

# Community-Based Participatory Research Tribal Data Dissemination

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American Indian Higher Education Consortium (AIHEC) Native American Research Centers for Health (NARCH)  
**4<sup>th</sup> Annual Behavioral Health Research Institute**  
Haskell Indian Nations University  
Lawrence, Kansas

# Historical and Contemporary Factors Influencing The Lives of Reservation- Based Native American Youth: Non-Lethal Suicidal Behavior

# Timeline

- ▶ Tribal Executive Board approved study - February 2011
- ▶ Human subjects approval - August 2011
- ▶ Data Collection - September 2011
- ▶ Data Analysis - 2011-2012
- ▶ Final Defense June 2013
- ▶ **Data Dissemination August 2013 - March 2014**
  - ▶ (Intervention selection)
- ▶ Health & Resilience Symposium Planning - May 2015 to May 2016
- ▶ Search for funding June 2016 to Present

# Dissemination Plan

## GOAL:

1. To return study findings to the tribal community as agreed upon in preliminary research planning discussions and highlighted in the tribal resolution
2. Disseminate key research findings to Tribal Community: **Moving knowledge to action**

## Focus data on:

- ▶ Improving tribal systems—health, education, judicial, etc.
- ▶ IHS health systems

# Timeline: 2013 - 2014

## Questions She Asked:

- ▶ Who should do this?
- ▶ Who should hear about this?
- ▶ How should we tell them and how long to take to tell them?
- ▶ How should we get them to remember what we tell them?
- ▶ What do we expect them to do after we tell them?

## Dissemination Meeting Schedule and Topic

DATE	Goal	Notes	Responsible Party
<b>2013</b>			
<i>September 5</i>	<b>Introductions</b>	Introductions Brief summary of study Identify Stakeholders for Data Dissemination Meeting	All Teresa All
<i>September 18</i>	Prioritize Topics	Demographics	All
<i>October 2</i>	Presentation 1	<i>Cancelled FURLOUGH</i>	
<i>October 16</i>	Presentation 2	<i>Cancelled FURLOUGH</i>	
<i>October 30</i>	Presentation 3	1) Historical Trauma, 2) Historical Loss, 3) Historical Loss Associated Symptoms	Teresa
<i>November 13</i>	Presentation 4	4) Childhood Trauma	Teresa
<i>December 11</i>	Presentation 5	5) Exposure to Trauma, 12) Intimate Partner Violence (aka Domestic Violence), 13) Bullying	Teresa
<b>2014</b>			
<i>January 8</i>	Presentation	Cancelled	Teresa
<i>January 22</i>	Presentation 6	Importance of Research for Tribal Communities/Research Overview	Teresa
<i>February 5</i>	Presentation 7	6) Perceived Discrimination	Teresa
<i>February 19</i>	Presentation 8	7) PTSD symptoms, 8) Depressive Symptoms	Teresa
<i>March 5</i>	Presentation 9	9) Substance Use (Alcohol, Marijuana, Inhalants, Methamphetamines, and Prescription Drugs)	Teresa
<i>March 19</i>	Presentation 10	10) Suicide Attempts, 11) Suicide Ideation	Teresa
<i>March 20</i>	Presentation 11	14) Communal Mastery, 15) Cultural Identity, 16) Cultural, Spiritual and Traditional Participation	Teresa
<i>March 20</i>	Presentation 12	Addressing Violence and Suicide in Tribal Communities – <b>Intervention Selection</b>	Teresa
<i>March 20</i>	Presentation 13	Tribal Executive Board Health and Human Service Committee-UPDATE	Teresa & Larry

# Video Teleconference Technology

- ▶ Chairman sent a letter to all Tribal Departments requesting their involvement.
- ▶ Representatives from:
  - ▶ Tribal Community College
  - ▶ Tribal Health Department
  - ▶ Tribal Recovery Resource Center
  - ▶ Tribal Violence Resource Center
  - ▶ Tribal Head Start
  - ▶ Indian Health Service – Medical and Behavioral Health

# Who should hear about this?

- ▶ Professional medical staff in hospitals, clinics and emergency response teams.
- ▶ School educators, administrators and staff
- ▶ Tribal program/department staff
- ▶ Law Enforcement & Correctional staff
- ▶ All local elected government officials
- ▶ All of our community members
- ▶ Small group of community members to develop a plan



# How should we tell them and how long should we take to tell them?

- ▶ Options
  - ▶ One or two meeting to review all the data.
  - ▶ Series of bi-weekly, monthly meetings
  - ▶ Develop written articles to distribute.
- ▶ Opted for a series of bi-weekly/monthly meetings
  - ▶ Schedules for same day & time.
  - ▶ Last no more than one hour including time for discussion
  - ▶ Powerpoint presentations
  - ▶ Educate all on research terms
  - ▶ Provided related readings and sources of information
  - ▶ Educate your core group
  - ▶ Utilized interactive television for all sessions

# How should we get them to remember what we tell them?

- ▶ Provide all members a copy of presentations
- ▶ Keep minutes of meetings and provide copies
- ▶ Allow time to discuss the information
- ▶ Be inclusive to all that want to know or have an interest
- ▶ Talk to everyone in the community about the research data

# What do we expect them to do after we tell them?

- ▶ Create a Trauma Informed Tribal Community
- ▶ Create changes in our Medical community
- ▶ Create changes in our Schools

# What did we learn?

- ▶ Native Tribal members in the community have to be involved.
- ▶ Native Researchers are more effective and their work is more accepted.
- ▶ Tribal leadership changes and be willing to adapt
- ▶ Allow time to disseminate - we have to be told 15-20 times before we remember things
- ▶ Changing human or community behavior is a slow process - plan accordingly
- ▶ Don't give up, pray and move forward.

# Addressing Violence and Suicide in Tribal Communities – Intervention Selection

On-site interventions presentation;

1. MyPlan—An app for young adults in relationships that offers access to a relationship violence expert and provides participants information about their own relationship safety.
2. Hands Project—An education program that aims to reduce violence
3. Trauma-Informed Systems—Develop trauma informed tribal systems that are sensitive to the needs of trauma victims
4. Good Behavior Game—A classroom management system
5. Trauma-Focused Cognitive Behavior Therapy—Curriculum designed to reduce risk behavior among children who experience trauma
6. Building Resilience with Video Games
7. Creating Safe Communities: Australia's Headspace Program

# The importance of tribal specific data and tribal data dissemination:

**“I knew violence/trauma was a  
problem in our community  
but I didn’t know  
to what extent”**