



JOHNS HOPKINS  
BLOOMBERG SCHOOL  
of PUBLIC HEALTH

# family

Promoting  
Maternal  
and Early  
Child Health

# SPIRIT<sup>®</sup>

## PROGRAM



# Family Spirit Impact – Preg to Age 3 (Postpartum)



## PARENTING

- Increased maternal knowledge<sup>1,2,3,4</sup>
- Increased parent self-efficacy<sup>3,4</sup>
- Reduced parent stress<sup>2,4</sup>
- Improved home safety attitudes<sup>3</sup>

## MATERNAL OUTCOMES

- Decreased maternal depression.<sup>1,2,4</sup>
- Decreased substance use<sup>4</sup>
- Fewer behavior problems in mothers.<sup>3,4</sup>

## CHILD OUTCOMES

- Fewer behavior problems in children through age 3.<sup>2, 3, 4</sup>  
(Externalizing, Internalizing and Dysregulation)
  - ✓ Predicts lower risk of substance use and behavior health problems over life course



1 Barlow A, Varipatis-Baker E, Speakman K, et al *Arch Pediatr Adolesc Med.* 2006;160:1101-1107

2 Walkup J, Barlow A, Mullany B, et al. *Journal of the American Academy of Child and Adolescent Psychiatry.* June 2009.

3 Barlow A, Mullany B, Neault N, et al. *American Journal of Psychiatry.* January 2013.

4 Barlow A., Mullany B., Neault N, et al – *American Journal of Psychiatry,* October 2014.





## QUESTIONS?



Email: [familyspirit@jhu.edu](mailto:familyspirit@jhu.edu)

Johns Hopkins Center for  
American Indian Health  
415 N. Washington St. 4<sup>th</sup> Floor  
Baltimore, MD 21231