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

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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

• Iiná
  – 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.
Iiná: 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
Resilience

Concept of Resilience and social cultural aspects

- Definitions and examples of resilience
- Protective Factors

Where do you get your medicine?
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

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
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References


Questions?
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