



InsideOut Dad® Guide to Family Ties™ Pre-Post Test Evaluation Report April 13, 2013

Summary

The following report provides results from an evaluation of National Fatherhood Initiative's *InsideOut Dad® Guide to Family Ties™*, a self-paced, interactive resource for incarcerated fathers. The guide was used by 49 incarcerated fathers in a Delaware correctional facility in the fall and winter of 2012. The results illustrate that the guide increased fathers' knowledge in several areas that are critical to helping fathers, while they are in prison or jail, to create and maintain connections with their children and families. The results also illustrate that the guide accomplishes each of its objectives and that fathers are very satisfied with the guide.

Purpose

The purpose of the evaluation was to inform National Fatherhood Initiative (NFI) about the overall effectiveness of the *InsideOut Dad® Guide to Family Ties™*, its ability to improve the knowledge of incarcerated fathers in creating and maintaining connections with their family members (primarily their children and the mothers of their children) while fathers are still incarcerated, the guide's ability to increase fathers' knowledge about effective communication (e.g. with the mothers of their children), and its ability to help fathers create a reentry plan. The evaluation also measured incarcerated fathers' satisfaction with the guide, effectively measuring, from the fathers' perspectives, whether the guide accomplished its objectives.

Overview/Background

The *InsideOut Dad® Guide to Family Ties™* is a 91-page self-paced, interactive resource that NFI designed to accomplish the following four objectives: 1) provide advice on what fathers can expect for the relationships with their children and their children's mothers while fathers are still in prison or jail, 2) provide guidance on how to assess the relationships with their children and their children's mothers; 3) provide advice and tips on getting and staying involved with their children and their children's mothers while the fathers are still in prison or jail, and 4) provide advice and tips on a plan for reentry with a focus on reuniting with their families in a healthy way for their families and for the fathers. Fathers complete interactive exercises throughout the guide that reinforce its content and that help fathers to apply what they learn.

The guide comes with instructions for practitioners (e.g. facility staff and volunteers) on how to use the guide as a stand-alone resource or as a complement to, but not a replacement for, NFI's group-based InsideOut Dad® program or another parenting program. It also comes with two pre- and post-surveys that practitioners can use to gauge the impact of the guide (one of which was used in this evaluation) and completion letters and certificates that practitioners can customize for fathers and that they can place in fathers' institutional files as proof that fathers successfully completed the guide.

Methodology

The evaluation included a pre- and post-test methodology. The guide was used and the evaluation administered by staff members of U Count Family Home (Georgetown, DE) in the fall and winter of 2012. These staff members work with incarcerated fathers at several correctional facilities in their area of the state. U Count staff members asked 49 incarcerated fathers to complete the pre-test before they read the guide and completed its interactive exercises. After they completed the guide, these fathers completed the post-test to measure the impact of the guide on their knowledge about the content in it. Thirty-three (33) of these fathers also completed a survey that measured their satisfaction with the guide.

Results

Impact on Knowledge

The results from the analyses of the pre- and post-survey responses show that the guide **increased the overall knowledge of the fathers by 57.5 percent**. As shown in Table 1 below, the fathers, as a group, provided correct answers at a rate of 40 percent on the 11 knowledge-based questions. The percentage of correct answers rose to 63 percent at post-test.

Table 1: Overall Increase in Knowledge

Pre-Test Correct	40%	Increase ¹
Post-Test Correct	63%	57.5% (23% / 40%)

¹ NFI staff calculated the increase in knowledge by dividing the percentage increase from pre-test to post-test by the knowledge score at pre-test. Using the overall knowledge increase as an example, NFI staff divided 23 percent (increase in knowledge pre-test to post-test) by 40 percent (knowledge score at pre-test) to arrive at an overall knowledge increase of 57.5 percent.

The percentage increase in knowledge for the fathers as a group on each of the 11 questions appears in Table 2 below.

Table 2: Increase in Knowledge by Question

Question	Pre-Test Correct	Post-Test Correct	Increase
1. Which statement below is false about what you can expect for your children because of your time in prison or jail?	26%	59%	127%
2. Which statement below is false about what you can expect for the mother of your children because of your time in prison or jail?	20%	59%	195%
3. When the mother (or main caregiver) of your children tries to prevent you from seeing or talking with them—or tries to limit how often you see or talk with them—she (or the main caregiver) acts as a _____:	33%	79%	140%
4. What is the difference between grief and loss?	96%	96%	0%
5. The healthy or good use of power and control involves which of the things below?	26%	33%	27%
6. Children who grow up in a home with domestic violence often feel the following emotions because of the violence.	14%	45%	221%
7. Which of the following two things are not a warning sign (red flag) that a dad might be heading toward domestic violence? (Circle the two correct answers.)	82%	86%	5%
8. Which of the following skills will help you to take control of yourself when talking with the mother (or main caregiver) of your children?	86%	88%	2%
9. Another skill you can use to take control of yourself when talking with the mother (or main caregiver) of your children is to focus on:	8%	41%	413%
10. One of the best things you can do to improve the relationship with the mother (or main caregiver) of your children is:	2%	8%	300%
11. Two good ways to talk with my children are:	39%	76%	95%

The fathers' knowledge increased on 6 of the questions by more than 100 percent with one other question nearing that mark. The questions on which the fathers' knowledge gained little were those that reflected high knowledge at pre-test. Consequently, the guide had a significant impact on knowledge that the fathers did not possess prior to their use of the guide.

Satisfaction with the Guide

The results from the analyses of the questions that measured fathers' satisfaction with the *InsideOut Dad® Guide to Family Ties™* show that the fathers thought the guide accomplished its objectives and that they would recommend it to other incarcerated fathers. The fathers used the following five-point Likert scale to rate the guide on its objectives: strongly agree, agree, neutral, disagree, and strongly disagree. Table 3 below includes the proportion of the 33 fathers who “strongly agreed” or “agreed” for each of the 5 statements.

Table 3: Fathers' Satisfaction with the Guide

Statement	Strongly Agreed or Agreed
1. The guide helped me to know more about what to expect for the relationships with my children and their mother(s) while I'm in prison or jail.	88%
2. The guide helped me to better understand the kind of relationship I have with my children and their mother(s).	76%
3. When the mother (or main caregiver) of your children tries to prevent you from seeing or talking with them—or tries to limit how often you see or talk with them—she (or the main caregiver) acts as a_____:	82%
4. The guide helped me to create a plan for reentry with a focus on getting back with my family in a healthy way for them and for me.	82%
5. If asked about the guide by another dad in prison or jail, I would recommend that he use it.	88%

Conclusions

The results of this evaluation reveal that the *InsideOut Dad® Guide to Family Ties™* accomplishes its objectives and that fathers who use the guide are so satisfied with it that nearly 90 percent of them would recommend it to other incarcerated fathers. Organizations and practitioners can be confident that using the guide as a stand-alone resource or as a complement to NFI's group-based InsideOut Dad® program will help incarcerated fathers to become the best dads that they can be while still in prison or jail, and that the guide can help prepare incarcerated fathers to successfully reenter society.