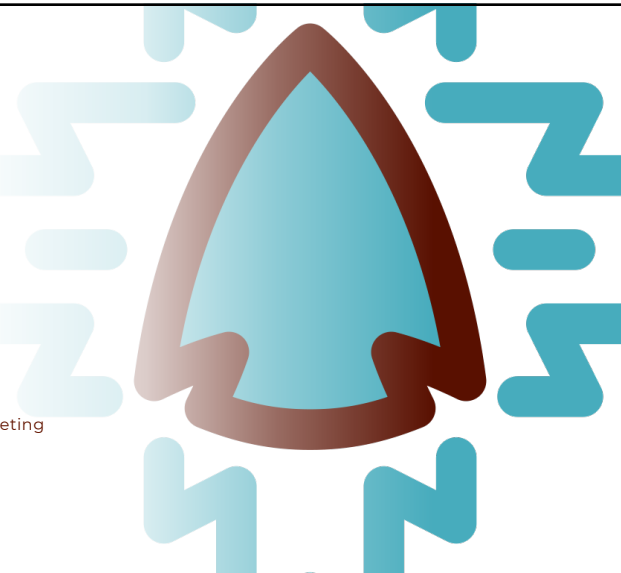


**Evaluation of Azhé'e Bidziil (Strong Fathers) Program:  
Improving Outcomes Among Rural Fathers and their Families**  
Feasibility, Acceptability, and Preliminary Impacts

31st Society for Prevention Research Meeting  
May 30 – June 2, 2023

Jennifer Richards, PhD, MPH  
Tiffani Begay, MPH  
Lyle Beall




1

**Johns Hopkins Center for Indigenous Health at the Bloomberg School of Public Health**

**Founded in 1991** by Dr. Mathu Santosham, based on 10 years of work with Southwest tribes

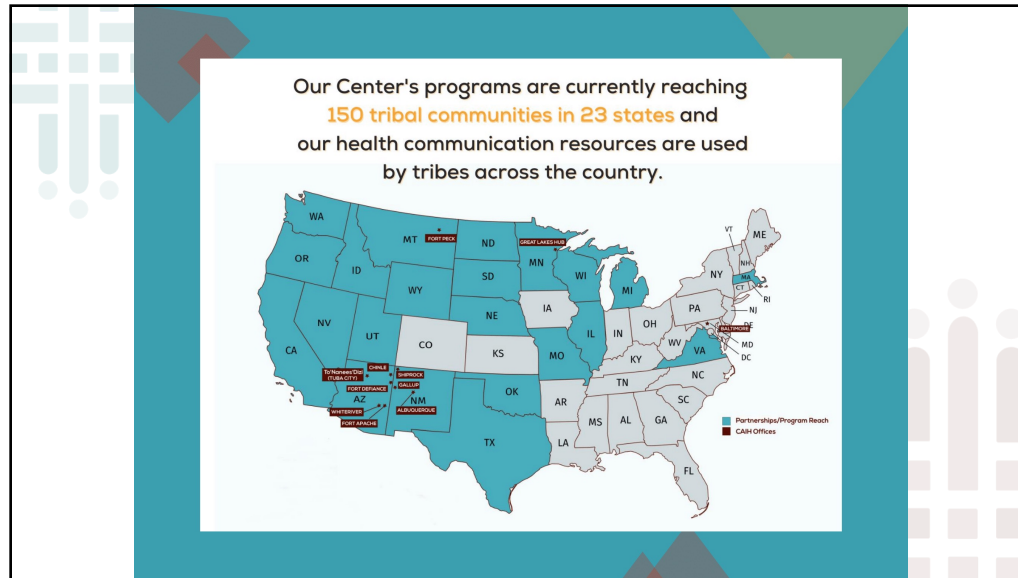
**Mission:** To work in partnership with communities to advance Indigenous wellbeing and health leadership to the highest level.

**Vision:** Thriving Indigenous communities worldwide.



"Helped me self reflect on how to raise my children and what it looks like to be a positive father. Overall, was a great program and hope more community members get involved"

3



4

### Azhe'éd Bidziil (Strong Fathers): Improving Outcomes Among Rural Native Fathers and Their Families

**Study goal:** To increase economic stability of Native fathers and their families, reduce violence in rural Native communities, and increase healthy relationships and co-parenting in Native communities

**Participants:**

- ~750 Native fathers (or father figures such as grandfathers, uncles, etc.)
- 18 years and older and have at least one child < 24 years old
- Enroll 164 by September 2023

**Curriculum:**

- 12 weekly sessions with groups of 8-12 fathers.
- Comprehensive case management (at least 8 visits).

**Timeline for Recruitment:** May 2021 – Summer 2025

"I really enjoyed being part of the program. And to see other fathers here. The teacher were very helpful. I would come back again. THANK YOU!!"

5

## Meet the Azhe'é Bidziil Team



Nolan Tsingine  
Facilitator



Jeremy Begay  
Facilitator



**Azhe'é Bidziil**  
Strong Fathers



Lyle Beall  
Facilitator



Leander Staley  
Facilitator



Kristen Mitchell  
Site Coordinator



Marissa Begay  
Site Supervisor



Tiffani Begay  
Project Coordinator



Jennifer Richardson  
Principal Investigator

6

## Program Goals

**Primary Aim**

- To assess the preliminary impact of the Azhe'e Bidziil program on father involvement, quality of (co-)parenting communication, healthy relationships, fathers' engagement and communication with their children, protective factors, and economic empowerment and stability

**Secondary Aim**

- To assess the acceptability, feasibility, and satisfaction of Azhe'e Bidziil through a pre-post study design

7

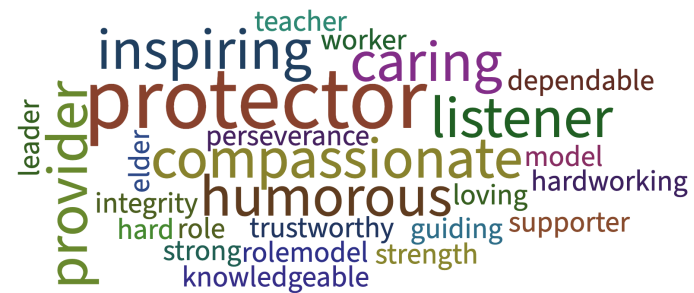
## Program Adaptation and Development

- The only rigorously evaluated Native fatherhood program
- Drawing on 3 EBIs
  - Respecting the Circle of Life
  - Arrowhead Business Group
  - Asdzáán Be'eena'
- Engagement with Tribal Working group
  - Community leaders
  - Educators
  - Counselors
  - Fathers
  - Grandfathers
  - Peacemaking Court
  - Nursing
  - Traditional Healer



8

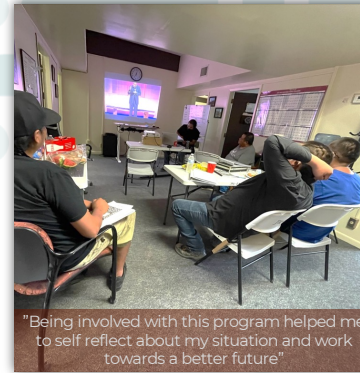
## What is a Father?



9

## Curriculum Topics

- Striving for a Positive Future
- Honoring our Role as Fathers
- Effective Communication and Positive Solving
- Boys to Men
- Building Healthy Relationships
- Love Doesn't Hurt
- Our History, Our Future
- Monitoring and Spending Time with Your Children
- Basics of Budgeting
- Being Me and Establishing My Career
- Career Resources
- Bringing It All Together



"Being involved with this program helped me to self reflect about my situation and work towards a better future"

10

# Azhe'e Bidziil Strong Fathers

**ARE YOU A FATHER OR FATHER FIGURE?**

Our program goal is to increase the **economic stability** of fathers and their families, promote **positive parenting** and increase **healthy relationships and co-parenting** in Native communities.

The program will include 12 weekly workshop sessions with other fathers.

**FATHERS ARE ELIGIBLE FOR UP TO \$350 IN GIFT CARDS!**

These services are available to all eligible persons, regardless of race, gender, age, disability, or religion.

SCAN CODE TO FILL OUT YOUR CONTACT INFORMATION


Chino, AZ: 928.674.0624

Tuba City, AZ: 928.360.0577

strongfathers21@gmail.com

11

**ΑΞΙΕ Ε ΒΙΑΣΙΙΙ (Strong Father)**  
**Workshop 8: Monitoring and Spending Time with Your Children**



**Related Handouts:**

- Parent Quiz
- Child Care Checklist
- Child Care Questions
- Punishment, Discipline and Abuse
- Age Makes a Difference

**Objectives:**

- Learn about the importance of knowing medical and safety information about your children and monitoring your children
- Understand child development and behaviors
- Setting limits for your children—punishment vs. discipline
- Spending quality time with your children

**Key Points:**

- It is important to know basic medical and safety information (like allergies, names of doctors etc.) of your children to keep your children safe, especially if there is an emergency when they are with you.
- Monitoring means knowing where your children are and who they spend time with. Monitoring your children's activities is a way to lower their chances of getting involved in situations you do not approve of, especially situations that can be harmful.
- There are a range of situations and tasks involved in caring for children. It will help fathers become better fathers if they can identify which situations and tasks they feel comfortable handling and which they need help with.
- Discipline is effective in teaching children to control their behavior. In contrast, punishment tells children only that they have been bad; it does not tell them what to do instead.
- Abuse is totally inappropriate and unacceptable. It is also illegal.
- Parents need to understand what their children are trying to accomplish through their behavior, and they need to respond in ways that are appropriate to the child's specific age.
- Children need high-quality time with parents and caregivers—that is what is most beneficial to children and what can have a positive effect on them as they grow. It isn't about endless hours of time—it's about how you choose to spend that time that really matters.

Name: \_\_\_\_\_

**Parent Quiz**

Answer as many questions as you can. After the workshop, reach out to other caregivers or your children to get answers to questions you may not know.

1. What is each of your children's age and birth date, including year of birth?
2. Who is the doctor of your children, and which hospital do the children go to in an emergency?
3. Have your children had any childhood illnesses you (the two you, mother, or otherwise)? If so, when?
4. Which immunizations have the children had?
5. Do your children have any allergies? If so, what are they allergic to?
6. Do your children take any prescription medications? If so, which medications and how often?
7. If one of your children were missing, what information would the police need to help you find your child? Can you give essential information to describe each of your children?
8. Do you have contact pictures of your children? If so, what is the age of each child in the most recent picture you have? How old is each child now?
9. Do your children have any birthmarks? If so, describe them.

10. What is the blood type of each of your children?
11. What, if any, illnesses have been in your family?
12. What, if any, illnesses have been in your children's mother's family?
13. If there were an emergency at your children's school, whom would the school contact? What is the telephone number of this person?
14. What is a normal temperature for a child? What would you do if your child had a fever?
15. What would you do if your child had something poisonous back in their stomach or their throat?
16. What are some are listed on each child's birth certificate?
17. When was the last time each of your children went to the dentist?
18. What grades are your children in?
19. What schools do your children attend?
20. What religious or beliefs, if any, do each of your children profess? Which sacraments, if any, have your children received? Which holidays do your children celebrate?
21. What are children like each child now?

## Evaluation Measures

**Primary Aim**

- Program Knowledge
- Healthy Relationships
- Help-Seeking
- Father Involvement
- (Co-) Parenting
- Coping/Conflict Resolution
- Skills, Communication, and Confidence
- Economic Empowerment and Stability
- Cultural Connectedness
- Substance Use

**Secondary Aim**

- Feasibility
- Acceptability
- Satisfaction

## Demographic Data

- Total enrolled: 211
- Mean age: 38
- Tribal affiliation: 97% Navajo, 3% Hopi
- Role
  - Father 66%
  - Uncle 19%
  - Older brother 6%
  - Other 9%
- Children at home: 63%
- Currently employed 35%

14

## Preliminary Data

- Pre/post sample size = 138
- Significant changes pre/post

Measure/Range (mean, SD)	Baseline	Post	P-value
Coparenting communication (1-5)	3.56 (1.56)	3.82 (1.10)	0.009
Child communication (1-4)	3.32 (0.67)	3.57 (0.45)	<0.001
Economic Empowerment (1-4)			
Expansion of Economic Opportunities	3.20 (0.52)	3.34 (0.52)	0.025
Economic Agency and Participation	3.04 (0.48)	3.20 (0.48)	0.009
Economic Confidence and Security	3.14 (0.47)	3.24 (0.43)	0.049

15

## Feasibility/Acceptability Data

- Overall Assessment Summary Score = 4.5
- % of respondents either agreed or strong agreed
  - Met Expectations = 93%
  - Workshop goals/objectives clearly described = 98%
  - Participation/interaction encouraged = 97%
  - Topics relevant = 91%
  - Organized/easy to follow = 96%
  - Program helpful daily = 93%
  - Facilitators knowledgeable = 96%
  - Facilitators well-prepared = 97%
  - Sessions right amount of time = 87%
  - Overall, I liked the program = 97%

16

## Comments [Word Cloud]

- It helps me a lot, I love the program, food they feed me, and help others in life I'm going to be a better person for the world.
- Keep the program going, get more fathers involved, and this program will really benefit one so they can learn a lot.
- Learned a lot about how to take care of my grandkids and makes me remember how I raised my kids
- Love the class I would like to attend more of these classes to improve my parenting skills.

17



## Acknowledgements

- Native fathers
- Navajo Tribal Members
- Navajo Nation Human Research Review Board
- To'Nanees'Dizi Local Government
- Chinle Chapter
- Fort Defiance Chapter
- Center for Indigenous Health staff & faculty
- Administration for Children & Families grant

21

## Questions?

**Ahe'hee'!**

Contact Information:

Jennifer Richards, PhD, MPH - [jricha81@ihu.edu](mailto:jricha81@ihu.edu)

Lyle Beall - [lbeall3@ihu.edu](mailto:lbeall3@ihu.edu)

Tiffani Begay, MPH - [tbegav1@ihu.edu](mailto:tbegav1@ihu.edu)



**Azhe'é Bidziil**  
Strong Fathers

"Keep the program going, get more fathers involved, and this program will really benefit one so they learn a lot"

22