

# UAII'S DRUM, DANCE, AND REGALIA PROGRAM



## Overview

The Drum, Dance & Regalia Program is a community defined prevention and early intervention program for urban American Indian/Alaska Native (AI/AN) individuals in Los Angeles County. The program consists of 2-hour learning workshops held once per week and facilitated by AI/AN community leaders. The CRDP Phase II extension allowed for modifications to the program including the program length and adjustments to the evaluation design.

The hypotheses of the study remained the same. After participation in the program, participants were expected to:

1. Increase Cultural Identity
2. Improve Mental Health
3. Decrease Substance Use
4. Improve Coping Skills

## Objectives

1. Finalize a Native American Cultural Revitalization Program.
2. Evaluate program effectiveness in increasing cultural identity, improving mental health, decreasing substance use, and improving coping skills.
3. Contribute to California's statewide investigation on the effectiveness of cultural interventions.



## Strategies



Participants:  
N = 95: 63% adults (18+), 23% adolescents (11-17), and 14% children (5-11).

Cycle 7 and 8 surveyed children 8 - 11 years old through self report instead of a proxy-guardian for children 5+.

Outcome Measure	Test	Cycle 6						Cycle 7/8						
		Adult		Adolescent		Child	Adult		Adolescent		Child			
		Pre	Post	Pre	Post	Pre	Post	Pre	Post	Pre	Post			
Cultural Identity and Spirituality	SCI-2													
	MEIM													
	CCS-CA													
Mental health and wellness	PHQ													
	CES-DC													
	GAD													
	SCARED													
Substance Use	HLS													
	HLAS													
	TFSU													
Coping Skills	CRS SES													
	MDS													
	CAA													
Attendance														
Outlook	HHI													

## 10 Weeks of Regalia Making



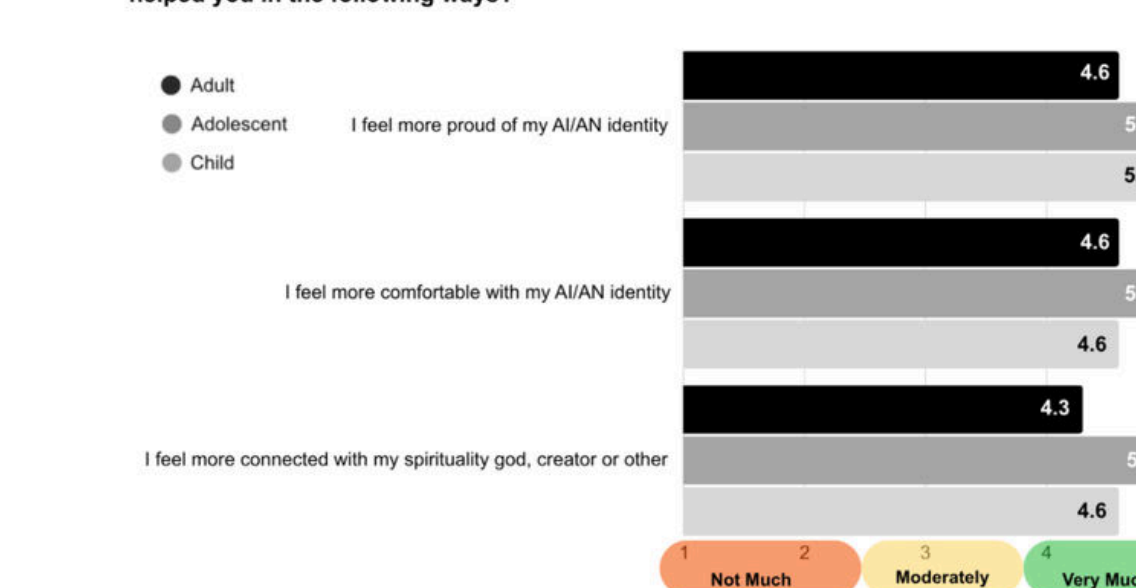
## Outcomes

### Cultural Identity & Spirituality

- Cycle 8, children showed a significant increase on the Sense of Community Index-2.
- Over 50% of adults in cycles 6 and 8 and adolescents in cycles 7 and 8 showed increased sense of community.

### Cultural and Activity Assessment

Since participating in cultural and traditional activities, how much do you think they have helped you in the following ways?



Cycle 6, post-20 survey participants regarded the program "very much" helpful for improving cultural identity and spirituality using the Cultural and Activity Assessment.

### Mental Health

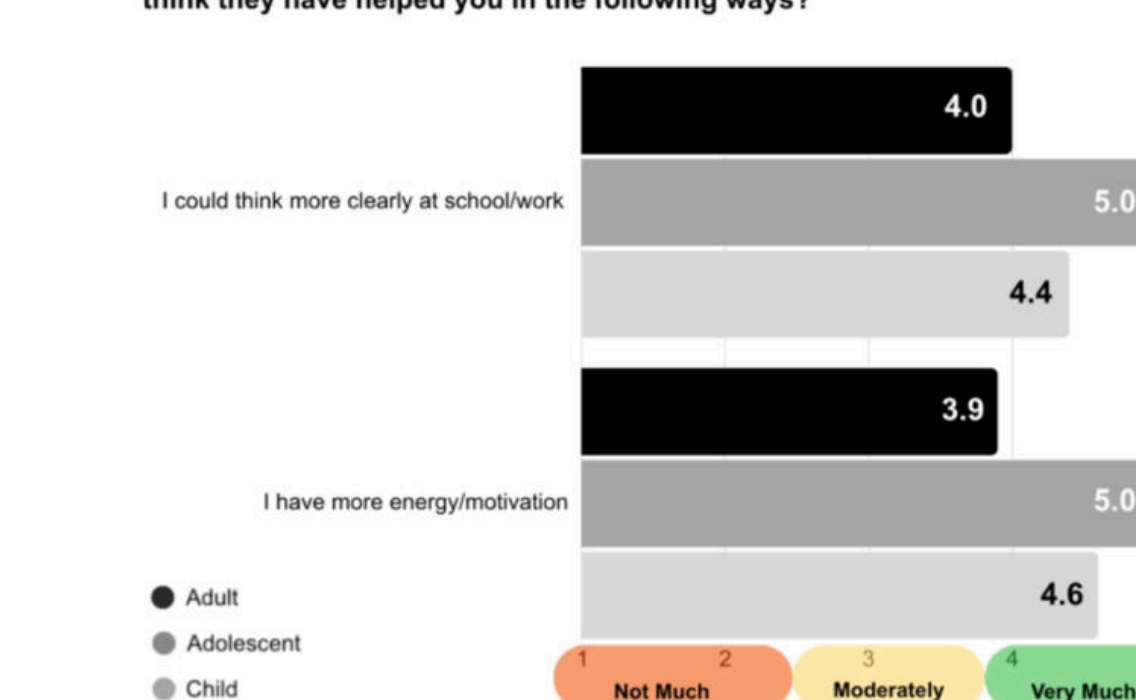
- Adults: Up to 80% improved depression; 57% improved anxiety
- Adolescents: 64% improved depression in Cycle 8; 58% improved anxiety
- Children: 67% improved on depression and anxiety by post-week 10 in Cycle 8

### Substance Use

- Adult reductions in non-daily cigarette, daily/binge alcohol, and marijuana use
- Adolescents cycle 6, post-20 survey reported decreased desire to use drugs and alcohol

### Coping Skills

Since participating in cultural and traditional activities, how much do you think they have helped you in the following ways?



Cycle 6, post-20 survey participants regarded the program "very much" to "moderately" helpful for thinking more clearly and having more energy/motivation.

### Methodological Impact

- Shift from proxy to self-report (Cycles 6 → 7/8) revealed deeper emotional impacts
- Shorter surveys in later cycles improved participation and data quality

## Next Steps

- Continue refining culturally responsive evaluation methods
- Disseminate findings across Tribal, state, and academic partners
- Support statewide efforts to expand culturally rooted mental health models
- Sustain programming through CDEP and advocate for reimbursement pathways



Los Angeles CA