



TRIBAL PREVENTION SERVICES

Since passage of the Family First Prevention Services Act, the [Title IV-E Prevention Services Clearinghouse](#) has been conducting reviews of research on programs and services aimed at supporting children and families and preventing foster care placements when possible. However, these prevention services are not necessarily appropriate for supporting American Indian families. It is crucial that services for American Indian families address the strengths and knowledge that already exist in tribal communities, as well as the unique challenges they face, such as intergenerational trauma and grief. There is no central clearinghouse for these services, but they do exist! This list contains several evidence-based programs and services that have been culturally tailored to support American Indian families. The list includes several services approved by the Title IV-E Clearinghouse that have been successfully implemented in tribal communities. In order to receive Title IV-E funds for prevention services, an approved service must be used. It is possible to request a program for review by the Clearinghouse. (See the final section of the CCFWD [FFPSA Prevention Services Fast Facts document](#) for more information.) A public call for recommendations occurs annually. Join the email list to get updates!

Basketball Against Alcohol and Drugs (B.A.A.D)

Substance Abuse Programs and Services

- A community-based basketball tournament that attracts Tribal teams from the Pacific Northwest including: Oregon, Washington and Idaho. Age-appropriate prevention education in alcohol, drug, tobacco, suicide and other prevention subject areas. This practice aims to reduce youth criminal behavior, substance abuse, suicide attempts and school drop-out.
- **Population Served:** Children and youth age 6 to 18 who are enrolled in school.
- **Cost:** Full-time staff is preferred for coordinating, planning and executing the tournament. Referees, facility staff, adult supervisors and overseers of events are also needed.
- **Contact:** 541-276-3165, justinquempts@ctuir.com
[Oregon Gov EBP: Basketball Against Alcohol and Drugs](#)

For more information on FFPSA, visit the Center's [website](#) or email familyfirst@umontana.edu.

Ceremonies and Rituals

Mental Health, Substance Abuse Programs and Services

- A prevention program that incorporates ceremony and ritual in order to create a connection to culture. Activities include participating in sweat-lodge ceremonies, smudging, learning sacred dances, attending powwows and other sober community activities and storytelling.
- **Population Served:** All ages.
[Oregon Gov EBP: Ceremonies and Rituals](#)

Circle of Security Home Visiting

In-home Parent Skill-Based Programs and Services

- A version of Circle of Security that includes a home-visiting component. The program aims to teach caregivers the fundamentals of attachment theory, skills to better understand their child's behavior and to understand and regulate their own responses to their children.
- **Population Served:** For parents and caregivers of children ages 0-5.
- **Dosage:** After an out-of-home assessment, four home visits occur over a period of three months.
- **Cost:** The program is delivered by master's level mental health professionals who have completed a 10-day Circle of Security training, passed a competency exam and received supervision for 5 complete interventions.
- **Training:** 3-day trainings cost around \$1,000 per person. Group discounts are available.
- **Contact Info:** 509-462-2024, gretchen@circleofsecurity.org
[Circle of Security International](#)

Domestic Violence Group Treatment for Men

Mental Health, Abuse Prevention

- A program for men with a history of violent behavior that incorporates traditional methods of healing and ceremonies and attending community events related to prevention of drug abuse and parenting skills.
- **Population Served:** Men over the age of 18 who have been court ordered or referred for treatment by DOC or DHS Child Welfare.
- **Contact:** 541-882-1487
[Oregon Gov EBP: Domestic Violence Group Treatment for Men](#)

Family Spirit

In-home Parent-Skill Based Programs and Services

- Family Spirit is culturally tailored home-visiting program that aims to address intergenerational behavioral health problems through utilization of local cultural assets. It was designed for, by and with American Indian families.
- **Population Served:** Young parents from pregnancy to 3 years post-partum.
- **Dosage:** Family Spirit curriculum consists of 63 lessons to be taught between pregnancy and the child's third birthday.
- **Training:** Agencies must become an affiliate in order to deliver Family Spirit services in their community. Affiliation is achieved through contracting, evaluation preparation and completing pre-training, in-person training and post-training check-in calls.
- **Contact Info:** 928-674-3911, familyspirit@jhu.edu
[Johns Hopkins Bloomberg School of Public Health: Family Spirit](#)

Horse Program

Substance Abuse, Mental Health

- Addresses youth and adult criminal behaviors and substance abuse, including suicide ideation and attempts, and school failure through partnership with horses, tribal youth and families. Both individual and small group sessions involve equine care, ground work and riding training sessions.
- **Population Served:** All ages.
- **Cost:** Necessary materials include horses, water, feed, grain, corrals, tack, equipment, covered arena and round pen.
- **Contact:** Debbie Driesner (Mustangs and MOHR), Mona Cochran (Warm Springs), 503-623-8430 or 541-553-3205, ddriesner@oda.state.or.us
[Oregon Gov EBP: Horse Program](#)

Motherhood is Sacred, Fatherhood is Sacred

Parent-Skill Based Programs and Services

- Motherhood is Sacred, Fatherhood is Sacred offers participants the opportunity to gain a deeper understanding of the importance of responsible fatherhood as reflected in Native American values and beliefs. The 12-week program assists fathers, mothers and families to fully realize their potential using a culturally-rich model.

- **Population Served:** Parents and families.
- **Dosage:** 12 weeks.
- **Cost:** \$1,800 for individual certification or \$1,600 discounted rate for Current NAFFA Individual Certified Facilitators. Refresher courses also available.
- **Training:** 3-day intensive training in order to receive certification.
- **Contact Info:** 480-833-5007

Positive Indian Parenting

Parenting Skills, In-Home Parent Skill Based

- An 8- to 10-week strengths-based curriculum created by the National Indian Child Welfare Association (NICWA) that provides practical and culturally specific training for American Indian and Alaska Native parents. The curriculum ties in traditional Indian parenting practices using storytelling, cradleboard, lessons of nature, behavior management and the use of praise. The program also addresses intergenerational trauma and grief, forced assimilation and the historic impact of boarding schools.
- **Population Served:** Both Native and non-Native parents, relatives, caregivers, foster parents and others wanting to be more positive in their parenting approach. Participants may be voluntary or mandated.
- **Dosage:** Eight modules are delivered by trained facilitators weekly for 2 to 3 hours. Each session starts with a brief lecture, followed by an interactive exercise and a group discussion.
- **Cost:** Training can occur on site at the tribe or at a NICWA Training Institute. On-site training costs around \$2,000 per day for the three-day workshop, in addition to travel costs and \$40 for each participant for training material. Fees for the training institutes range from \$495 per person for early registration to \$560 for full price registration.
- **Training:** Facilitators must be trained and certified by NICWA through a three-day workshop. Facilitators may be case workers, social workers, elders, victim advocates, substance abuse counselors or others. Ideally, sessions are led by two facilitators. The lead trainer must be American Indian/Alaska Native.
- **Contact:** TAJI@naicja.org
[Positive Indian Parenting](#)

The Honoring Children Series- Evidence Based Interventions for Culturally Appropriate Treatment for American Indian/ Alaska Native Children

Honoring Children, Honoring the Future

*American Indian Life Skills Development Curriculum,
Mental Health*

- A suicide prevention curriculum for middle and high school students. Focuses on reducing suicidal thoughts and behaviors and increasing problem solving skills and suicide intervention skills among AI/AN youth.
- **Population Served:** Middle and high school students.
- **Contact:** Indian Country Child Trauma Center, 405-271-8858 or 405-271-2931
- [Indian Child Trauma Center: Honoring Children, Honoring the Future](#)

Honoring Children, Making Relatives (Cultural Adaptation of Parent-Child Interaction Therapy)

Mental Health, Parenting Skills

- An evidence-based adaptation of Parent-Child Interaction Therapy (PCIT) for parents needing appropriate parenting skills or children with behavioral issues. The program incorporates American Indian and Alaska Native traditional beliefs of wellbeing and parenting practices into the tenets of PCIT. Parents are coached by a trained therapist and taught behavior-management and relationship skills.
- **Population Served:** Children between the ages of 3 and 7.
- **Dosage:** Treatment length can vary depending on the needs of the child and family. Services are typically delivered over 12 to 20 weekly one-hour sessions. Treatment is considered complete when a positive parent-child relationship has been established, the parent can effectively manage the child's behavior, and the child's behavior is within normal limits on a behavior rating scale.

- **Training:** Curriculum includes solutions for implementing and disseminating evidence-based interventions in rural and isolated tribal communities with limited licensed professionals. Procedures are in place for assisting, measuring, and monitoring the skills acquisition and treatment fidelity for rural and isolated trainees. Online video consultation is available for real-time coaching sessions.
- **Contact:** Indian Country Child Trauma Center, 405-271-8858 or 405-271-2931
[APA: Honoring Children, Making Relatives](#)

Honoring Children, Mending the Circle (Cultural Adaptation of Trauma Focused Cognitive Behavior Therapy)

Mental Health

- A combination of trauma-informed interventions with elements of cognitive behavioral therapy designed to address the needs of children who have experienced traumatic events and PTSD. Interventions support American Indian and Alaska Native cultural views and practices.
- **Population Served:** All ages under 18 years old.
- **Training:** Honoring Children, Mending the Circle is provided by a licensed clinician or a member of a treatment team that includes a licensed clinician. In order to attend training, participants must first complete an online Trauma-Focused CBT Therapy training. The online training costs \$35. There is a \$500 fee per participant for training.
- **Contact:** Indian Country Child Trauma Center, 405-271-8858 or 405-271-2931
- [Indian Country Child Trauma Center: Honoring Children, Mending the Circle](#)

Honoring Children, Respectful Ways (Cultural Adaptation of Treatment for Children with Sexual Behavior Problems)

Mental Health, Abuse Prevention

- A therapy designed for children who have experienced traumas of sexual abuse, physical abuse, and family violence. The curriculum was adapted from Problematic Sexual Behavior-Cognitive Behavioral Therapy (PSB-CBT). Family and support systems are utilized while teaching

sexual boundaries, abuse prevention strategies, behavior monitoring and making amends.

- **Population Served:** Children between the ages 3 and 12.
- **Contact:** Indian Country Child Trauma Center, 405-271-8858 or 405-271-2931
- [Indian Country Child Trauma Center: Honoring Children, Respectful Ways](#)

Programs Approved by the Title IV-E Prevention Services Clearinghouse & Also Implemented or Tested in Tribal Communities

Brief Strategic Family Therapy

Mental Health Programs and Services, Substance Abuse Programs and Services, In-Home Parent Skill-Based Programs and Services

- Brief Strategic Family Therapy uses a structured family systems approach to treat families with children or adolescents who display or at risk for developing problem behaviors. This is accomplished by therapists establishing relationships with family members, observing how family members behave and interact with one another, then assigning tasks and coaching family members to promote more effective family interactions.
- **Population Served:** Families with children and adolescents (6 to 17 years) who display or are at risk for developing problem behaviors including: drug use and dependency, antisocial peer associations, bullying or truancy.
- **Dosage:** Typically delivered in 12 to 16 weekly sessions.
- **Cost:** Estimated cost of \$3,500 per youth. Cost can vary depending on agency salaries, distance to families in treatment, etc.
- **Training:** BSFT is delivered by trained therapists. A master's degree is typically required in addition to training or experience with basic clinical skills common to behavioral interventions and family systems theory. Training consists of live workshops, to practice essential skills, and supervision practicum for 4 to 6 months.
- [BFST Program Support](#)

Motivational Interviewing

Mental Health Programs and Services, Substance Abuse Programs and Services

- Motivational Interviewing is a counseling method designed to help clients resolve ambivalence for change and increase motivation. This method promotes behavior change and improvements in physiological, psychological and lifestyle outcomes.
- **Population Served:** Can be used to promote behavior change with a range of target populations.
- **Dosage:** MI is typically delivered over one to three sessions. Sessions typically last for 30 to 50 minutes. Dosage may vary if MI is delivered in conjunction with other treatments.
- **Cost:** Average cost for training in MI is \$350 to \$400 per individual. Discounted rates are often offered for group trainings. Most trainings are two days. There are different levels of training depending on whether the practitioner is a beginner or intermediate level.
- **Training:** MI can be delivered by a variety of different professionals. There are no minimum qualifications. The Motivational Interviewing Network of Trainers (MINT) does not recommend specific trainings. There are online training resources, MI trainers and public trainings by MINT members.
- [SAMHSA: Native American Motivational Interviewing](#)

Multisystemic Therapy

Mental Health Programs and Services, Substance Abuse Programs and Services

- Multisystemic Therapy (MST) is an intensive treatment for youth who are at-risk or already engaging in criminal activity. The program aims to promote pro-social behavior, reduce criminal activity, mental health symptoms, out-of-home placements and illicit substance use through intervention methods delivered in multiple settings.
- **Population Served:** Youth between the ages of 12 and 17 and their families. Target populations include youth who are at risk or already engaging in delinquent activity, substance misuse, experiencing mental health issues or at risk for out-of-home placement.
- **Dosage:** Treatment typically includes multiple weekly visits between the therapist and the family. The treatment lasts an average of 3 to 5 months. The intensity of services varies and is determined by both the therapist and family. Therapists must also engage in ongoing training

and consultations in order to ensure service delivery is consistent with the MST model.

- **Cost:** The cost of implementing MST varies depending on the region and provider. Most of the cost relates to MST staff. MST services recommends that agencies budget for having 4 to 6 Masters level clinicians including salary, benefits, and fringe. Other significant expenses include office space, equipment, travel time for therapists, flex funds for families and administrative overhead for the agency.
- **Training:** Therapists must work for licensed MST teams and organizations in order to deliver MST services. An initial 5-day training must be completed.
- [Multisystemic Therapy: Juvenile Justice and Tribal Youth](#)

Nurse-Family Partnership: Well-Supported

In-home Parent Skill-based Programs and Services

- Nurse-Family Partnership (NFP) is a home-visiting program implemented by trained registered nurses. NFP aims to improve the health, relationships and economic well-being of mothers and their children by providing support and education.
- **Population Served:** Young, first-time, low-income mothers from early pregnancy (no later than week 28 of gestation) through the first 2 years of their child's life. The focus is primarily on mothers and children but the participation of other family members is strongly encouraged.
- **Dosage:** NFP aims for 60 visits that last approximately 60 to 75 minutes each. Nurses visit mothers weekly for the first month after enrollment. Visits then continue on a bi-weekly basis or as needed. Visits take place in the home or in a location of the mother's choice.
- **Cost:** Cost of implementing NFP varies depending on location. Nurses' salaries account for most of the variability in cost. For example, the cost of the program in South Carolina is estimated to cost \$6,000 per family, and \$9,600 per family in New York City. Medicaid can be used to cover health care costs associated with the program.
- **Training:** NFP is typically delivered by registered nurses with a Bachelor's degree or higher. Nurses must complete all educational sessions with the NFP National Service Office (NSO). Nurses must also participate in ongoing meetings with staff members and NSO supervisors.
- [NFP Native Moms](#)

Parents as Teachers

In-home Parent Skill-based Programs and Services

- Parents as Teachers (PAT) is a home-visiting education program that uses personal home visits, supportive group connection events, child health and developmental screenings and community resource networks to teach skills to new and expectant parents. PAT aims to promote positive child development and prevent child maltreatment.
- **Population Served:** New and expectant parents. Services can begin prenatally and continue until their child reaches kindergarten. PAT is designed to be used in any community or family but many programs target families in possible high-risk environments such as teen parents, history of substance abuse, and chronic health conditions.
- **Dosage:** PAT is usually delivered in homes, but can also be delivered in schools, child care centers or other community spaces. Meetings can range from biweekly to monthly, depending on family need. Parent educators meet with families for about 60 minutes per meeting.
- **Cost:** \$1,290 for both the foundational training and model implementation training taken together. This training is 5 days in total. The cost for just the foundational training is \$1,175. The cost for just the model implementation training is \$350.
- **Training:** PAT services are delivered by parent educators. Parent educators are required to have a high school degree or GED with at least two years of experience working with children and parents. PAT certification involves attending a three-day foundational training and a two-day model implementation training that covers strategies used to implement PAT.
- [Parents as Teachers Tribal Maternal Home Visiting Program](#)

SafeCare

In-home Parent Skill-based Programs and Services

- Safe Care is an in-home behavioral parenting program that aims to reduce child maltreatment by promoting positive parent-child interactions, informed caregiver response to childhood illness and injury, and a safe home environment. The curriculum is delivered using three modules: 1) the home safety module, 2) the health module, and 3) the parent-child or parent-infant interaction module.
- **Population Served:** Parents and caregivers of children ages 0 to 5 who are either at-risk or have a history of child neglect or abuse.
- **Dosage:** The Safe Care program is designed to be completed in 18 sessions. Some parents/caregivers need fewer or more sessions to master new skills. Providers deliver three curriculum modules, each lasting for six sessions. Sessions last for about 50 to 90 minutes. Safe Care sessions typically happen in the homes of participants or in an alternative setting, such as a clinic, shelter or family-based residential treatment center.
- **Cost:** The cost of training varies depending on the number of individuals being trained and the level of training (Provider, Coach, or Trainer). Training is provided with a small trainer to trainee ratio, so it is generally more efficient to train large numbers of staff at once. The National Safe Care Training and Research Center reports that the average cost of implementing Safe Care per family is \$2,275 (2015 dollars). This cost is estimated to include personnel time, office space, operating expenses, training costs, and variable costs per family.
- **Training:** There are no educational requirements for Safe Care providers. In order to receive certification, providers are required to participate in 32 hours of workshop training and receive post-workshop coaching to promote fidelity and proficiency in delivery of the program. Ongoing coaching is required to keep provider certifications active.
- [Colorado DHS Expands SafeCare Across Colorado](#)