



COMMUNITY RESEARCH NEWS

Summer 2014



Dear SIROW Colleague,

The 2013-2014 year was exceptionally busy for SIROW with several new projects underway including (1) Healing Our Communities Digital Storytelling, (2) Medication Adherence, Health Literacy, and Cultural Beliefs, (3) Arizona Youth in Transition Evaluation, and (4) The Film & Toolkit Project (see related stories in this newsletter or at <http://sirow.arizona.edu> for project descriptions).

SIROW also has several projects that are wrapping up, working on sustainability plans, and analyzing data to

assist in the understanding of the impact these projects have had on participants, families, approaches, and policies. For example, data from SIROW's iTEAM project that serves homeless and near homeless LGBTQA youth, shows an increase in youth who report living stability in their own room, apartment or house (20.6% before iTEAM compared to 37.7% after participation in iTEAM). Data from our comprehensive sexuality education project, Step Forward, shows that youth engaging solely in protected sex has increased from 44.8% to 58% (see additional information on Step Forward on page 9). While our Hybrid iSTEM project serving Native American 3rd-8th grade students still has one more year in the field, data shows outstanding retention rates for both mentors and mentees, with student mentees reporting excellent satisfaction with their mentoring experience (e.g., on a scale of 1 to 5, an average score of 4.25 was noted for "It's fun to do iSTEM activities with my mentor") (see additional information on iSTEM on page 3). Moreover, data from SIROW's Working Poor Mothers of Minors (MOMs) project shows that 6 months after intake 69.4% of participants remain abstinent from alcohol and/or illegal drugs, compared to 37.6% at intake. In addition, participants who have a permanent place to live in the community increased from 18.8% to 44.7% from intake to 6 months. MOMs services also enables participants to connect to education and/or employment; 37.6% of participants are either in school, a training program, and/or working in a formal employment position at the time of their 6 month interview, compared to 8.2% at intake (see additional information about MOMS on page 8). In the upcoming year, look for new articles, reports and research briefs on findings from these projects!

Most of SIROW's projects are collaborative and I would like to take this moment to say "thank you" to some of our community partners including CODAC Behavioral Health Services, Our Family Services, Open Inn, Wingspan, Southern Arizona AIDS Foundation, Pascua Yaqui Tribe, Pima County Attorney's Office, The Haven, Compass Affordable Housing, Arizona Children's Association, Community Partnership of Southern Arizona, StrengthBuilding Partners, Chestnut Health Services, and Carnevale and Associates. Thank you for your partnership!

-Sally Stevens, Executive Director

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SIROW
***Building community
and strengthening
individuals and families
through
research, action
and advocacy.***

The Southwest Institute for Research on Women (SIROW), established in 1979, is a regional research and resource institute within the Gender and Women's Studies Department at the University of Arizona. SIROW's region includes Arizona, Colorado, Nevada, New Mexico, Texas, Utah, Wyoming, and Northwestern Mexico.

Visit us on the web!

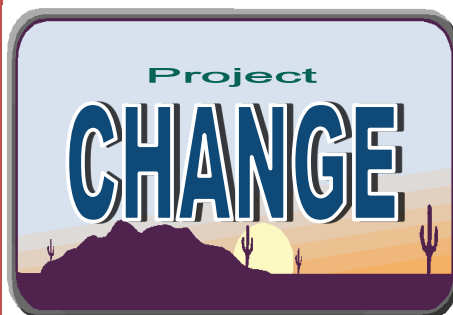
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A Decade of Change



University of Arizona-SIROW Project CHANGE (Career, Harassment, And Nontraditional Gender Education) has generated positive change in Arizona for more than a decade. Project CHANGE works with the Arizona Department of Education and the Association for Career and Technical Education in Arizona. The program provides resources to primary, secondary and post-secondary students as well as educators across the state. Resources include personal and professional development in the form of workshops/presentations and online classes. Student workshops are composed of four topics: Sexual Harassment Awareness and Prevention; Gender, Jobs, Education and Career Success; Cyberbullying Awareness and Prevention; and Career and Technical Education Awareness. Educator professional development workshops also cover four topics: Sexual Harassment Awareness and Prevention; Cyberbullying Awareness and Prevention; Recruitment of Nontraditional Students; and Retention of Nontraditional Students. The online courses are designed for educators interested in learning more about what nontraditional careers are, the barriers to choosing a nontraditional career, the benefits of choosing a nontraditional career, and practical applications for increasing enrollment of nontraditional students. Over the past ten years, SIROW has collected presentation/workshop evaluation data on more than 64,000 students and 3,400 educators. In addition, more than 250 educators have taken the one of the online courses. For more information about Project CHANGE, contact Thom-



Sewa Uusim Community Partnership— Project EXPANSION

Project EXPANSION is a project of the Sewa Uusim Community Partnership. It consists of several ongoing programs: WRAPAROUND, Youth MOVE Partnership, Cultural Arts, Youth Equine Skills Program, Teen Pregnancy Prevention, Tortuga Ranch, Family Nights, Yoeme Kari, and Humane Society Partnership. The programs utilize different methods to increase community involvement, including equine therapy and cultural arts curriculum. All the programs strive to connect services to the Yaqui culture. For example, every year, the project organizes Recognition Day and Yaqui Easter Cultural Ceremonies, both of which are large events within the community where services can be delivered. Project EXPANSION has an estimated 86 youth enrolled between the ages of 9 and 21 years old.

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iSTEM: Yaqui Science Mentoring Program Reaches its Final Year

SIROW is beginning its third school year of the NSF-funded iSTEM project, a project primarily for Native American (Yaqui) students. During the 2013-2014 academic year, SIROW and its community partner, StrengthBuilding Partners, worked with over 30 students in third through eighth grades. The program combines one-on-one mentoring with science and engineering exploration. A diverse group of mentors work with students to participate in hands-on science projects and field trips, including special events throughout the year. The mentors include undergraduate and graduate UA students from both science and non-science disciplines, professional scientists from local industries, and Pascua Yaqui community members.



The 2013/2014 units included Solar Energy and Robotics (at the University of Arizona College of Engineering), Mapping and GIS (at the University of Arizona Campus Mall), Soils to Space (at the University of Arizona Agricultural Center), Watershed (at the Sweetwater Wetlands & Tucson Audubon Society), and Ecology (at the University of Arizona SkySchool at the Mt. Lemmon Sky Center Campus & Steward Observatory). The project expanded beyond the academic year, with three additional science events held this summer. These included a two-part workshop, “Funds of Knowledge and Digital Storytelling,” which emphasized the importance of community-held wisdom and history, and “Food Detectives: An Adventure in Science, Place and Food,” in which youth led chemistry experiments with food.

We are looking forward to working with more students beginning in August. This year’s activities and field trips will cover solar energy, health, security, and astronomy.

If you are interested in becoming a mentor and can commit to working with a student once per week for a minimum of one year, we’d love to have you get involved! It is an opportunity to work with iSTEM’s wonderful students engaging in fun, hands-on science activities. For more information, please contact Rachel Paz-Gomez at rpaz@email.arizona.edu.



- Continued from Page 2

Currently, summer session is coming to a close for the WRAPAROUND program, which has 30 youth enrolled. The WRAPAROUND program begins with a brief orientation and discussion of transportation support. Throughout the session, students have one-on-one interactions with staff members who offer guidance in areas of personal development. The youth attend a volleyball camp, learn INTEL computer software, partner with the Humane Society, visit the Planetarium, learn water safety, and visit the University of Arizona campus. Every week ends with a team-building exercise involving fun games. For more information about the Project EXPANSION, please contact Monique Tsosie at moniquet@email.arizona.edu.

The University of Arizona's Native American Research and Training Center (NARTC) and SIROW Collaborate to Inform Program Evaluation with Native American Nations

Studies conducted within Native American and Native Nation communities are of particular relevance to the Southwest U.S., given the large population of Native Americans living in the region. However, Native Americans have not always benefited from such studies (Godlaski, Johnson, & Haring, 2006). In fact, some such studies have even resulted in harm to Native Americans and Native Nations (Seneca Nation of Indians, 2011; Mello & Wolf, 2010).

A new collaboration between SIROW and the Seneca Nation of Indians aims to address the important issues that arise when evaluating programs that involve Native American communities. The effort developed as a result of SIROW's National Evaluation of Juvenile Drug Courts and Reclaiming Futures (JDC/RF), an evaluation funded by the Department of Justice. Dr. Josephine D. Korchmaros, Director of Research Methods & Statistics of SIROW, and Dr. Rodney Haring, a member of the Seneca Nation of Indians and a faculty member of the University of Arizona's Native American Research and Training Center (NARTC), worked jointly on the JDC/RF evaluation, including an evaluation of a Native Nation's Juvenile Drug Court. They were prompted to extend their collaborative effort to address issues related to evaluating programs implemented within Native Nations more generally.

As a result, Drs. Korchmaros and Haring are currently composing a manuscript entitled, "Program Evaluation Process for Native Nations: Culture, Respect, and Benefit," which presents lessons learned from the JDC/RF experience as well as from previous experiences evaluating programs and working with Native Nations. This manuscript will serve multiple purposes. First, it will provide a description of the process of program evaluation. This will be of interest to members of Native Nations who wish to learn more about program evaluation, particularly what to consider when approached by others who are interested in evaluating their programs. Second, it is designed to facilitate the process of creating ethical program-evaluation values that promote safe and ethical collaboration. Third, it is designed to guide evaluators in how to honor Native American views. Fourth, the manuscript will share a guiding template for non-Native entities wishing to collaborate and conduct program evaluation with Native Nations that is focused on respectful cultural incorporation, building mutually beneficial processes, and understanding the nuances of working in a tribal context. This manuscript will discuss (a) historical research cases and lessons learned about research and evaluation practices, (b) the incorporation of culturally-based evaluation principles, and (c) the translation of respect into an evaluation context, time frame, and planning process.

The manuscript will be a great asset to Native Nations, consulting firms, organizations, and institutions wishing to collaborate in a respectful and informed manner to create safe-spaces and mutually beneficial relationships. We look forward to sharing the full manuscript in the near future!



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Disclaimer:

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Ili Uusim Hiapsi 2013-2014 Updates!

Ili Uusim Hiapsi (“IUH”), which translates to “Hearts of Little Children,” promotes the wellness of tribal children from birth to eight years of age by supporting their physical, social, emotional, psychological and behavioral development. The program works to create a shared vision with parents and caregivers for the health and happiness of young children. This SAMHSA-funded grant works to educate families and caregivers about ages and stages of early development and supplies hands-on activities that encourage fun and learning.

The program shares tools and tips for effective parenting. It also provides optional screenings to identify children’s strengths. The screenings and auxiliary activities assist families with small children while their families grow.

Currently the project has 30 families enrolled. Since June of 2013, IUH has created strong programs in the community, including “Motherhood is Sacred,” the “Devoted Hearts” parent group, and the “Yo’owen Hiapsi” group for grandparents. The Pascua Yaqui Tribe had an Open House for IUH’s new office in January, and it was a great success! The courtyard was filled with balloons, games for the children, face-painting, and lots of goodies to eat. Over 100 people came to check out the new program and office. In addition, IUH organized community activities for children and elders alike for Corezma, (Easter celebrations) in March, hosted Child Abuse Prevention Month activities and trainings in April, and organized Children’s Mental Health Awareness Week community events and trainings in May.



IUH’s summer food program took place at Head Start.

Through the program, sixty children ages 3-5 participated in science, technology, engineering, and mathematics (STEM) activities, as well as cultural activities for four weeks in the month of July. During the summer program, parents and caregivers were invited to attend parent enrichment trainings which covered various aspects of both modern and traditional styles of parenting. For more information about Ili Uusim Hiapsi, contact Amy Ciaccio at amyc@email.arizona.edu.

SIROW Represented at 2014 International Women’s and Children’s Health and Gender Group Conference

SIROW was a proud sponsor of the 2014 International Women’s and Children’s Health and Gender Group Conference in San Juan, Puerto Rico, on June 13th. This year’s conference presenters and attendees represented 38 countries and contributed a wide range of international perspectives to the panels and discussions. SIROW was represented by Ian Ellasante, Program Coordinator of the iTEAM Project, who presented, “Assessing Sexual Orientation, Substance Abuse and HIV Risk Behavior among Lesbian, Bisexual and Transgender (LBT) Women Living Along the U.S./Mexico Border,” as a part of the panel, “Global Perspectives on Women and Addiction”. The presentation included recent data from iTEAM, a six-agency collaborative and comprehensive systems approach for substance abuse and mental health treatment for unstably-housed LGBTQA youth. iTEAM’s goals are to increase housing stability, expand linkages to community resources, and reduce HIV risk behaviors among its participants. Ian’s co-panelists included Mona Al-Sawaf, MD, who presented, “Gender Differences and Perceptions of Drug Use in Saudi Arabia,” and Adrian Abagiu, MD, who presented, “Access to Treatment for Women in Eastern and Central Europe INSIGHT,” with his colleague Pavla Dolezalova, PhD.

Executive Director Sally Stevens also represented SIROW at the conference, hosting the discussion table, “Justice Involved Women”. This was one of five discussion tables on topics, including, “HIV Risks and International Interventions for Women,” “Pregnancy and Postpartum Issues,” “Smoking Cessation and Incentive Programs,” as well as “NIDA International Funding Opportunities on Women and Gender.”

The Film and Toolkit Project—Youth Lead a Media-Driven Approach to Sexuality Education



In April 2014, SIROW was selected by Unidas of the Women's Foundation of Southern Arizona as the recipient of a \$5,000 comprehensive sexual health education grant. The funding will support a service learning and youth empowerment project in which five high school-aged Project Leaders will collaborate with SIROW staff, a UA undergraduate mentor, representatives from the Pima County Health Department Theresa Lee Clinic, and a local filmmaker to create a sexual health film and related educational toolkit.

The film will address prominent issues facing teens, such as accessing sexual health services, safer sex protection, and testing for sexually transmitted infections. The toolkit will contain

supplemental materials such as a resource guide, classroom discussion questions and activities, as well as fact sheets. The film and toolkit will complement SIROW's existing Health Education for Youth (SIROW-HEY) comprehensive sexual-
ity education curriculum, while also serving as a stand-alone resource for schools, clinics, organiza-
tions, individuals, and families.

We are excited to recruit a diverse group of dedicated and creative young women to serve as the driving force behind the project. Applications for youth Project Leaders are currently available (due August 15, 2014). After an informal interview to get to know prospective participants, five Project Leaders will be selected. More information about the Project Leader role and application are available online at <http://bit.ly/FilmToolkit>.



The film/toolkit project will kick off in September 2014 with a fun-filled retreat, where Project Leaders will participate in core components of the SIROW-HEY curriculum, “ice-breakers,” team-building activities, and brainstorming sessions. Biweekly meetings will follow. During these meetings, Project Leaders will collaborate with the undergraduate mentor, filmmaker, and SIROW staff to identify and research themes, create a name, storyline and script, produce and edit the film, and develop and enact a dissemination plan.

The film/toolkit will be pilot tested at a local high school(s) in winter 2015, and revisions will be implemented before the final product is distributed. The completed resource will be disseminated throughout the greater Tucson community and will be available online through the SIROW website and social media platforms. The project is expected to reach completion by summer 2015. For more information, contact Courtney Waters at cwaters2@email.arizona.edu.



Trauma and Healing: Digital Storytelling with Native American Women

The experience of trauma embeds itself in two ways, one intangible and the other physical. Trauma is in the Pandora's Box brimming with the memory of experiences we try to tamp down for fear of what might spill out. Trauma is also contained in the senses, a cloister of physical memory.

Reliving past trauma sets the blood pulsing, the heart flutter. "Do I flee or can I stand firm?" In trauma we are not whole, we are fractured, held together by the threadbare cord that gave us life. Building resilience through a combination of gradual exposure, learned coping skills, and strategies for countering triggers is the salve to help us heal and learn to cope. They are tools to make us whole, resilient.

The quest for effective treatments for trauma range from the clinical to the expressive arts including poetry and drawing among other forms. In previous work (Andrade & Stevens 2004 and 2011; Stevens & Andrade 2006 and 2011), we found that many women with extensive histories of trauma declined clinical services, while these same women were willing to participate in literature study groups indirectly exploring trauma through readings and discussions (e.g., *The Bluest Eye*, *White Oleander*, *I Know Why the Caged Bird Sings*).

In our work through the University of Arizona's Southwest Institute for Research on Women (SIROW), we carry out research for and about health and wellness of women and families, including feminist research, to address women's historical, structural, and personal experiences of trauma. This research allows insight into developing responsive, acceptable, and innovative services through participatory action methods. One recent project explored healing through digital storytelling.

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SIROW Academic Publications January 2013 – June 2014

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Moms: Working Poor Mothers of Minors

In its third and final year of federal funding from SAMHSA, the Working Poor Mothers of Minors (MOMs) program, has successfully enrolled 123 pregnant and postpartum women into The Haven's residential substance abuse treatment program with trauma informed wrap-around services (i.e., parenting, first aid for children, how to care for a newborn at The Parent Connection; identifying community resources in securing safe affordable housing with Compass Affordable Housing; trauma informed services and education about trauma with Las Familias). Many of the participants enrolled in MOMs are young, pregnant mothers experiencing a variety of degrees of homelessness with their children. Most often, participants supported their families' livelihoods through an informal economy (e.g., childcare, housecleaning, family business, volunteer) of work in exchange for food, shelter or money.

To date 59.6% of MOMs participants have successfully graduated from The Haven's residential substance abuse treatment program. Of the 123 women who have completed an intake interview, 85 have completed a follow-up interview 6-months post intake. Residential treatment coupled with the MOMs program's continuum of support services aids women in their recovery from substances. At 6 months 69.4% of participants remain abstinent from alcohol and/or illegal drugs, compared to 37.6% at intake. With the support of Compass Affordable Housing, MOMs participants report a substantial rate of change in housing—participants who have a permanent place to live in the community increased from 18.8% to 44.7% from intake to 6 months. MOMs services enables participants to connect to education and/or employment; 37.6% of participants are either in school, a training program, and/or are working in a formal employment position at the time of their 6 month interview, compared to 8.2% at intake.

In a recent focus group and from comments and suggestions, participants shared that MOMs services offered opportunities to identify and learn tools to protect themselves and their children from reliving the traumas of the past. Most MOMs' participants, who completed substance abuse treatment and/or secured safe affordable housing gave birth to healthy children. Other participants found that MOMs trauma-informed services and supportive transitional housing buoyed their recovery and led to increased reunification with their children and supportive family members. Though the MOMs Project is coming to an end, SIROW and its collaborating partners at The Haven, Arizona Children's Association (The Parent Connection and Las Familias), Compass Affordable Housing, and the Community Partnership for Southern Arizona, will strive to sustain these positive opportunities for women and children living in and around Pima County. For more information on the MOMs program, contact Rosi Andrade at rosia@email.arizona.edu.

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Digital storytelling emerged in the 1990s as an approach that combines personal narrative with digital images and music in 3 to 5 minute videos. More recently, the National Library of Medicine (NLM) introduced digital storytelling as a new media tool for engaging American Indian populations through its American Indian Health (AIH) portal. The AIH portal is dedicated to addressing health and wellness of American Indians. Under sponsorship with NLM, nDigiDreams, a Native women-owned company, has been training community members across North America on American Indian reservations, health centers, and educational venues to create digital stories.

From January 30th to February 3rd, 2014, NLM and SIROW co-sponsored a digital storytelling workshop, Healing Our Communities One Story at a Time, at SIROW'S community-based site (Mujer Sana ~ Healthy Woman). Thirteen



Native American women representing 11 Native American tribes participated in the workshops, completing 13 unique digital stories, 12 of which will be made available through the AIH portal and the SIROW website. A screening and panel presentation featuring the participants will be organized for the fall of 2014 in Tucson, Arizona.

The story circle set a group of women in motion to reflect and tell of an experience. Each story, a secret revealed. And as each woman narrates, each breath gives voice to her truth.

Step Forward to Unveil a Sexual Health Resource Guide for Youth and Families

The Step Forward team is excited to announce the debut of a sexual health resource guide for youth and families! Step Forward is a collaboration between SIROW, CODAC Behavioral Health Services, and the Southern Arizona AIDS Foundation. The program provides substance abuse treatment, comprehensive sexuality education, and free and confidential HIV testing and counseling for youth ages 12 to 17.

The sexual health resource guide features 30 commonly-asked anonymous questions submitted by youth who participated in SIROW's Health Education for Youth (SIROW-HEY) comprehensive sexuality education curriculum during the past five years. The Step Forward team selected the questions that appear in the guide from a database of more than 800 anonymous questions spanning a variety of topics including virginity, sexual behaviors, pregnancy, disease transmission, and relationships.

In addition to sexual health questions and answers, the 45-page guide features tips for enhancing sexual communication among youth and parents/caregivers, charts describing sexually transmitted infections and safer sex protection methods, diagrams of male and female sexual and reproductive anatomy, local sexual health resources, and an extensive glossary of terms.

Over the life of Step Forward, participants' anonymous questions and engagement in the curriculum have consistently demonstrated that youth care about their sexual health, and that they are eager for information. We hope this sexual health resource guide will meet youth needs, while also assisting parents/caregivers in being resources and role models.

The sexual health resource guide will be available at www.sirow.arizona.edu and in print. Please contact Courtney Waters at cwaters2@email.arizona.edu for more information.



Thank you for considering a contribution to SIROW! Your support will assist us in meeting the critical and basic needs of our participants—specifically those needs that are not covered by other sources.

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