

Family Spirit Home Visiting Goals

- Preparing for labor and delivery;
- Learning how baby develops;
- Strengthening family relations;
- Understanding nutrition needs of mother and baby;
- Addressing substance abuse, domestic violence, legal or financial challenges; and
- Accessing community resources



Our women have been chosen by Creation to be the sacred portal between the Spiritual Realm and this Physical Realm, The only force on earth powerful enough to navigate unborn spirits onto this plant.

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LEECH LAKE BAND
OF OJIBWE

HEALTH SERVICES DIVISION



**Keep your fire
bright!**





The Family Spirit Program is an evidence-based and culturally tailored home-visiting intervention delivered by Native American paraprofessionals as a core strategy to support Native parents from pregnancy to 3 years post-partum. Parents gain knowledge and skills to achieve optimum development for their preschool-aged children across the domains of physical, cognitive, social-emotional, language learning, and self-help. The Family Spirit Program consists of 63 lessons to be taught from pregnancy up to the child's 3rd birthday. This in-home parent training and support program has been designed, implemented, and rigorously evaluated by the **Johns Hopkins Center for American Indian Health** since 1995.

The Family Spirit Home Visiting Program serves Native American families by delivering services such as screening, case management, family support, counseling and skills training for pregnant women and parent or caregivers with young children.

We are focused on a successful pregnancy and early childhood. We provide parenting training and

substance abuse prevention activities, to improve Native American teen mothers' parenting outcomes, and both the mothers' and children's emotional and behavioral functioning.

These activities are made possible by a grant from the MN Department of Health/Center for Health Equity through an appropriation from the Minnesota State Legislature.

The Leech Lake Family Spirit Program has received national recognition as a leading example of culturally based and competent health care, family support, and its continuing advocacy for Native American families and children

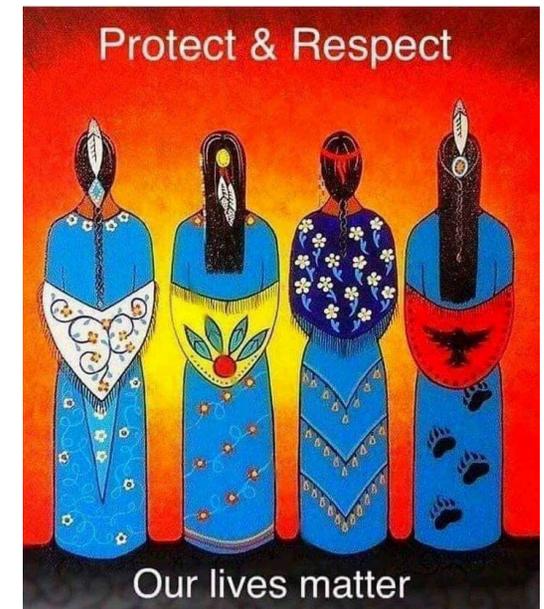


VISION/MISSION

Family Spirit envisions a future where every community, regardless of socio-economic status will have access to an evidenced based, culturally competent early childhood home visiting model.

Our mission is to strengthen our families, communities, and future through cultural practices, life skills

development and working with the whole family that include cultural teachings and protocols, wild food harvesting and preparation, bee keeping, gardening, and traditional wellness practices.



Who is Eligible for Family Spirit?

- Any woman who is with child
- Any parent, guardian, care-giver or foster parent of a child under the age of 3
- All families are welcome to participate and benefit from programming and activities we deliver.