

# Tribal Prevention Initiative

*Everything on Earth has a purpose. Every disease an herb to cure it. Every person a mission. This is the Indian Theory of Existence- Morning Dove Salish*

Read this report to learn more about the work of six tribal communities and their efforts to implement culturally-based prevention strategies that build resilience, health, and values among American Indian youth. As we close the second year of TiPI and look ahead to the future, help us celebrate the many successes and learn from the challenges we still face.

Join us in prevention this year by contacting the Tribal Prevention Initiative at the Rocky Mountain Tribal Leaders Council.



Tribal Prevention Initiative





## YEAR 2 | October 2016

### *About the Tribal Prevention Initiative (TiPI)*

The Rocky Mountain Tribal Leaders Council TiPI project was designed to help the communities plan prevention and intervention activities to address substance use and community readiness using a culturally-informed approach. This grant, SAMSHA # SP02070-02 supported implementation strategies in six communities in Montana and Wyoming from October 1, 2015 to September 29, 2016.

*Federally Recognized Tribes.* The Tribes involved in TiPI include the Blackfeet tribe on the Blackfeet reservation, the landless Little Shell tribe of Chippewa Indians in Great Falls, MT, the Assiniboine and Gros Ventre tribes on the Fort Belknap Reservation, Assiniboine and Sioux tribes on the Fort Peck Reservation, the Northern Cheyenne tribe on the Northern Cheyenne Reservation – all in Montana. TiPI also includes the Eastern Shoshone tribe on the Wind River Reservation in Wyoming.

*Target Population.* The target population for the TiPI Project includes more than 1200 American Indian youth ages 12-20 years of age living in six participating communities in Montana and Wyoming.

**GOALS** | Reduce underage Drinking & Increase Community Readiness

*Alcohol and drug free activities, prevention messaging and trainings, traditional values curriculum.*

*Involve leadership, promote collaboration, participation, and consistent media approach.*

Little Shell September 2016

TiPI efforts in Year 2 reached more than 9,000 community members in six communities. This reflects a 149% increase from the first year of TiPI.

**Northern Cheyenne** implemented a variety of activities including cultural experiences for youth. TiPI sponsored a rock climbing wall as a physical activity station during the June 2016 community health fair where 100+ community members attended. More than 90 youth participated in a basketball camps and tournaments.

**Little Shell** implemented a variety of activities including cultural experiences for youth including a powwow, and several prevention efforts and culturally relevant messages. Staff worked with other knowledgeable tribal members to host drumming, beading, and sewing classes weekly.

**Fort Belknap** reached more than 379 youth through culturally-based prevention activities. These activities include the # i Choose prevention campaign, Health Fair at Hays High School, Back- to-

School Bash ( Hays, Fort Belknap, and Lodge Pole), Montana Summer Hoops, Dance Camp, Milk River Indian Days, and Mid-Winter Fair 2016.

**Fort Peck** implemented a number of activities with the support of TiPI including the Creator's Game, Healing Ride, Youth Leadership Committee, Tribal Action Plan and Meth Symposium, and more. In total, Fort Peck Year 2 TiPI efforts reached more than 4,006 people with a message that culture is prevention.

**Eastern Shoshone** offered a variety of community events, traditional activities, a trauma workshop for tribal programs, and various cultural activities as part of the Medicine Wheel

Wellness program. These efforts reached more than 488 people.

**Blackfeet** offered the following activities: Youth Fun Day, After Prom Event, Ice Breaker Race, Great Falls Drug and Alcohol Free Event, Community Street Dances, Blackfeet Youth Day, Heart Butte Community Youth Day and Street Dance, Blackfeet Summer Day Camp, Blackfeet Street Dance, Back to School Youth Day, and Browning High School Outreach. These events reached more than 472 people.

*"...with teepees being set up for the summer and sweats happening, we are strengthening partnerships.."Kellie Webb, Eastern Shoshone 2016*



GREAT FALLS MT

Little Shell Youth Hike Summer 2016



## EVALUATION | Process Indicators

**1. Process:** Most TiPI efforts were implemented as planned. Some Site Coordinators experienced difficulties with planning and implementing culturally based activities. Delayed funding approvals and limited tribal finance support affected planning and implementation of required activities. Communication is a challenge because of the rural location of tribes served by TiPI. Despite these challenges, more than 9,446 people were reached at six sites during the second year.

**2. Cost:** TiPI Coordinators did not expend their entire budget or carryout planned activities. TiPI awarded more than \$349,068 to six sites in Year 2. Based on preliminary budget data provided to the evaluation team in October, sites expended 93% of their budgets compared with just 61% in Year 1. This shows considerable progress toward TiPI goals and objectives and increasing capacity at TLC and among tribes to contract, invoice, and reimburse vendors and associates.

**3. Practices Implemented:** In most cases, TiPI Site Coordinators led activities in partnership with other programs in their community. These included cultural activities, wellness activities (sports/basketball), in addition to educational and experiential activities. The activities planned by the TiPI Site Coordinators are congruent with a given community's values and their readiness. All activities were culturally-based and many follow the evidence base found in Project Venture. Efforts are underway to promote the documentation of tribal best practices in Year 3.



## RECOMMENDATIONS | Evaluation

*"Evaluation is learning what we need to do to help people live a better life." -Evaluation Intern 2016*

TiPI has made considerable progress in Year 2 toward its 5-year goals of collecting 1200 participant surveys and increasing community readiness by one overall point.

- Year 3 must focus on recording and capturing the kinds of culturally based prevention activities that tribes use.
- Educate and explore risk and protective factors associated with substance use in American Indian youth with Site Coordinators, partners, and Tribal Leaders.
- Develop partnerships with schools, gatekeepers, administrators, and the State of Montana to increase awareness about the kinds of data collected and available along with potential uses.
- Continue regular site assessments using the framework developed in Year 2 to document capacity, readiness, and evidence toward progress of key objectives and strategies.
- Assess the changing community context and support for prevention in tribal communities so that TiPI can reach prevention goals and maximize the benefit of TiPI funding.
- Promote the Elder Curriculum as a prevention resource for tribes.
- Continue to promote multimedia outreach and communications via newsletters, reports, Facebook, websites, Twitter, and Snapchat.
- Continued efforts are needed to reach the target population (12-20 years) and support diverse prevention strategies, youth-directed activities, and comprehensive data collection.



Survey results indicate that most TiPI youth involved in prevention activities report less drug and alcohol abuse compared with other American Indian youth living in Montana on reservations (6.7% TiPI vs. Montana 31.0% 1 or more drink past 30 days and 6.2% TiPI vs. Montana 22.91% binge drinking).

Prescription drug use among TiPI youth was more than other Montana American Indian reservation youth (8.8% TiPI vs. Montana 3.0%). Even with the small sample (N=79), the prevalence of prescription drug use among TiPI youth may be an area of concern and focus for future prevention work.

Activities and opportunities that promote family and community dialogue among youth are needed. More than 37% of TiPI youth surveyed said they had not talked to anyone in their family about the dangers of tobacco, alcohol, or drug use in the last 12 months.

More than 92% of Montana American Indian students reported their parents would feel it was wrong or very wrong to drink alcohol beverages regularly. In contrast, only 86% of TiPI youth reported their parents would feel it was wrong or very wrong to drink alcoholic beverages regularly. Combined, these data indicate that while TiPI youth may report less frequent use of most drugs and alcohol, they could benefit from additional support in the way of family communications, healthy peer and adult relationship building opportunities, and culturally-based activities that build identity and self-esteem.

Lessons learned from the Year 2 Participant Survey include:

- Community readiness and capacity levels vary, additional on-site support is needed to carryout data collection activities.
- Evaluation interns help support local data collection efforts. Training and ongoing support for interns is needed.
- New data collection strategies are needed to reach American Indian youth. Revised strategies will result in a better understanding of the needs and strengths of youth.
- Consistent outreach via newsletters, RMTLC website, Facebook, and other social media will help increase community awareness about prevention.





In October 2014, the Rocky Mountain Tribal Leaders Council received a 5-year grant through SAMHSA CSAT Partnerships for Success (PFS) grant to continue youth based prevention activities at six sites in Montana and Wyoming. In the last 12-months, TiPI made considerable progress toward identified goals and objectives. Evaluation results from the second year of TiPI highlight the meaningful activities, shared successes, and challenges. Combined these efforts reached more than 9,000 people and infused more than \$349,068 in funding to tribal communities throughout Montana and Wyoming.



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