

Center for American Indian Resilience



The Diné Summer Research
Program: building community
through strengthening the future
American Indian public health
workforce

H. Dreifuss, MAT, MPH

M. Bauer, PhD.

J. Ehiri, PhD.

D. Joseph,

N. Teufel-Shone, PhD.

Overview



- Resilience Elements
- Overview of Summer Research Enhancement Program
- SREP
- Resilience Curriculum Components in SREP



Resilience

- “Capacity of individuals to *navigate* their way to the psychological, social, cultural and physical resources that sustain their well being, and their capacity individually and collectively to *negotiate* for those resources...in culturally meaningful ways” (Ungar, 2008, p.225)
- In American Indian communities, associated with:
 - stronger cultural identity
 - connectedness
 - social support
 - education(Montgomery, et al.,2000)
- Can be considered at the individual, family or community level (Ungar, 2011, p.1.)



Resilience Elements in SREP

Students

- Identity
- Support
- Self-confidence, self-efficacy

Community

- Connectedness
- Student contributions
- Interactions



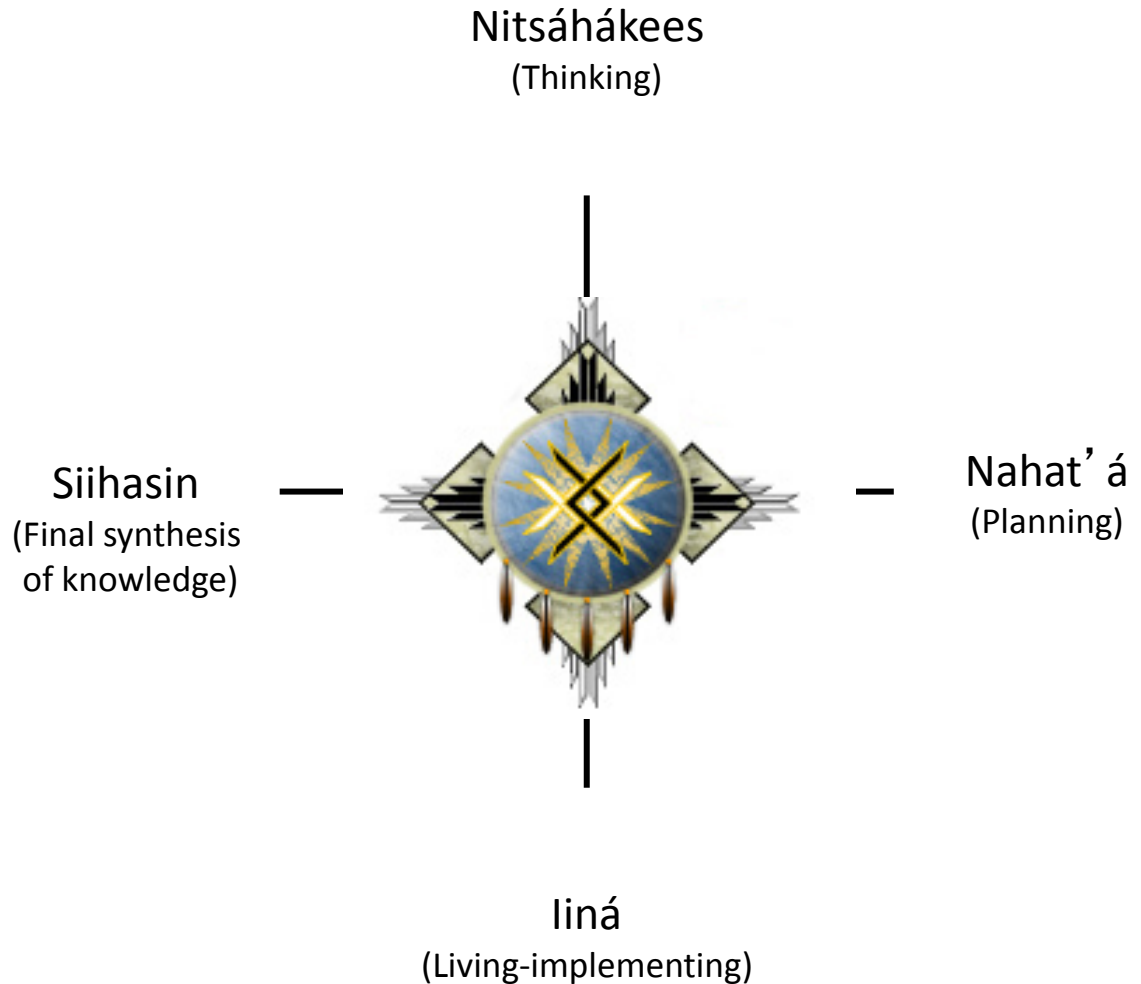
Overview of SREP





Summer Research Enhancement Program in Public Health Research

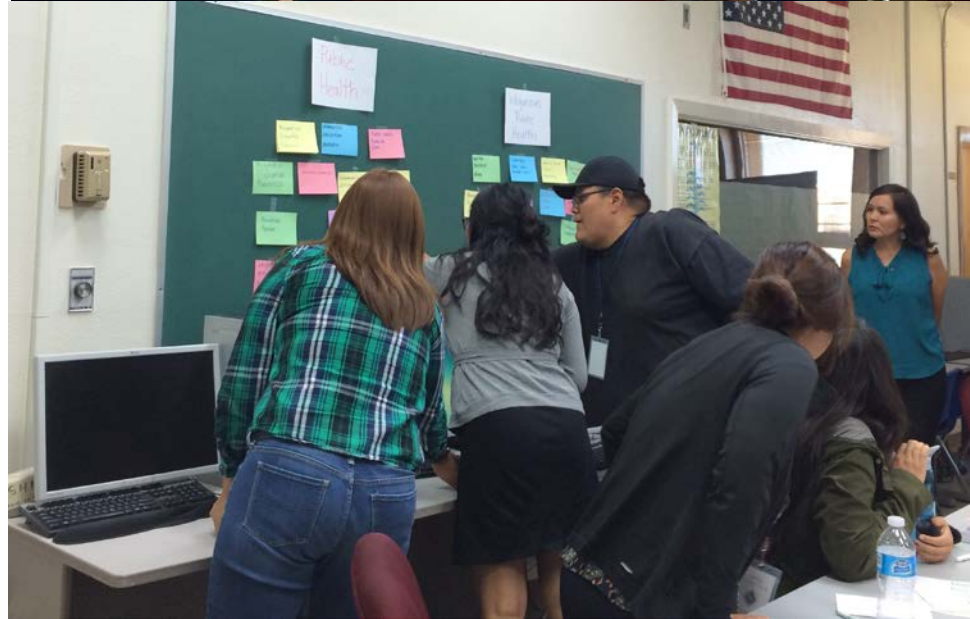
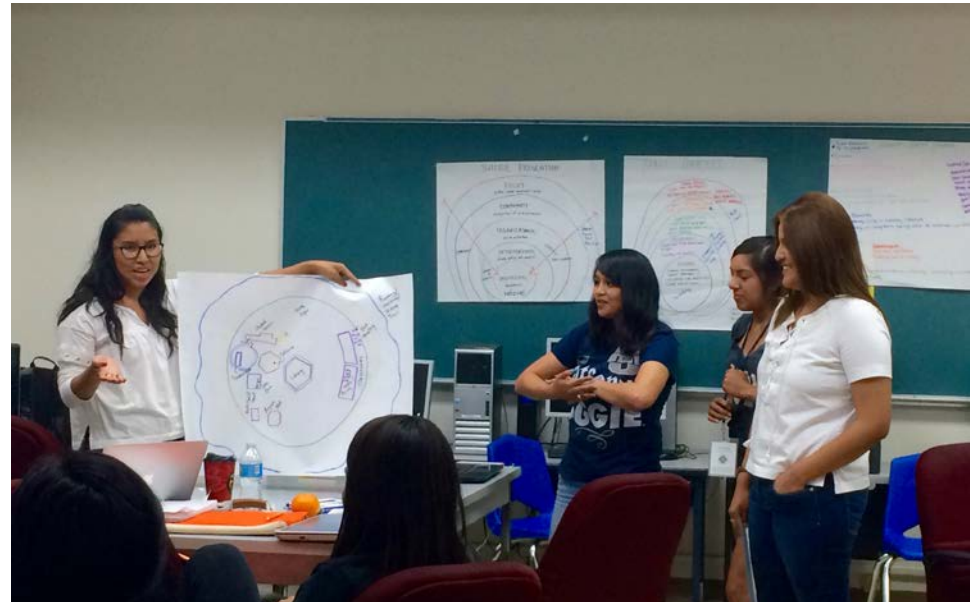
- Nitsáhákees
 - Learning concepts in the classroom
- Nahat'á
 - Group work and project
- liná
 - Practicum in the community
- Siihasin
 - Final presentation



Nitsáhákees: Research Methods Course

Topics covered include:

- Native American health and illness concepts, including *resilience* approaches
- Basic Epidemiology & Social Determinants of Health
- Health Promotion and Disease Prevention in Communities
- Cancer, Diabetes, other chronic illness diagnosis and management
- Nutrition & Physical Activity
- Data Collection & Statistics
- Ethics
- Community-based approaches



Nahat'á: Team Project on Community Planning

Students are divided into teams and are responsible for describing/assessing a community and planning a health promotion intervention.



Conquering
Childhood Obesity in
Fort Defiance, AZ



Healthy Minds, Happy Homes

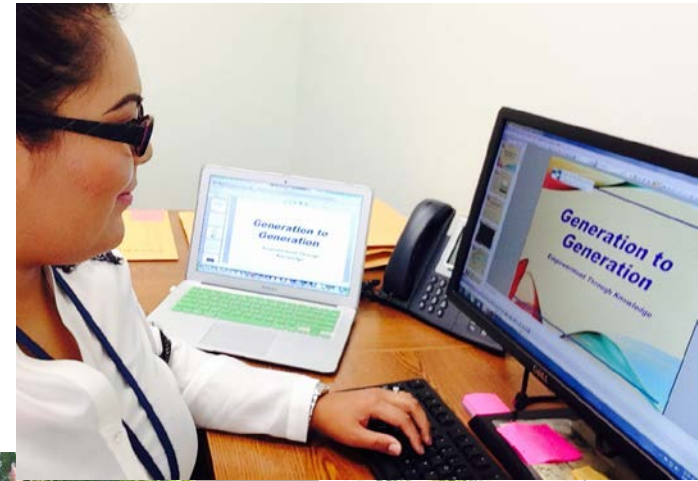


PINON, ARIZONA

Stress and Coping Mechanisms

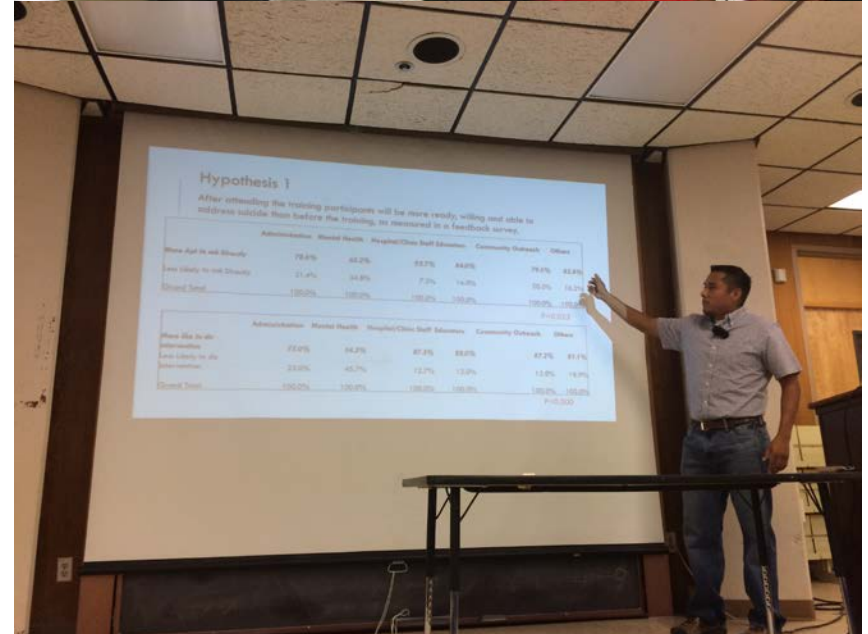
liná: Practicum – Student Placement Sites

- North Country Health Care
- San Juan Regional Hospital Cancer Center
- Navajo Nation Special Diabetes Project
- Navajo Nation CHR Program
- COPE Project-Fruit and Vegetable Rx
- John Hopkins Together on Diabetes Project
- Navajo Nation EPA/Air quality program
- Navajo Nation Department of Health

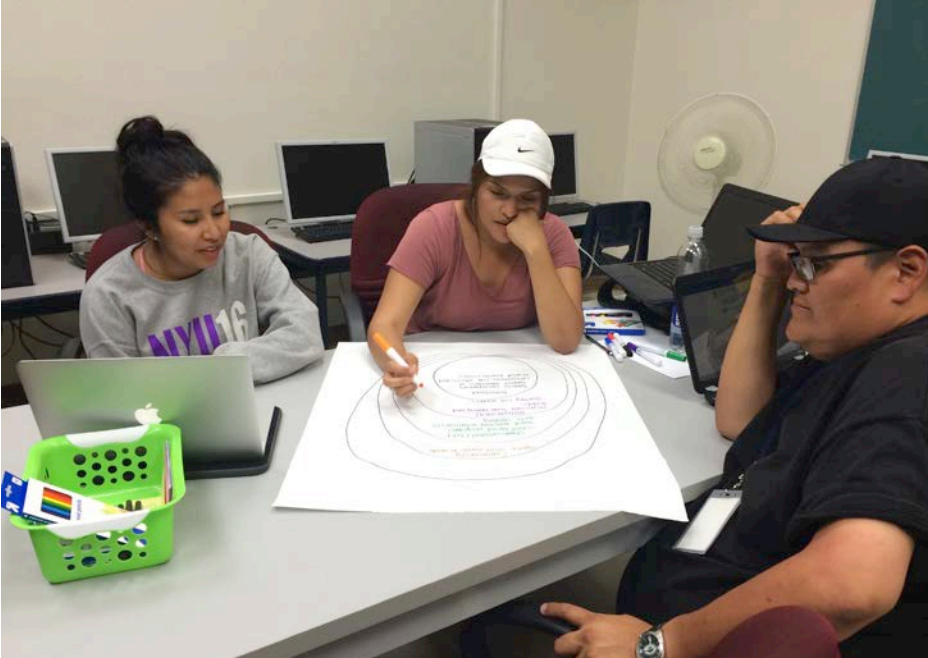


Sihasin: Analysis and Final Preparation for Class Presentation

- Classroom instruction on Data Analysis
- Students interpret data collected from their practicum site and develop a power point presentation
- Present to their mentors, family, peers



SREP Resilience Components



Words can be powerful

- Health promotion
- Protective factors
- Health equity
- Opportunities
- Lessons learned
- Resilience
- Disease prevention
- Risk factors
- Health disparity
- Problems
- Failure
- Powerless

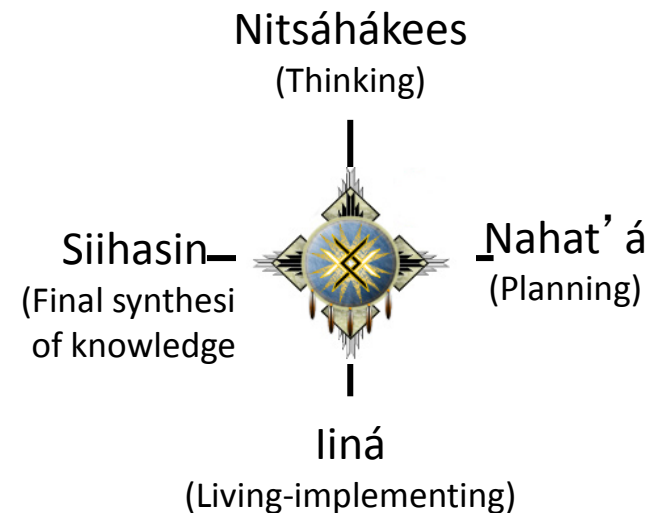
Change the way you see and talk about everything

Red Eagle Challenge- Ropes Course

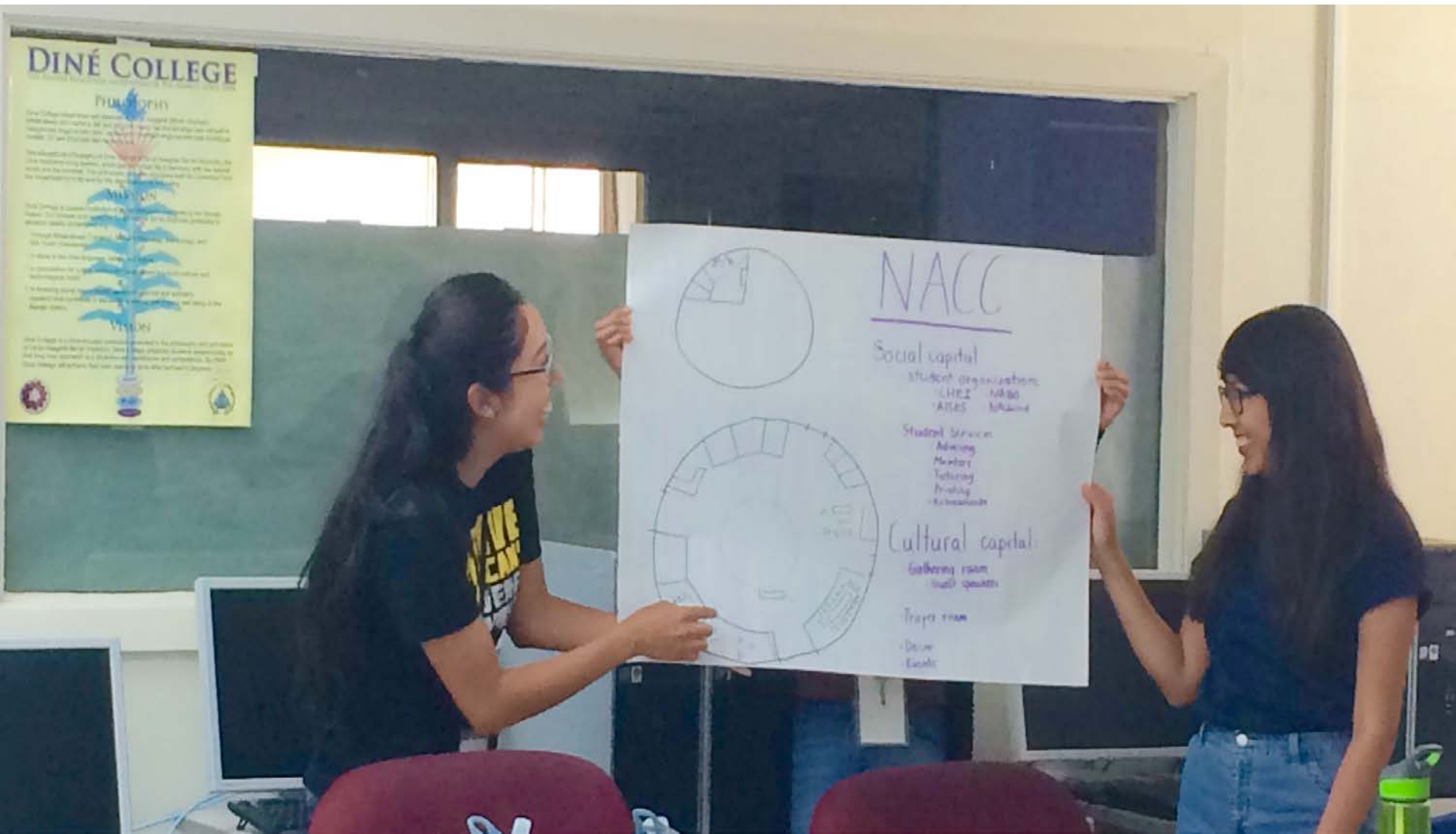


Indigenous Health and Resilience

- Good health—maintaining a balanced and harmonious life
- Example: A healthy lifestyle is inherent, comes from Diné cultural teachings and history



Resilience in Research Asset Mapping



Resilience in Research

Measuring Resilience

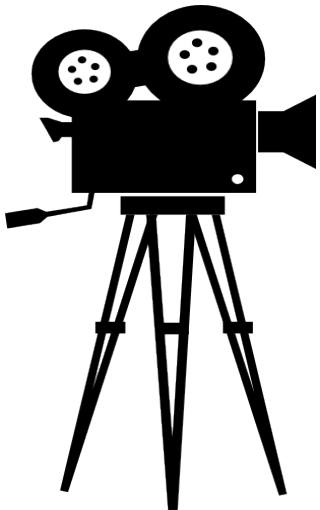
Very Interested 5	Somewhat Interested 4	Neutral 3	Not Very Interested 2	Not at All Interested 1
Very Much 5	Somewhat 4	Undecided 3	Not Really 2	Not at All 1
Very Much Like Me 5	Somewhat Like Me 4	Neutral 3	Not Much Like Me 2	Not at All Like Me 1
Very Happy 5	Somewhat Happy 4	Neutral 3	Not Very Happy 2	Not at All Happy 1
Almost Always 5	Sometimes 4	Every Once In a While 3	Rarely 2	Never 1

Example of a Likert Scale

- You may choose if you want to give the option of be 'Neutral' or not
- You may choose if you want to use a 5 point scale (Likert) or a larger/smaller scale

Resilience in Digital Stories

- Digital storytelling
 - Oral storytelling traditions with computer technology (Cueva, et al., 2013).
- Student resilience
 - (Montgomery, et al., 2000)



- Visual and dynamic way to foster student strengths
- New strategies to include in academic systems to support AI resilience

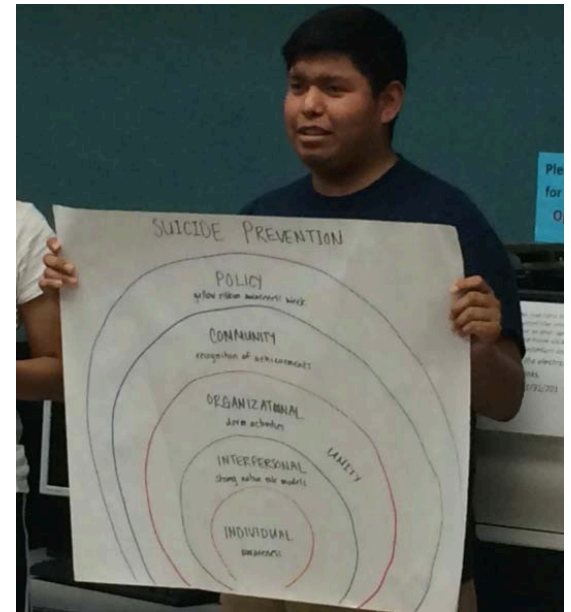


Student Digital Stories



- Christina's Resilience Story
 - Strengthening cultural identity

- Tyler's Resilience Story
 - Self efficacy



- Kyrene's Resilience Story
 - Connectedness with community

Funding Support

- *Center for American Indian Resilience* (NAU, UA, & DC)
- *Center for American Indian & Alaskan Native Health* at the University of Colorado, Denver
- *Clinical & Translational Research Institute* at the University of Colorado, Denver

References

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Questions?

Contact Information

- Heather Dreifuss (UA)

heatherdreifuss@email.arizona.edu

- Mark Bauer (DC)

mcbauer@dinecollege.edu

- John Ehiri (UA)

jehiri@email.arizona.edu

- Darold Joseph (NAU)

DaroldJoseph@nau.edu

- Nicolette Teufel-Shone (UA)

teufel@email.arizona.edu