



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

Background

The Azhe'é Bidziil (Strong Fathers) program is based on evidence-based programs designed in collaboration with the Navajo Nation, White Mountain Apache Tribe, and the Johns Hopkins Center for American Indian Health. Azhe'é Bidziil combines two evidence-based interventions developed specifically for Native communities and proven to work through our tribal-academic partnership: “Respecting the Circle of Life”© (RCL) and “Arrowhead Business Group”© (ABG). RCL focuses on improving the health of young Native people by teaching skills to promote healthy relationships and good parenting practices. ABG develops skills and provides opportunities for Native peoples to achieve economic stability with a primary focus on entrepreneurship education and economic security.

Azhe'é Bidziil Program 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. Native fathers (or father figures) will participate in a program that promotes:

- 1) Healthy Relationships
- 2) Responsible Parenting
- 3) Economic Stability

Eligibility

Native fathers (or father figures such as grandfathers, uncles, etc.) who are age 18 years and older and have at least one child < 24 years old. The program will begin in Spring 2021.

Program Overview

Over 3 months, fathers will participate in the following:

- 1) 12 weekly sessions with a group of 8-12 fathers
- 2) Comprehensive case management (at least 8 visits). Case Managers will meet one-on-one with participants (via phone or in person) to provide referrals and check in on goal progress.

Locations: Tuba City and Chinle, AZ (including surrounding areas).

Funding Agency: Administration for Children & Families
Office of Family Assistance (ACF/OFA)

For more information:

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Fatherhood Curriculum Topics
Healthy relationships and positive communication
Co-parenting strategies and skills
Domestic violence and child maltreatment prevention
Positive parenting practices
Understanding child development
The importance of being an involved parent
Parent-child communication and the benefits of quality time
Problem-solving and goal setting: building skills to improve economic stability
Budgeting and financial literacy
Career resources, entrepreneurship and business development