



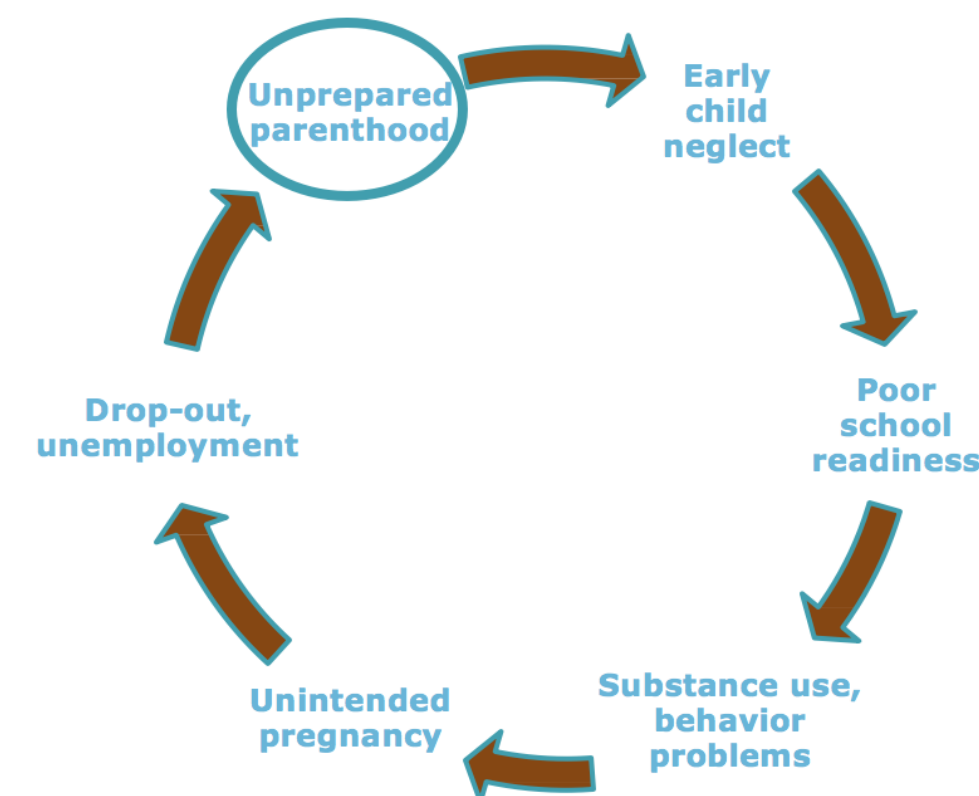
*Family Spirit®* is an evidence-based, culturally strengths-based home-visiting intervention delivered by Native American Family Health Coaches to promote optimal health and well-being for Native parents and their children from pregnancy through early childhood.

### Target Population & Problem Addressed

- Young pregnant Native American mothers, children and families living in poverty and historically disenfranchised settings
- Focus on promoting behavioral/ mental health and physical well-being
- Now scaling to children and families living in poverty nationwide

500+ years of trauma and oppression  
=  
Intergenerational cycles of poor health, education, and economic inequities

### How do we break this cycle?



### What is the Family Spirit® Intervention?



Home-Based Outreach



Referrals and warm hand-offs to other needed services



Family Involvement

63 structured lessons by paraprofessional home visitors to parents in need from pregnancy to 36 months postpartum

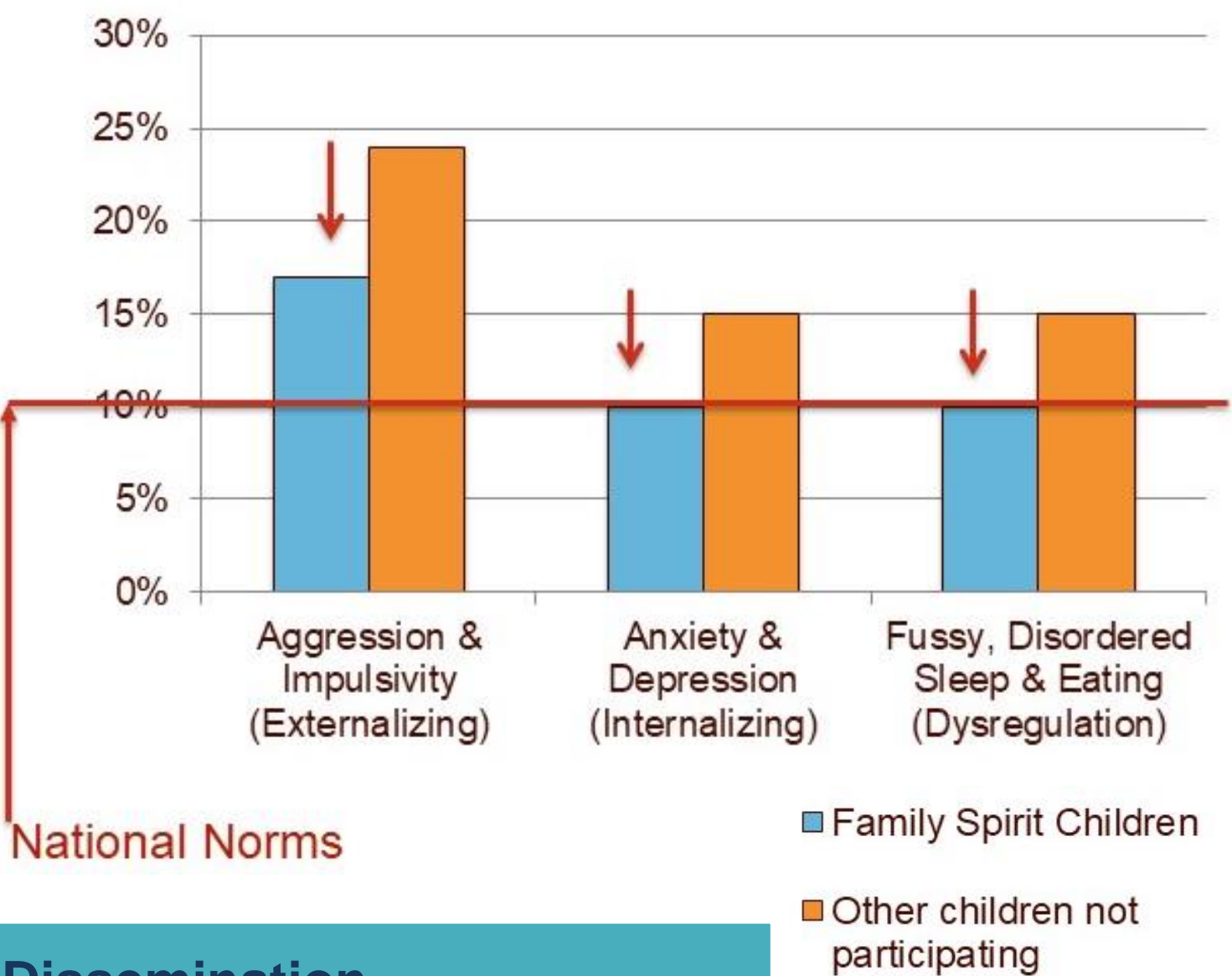


Cultural messaging promoting "mindful parenting"

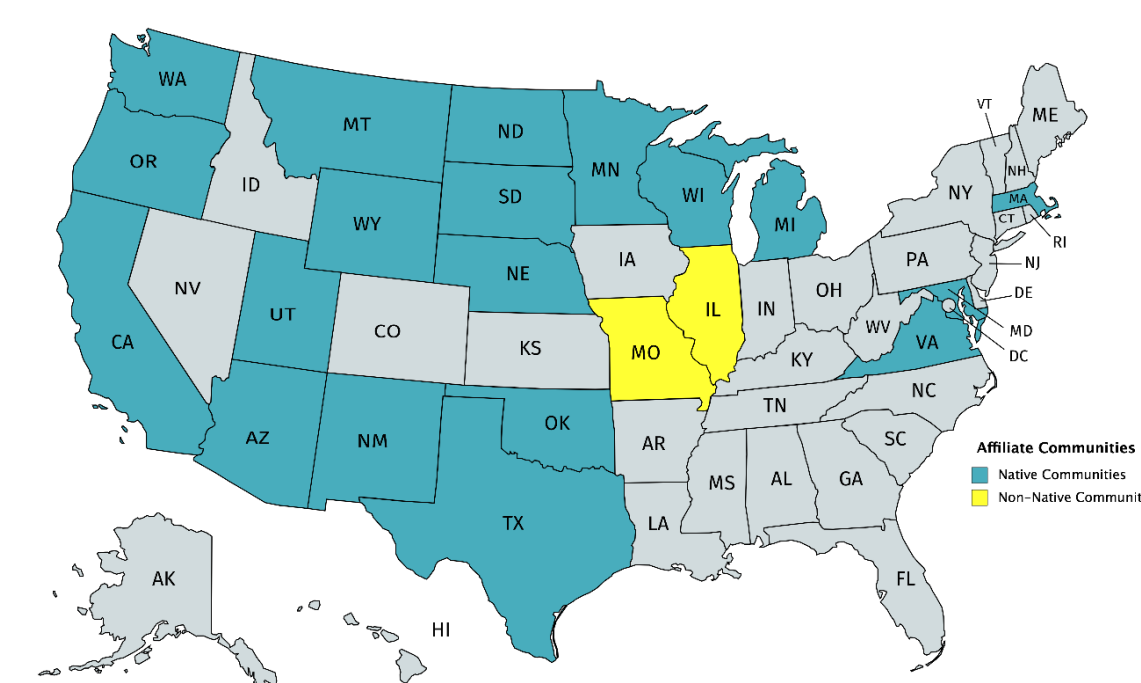
### Outcomes from 3 Randomized Controlled Trials

- ↑ Maternal knowledge
- ↑ Parent self-efficacy
- ↑ Parent home safety attitudes
- ↓ Parent stress
- ↓ Maternal depression
- ↓ Maternal substance use
- ↓ Maternal behavior problems
- ↓ Child behavior problems up to age 3

### Improved Child Development



### National Replication and Dissemination



131 + sites across 21 states

- Highest participant retention: 91% at 1 year postpartum, 83% at 3 years postpartum
- Highest federal rating from HomVEE review (effectiveness of home visiting models targeting families with children 0 to 5)
- NREPP rating of 4.0 out of 4.0 on Readiness for Dissemination



Thank you to the parents, children, and communities who make up the Family Spirit story, and the staff, community members, tribal leaders and review boards who helped shape the intervention, evaluation, and dissemination.