

**RESOLUTION OF THE  
WHITE MOUNTAIN APACHE TRIBE OF THE  
FORT APACHE INDIAN RESERVATION**

- WHEREAS,** members of the Tribal Council of the White Mountain Apache Tribe are duly elected representatives of the people of their respective districts, and among the many issues of concern to the Council are the health and well-being of its Tribal members; and
- WHEREAS,** members of the Tribal Council of the White Mountain Apache Tribe support carefully designed research projects which aim to raise the level of health of all residents of the Reservation; and
- WHEREAS,** although much has been accomplished to prevent a number of behavioral health concerns in the Apache population, problems such as depression continue to affect different segments of the population, especially those at most risk, such as pregnant teens; and
- WHEREAS,** the White Mountain Apache Tribal Council has received a briefing and request from representatives of the John Hopkins University Center for American Indian Health to support a proposal for continuation within the Fort Apache Reservation of an early intervention program for the prevention of depression in teens mothers on the Reservation; and
- WHEREAS,** Apache teen mothers have high rates of depressive symptoms attributable to a multitude of reasons, including pregnancy hormones and the stressful nature of being a teen parent; and
- WHEREAS,** many Apache teen mothers lack the necessary problem solving skills needed to cope with their feelings of depression while pregnant; and
- WHEREAS,** the suicide rate for the White Mountain Apache Tribe is very high among young people, many of whom likely experience depressive symptoms; and
- WHEREAS,** this research project proposes to evaluate the effectiveness of a post-partum depression intervention, Living in Harmony, to prevent the onset of post-partum depression in young Apache mothers, and this study will see if Living in Harmony is feasible and useful to teen mothers on the reservation; and
- WHEREAS,** this study will be conducted over the course of three years on a voluntary basis and will enroll a total of 60 young mothers, and informed consent will be administered to the participants, informing them of all details of the study along with naming persons whom they can contact if they have questions or concerns about the study, and that they are free to withdraw from the study at any time without questions asked; and

**WHEREAS,** enrolled participants will be randomized to receive Living in Harmony or Education Support lessons, and these lessons will be administered from 28 weeks gestation until 8 weeks after the baby is born; and

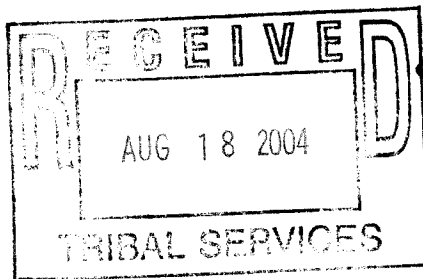
**WHEREAS,** all participants will be monitored and evaluated for depressive symptoms at six points over the course of their participation in this study; and if their depressive symptoms significantly worsen, they will be referred for mental health services in the community; and

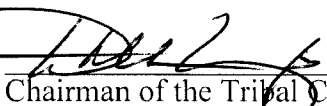
**WHEREAS,** information about participation of teen mothers in this study will be kept confidential, and all other confidentiality considerations will be adhered to as they relate to the collection, use, and storage of information about each participant; and

**WHEREAS,** the Tribal Council appreciated the work and ingenuity the Johns Hopkins University staff and other local staff have invested in making the NARCH grant and its associated programs beneficial to the people of the Fort Apache Reservation.

**BE IT RESOLVED** by the Tribal Council of the White Mountain Apache Tribe that approval is hereby given for the proposed research project entitled "Depression Prevention in Pregnant American Indian Teens Using CBT" to be conducted by the Johns Hopkins University Center for American Indian Health.

The foregoing resolution was on AUGUST 5, 2004 duly adopted by a vote of EIGHT for and ZERO against by the Tribal Council of the White Mountain Apache Tribe, pursuant to authority vested in it by Article IV, Section 1 (a), (s), (t), and (u) of the Constitution of the Tribe, ratified by the Tribe September 30, 1993, and approved by the Secretary of the Interior on November 12, 1993, pursuant to Section 16 of the Act of June 18, 1934 (48 Stat. 984).



  
Chairman of the Tribal Council

**ACTING**

  
Secretary of the Tribal Council

**Title:** Depression Prevention in Pregnant American Indian Teens Using CBT

**Study Overview:** The proposed research project is the second phase of a study currently being conducted on the White Mountain Apache Reservation to develop a depression prevention program to reduce feelings of depression during pregnancy and the post-partum period. In addition to developing the program and seeing if teens understand it, we want to see if it helps young moms cope with their feelings better.

The main purpose of this research project is to refine the development of "Living in Harmony (LIH)," an 8-week cognitive-behaviorally based depression prevention program, which will be individually administered to study participants in their homes or a location of their choice. We also want to see how feasible it is to conduct this intervention and its associated questionnaires to pregnant adolescents and young adults (ages 15-19) on the White Mountain Apache reservation. We will determine this program's success, or effectiveness, by comparing LIH to an educational support (ES) program, based on the Family Spirit program, which is currently operating on the reservation. Both interventions are manualized and sessions will be audiotaped to ensure integrity.

The study is funded for three years and each teen will be involved for nine months. We will serve approximately 54 women across the LIH and ES groups. Assessments will be delivered when the women are recruited and before they begin the intervention, after they have received the intervention or comparison condition, then three times after their baby has been born (at 4, 12 and 24 weeks). An Independent Evaluator, who will not know which group the teen has been assigned to, will conduct the assessments. We believe that the women in the LIH group will experience more significant reductions in depressive symptoms compared to women in the ES group, and that all participants will find the study material acceptable.

To be included in the study, teens must be less than 28 weeks pregnant and be between the ages of 15 and 19 at the time they became pregnant. Teens with serious mental health problems will not be included in this study and referred for treatment in the community. If a teen is not able to be included, the Johns Hopkins Family Health Educator (FHE) will discuss other options that are available in her community. This study will take place only on the White Mountain Apache reservation. A total of 54 women are expected to complete the study. If, after an initial assessment, the teen is eligible for the study and wants to participate, she will be randomly assigned (like flipping a coin) into one of two groups: the *Living in Harmony* group or the *Educational-Support* group. No matter what group the teen is assigned to, a Johns Hopkins Family Health Educator (FHE) will visit her in her home one time a week for about 8 weeks for around one hour each time. Depending which group the teen is in, the FHE will either teach her new ways to cope with the stressors of life and becoming a parent, and prevent sad feelings from getting her down or will teach her about pregnancy and being ready for the baby. After she delivers her baby, the FHE will visit three more times to go over the information she learned before the baby was born. The FHE will try her best to answer any questions the young woman might have.



*White Mountain Apache*  
**Division of Health Programs**

*Donna Vigil, Executive Director*

---

---

July 26, 2004

Novalene Goklish  
Johns Hopkins Center for American Indian Health  
PO Box 1240  
Whiteriver, AZ 85941

Dear Ms. Goklish:

Thank you for speaking with the health board of the White Mountain Apache Tribe about the second phase of the "Living In Harmony" study to prevent post-partum depression among pregnant teens and young adults. It is encouraging to hear that the four women recruited into the pilot of this study seems to be gaining a great deal from the program.

A study of this type is needed in our community considering the emotional, mental, and physical changes that teenage girls experience when they become pregnant and when they give birth. Many young women are unprepared to cope with the major life changes that accompany pregnancy and motherhood and lack the necessary problem solving skills that would allow them and their infant children to live as well adjusted as possible through your presentation, we've become more aware of the serious consequences of depression and the benefits of this prevention program.

We support and approve this study since it builds off of pilot work already started in the community and will provide valuable services to help our tribal teens who are pregnant and who are mothers. We are also happy that tribal members will be trained to become outreach workers for this project.

We wish the Johns Hopkins staff well as they conduct the study.

Sincerely,



Mariddie J. Craig, Chairperson  
Tribal Health Board  
White Mountain Apache Tribe