

Native American Drum, Dance, and Regalia Program (NADDAR)



LOCATION

Seven Generations
Child and Family Services,
United American Indian Involvement,
Los Angeles, CA



GROUPS SERVED

- Urban American Indians and Alaska Natives
- Children ages 5+
- Adolescents
- Adults 18+

CONTACTS

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OVERVIEW

The Native American Drum, Dance and Regalia (NADDAR) Program is a culture-based treatment provided at UAI aimed at reducing health disparities among the urban American Indian/Alaska Native families in Los Angeles County. The NADDAR program is an 8-week program consisting of 2-hour workshops once per week. The workshops include cultural and health education and are led by cultural leaders who teach and invite participants to join in urban American Indian/Alaska Native cultural activities including drumming, dancing and making traditional regalia.

It is the intent of the NADDAR program to foster community support and alternative healthy coping skills to address mental health issues. Another outcome of this community-defined evidence practice (CDEP) is to develop a community informed manual for conducting a cultural and health education program. The strategic evaluation plan also seeks to collect qualitative data to finalize the NADDAR curriculum and to collect quantitative data to evaluate the effectiveness of the program in reducing mental health problems, increasing cultural identity and community connections.



STRATEGIES

Engage the community by hosting 4 pre and post discussion based focus groups with about 6 to 8 participants per group. Participants will include adult (age 18+) men and women, male and female youth (ages 13-17), and UAI cultural providers who worked with UAI for at least 1 year, as well as Elders and cultural leaders of the community advisory board.

Distribute pre & post self report surveys before and after the 8 week NADDAR Program for 4 cycles with at least 25 participants during each cycle period. Participants will be self-identified American Indian/Alaska Native adult (age 18+) men and women, male and female youth (age 11-17), and one parent for children. Surveys will measure changes in mental health, substance use, community connectedness, and cultural connectedness.



OUTCOMES

Finalize the NADDAR Program as a cultural intervention for urban American Indians/Alaska Natives in Los Angeles.

Determine how best to use the outcome data and inform public policy.

Measure program effectiveness for reducing health disparities.

Currently, have exceeded over 50+ participants for NADDAR and have received positive feedback from community members.



OBJECTIVES



GOAL 1. Finalize THE NADDAR Program. Incorporating culturally sensitive, community based participatory research (CBPR) methods by including community members as research partners and by using community knowledge on how to enhance the NADDAR curriculum.



GOAL 2. Evaluate the effectiveness in reducing mental health and substance use severity among participants, as well as increasing cultural identity and community connections. Utilizing pre and post self report surveys to determine to what extent the NADDAR Program is effective in reducing mental health and increasing community connectedness.



GOAL 3: Contribute towards increasing the data available to the statewide investigation on the effectiveness of the cultural interventions. Gathering information about access to healthcare services used or needed, psychological distress, and quality of cultural intervention to increase access for American Indian/Alaska Native population.



NEXT STEPS

Host the NADDAR classes in highly populated American Indian/Alaska Native areas of Los Angeles to promote cultural health education and community support.

Evaluations collected from cycles I and II.

The program will continue to outreach and promote

The NADDAR workshop to the Los Angeles community to aid in dissemination and implementation of the program.

