

Project: REZolution Indian Health Council, Inc.



LOCATION

San Diego County, CA



GROUPS SERVED

- American Indians and Alaska Natives
- Rural Setting
- Youth (ages 12-17)

CONTACTS

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OVERVIEW

Indian Health Council (IHC), Inc.'s CRDP Project, REZolution, is a Community Based Participatory Research (CBPR) project that promotes healthy self-expression as one of the keys to elevating personal, tribal, and intertribal health. REZolution consists of community showcase events, designed and produced by youth from the host reservation; youth plan the event from designing flyers, directing and producing video advertisements for the event, and identifying local performers. While planning event details, the youth also partake in exercises promoting healthy self-expression and coping skills, utilizing a strength and resiliency based approach. The main goals of REZolution are to encourage personal growth and wellness, increase mental and behavioral health referrals and use of services at IHC, and to destigmatize counseling services in rural Southern California tribal communities.

To date, five REZolution community events have taken place, hosted by five different reservations/tribes. CRDP Project Staff aim to weave cultural and traditional practices into the planning and execution of the community event. Youth are encouraged to give the welcoming blessing in their language and include cultural items in their promotional material. Performers often include bird singers, story telling, drumming and poetry readings. An art walk is also included in the community event to recognize those community artists and their artwork. Artwork can include gourd work, beading, leather work, canvas work and other traditional crafts and art. Youth planners are also encouraged to perform at the event and voice their identity through the performing arts.



SOCIAL MEDIA STRATEGIES

IHC's CRDP social media strategic plan was implemented to not only invite community members to REZolution events, but to recognize the creativity of REZolution youth planners. REZolution promotional materials are posted on IHC's social media sites (e.g., Facebook, YouTube and Instagram) and accessible to all. The most recent materials developed by REZolution youth planners amassed over 4600 views and 100 shares on IHC's Facebook. Additionally, the promotional video was viewed in 10 states.



COMMUNITY ENGAGEMENT

CRDP REZolution has been implemented in five communities, with each event averaging 50-60 community members in attendance. 39 tribal youth have participated in planning REZolution events and each event has been hosted and supported by the respective tribal council. Performance slots (including bird singing, drumming, dance and story telling) have been filled by community members.

Across four REZolution events, there was a total of 201 Audience Evaluations completed (n=201). Audience members are also asked open-ended questions to determine what community members liked the most about the REZolution events. Audience responses included that REZolution events "empowered their community, especially youth", "the inclusion of all people and encouragement of youth to challenge themselves", and the promotion of "artistic expressions, how individuals express themselves in every way".

Youth planners are administered the Herth Hope Index (mean score 36.6 out of 44), Tribal Pride Scale (mean score 32.8 out of 40), Connor-Davidson Resiliency Scale (mean score 21 out of 27) and the State-Wide Evaluation at two timepoints throughout their participation in REZolution events (pre and post assessments). Mean scores are included to indicate overall scores across groups of youth planners.

- The CRDP Project team continues to assess barriers to data collection from both youth participants and audience members. In general, community members are asked to complete multiple surveys from IHC which leads the project team to question about different methods of data collection and what will work best in rural tribal communities.

NEXT STEPS

Continue to administer and gather data through Local Evaluation and Statewide Evaluation (SWE)

Plan and host a REZolution event at each of IHC's consortium tribes

Focus on social media to spread the goals of CRDP and share the creativity of local community members



GOALS



GOAL 1. Encourage personal growth and wellness: The first goal of REZolution is to promote healthy self-expression. By soliciting performers in the community to perform at the community event, REZolution aims to acknowledge and recognize healthy self-expression within a collective cultural framework.



GOAL 2. Increase access of behavioral health services at Indian Health Council, Inc.: By including a member of the IHC behavioral staff in the planning sessions, youth are able to interact with a therapist and ask questions about what behavioral health services entail.



GOAL 3. Destigmatize counseling services in rural Southern California tribal communities: In addition to participating in planning sessions, a member of IHC's behavioral health staff also performs at the community events and provides information to the community on what services are available to them. Community members have the chance to interact with behavioral health staff at the community event.

