



One Fire Associates, LLC



**NATIVE AMERICAN
HEALTH CENTER**



FAIHP
Fresno American Indian Health Project



Gathering Of Native Americans Clinical Crosswalk to Understand Therapeutic Value

In 2013, a measurement tool to track fidelity to the GONA curriculum was developed in partnership with three urban Indian health programs through technical support of the National Council of Urban Indian Health and the Native American Center for Excellence. The three programs supporting this tool include the Native American Health Center in Oakland, CA; the Sacramento Native American Health Center in Sacramento, CA; and the Fresno American Indian Health Project in Fresno, CA. In 2018 the GONA Fidelity Tool was updated with input from a number of GONA trained staff from Urban Indian Health Organizations across the state of California, in partnership with the lead investigator from One Fire Associates, LLC; and representatives from the California Consortium of Urban Indian Health and the Substance Abuse and Mental Health Services Administration Training and Technical Assistance Center. The intent of this scale is to support fidelity to the GONA curriculum and was developed as a tool for supporting evaluation across sites.

As a result of ongoing data collection and evaluation, it became evident that there was significant therapeutic value of the GONA intervention with youth participants. It also was identified across GONA participating sites that there was a need to educate others about this therapeutic value in western terms that could be understood by clinicians and decision makers. The lead investigator for the GONA Collaborative, a trained clinical psychologist that has evaluated the fidelity and outcomes of GONA across both tribal and urban multi-tribal communities, drafted a first crosswalk between the GONA fidelity tool and therapeutic value by developing a description and key words for each item on the fidelity tool. This crosswalk was then shared in draft form to clinicians participating in GONAs, GONA facilitators, and clinicians that are also trained as GONA facilitators. This feedback and input was incorporated into the final document. The table below summarizes the therapeutic value of implementing a GONA. It is expected that this tool will be helpful for engaging clinical staff in the GONA Event and identifying funding mechanisms for third party reimbursements of effective culturally based interventions for at-risk tribal youth.

CORE GONA ELEMENTS

Fidelity Tool	Tool Description	Clinical Cross Walk	Key Phrases
Prayers	We opened and/ or closed each day with prayers that were appropriate for the participating group	Spirituality has been consistently linked to positive health and mental health outcomes.	Integrated Care; cultural competence
Mental Health	Mental health providers were involved in the GONA as a resource for participants	Mental health providers at the event ensure that individuals that may be triggered by a trauma response have timely access to on-site mental health care.	Access, trauma-informed.
Curriculum	To the best of your ability you ensured that all youth received the same teachings and lessons throughout the GONA	Ensures that each youth receives the same quality dosage of GONA	Fidelity
Rules	At the beginning of the GONA we established rules/norms with input from the youth	Creates expectations and a safe place for talking about problems.	Trust/Rapport building; setting expectations
Team Building	We incorporated team building exercises into the GONA every day	Builds rapport between youth and helping adults. Also builds stronger connection with youth “peers” as supporters in the community.	Trust/Rapport building; building peer support network
Cultural Strengths	We identified cultural strengths of, and shared them with the youth	Identifying cultural strengths helps youth consider their own strengths for health and healing.	Strength-based approach; self-esteem building
Pictures	We placed pictures of every youth/staff on the wall for affirmations	Creates an opportunity for youth to receive positive affirmation from others as some youth attending the event may not receive positive comments from others in their daily life.	Positive reinforcement; self-esteem building
Honor the Land	We made time to honor land, space, and people	Increases youth sense of connection to the place and people.	Social support
Spirit/Quiet Table/House/Place	An area was provided for the youth to meditate and or pray.	Spirituality has been consistently linked to positive health and mental health outcomes.	Integrated care; cultural competence; aromatherapy

Youth Clans	We ensured that youth interacted with new peers outside of their normal social circle	Supports youth in breaking out of family cycles of communicating by observing other youth communication styles and interacting with youth that could be models, mentors, peer helpers, etc.	Social skills building; communication skills; links to peer-mentors
Elders	We ensured that clan elders stayed with the clans throughout the GONA	Elders serve as natural helpers in the community for youth. Having elders present and interacting with youth increases familiarity with these natural helpers for the future.	Mentorship
Belmost Process	<u>The Belmont Process was explained and used throughout the GONA.</u>	The Belmont process teaches youth to be in touch with and identify their own experiences, including their feelings.	Emotional Identification; Mindfulness
Small Clan Work	Youth were able to work in small clans throughout each day to help them process what they are learning. Clans provided “teach-backs” to the larger group.	Clan breakouts support youth in processing what they learned in smaller groups with a trained adult and youth Peacekeeper. The “teach-back” to the larger groups helps the administrators learn about what youth needs and solutions are to support strategic planning and build leadership and communication skills of youth.	Process groups; strategic planning; workforce development; public speaking skills
Risk Taking	We present the youth with “risk tokens” and used risk tokens throughout the GONA.	Risk Tokens serve as a behavioral reinforcement strategy to increase youth participation in the GONA event.	Behavioral reinforcements

BELONGING

Fidelity Tool	Tool Description	Clinical Cross Walk	Key Phrases
Definition	We presented the definition of belonging with the youth, discussed the definition with the youth, and wrote the definition on the wall	The definition of belonging creates a common language about the belonging of youth at the event and begins to build a sense of purpose in life.	Community Connections
Creation Story	We presented local creation stories and then engaged the youth in a discussion	The creations story supports youth building a stronger tribal identity, a known protective factor for Native youth in the research literature.	Self-esteem building
History	The youth were presented with pre-Colonial history of Native Peoples with the intent to learn about healthy societies	The pre-colonial history of Native peoples helps youth learn about pre-colonial healthy lifestyles to raise hope that healthy living can be obtained again, despite the current challenges.	Building sense of pride

Connection of Belonging	The youth were presented with the idea of their connection with their ancestors and generations to come with the intent to help youth see their importance in life	Helping youth see their connection to the ancestors and the generations to come increases their sense of purpose in the world to be the connector for their families and communities. It also helps youth see that they are not alone and are connected to something much bigger in building a stronger spiritual framework for daily living.	Community connections; building sense of pride; self-esteem building
Present/Clan Shield	We had each team create a clan shield, name, and song/chant with the intent of working together as a team to accomplish the activity	This activity supports youth in building social skills in connecting with others outside of their normal kin/friendships. It also serves to increase interactions with caring adults and other youth that can serve as peer-supports in the future.	Social skills building; team building; communication skills
Gift Giving	We gave the youth the opportunity to work on the generosity gifts during the day, and provided a space to do so	The gift giving (and generosity in general) support youth in giving to others, an activity that is associated with increased joy and happiness in the research literature.	Building sense of purpose

MASTERY

Fidelity Tool	Tool Description	Clinical Cross Walk	Key Phrases
Definitions	We presented the definition of mastery with the youth, discussed the definition with the youth, and wrote the definition on the wall	The definition of mastery helps youth learn about the special gifts they must learn to master in the world.	Building sense of purpose; Strength-based
What broke apart the Indian World Session (or equivalent)	We presented the activity that helps youth learn about the historical factors that impacted health and wellbeing of communities	This activity helps educate youth about the impact of historical traumas on the health of the local community and youth have time to process what they learned in Clans.	Psychoeducation; social justice; cultural competence; exposure intervention; process group
Community Traumas	We reviewed the traumas that have occurred within the local community	This activity identifies the community traumas that have impacted the local tribes/peoples.	Trauma informed psychoeducation; exposure intervention
Historical Trauma/Colonization	We described and defined these topics	This activity helps youth learn about historical trauma that occurred through the colonization process.	Psychoeducation; cultural competence; exposure intervention;

Lateral Trauma	We described and defined lateral trauma and how it might occur in the community	This activity helps youth learn about negative patterns of communicating or interacting with others in their family or community, as one of the side effects of historical trauma.	Psychoeducation; Identifying patterns of communication
What will heal our world Session (or equivalent)	We presented an activity with discussion that considers strategies for healing	This session supports youth in learning more about healing strategies for themselves, their family and community members.	Psychoeducation; solution focused; process group
Affirmation wall	We ensured that all youth have positive affirmations on their wall photo	Youth receive positive affirmation from others at the event.	Positive reinforcement; Self-Esteem building
Letting go of historical trauma	We supported a discussion with youth about healing from historical trauma and we implemented some form of ceremony to support letting go of historical trauma (eg: giving to rocks in sweat)	Supports youth in going through an activity that can create an emotional release from pain they may be carrying. This is also integrated with spirituality.	Integrated care; cultural competence; process group

INTERDEPENDENCE

Fidelity Tool	Tool Description	Clinical Cross Walk	Key Phrases
Definition	We presented the definition of interdependence with the youth, discussed the definition with the youth, and wrote the definition on the wall	The definition of interdependence supports youth in learning about their connection to others.	Community connection
Healing Model	We presented the medicine wheel (or local cultural equivalence) and how it relates to community wellness and balance	This session helps youth learn about cultural teachings for healing lifestyles. Communities that use the Personal Balance Tool support youth in developing their own health goals.	Psychoeducation; Holistic; cultural competence; integrated care; Self-care plans
Interconnection Activities	We had activities for the youth focused on interconnectedness (i.e., skits, etc.)	This session supports youth in role playing healthy behaviors as selected by the Clan. These may include things like, how to resist peer pressure to use alcohol; how to help a friend that may be suicidal; how to	Communication skills; team building skills; self-expression through theatre; role-playing healthy behaviors

		respond to sexual abuse and/or harassment; and many other realistic youth scenarios.	
Problem Solving	We had the youth come together to discuss solutions to community problems	Youth are able to consider solutions to problems and process those solutions with peers.	Problem solving skills; solution-focused; process group
Link to Generosity	We were able to link the lessons of interdependence and community wellness to the theme of Generosity with the intent of youth learning about their role in community healing	Increases the sense of belonging and purpose for the youth to master their special gifts so they may give back to a healthier self, family and world.	Community connections; sense of purpose; self-esteem building

GENEROSITY

Fidelity Tool	Tool Description	Clinical Cross Walk	Key Phrases
Definition	We presented the definition of generosity with the youth, discussed the definition with the youth, and wrote the definition on the wall	The definition of generosity helps youth consider how they may give back to others, an important behavior linked to happiness and joy.	Health Promotion; Hope for the future; sense of purpose
Plan for beyond GONA	We outlined a tangible plan for the youth to follow after GONA and made connections with youth for follow-up care	The plan for youth after GONA makes sure that they have resources to connect with for the rest of the year. This may also include supporting crisis intervention and warm referrals for youth that were identified at-risk at the event.	Self-Care plans; Crisis Plans and Referrals; Links to Health Promotion programming
Gift Giving	We held a gift giving ceremony where the youth were able to present their gifts and affirmations to one another	The ability to give something that you made to someone else at the event is the behavioral practice of generosity and is linked to positive mental health.	Integrated care; cultural competence; sense of purpose
Honoring Ceremony	We held an honoring ceremony to recognize the youth that took healthy risks	This activity honors all of the youth at the event for taking a healthy risk. This is usually done by reading comments from their affirmation photo that had been hanging on the wall all week and all of the attendees are present to honor each other for their participation at GONA.	Positive reinforcement; self-esteem building;
Commitment Ceremony	We held a commitment ceremony so that all youth and adults can	This activity supports everyone at the event, including staff and volunteers, in making commitments for a healthier self, family and/or community. The behavioral act of sharing a goal in public increases the	Goal setting; peer support; mentorship support

	speaking out loud their commitments for the next year	chances the person will achieve that goal. Hearing the commitments of others can also give more confidence to the individual that they are not alone and others are committing to be there to help the youth.	
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