

Current Research

Native Spirit: Development, implementation, and evaluation of a culturally-grounded after-school program

- 10 interchangeable sessions
- 1.5 to 2 hours per session
- Each session led by local cultural knowledge holder
- Cultural practices and activities are community-specific
- Adolescents in grades 7-12

Table 1. Native Spirit curriculum outline.

SESSION	Cultural Value	Activity
1	Language	Introduce Yourself
2	Creation Stories	Storytelling
3	History	Visit Historical Sites
4	Responsibility	Planting Seeds
5	Respect	Harvesting and Gathering
6	Community	Traditional Songs and Dance
7	Teamwork	Traditional Games
8	Patience	Traditional and Modern Art
9	Traditions	Cooking a Meal
10	Growth	Coming of Age
11	Service	Service for Community
12	Cultural Identity	Life Away from Home
13	Recognition	Ceremony of Recognition

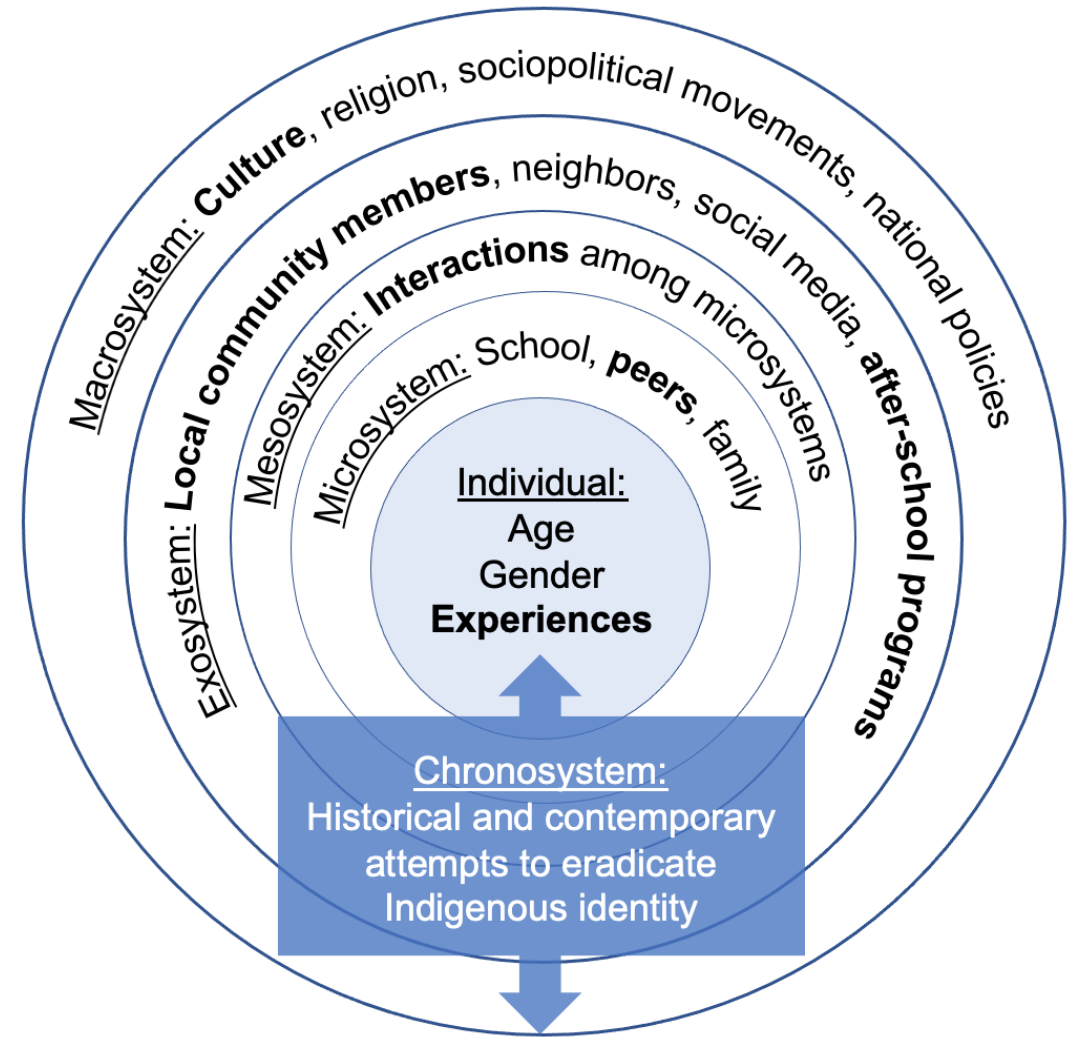
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- **Hypothesis:** AIAN youth who participate in the Native Spirit program will experience more positive changes in self-esteem, resilience, and cultural identity and delayed substance use and initiation when compared to AIAN youth who have not been exposed to the Native Spirit program.



Current Research

- Culturally-grounded ASPs encourage positive behaviors by working through all life systems in Bronfenbrenner's Ecological Systems Model.
- Macro-structural forces--cultural values and practices--facilitate mental well-being for AIANs. Cultural practices are passed down through generations and exist at the macrosystem level to impact all aspects of life.
- Macro issues related to colonialism have perpetuated throughout time (chronosystem) and have led to blatant disregard for AIAN health promotion approaches, including cultural engagement.
- Culturally-grounded health promotion insists that cultural values (macrosystem) can be taught to individuals and groups who interact with one another to form healthy communities.



Cultural Identity and Health



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