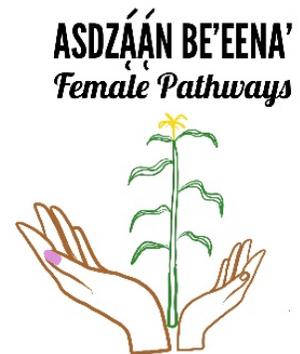


Implementation and Evaluation of the Asdzáán Be'eena' (Female Pathways) Program with Navajo Girls and their Female Caregivers

Asdzáán Be'eena' ("Female Pathways") program

The Asdzáán Be'eena' ("Female Pathways") program was designed through a collaboration between Johns Hopkins Center for American Indian Health with community members and cultural experts from the Navajo Nation. With a goal to promote protective factors that are associated with abstinence from risky sexual behaviors and substance use among Native adolescents, the program engages girls and their female caregivers together in 11 sessions. Sessions are taught through a mix of individual dyads (child and caregiver together) and groups (8-10 children and caregivers together) and delivered by local family health coaches.



Current Evidence

A 2018-2020 pilot study conducted in Tuba City and Chinle illustrated Asdzáán Be'eena' improves parent-child relationship quality and communication. The program also increases girls' cultural knowledge and connection, self-efficacy, social support, and sexual health knowledge while also decreasing depression, anxiety and attention problems. In caregivers, Asdzáán Be'eena' improved social support and parenting self-efficacy.

Study Overview

With funding from the Administration for Children and Families, Johns Hopkins in partnership with Tuba City and Chinle communities on the Navajo Nation will implement and evaluate the Asdzáán Be'eena' program through a randomized controlled trial.

Study participants include Native girls ages 10-14 and their adult female caregiver (referred to as dyads). We will enroll N=410 child-caregiver dyads over a 3 year period. Half of the dyads (N=205) will receive the Asdzáán Be'eena' program and half (N=205) will receive a control condition. Participants will be recruited through self-referrals and community partner referrals. All participants will complete parental permission/assent and informed consent as well as a baseline assessment prior to participating in either program. We will assess program impact through post-program evaluations immediately following program completion as well as 6 and 12 months after program completion. All evaluations will be administered by trained independent evaluators.

Study enrollment will begin in late 2020/early 2021 and continue through Summer 2023.

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