



Indian Health Service 2012 NATIONAL BEHAVIORAL HEALTH CONFERENCE

Welcome

Family Wellness Warriors Initiative:
Project Successes and Evaluation

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Mobilizing Partnerships to Promote Wellness



House Keeping

- Please be sure to sign in and out on the Sign In Sheets located near the entrance to this room.
- Please complete the evaluation at the end of this presentation.
- For more information on Continuing Education Units (CEUs), please visit the Registration Desk

Comfort Room

- To promote wellness and self-care, a Comfort Room is available in Atrium Room 8 for your use.
- If you need further assistance, please visit the Indian Health Service Division of Behavioral Health booth.

Vision

A Native Community that enjoys physical, mental, emotional and spiritual wellness

Mission

Working together with the Native Community to achieve wellness through health and related services



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Key Points

Shared Responsibility
Commitment to Quality
Family Wellness



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Operational Principles

Relationships between customer-owner, family and provider must be fostered and supported

Emphasis on wellness of the whole person, family and community (physical, mental, emotional and spiritual wellness)

Locations convenient for customer-owners with minimal stops to get all their needs addressed

Access optimized and waiting times limited

Together with the customer-owner as an active partner

Intentional whole-system design to maximize coordination and minimize duplication

Outcome and process measures continuously evaluated and improved

Not complicated but simple and easy to use

Services financially sustainable and viable

Hub of the system is the family

Interests of customer-owners drive the system to determine what we do and how we do it

Population-based systems and services

Services and systems build on the strengths of Alaska Native cultures

Family Wellness Warriors Initiative

Goal

To End Domestic Violence, Child Sexual Abuse, and Child Neglect in the State of Alaska in this Generation.

Philosophy

Embracing the entire family– to include those who have been harmed and those who have caused harm using the strengths of the Alaska Native People and culture to end domestic violence, child sexual abuse and child neglect.

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Statistics in Alaska

- Alaska ranks first in the nation with the highest homicide rate for female victims of domestic violence.

(Anchorage Police Department Report, 2005)

- During the last 32 years, Alaska has ranked within the top five states in the nation for forcible rape. For 25 of those years, Alaska ranked number one.

(State Rankings for Rate of Rape, Federal Bureau of Investigation, Uniform Crime Reports 1976-2007)

- Child sexual assault in Alaska is almost six times the national average.

(Alaska Network on Domestic Violence and Sexual Assault, (2006). 2006 Annual Report: Working in Alaska Communities For: Safety, Justice, Advocacy and Education, Violence Prevention. Juneau, Alaska.)

Alaska Native Culture

- FWWI was created by and continues to be led by Alaska Native people
- FWWI is thoroughly grounded in Alaska Native traditional values
- Our Elders are “leading the way” and are giving permission by sharing their stories
- Alaska Native people have made the decision to break the silence



FWWI Trainings

- **Beauty for Ashes (urban) / Arrigah House (rural):** These five-day intensive trainings are designed to educate and train Natural Helpers to use culturally appropriate means to work with individuals and communities impacted by violence.
- **Advanced Leader Education and Training:** These intensive workshops provide the tools and techniques necessary to teach the FWWI curriculum, co-facilitate small group sessions and implement the FWWI philosophy in their communities

DVD

- **WARNING:** The depth and sensitivity of what is shared verbally and shown in the video is difficult to hear and is appropriate for ages 18 and older.
- Anyone who is not comfortable hearing stories of harm, feel free to excuse yourself from this part of the presentation.

Calling out the



INVOLVING OUR MEN . . .

Calling them to take back their place as protectors of the family

INVOLVING OUR WOMEN . . .

It is important that men and women walk alongside each other in unity when instilling family values

Root Issues

FWWI trainings focus on the source not just symptoms

- We look below the surface
- We provide tools to help deal unresolved wounds



We believe to truly break the
we need to work with:

- Those who have been harmed
- Those who have caused or are at risk of causing harm

Some of the Benefits

During the training participants:

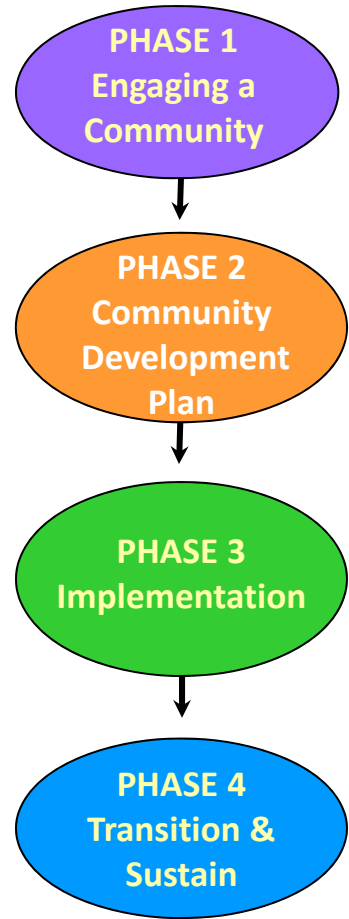
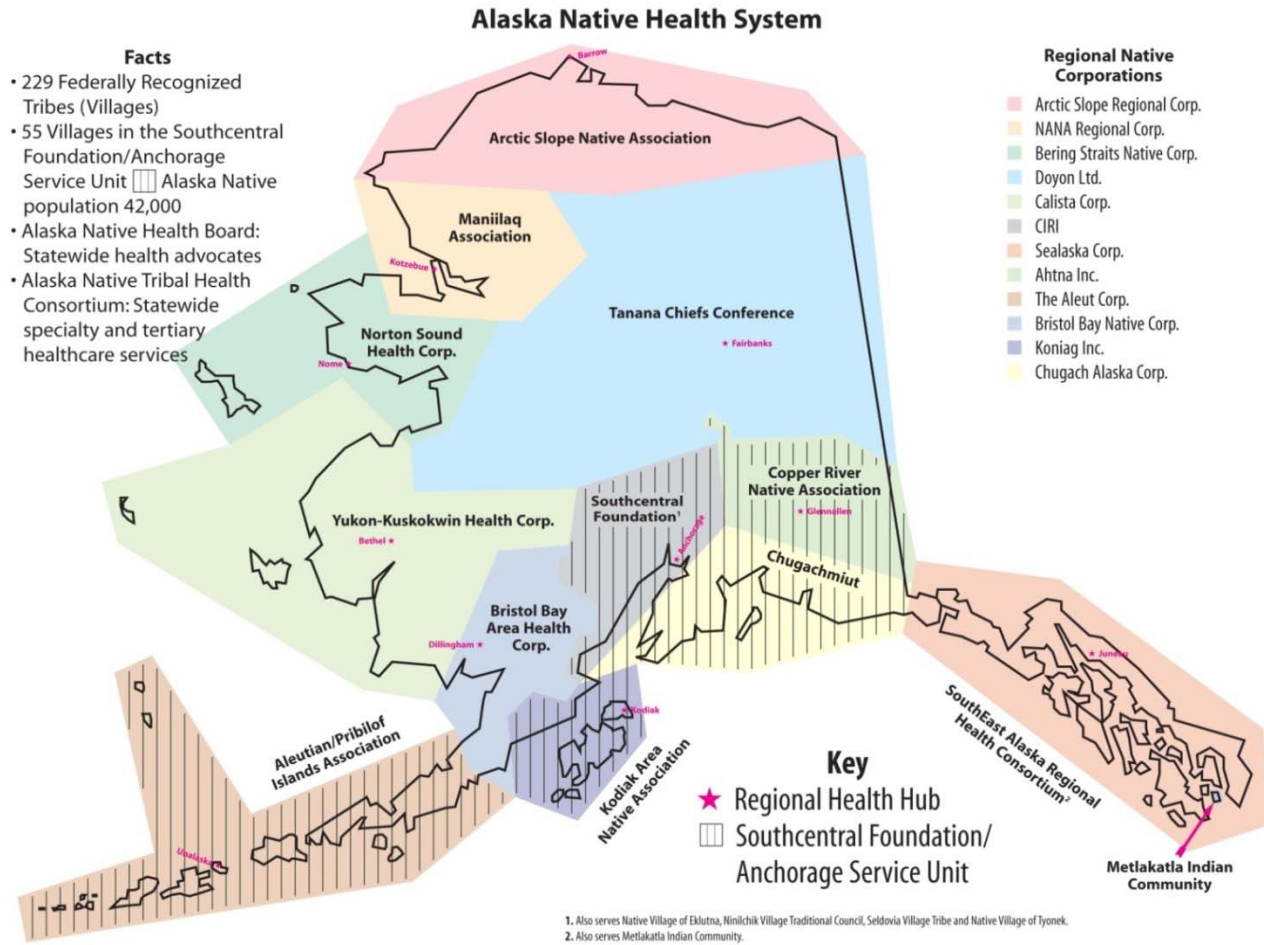
- Identify illegitimate shame and lies
- Gain tools to understand how past harm plays into the current ways we relate to and interact with others
- Practice how to safely enter conflict in a way that invites healthier relationships
- Build hope and establish healthy boundaries



Project Successes

- Engaging communities: 3 Year Model for Alaska Native areas
- Developing community leadership and strategic planning
- Empowering communities
- Advancing sustainability
- Building evaluation capacities

FWWI 3 Year Model for Alaska Native Areas



Leadership Development

2011

- Community Based Steering Committee (CBSC) Established
- Strategic Planning Process Begins
- CBSC begins attending FWWI trainings:
 - Beauty for Ashes
 - Advanced Leadership Education and Training
 - Green Dot
 - Critical Incident Stress Management

2012

- CBSC Continues training:
 - Beauty for Ashes
 - Advanced Leadership Education and Training
 - Tribal Protocol Training
 - Continued Strategic Planning for Year 3
 - Sexual Assault Response Team

Community Empowerment

2011

- Community Agency Luncheon
- FWWI Collaborations with Governors Office, Alaska Court System, Correctional Centers, & Salvation Army, Kenaitze Indian Tribe, Alaska Native Justice Center
- Community Readiness Interviews & Awareness Workshop in Kenai/Soldotna area
- FWWI Community-wide Open House

2012

- FWWI collaborations begin with Anchorage Police Department & Alaska Military Joint Base Elmendorf/Richardson, Seldovia Village Tribe
- Community Readiness Interviews & Awareness Workshop in both Homer and Matanuska-Susitna Valley

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Sustainability

- Community leaders have the skills and knowledge to assume responsibility for the community's efforts to eliminate family violence and child maltreatment.
- FWWI's support services include encouragement for groups, DVD small group training resources, and other support services specific to group leaders.
- Future Funding Sources:
 - Continue to seek grant funds from community leaders, private foundations and the government
 - Registration fee collections are expected to steadily increase
 - Southcentral Foundation will continue its commitment of resources to the Family Wellness Warriors Initiative

Enhanced Evaluation Capacity

- Process evaluation
 - Training event feedback form
 - Learning competencies evaluation instrument
- Outcome evaluation
 - Participant effect evaluation instrument

Process Evaluation

- Redesign of training event feedback form
 - Rates program leadership, staff, etc.
 - Multiple indices of training satisfaction
 - Used by program staff in training debriefs
- Creation of curriculum-based evaluation instrument
 - Evaluates learning skills development associated with training curriculum
 - Comprehension and behavioral-based items (18)

Process Evaluation

FWWI Journey to Wellness Scale: Preliminary response distribution for sample items.	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree	Agree + Strongly Agree
Participating in FWWI training helped me connect with my personal journey.				21%	79%	100%
I understand how sharing story can build authentic relationships.				22%	28%	100%
I know how to share my story with others to build relationships.			7%	42%	51%	93%
I have shared personal stories about my life to build relationships with others.			15%	39%	46%	85%
I know how to listen effectively and respond appropriately when someone shares their story.			7%	28%	65%	93%
I understand how events in my childhood influence my experiences and relationships today.			1%	21%	78%	99%
I am able to recognize when I feel anger.		2%	5%	45%	48%	93%
I understand where my anger comes from.	2%	2%	18%	38%	40%	78%
I understand my relational style.		1%	18%	43%	38%	81%
I understand how my relational style impacts how I communicate with and relate to others.			18%	41%	41%	82%
I have forgiven those who have wronged me.	5%		15%	38%	42%	80%
I recognize and maintain appropriate boundaries with those who have wronged me.			18%	26%	56%	82%
I speak honestly with some friends about my emotions and struggles.			5%	51%	44%	95%

Outcome Evaluation

- Developed evaluation instrument and data collection methodology
- Piloted instrument
- Advanced electronic data storage and extraction capacities
- Begun preliminary analysis

Instrument Development

- Multi-dimensional instrument
 - Evaluates main goals/objectives of FWWI's training programs and dimensions of participant effect
 - Six domains (86 items); standardized scales
- Cultural connectedness, self-esteem/efficacy, spiritual well-being, family relations/cohesion, adverse life experiences and effect, demographic info/household resources
- Pre-training (baseline), 6 and 12 month post-training

Pilot Process

- FWWI committed to advancing culturally-responsive and appropriate evaluation strategies
- In five-phase pilot process, critical feedback solicited from:
 - Alaska Native men, women, elders, youth from program participant pools
 - Natural helpers, tribal/community leadership, FWWI training group leaders
 - Over 100 participants
 - 1:1 semi-structured interviews, written critiques, focus groups

Data storage and extraction

- Developed integrated electronic data storage infrastructure (efficient use and sustainability)
- Relational database development
 - Reduces responder burden
 - Advances confidentiality
 - Expands options for data query, analysis and reporting

Preliminary Analysis

- Six month post-training
 - **Symptomology:** Noted reduction in mean number of days each of 12 depressive, trauma, or distress symptoms experienced (Mean change -14.1 # days) 39.7 to 24.6 mean # days.
 - **Anger control* (stat significant change $p = .044$)
 - **Spirituality:** Positive mean scale score shifts
 - **Personal domain:* increased self- awareness($p = .018$) inner peace & *Communal domain:* trusting others)
 - **Family cohesion:** Positive mean scale score shift indicative of increased family cohesion



Lessons Learned

- Community-based steering committee
- Evaluation instrument and database development process
- Customer response rates (post-training)

Customer/Owner Reflections

- “I am learning to be a better father and to break the cycle of abuse.”
- “I realize that in order to change my future, I have to be willing to talk about my past.”



FAMILY WELLNESS

WARRIORS

INITIATIVE



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WEBSITES

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OR

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