

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

- WHEREAS,** the White Mountain Apache Tribe, as stated in Tribal Council Resolution No. 11-2001-303 has elected to partner with the Johns Hopkins University to establish Native American Research Centers of Health (NARCH) to combat Tribally determined priority health issues through sound research methods; and
- WHEREAS,** working together as partners, various representatives of the Tribe, including public servants, tribal officials, government workers, individual Tribal members, and the Johns Hopkins University have agreed that, under the overarching "Family Spirit" theme of the grant proposal, establishing a Mental Health Investigator to deal with depression among pregnant teens and teen mothers is a desired component of the NARCH program; and
- WHEREAS,** during the 1990's, the rate of teenage pregnancy had declined throughout the U.S., but among White Mountain Apache teens between 1/4 to 1/3 of all infants born on Apache Indian Reservation are born to teen mothers; and
- WHEREAS,** many pregnant teens and teen mothers experience problems with difficulties that are unique to them as teens, such as needing to drop out of high school to care for their infants, needing financial support for the infants and themselves, being suddenly and unexpectedly placed in the unfamiliar setting of having to give careful attention to an infant human being, dealing with the stigma placed on them by society's negative perceptions of teen pregnancy and teen motherhood, having a sense of loneliness and abandonment, dealing with difficulties being experienced by the child's father who is most likely also a teen, all of which can often lead to depression; and
- WHEREAS,** depressed mothers are more likely to exhibit negative patterns of mother-child interaction and are at higher risk than teen mothers to engage in child abuse and infanticide; and
- WHEREAS,** children of depressed mothers and/or mothers who failed to bond are more likely to experience more mental, emotional and behavioral disorders; and
- WHEREAS,** a primary aim of this proposal is to pilot test the effectiveness of an 8-week early intervention program for reducing depressive symptoms and associated disability among pregnant females between the ages of 12-22 years; and
- WHEREAS,** the adolescents in the program will receive the 8 weekly in-home sessions during the in prenatal period, with the overall goal to teach the teen mothers Cognitive

Behavioral Therapy; and

WHEREAS, the main principles of the approach taken for Cognitive Behavioral Therapy are (1) recognizing depressive feelings, (2) identifying depressive cognitions (i.e. unrealistic or negative expectations, self-blame, hopelessness), and (3) developing a plan to cope with the situation (i.e. modifying depressive self-talk into coping self-talk as well as determining what coping actions might be effective such as increasing pleasant activities); and

WHEREAS, teen mothers who are assessed in need of treatment will be referred to appropriate providers in their community; and

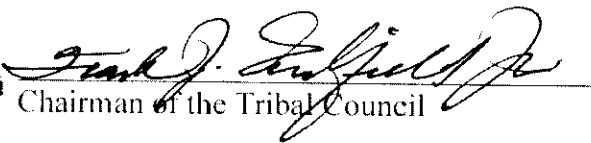
WHEREAS, preventing depression among pregnant teens could have significant long-term benefits for their infants and future offspring.

BE IT RESOLVED by the Tribal Council of the White Mountain Apache Tribe that it agrees and supports the concept that the Mental Health Investigator theme identified herein is an appropriate and necessary component of the overarching "Family Spirit" theme of the grant.

BE IT FURTHER RESOLVED by the Tribal Council of the White Mountain Apache Tribe that it endorses the Cognitive Behavioral Therapy intervention program which Johns Hopkins University proposes to help reduce depressive symptoms and associated disabilities among pregnant females between the ages of 12 - 22 years.

The foregoing resolution was on December 5, 2002 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).

ACTING


Chairman of the Tribal Council


Secretary of the Tribal Council