

# What is Family Spirit?

The Tuba City Family Spirit program is an in-home visitation program that provides services to teen parents and first-time mothers that are pregnant or with children under three years of age in the Tuba City service area.

The goal of our program is to produce healthier pregnancies and healthier future generations through: providing health education around pregnancy, parenting, and healthy child development; connecting families with community resources; and providing life skills education.



**Tuba City**  
Regional Health Care Corporation

## Public Health Nursing Department

P.O. Box 600 , Tuba City, AZ 86045  
Telephone Number: 928-283-2783  
Fax Number: 928-283-2106



**We are here for you**

*An evidence-based and culturally-tailored home visiting intervention program designed specifically for Native American families to support families from pregnancy to three years post-partum.*



**Navajo Nation**

## Tuba City CHR Outreach Program

P.O. Box 517, Tuba, City, AZ 86045  
Telephone Number: 928-283-3091  
Fax Number 928-283-3094



This document has been created by Tuba City Regional Health Care Corporation and Tuba City CHR Outreach Program and does not necessarily reflect the views of the Johns Hopkins Center for American Indian Health's Family Spirit Program.

## Who can enroll?

- Teenage parents up to age 18:
  - Pregnant *or* has a child under 3 years of age.
- First-Time parents of any age:
  - Pregnant *or* has a child under 3 years of age.
- Must live in the Tuba City service area.



## Program Aims

- Increase parenting knowledge and skills.
- Address maternal psychosocial risk that could interfere with positive child-rearing (drug & alcohol use, depression, low education and unemployment, & domestic violence problems).
- Promote optimal physical, cognitive, social/emotional development for children from ages 0 to 3.
- Prepare children for early school success.
- Ensure children get recommended well-child visits and health care.
- Link families to community services to address specific needs.
- Promote life skills in parents and children, and improve behavioral outcomes throughout the life span.

## How often will my family be visited?

Your health educator will visit every week, every two weeks, or monthly up until your child is three years old. You and your family health educator will decide the exact schedule.

## How do I enroll?

If you are interested in the program and you live in the Tuba City service area; you can ask to be referred by any clinic at TCRHCC or supporting organizations in Tuba City. They will contact the Public Health Nursing or Community Health Representative Department with your contact information. You will receive a call within 3-5 business days to schedule an appointment for an informational visit to start the program.

*If you have any questions, you can contact the:  
Public Health Nursing office at:  
928-283-2783*

*Or*

*Tuba City CHR Outreach Program at:  
928-283-3091*

## Benefits of being part of the program

### ***Parents will:***

Gain knowledge and skills to achieve optimum development for their child across the domains of physical, cognitive, social-emotional, language-learning, and self-help.

