

A study of the effectiveness of the Gifts of the Seven Directions Alcohol Prevention Model for Native Americans: Culturally sustaining education for Native American.

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A study of the effectiveness of the Gifts of the Seven Directions Alcohol Prevention Model for Native Americans: Culturally sustaining education for Native American adolescents

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Highlights

â€¢ The Gifts of the Seven Directions program is a culturally responsive framework.

â€¢ The intervention focuses on emotional dimensions and relational dynamics.

â€¢ Intervention effects include universality, interpersonal awareness, and cohesion.

â€¢ Ecological awareness and Indian humor were found to contribute to healing.

â€¢ Native American conceptualizations involve a holistic integration.

Abstract

The Gifts of the Seven Directions education program is a culturally responsive framework designed to empower Native American youth and their parents and to cultivate life skills. The intervention focuses on emotional awareness and expression in the context of family and community relationships. Native American conceptualizations involve a holistic integration of mental, spiritual, physical and emotional dimensions. Participants reported pride in being Native American, appreciated the validation and support from family and communities, and felt like they learned about drug and alcohol problems and healing.



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Keywords

Native American youth; Alcohol prevention; Holistic integration

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