

## **SERVICE SPECIFICATION PARENTING SKILLS TRAINING**

### **Introduction:**

This service will provide bi-cultural parenting training and instruction in child care/development using the Dineh Family Builders (DFB) Model. The DFB model is a bi-cultural parenting skills education and training model which include the Navajo kinship clan systems to teach the basic concept of individual identity through the Ke' relationship. This component is important to Navajo parents because it ensures the positive and healthy growth and development of Navajo children. Instructions will also include the western philosophy of child development, behavior management, communication, anger and stress management, nurturing, positive discipline, nutrition, empathy, conflict resolution skills, consumer skills, goal development, and access to community-based resources.

The support service component of the DFB Model includes the I'ina (Life ) Management Skills to educate the family unit on budgeting, household management, job search skills, social skills, consumer skills, goal development, and access to community-based resources.

Parenting skills training will be provided by a full-time social worker to a minimum of sixteen Navajo families. The parenting skills training will be provided to individual families and the service will be provided in the family home. Families who will be served under this project will include those ICWA children whose cases have been transferred back to the jurisdiction of Navajo courts and are reunited with extended family members or placed with a Navajo family with a goal of guardianship or adoption. The referring ICWA social worker will complete the Family and Information Referral form and a staffing will commence prior to acceptance into this program. A pre-service assessment will be completed to assess the incoming family to determine their level of parenting skills and competence. A post-service assessment to measure the effectiveness of the service provided.

Navajo Nation Indian Child Welfare Act (NNICWA) families who participate in this training will have an increased knowledge in the Navajo cultural and the western perspective of child development/care practices. It is expected providing service will support the success rate in guardianship and adoptive placements and to promote the safety and well being of NNICWA children placed in permanent care.

### **VII. Service Methodology:**

#### **Objective 1 - To instruct parents in:**

- a) stages of child development, including physical as well as emotional stages and factors influencing such development:
- b) management of child behavior:
- c) nutrition; and
- d) personal problem solving.

### 2.3 Teach parents how to use community resources.

Participants will be instructed on access and utilization of community resources. Participants will be given an opportunity to discuss their feelings in use of these resources. The DFB social worker will develop activities (role play) which will facilitate and encourage the participant to utilize community resources.

### 2.4 Follow-up regarding results of referral to community resources.

The DFB social worker will provide the participants with a written referral to resources needed by participants. A copy of the referral form will be returned to the DFB social worker to assess the utilization of services/resources. Transportation will be provided by the DFB social worker for participants as needed, appropriate and available to this and other community programs in order to facilitate the utilization of resources.

## VII. RESULTS AND BENEFITS

Describe expected changes in behavior, attitudes and parent/child relationships. Describe how you plan to access program effectiveness in achieving expected changes.

It is expected that with the implementation of the DFB parenting skills training, there will be an increase in the number of successful placements of Navajo children with extended or with other Navajo families. The participants receiving the parenting skills training will have an increased knowledge in the Navajo cultural and the western philosophy of child care, development and child rearing practices. It is expected that the participants will apply these added skills (changes in behavior, attitudes and parent/child relationship and use of resources) to their daily parenting practices to promote the well being and safety Navajo children placed in their care and custody.

Each DFB participant will have a case file which will include the Family Information and Referral Form, the pre- assessments; DFB Cultural Assessment and the Assessment tool used with Native American Families and the post-assessments completed on the family; Family Assessment Form-A Practice Based Approach to Assessing Family Functioning. The file will include weekly documentation of training provided and observational assessment by the DFB social worker. The case file should include any barriers to service, additional service needs and plans to address these needs.

The pre and post assessments will be used to measure the effectiveness of the DFB parenting skills model in affecting change in the participants parenting behavior and attitude. The weekly assessment and documentation by the DFB social worker will permit any changes to DFB parenting skill training model to individualize learning for each participant. The DFB social worker will staff the case each month with the supervising social worker to ensure that progress is made and that barriers are addressed.