently being transferred into the Service Unit's Public Health Nursing Program to ensure sustainability. The second organization to replicate Family Spirit has been the Indian Health Service Head Start Program; in this initiative I.H.S Head Start is identifying five Early Head Start sites from geographically dispersed regions from across the country to incorporate Family Spirit into the local Early Head Start program. The third initiative, which is just beginning, is with the Seattle Indian Health Board; this will be the first time the program is implemented with an urban Indian population.

We look forward to continuing to replicate and disseminate the Family Spirit Program in partnership with interested Native communities from across the nation. If you would like more information on this initiative please contact Allison Barlow at 410-955-6931, Kristen Speakman at 505-323-4065 or Tennille Marley at 505-332-9814. Thank you!

# Behavioral Health Update

The Center's Behavioral Health team has been hard at work on a host of initiatives to promote the mental and behavioral well-being of American Indian youth and families throughout the country. Please enjoy this summary of our current activities.

**Celebrating Life:** The White Mountain Apache Tribe suffers from some of the highest rates of youth suicide in the country. In 2004, we partnered with the Tribe to develop a community-based research process that will help us uncover the risk and protective factors for suicide among Apache youth, as well as youth's preferred treatment systems. What is unique about this project is that we are training Apache paraprofessionals to visit the youth and their families in their homes to conduct assessments of youth's suicide severity and to collect information that will help inform future prevention efforts. In the meantime, we are working with the community to design community-based interventions with suicidal and at risk youth. These activities will include an Emergency Department intervention, a home-based coping and lifeskills curriculum, and cultural activities with elders that reinforce Apache traditions that will promote the sacredness of life. The World Health Organization predicts that in 2020, depression and mental illness will be the second leading cause of morbidity for youth. We believe the work we are doing with the Apaches will provide lessons for the world on how to develop community-based mental health promotion programs.



**Cradling our Future:** Cradling our Future is large trial to demonstrate how a curriculum called Family Spirit, administered to teen mothers in their homes, can impact mothers' and children's health and behavior outcomes. Participating tribes include the Navajo, White Mountain Apache and San Carlos Apache. All of the outreach work is being done by indigenous paraprofessionals trained and employed by our Center. Teen mothers are recruited when they are 20-32 weeks pregnant and receive 52 lessons and social support visits in their home spanning breastfeeding, parenting, child development and life skills until their child turns 2 years old. We then collect data on the mothers' and children's outcomes through the child's third birthday. Pilot data (see page 3) have shown that the program is making a significant impact on mother's parenting knowledge, depression risk and involvement with children. At one year of age, children whose mothers receive the lessons are exhibiting better social and emotional

adjustment.

**Family Spirit-Chinle:** The Family Spirit-Chinle project is our first effort to have a community take over and run the Family Spirit program. Chinle is a rural community centrally located on the Navajo reservation. A private donor matched funds from the Indian Health Service (IHS) to pilot this program. At present, 60 families are enrolled. Now, Navajo health leaders and the IHS are exploring how this program can be incorporated into existing health services.

**Living in Harmony:** Our prior work with teen mothers provided data that indicated as many as 48% of expectant mothers were experiencing depressive symptoms. Depressive symptoms in pregnancy often lead to post-partum depression, which has deleterious effects on the health, relationships and well-being of mothers and their children. We have finished serving and following up with 50 teen mothers who enrolled in a post-partum depression intervention study on the White Mountain Apache Reservation. Once again, we trained local paraprofessionals to carry out a home-based program that integrated a cognitive behavioral approach to post-partum depression prevention. We are currently analyzing data and hope to share the results in the coming year.

**Native Vision:** Native Vision is a youth development project that links professional athlete volunteers with Johns Hopkins public health practitioners and Native community leaders to promote healthy minds, bodies and families for Native youth. We administer this program in partnership with the NFL Players Association, who help recruit our professional athlete volunteers. Now in our 12<sup>th</sup> year, the hallmark of Native Vision is an annual summer camp that serves 800 Native youth and thousands of community members on a host reservation. This year Native Vision raised enough funds to begin year-round after-school and weekend programming in communities that have hosted Native Vision. The first year-round program started on the White Mountain Apache reservation in 2007. The second will begin in June among the Southern Pueblo Tribes in Bernalillo, NM, site of 2008's Native Vision camp



There is a well known adage that we are what we eat. Taking that a step further, the Behavioral Health team is driven by an understanding that we are what we DO. As we continue to work hard to give Native youth and families opportunities to achieve their hopes, dreams and full potential, we strive to do this in a way that promotes local cultures and capacities to sustain this work into the future.

# Kudos Corner

Our most gracious thanks go to the numerous individuals, foundations, corporations and organizations who have supported the Center's many programs over the years. The following list are those who have made contributions from July 1, 2006 - June 30, 2007.

Ms. Jackie S. Aaronson	Mr. Neil W. Elliott	Dr. and Mrs. Andrew Levitas	Dr. Edyth H. Schoenrich
Aegon Transamerica Foundation	Ms. Harriet M. Ellis	Ms. Meredith Lewin	Dr. Walter R. Schur
Mr. & Mrs. Douglas Allen	Ely, Bettini, Ulman & Rosenblatt	Mr. & Mrs. James B. Mahan	Ms. Doris K. Seldin
Amalgamated Bank of New York	Mr. Timothy J. English	Ms. Janice Manning	Jerome and Billie Sherman
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Silicon Valley	Mr. H. Robert Hunt	Mr. Vincent Pugliese	
Dakkota Integrated Systems, LLC	Indian Health Services	Ms. Isadore L. Risen	
Mr. David De Roo	Ms. Betty Johnston	Ms. Elizabeth M. Rockelein	
Ms. Carolyn M. Derr	Mr. Sidney Kantor	Mr. Christian S. Rondestvedt	
Donruss	Mr. Leif Klein	Mr. and Mrs. John Ronk	
Mr. and Mrs. John D. Ebbert, Sr.	Mr. David Levine	Mrs. Jane N. Rothschild	

# Staff Recognition

*Congratulations to the following employees of the Center for American Indian Health who have reached milestone years in 2007.*



*Wanda Clark Smith - 15 years*

*Stella Gly - 5 years*

*Brandii Coubooy - 10 years*

*Jean Dallas - 10 years*

*Novalene Goklish - 10 years*

*Marlena Hammen - 10 years*

*Ranelda Hasjings - 5 years*

*Traci Keane - 5 years*

*Wanda Lefebvre - 5 years*

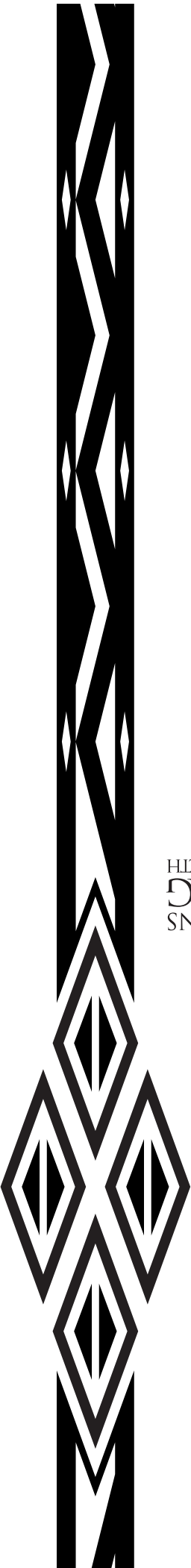
*Kayhleen Norjon - 5 years*

*Cecelia Richards - 5 years*

*Lorenda Samuel - 10 years*

*Ladonna Tabaha - 5 years*





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SCHOOL of PUBLIC HEALTH



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