


INVOLVED RESPONSIBLE COMMITTED

National Fatherhood Initiative

Inside Out DAD

Welcome to the InsideOut Dad™ Workshop



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What Works?

Effective correctional treatment should target the offender's criminogenic needs* in developing a comprehensive case plan. Any treatment not targeting criminogenic needs is counterproductive, inefficient, and ineffective.

**Criminogenic Needs are those offender attributes directly linked to criminal behavior.*


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What Works #1 - Advantages of Early Assessment

- Evaluation of Risk
- Evaluation of Needs
- Improved Classification / Placement
- Reduced Bias (statistical tools)
- Improved Decision-Making
- Improved Resource Allocation
- Leads to Better Outcomes



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What Works: #2 - Case Planning & Transition Planning

- Individualized based on Assessment
- Goal: Migrate offender to Pro-social Attitudes & Lifestyle Choices
- Match Appropriate Services to offenders' Dynamic Factors (criminogenic needs)
- Interventions focused on Cognitive & Behavioral aspects of offender profile

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What Works #3 – Family Connection and Support

- **Involve Family-based Approaches / Techniques**
- Aim to make Cognitive & Behavioral Impacts
- Are Action-Oriented
- Involve Structured Social Learning of New Skills, Attitudes
- Reinforce Appropriate Behavior

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What Works #4 - The Power of Trained Facilitators

- Use Trained Facilitators who Listen for:
 - Negative Expressions about Law, Conventional Institutions, Value, Rules, Procedures, and Authority
 - Negative Expressions about Self Management of Behavior, Problem Solving Ability
 - Negative Attitudes Toward Self, Own Abilities to Achieve through Conventional Means
 - Lack of Empathy / Sensitivity Toward Others

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What Works #5 – Stress Evaluation

- Evaluate What They Do...
 - Assess offenders' adoption of target attitudes and behaviors
 - Have some evaluation associated with, or built into the program
 - Have an Internal and External QA Process
 - Measure impacts

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The Most Effective Programs

- Contain Core Components of Relapse Prevention
 - Help offenders identify **address the "Offense Chain"**
 - Help offenders **rehearse new skills / behaviors**
 - Identify and help facilitators **understand Hi-risk situations** and how to deal with them
 - Teach offenders to **deal with disappointment, failure** constructively (coping skills)
 - Provide training, insight to offender's **external support systems**
 - Provide **aftercare** focused on supplementing the program's materials


D. R. Laws (1999) Relapse Prevention: The State of the Art Journal of Interpersonal Violence

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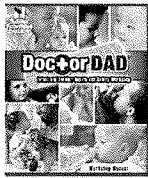
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A New Reentry Model



InsideOut Dad™



Doctor Dad™



24/7 Dad™

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How Can NFI help me to Launch

- NFI wants to help you know how to use your materials effectively
- NFI wants to be a resource for you by providing excellent technical assistance
- NFI wants to help you know the values that you should build your program around




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About NFI

- Non-profit, non-partisan, non-sectarian organization
- Founded in 1994 to combat the most consequential social trend of our time:



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Widespread Fatherlessness in the Lives of Our Nation's Children

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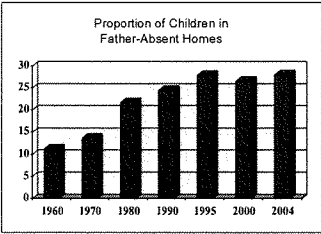
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Educate: The Facts of Father Absence

- In 1960, 8 million children lived in father-absent homes
- 1 out of 3 children nationally live in father-absent homes
- 2 out of 3 African-American children live in father-absent homes
- Today, over 24 million children live in homes without their fathers

Proportion of Children in Father-Absent Homes



Year	Proportion of Children in Father-Absent Homes (%)
1960	~10
1970	~14
1980	~22
1990	~25
1995	~28
2000	~27
2004	~29

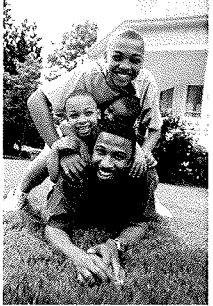
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Our Mission

To improve the well-being of children by increasing the proportion of children growing up with involved, responsible, and committed fathers in their lives.



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Why the InsideOut Dad™ Program is Essential!

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The Costs of Father Absence

Children of father-absent homes are:

- 5 times more likely to live in poverty
- 3 times more likely to fail in school
- 2 times more likely to develop emotional or behavioral problems
- 2 times more likely to abuse drugs
- 2 times more likely to become involved in crime
- 3 times more likely to commit suicide

1. Source: Heim, Wade F. and Tom Sylvester. Father Facts. 4th Edition. Gaithersburg, MD: National Fatherhood Initiative, 2001.

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The Benefits of Father Involvement

Studies show that children with involved fathers display:

- Better cognitive outcomes, even as infants
- Higher self-esteem and less depression as teenagers
- Higher grades, test scores, and overall academic achievement
- Lower levels of drug and alcohol use
- Higher levels of empathy and other pro-social behavior

1. Source: Heim, Wade F. and Tom Sylvester. Father Facts. 4th Edition. Gaithersburg, MD: National Fatherhood Initiative, 2001.

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What About the Children?

- Nationwide, over ten million children have parents who have been imprisoned at some time during their lives.
- African-American children are 9 times (Hispanic children 3 times), more likely to have a parent in prison.
- Too few checks or safety nets in place to halt the "inter-generational cycle of crime."




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Recidivism: A Costly Reality

- 90% of all inmates will eventually be released
- 70% of those released will return to communities where they were arrested
- 600,000 ex-offenders are released from prison every year — about 1,600 per day
- 2/3 are rearrested within three years




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Why InsideOut Dad™?

- Most inmates are fathers
- Most inmates grow up in father absent homes or with poor fathering role models
- Family and community connections are the keys to reducing recidivism
- Fatherhood Programming strengthens family and community connections by providing the inmate purpose for other educational and rehabilitative initiatives



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The Bridge Back to Community

How to Break Barriers Back into Community –

- Change
- Consistency
- Confession
- Connection



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A Walk Through the InsideOut Dad™ Curriculum

- The Components of the InsideOut Dad™ Curriculum
 - THE FATHERING HANDBOOK
 - THE FACILITATOR GUIDE
 - THE ACTIVITIES MANUAL PROGRAM
 - THE RESOURCE CD-ROM

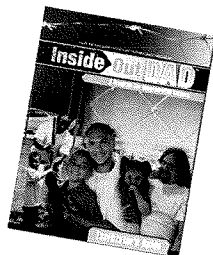
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Curriculum Breakdown

- Facilitator Guide
 - PHILOSOPHY, VALUES, PRINCIPLES
 - CHARACTERISTICS OF INSIDE OUT DAD
 - FACILITATOR ROLES
 - HANDLING CHALLENGES, RUNNING CLASS
 - ASSESSMENT



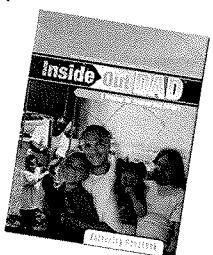
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Curriculum Breakdown

- Fathering Handbook
 - SESSION LOGS
 - REENTRY MODULE
 - AGES AND STAGES




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Curriculum Breakdown

- Activities Manual
 - MIRROR PAGES IN HANDBOOK
 - OPTIONAL SESSIONS FOR DEPTH
 - DETAILED GOALS, PROCEDURES




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Curriculum Breakdown, continued

- Resource CD-ROM
 - PRE- and POST-ASSESSMENT TOOL
 - SCORING INSTRUCTIONS AND WORKSHEET
 - ANSWER KEY
 - MARKETING POSTER
 - CUSTOMIZABLE GRADUATION CERTIFICATE



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Poll:

- Which of the resources in the materials do you think will be the most helpful in creating a successful parenting class

1. The Session Log
2. The graduation certificate
3. The Pre/Post Survey
4. The Ages and Stages Chart
5. Other

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Why the InsideOut Dad™ Program is Successful!


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The Philosophy

NFI developed InsideOut Dad™ using a holistic approach that supports the growth and development of fathers (and children) as caring, compassionate people who regard and treat themselves, the mothers of their children, and others with respect and dignity.



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Characteristics of the InsideOut Dad™

The philosophy, morals, and values that underlie the InsideOut Dad™ program lead to the five characteristics (what you do) that exemplify the traits and qualities (who you are) of a devoted and nurturing father.

THOSE CHARACTERISTICS ARE:

1. Self-Awareness
2. Self-Care
3. Relationship Skills
4. Parenting Skills
5. Fathering Skills




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Conceptual Development

InsideOut Dad™ was developed in 2005 to address need for comprehensive, flexible programming that met particular cognitive and behavioral needs of incarcerated fathers. It helps them discover a pathway for real change to pro-social attitudes, values, and beliefs—about themselves, and the outside world.




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Conceptual Development

They learn the crucial role only they can serve in their children's lives, and gives them a sense of purpose, bigger than themselves, that prepares them for other treatment initiatives, and eventual reintegration with their families, and communities.




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InsideOut Dad™ Description

- Focused: 12 one-hour core sessions, plus a bonus Ages and Stages Guide
- Extendable: 26 optional sessions, including a module for Planning Re-Entry
- Comprehensive: Covers universal aspects of manhood, fatherhood, relationships, and issues specific to inmates
- Consistent: Structured weekly patterns of learning; practice of new skills, values, attitudes reinforced; Attendance, Session Logs
- Trackable: Pre- and Post-Survey gauges fathers' progress as they learn new attitudes and skills for fathering, parenting, nurturing and relationships to engage in with their families



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Importance of Family Connections

"In recent years, research has found that strengthening the family network and maintaining supportive family contact can improve outcomes for both family members and prisoners. In fact, maintaining family connections through letters, phone calls and personal visits has shown to reduce recidivism rates."

- Urban Institute, Understanding the Challenges of Prisoner Reentry

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Outcomes: Successful Programs, continued

Indiana DOC

In early 2006 Indiana decided to standardized InsideOut Dads™ as their fathering program throughout their facilities because of the success that was seen in the Branchville Indiana Facility.

These programs include an annual event around Father's Day where children visit with their incarcerated fathers and incarcerated fathers read books to their children on an audiotape that is sent, along with the book, to their child.



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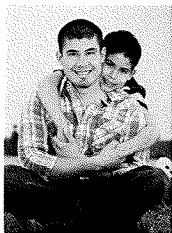
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Outcomes: Successful Programs, continued

McNeil Island, Washington State

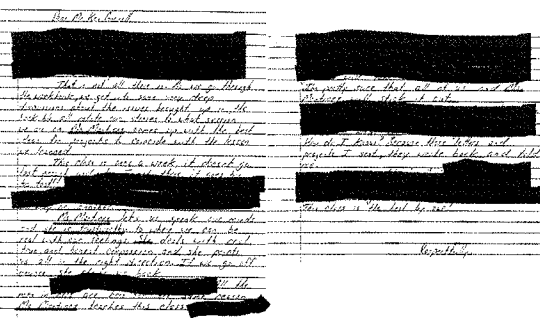
Over a two-year period McNeil Island, a state correctional facility, experienced a 67% decrease in serious disciplinary infractions among program participants.



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What can I do after the InsideOut Dad™ Program?

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How NFI's Fatherhood Resources Can Help

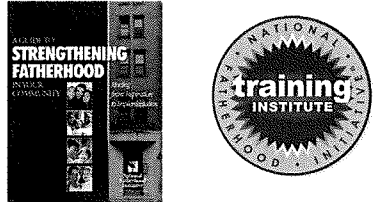


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How NFI's Fatherhood Resources Can Help



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Poll

- What additional resource do you think might be most helpful to you as you run the fatherhood program in your facility?
 1. Double Duty Dads
 2. An IOD Training Institute
 3. Dad's Club
 4. Doctor Dad
 5. Other

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NFI Website: www.fatherhood.org

- Information on NFI Programs, Events, and Trainings
- FREE On-Line Resources
- Parenting Tips
- PSA's
- Over 2,000 visitors daily!
- FREE Dad e-mail




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Frequently Asked Questions


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Fathering Compared to Parenting

- Q: Is there a difference?
- Q: Why are fathering programs needful?


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FAQs

- Can a female facilitator be as effective as a male facilitator?
- What if I am not a father or a parent?

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 **Inside Out DAD**

Thank You!

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