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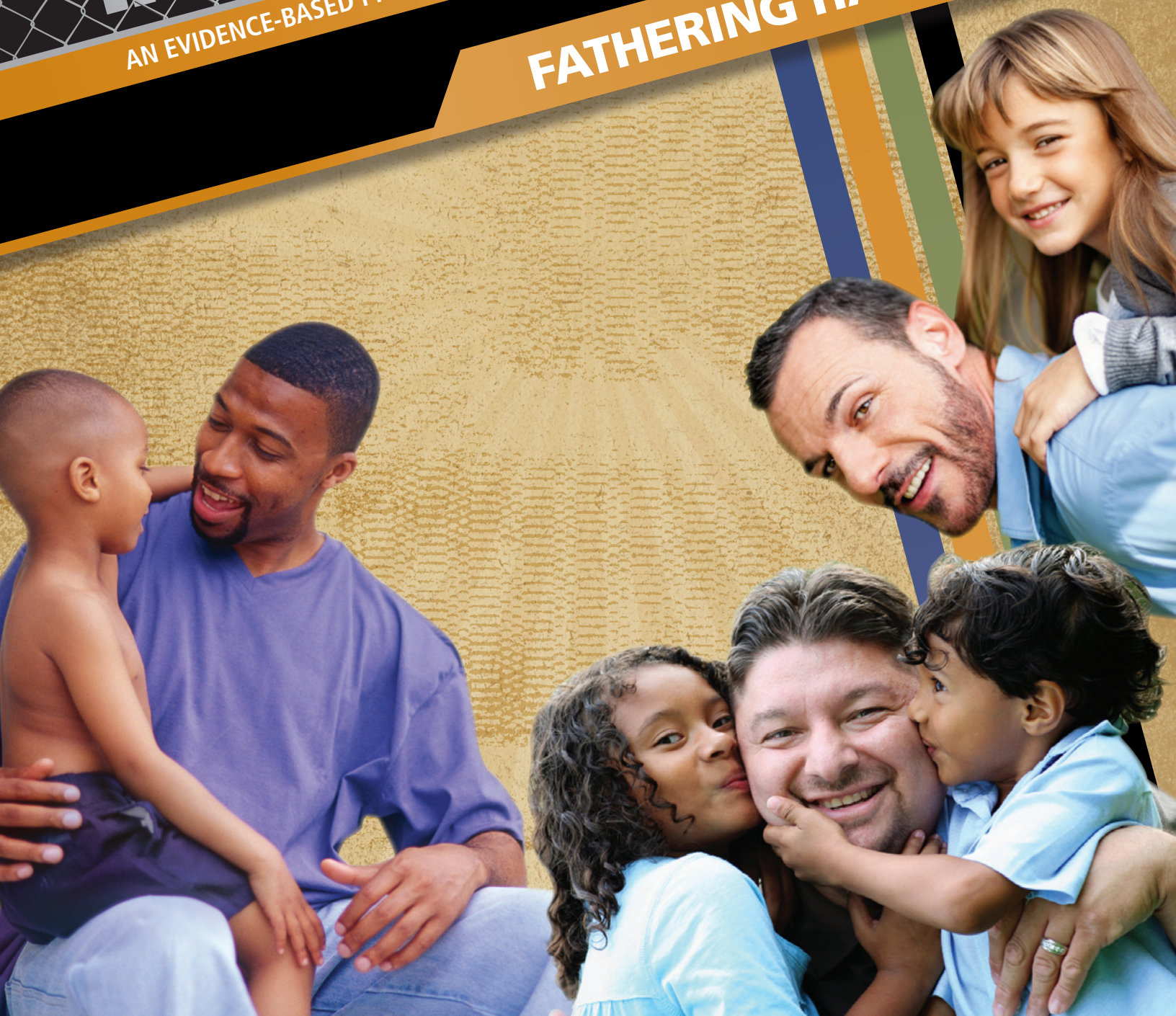
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Inside Out DAD®

Second Edition

AN EVIDENCE-BASED PROGRAM FOR INCARCERATED FATHERS

FATHERING HANDBOOK



Inside Out

DADTM

Second Edition

FACILITATOR'S MANUAL

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PROBLEM

- One in three children in the U.S. grows up in a home without his or her biological father.
- Lack of father involvement increases the risk that children will suffer from a range of social, emotional, and physical ills.
- Father absence increases the risk that children — especially boys — will go to prison.
- Children of incarcerated fathers are at greater risk of being incarcerated.
- The lack of connection of inmate fathers to their families increases the risk of recidivism and decreases the likelihood of reentry success, including legal employment.
- Incarcerated fathers who do not participate in fathering program are more likely to exhibit behavioral problems while in prison.

INPUTS/ACTIVITIES

- InsideOut Dad™ Curriculum:
 - InsideOut Dad™ Facilitator's Manual
 - InsideOut Dad™ Fathering Handbook
 - Evaluation Tools
 - Marketing Posters

OUTPUTS

- Facilitator conducts 12 sessions and might add optional sessions.
- Incarcerated fathers complete pre and post-assessment that measures impact of the program.
- Incarcerated fathers use the Fathering Handbook during the program, for homework, and to refer to after they complete the program.
- Incarcerated fathers participate in activities during sessions that reinforce learning objectives and that increase the frequency with which they interact with their children (e.g. through phone, mail, and visits).*
- Incarcerated fathers might participate in one or more of the following supplemental activities: program or workshops that address other needs (e.g. substance use/abuse and job training).

* Increased frequency of contact with children is determined in large part by institutional policies that define and affect the amount of contact a father can have with his children and by other factors beyond a father's control (e.g. how far away his children live from the institution). Even though fathers become motivated to increase their contact and learn strategies for doing so, these factors might prevent increased contact (i.e. they are beyond the ability of the program to increase contact). NFI encourages facilitators to address institutional policies that might prohibit increased contact.

OUTCOMES

- Increases:**
- Increase in fathering knowledge, skills, and pro-fathering attitudes and behavior.
 - Increase in frequency of and healthy interaction with children.
 - Increase in healthy interaction with the mothers of fathers' children.
 - Increase in likelihood of family reunification.
 - Increase in likelihood of reentry success.
- Decreases:**
- Decrease in anti-fathering knowledge, skills, and attitudes.
 - Decrease in behavioral infractions in prison during and after participation in program.
 - Decrease in recidivism.



AND



OR



AND



SESSION 1

Introduction: Getting Started

SESSION DESCRIPTION:

During the first session, the Dads introduce themselves, get to meet the other Dads in the program, review the program and session format, discuss their hopes and fears for themselves in the program, reflect on their effectiveness as fathers and husbands/partners, watch a powerful video of the impact of the program, and, if you plan to evaluate the program using a pre and post-program evaluation, complete the InsideOut Dad™ Fathering Survey.

InsideOut Dad™ CHARACTERISTICS (5):

- Self-awareness
- Caring for Self
- Parenting Skills
- Fathering Skills
- Relationship Skills

PRE-SESSION PROCEDURES:

1. Review the standard pre-session procedures in Chapter VII of the *Program Guide*.
2. Write the names of the facilitator(s) on the flip chart.
3. Make enough copies of the InsideOut Dad™ Fathering Survey for Activity 1.1, if you decided to use a pre and post-program evaluation. The survey is located on the InsideOut Dad™ CD-ROM.
4. Be sure to cue up the “Xavier’s Story” video located on the InsideOut Dad™ DVD to the beginning so that you can play it immediately during Activity 1.5.



NOTE TO FACILITATOR:

If you are not allowed to show videos to inmates or do not have access to a DVD player/TV or LCD projector/computer combination, you will not be able to complete Activity 1.5.

ACTIVITY 1.1 Welcome and Warm-up

TIME: 30 minutes

MATERIALS: Flip chart, markers, name tags, Fathering Handbook, (optional) InsideOut Dad™ Fathering Survey

FACILITATOR'S GOAL:

To welcome the Dads to the InsideOut Dad™ Program and to begin the process of forming a close and supportive group. To begin to explore masculinity and the father's role, and how the Dads' views of masculinity and the father's role are affected by their family history.

LEARNING COMPETENCIES:

1. Dads introduce themselves.
2. Dads learn the format of the program.
3. Dads raise their awareness of, knowledge about, and capacity to identify what it means to be a man and the role of today's father.

PROCEDURES:

1. As the Dads enter the room, welcome and greet them with your name, and a handshake.
2. Invite the Dads to make a nametag and to help themselves to snacks and beverages.
3. When ready, ask the Dads to pick out a chair. Welcome them to the group and begin the session. Introduce yourself and your co-facilitator if you have one. Share your enthusiasm that the Dads are there, on time, and eager to learn.
4. Ask each Dad to introduce himself, share the names and ages of his children, and the type of father he is, i.e. married, single parent, foster or adoptive dad, stepfather, etc.
5. Explain the format of the program.
 - **There are 12 sessions, each lasting 2 hours. (Adjust this description if using the optional sessions.)**
 - **There will be a 10-minute break after the first hour. (Adjust this description if you will take a break at a different time or more than 1 break.)**
 - **Snacks and beverages are available before the session begins, at break time, and after it ends.**
 - **We will begin at _____ (state time) and end at _____ (state time).**
 - **Hand out one copy of the *InsideOut Dad™* Fathering Handbook to each Dad. Instruct the Dads to bring their handbook to each session or that you will keep it between sessions and distribute it at the start of each session.**
 - **Explain the *What I Learned Log* located at the end of each session in the Fathering Handbook. The Dads need to record something new they learned during each session and the reason why what they learned will help them be a better dad.**





NOTE TO FACILITATOR:

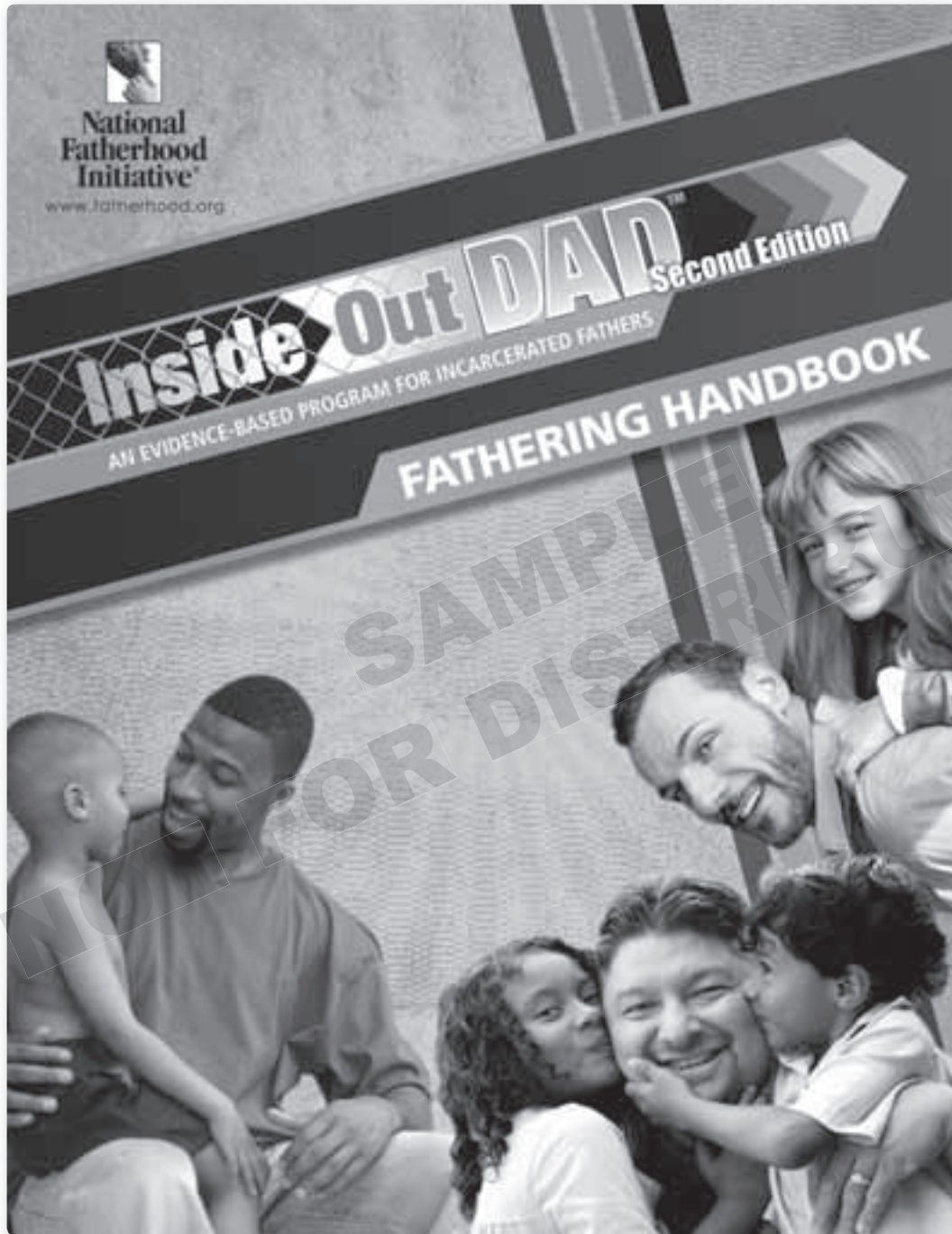
It is very important to mention that the survey is not a test. Incarcerated dads in particular can be off put by tests.

- **Explain to the group that everyone has the right to pass if they don't feel comfortable answering a question or sharing information.**
6. (Optional) If you plan to use the InsideOut Dad™ Fathering Survey as part of a pre and post-program evaluation, mention that it is now time to complete it. Give the dads about 15 minutes to complete it. But first explain that the survey is not a test. It is simply a way to help you and them to determine how much the program helps them to be the best dad possible. If you don't plan to use the survey in this way, you can either skip this part of the activity or use it as an awareness-raising activity.
- Just the act of filling out the survey will raise awareness among the Dads of the state of their fathering at the start of the program.

NOTES

SAMPLE
NOT FOR DISTRIBUTION

CORRESPONDING PAGE IN FATHERING HANDBOOK





NOTE TO FACILITATOR:

Consider tossing in some wild hopes and fears to encourage creative and honest responses by giving the message that anything goes.

ACTIVITY 1.2 Hopes, Fears, and Ground Rules

TIME: 30 minutes

MATERIALS: Flip chart, markers, Fathering Handbook

FACILITATOR'S GOAL:

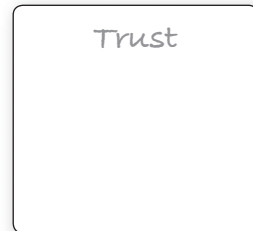
To identify the hopes and fears of the Dads regarding their participation in the program and to set ground rules for the group.

LEARNING COMPETENCIES:

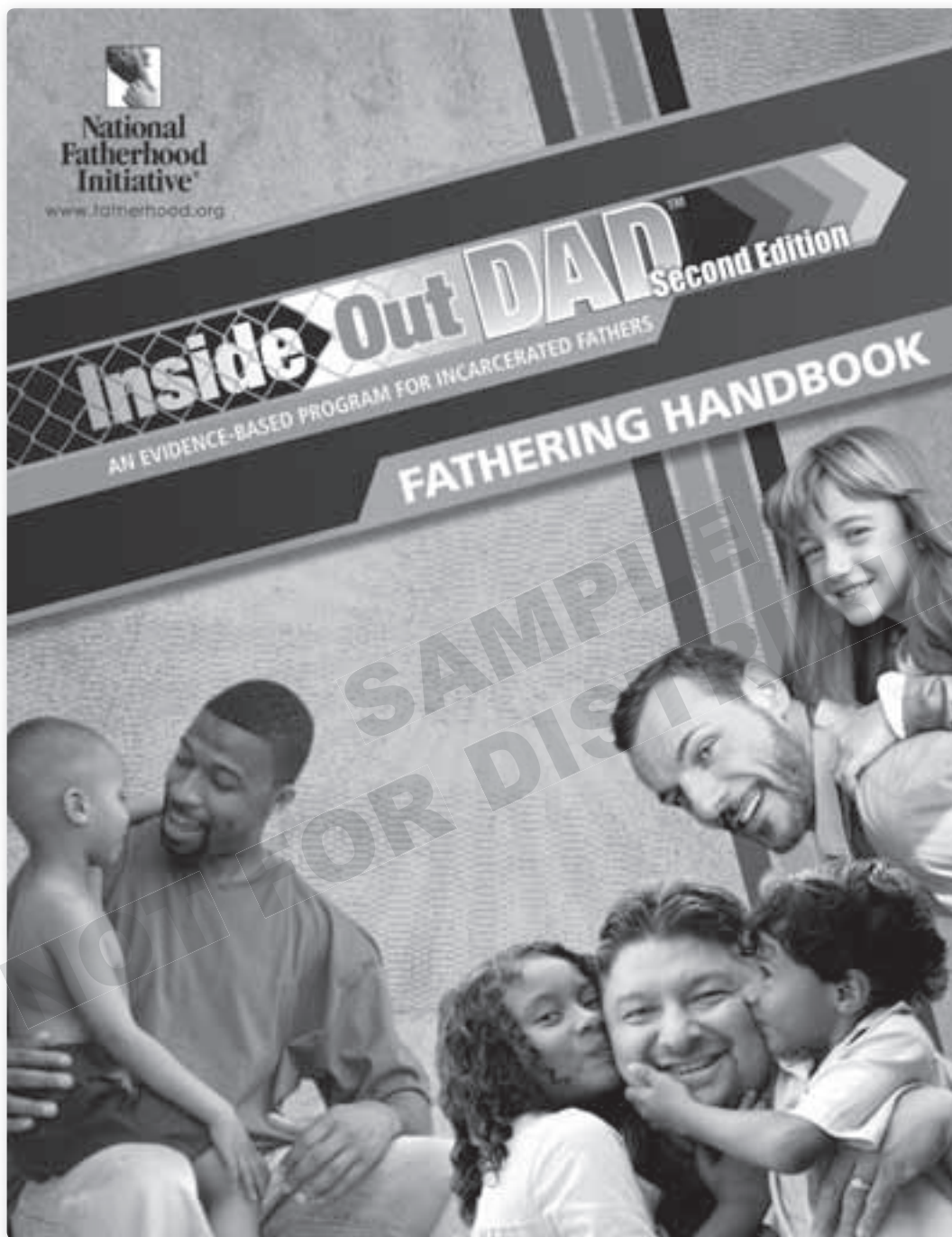
1. Dads increase their awareness and knowledge of the hopes and fears they have of their participation in the program.
2. Dads build the capacity to identify how the other Dads in the program feel about their participation.

PROCEDURES:

1. On the flip chart, label one sheet of paper **HOPES** and another sheet of paper **FEARS**. Mention that as a result of their participation in the program, they are sure to have "hopes and fears."
2. Brainstorm a list of hopes and fears with the Dads. Ask each one to respond to the following statement. Write their responses on the sheets of flip chart paper.
 - By attending fathering classes, I HOPE that _____,
 - but I'm AFRAID that _____.
3. Write the word **TRUST** on the flip chart. Mention that it takes trust to share information about themselves and their families, share their hopes and fears, and to challenge themselves and others takes trust.
 - a. Brainstorm a working definition of "trust" the group can understand.
 - b. Make a list of why it's good to trust others and why it might be risky. Which list is longer?
4. Discuss the importance of trust. Tell the Dads that:
 - a. Trust is the basis for all healthy relationships.
 - b. Trust allows for a sense of closeness and intimacy.
 - c. Trust promotes a sense of optimism and well-being.
 - d. Trust is the first issue young children face in life that forms the "frame of reference" of their perceptions.



CORRESPONDING PAGE IN FATHERING HANDBOOK





NOTE TO FACILITATOR:

When establishing the rules, consider dividing them into “firm” and “flexible” rules. Create the firm rules ahead of time that you or the facility requires for group sessions and that won’t vary, such as confidentiality (i.e. what is shared in the room stays in the room) and showing up on time. Write these rules on flip chart paper ahead of time and share them with the Dads. Then use Procedure #6 to establish flexible rules (e.g. unique rules) that the Dads create for themselves.

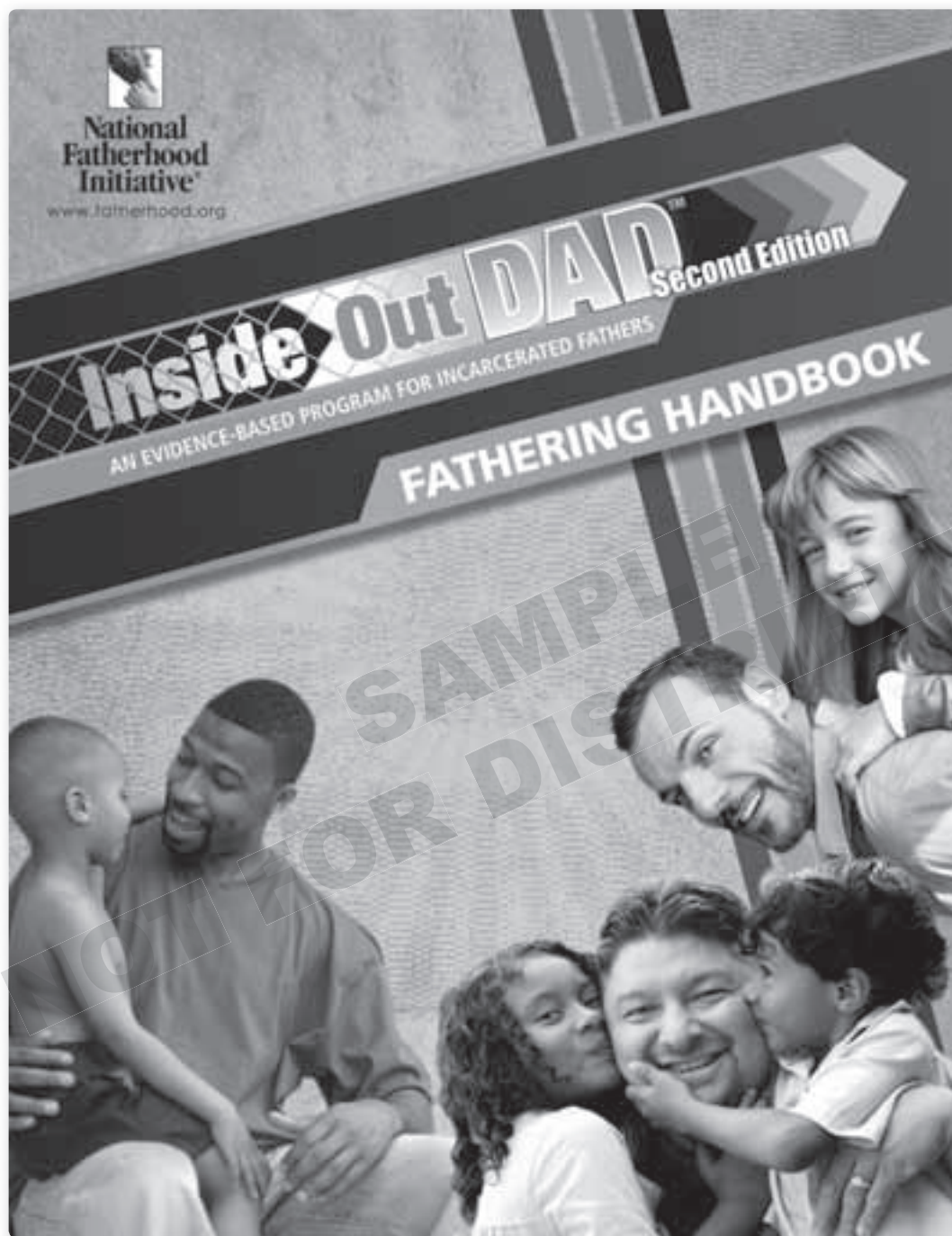
- Mention that a primary objective of InsideOut Dad™ is to develop a sense of trust in themselves and in others.
- Create a list of rules that will guide the group in their interactions. Divide the paper into two columns. Put **DOs** on one side and **DON'Ts** on the other. Brainstorm with the Dads the rules they will operate from and begin to build a sense of trust.
- Review the ideas to find any patterns or commonalities.
- Recap the discussion and ask the Dads to complete their session log. Ask the dads for comments on what they wrote in their log and end the session.



DOs	DON'Ts

NOTES



CORRESPONDING PAGE IN FATHERING HANDBOOK



ACTIVITY 1.3

What Kind of Father and Husband/Partner Am I?

TIME:

15 Minutes

MATERIALS:

Flip chart, markers, Fathering Handbook

FACILITATOR'S GOAL:

To increase the Dads' awareness and knowledge of the different traits and types of fathers and partners.

LEARNING COMPETENCIES:

1. Dads increase their awareness and knowledge about their effectiveness as a father and husband/partner.
2. Dads demonstrate the capacity to rate their abilities and skills as a father and as a husband/partner.

PROCEDURES:

1. Mention that being a father and husband/partner are roles men take on in their family. Family roles have different duties and it is the way and style in which men carry out their duties that can make the difference in a happy, healthy family, or a troubled, unhappy one.
2. Being a caring and loving father and husband/partner comes from being a caring and loving man. The traits we have as men are the same traits we take into our family roles. The InsideOut Dad shows the traits of a nurturing father and husband/partner.
3. Ask the Dads to locate the "Father and Husband/Partner Checklist" in their Fathering Handbook (pg. 1). Tell each Dad to place a check or "X" mark in the appropriate box if he agrees with the statement about himself as a father and then as a husband/partner. If some men are not in a relationship as a husband or partner, ask them to rate themselves as they believe they were in past relationships, or could be in future relationships.
4. Give the Dads about 10 minutes to complete the checklist and then review responses with them.

NOTES

CORRESPONDING PAGE IN FATHERING HANDBOOKIntroduction: Getting Started | **SESSION 1**

SESSION 1

Introduction: Getting Started

What Kind of Father and Partner Am I?**Father and Husband/Partner Checklist**

Place a ✓ in the box if you **agree** with the statement about yourself as a Partner/Husband.

1. I listen to other points of view.
☐ Father ☐ Husband/Partner
2. I can bargain and deal when needed.
☐ Father ☐ Husband/Partner
3. I am clearly in charge.
☐ Father ☐ Husband/Partner
4. I expect others to follow the rules I set down.
☐ Father ☐ Husband/Partner
5. I demand respect.
☐ Father ☐ Husband/Partner
6. I tell others what I think and feel in healthy ways.
☐ Father ☐ Husband/Partner
7. I am willing to change my ideas.
☐ Father ☐ Husband/Partner
8. I show a sense of closeness to those I love.
☐ Father ☐ Husband/Partner
9. I like being in control.
☐ Father ☐ Husband/Partner
10. I enjoy spending quality time with my family.
☐ Father ☐ Husband/Partner



Dads not only have traits and duties that have to do with being a dad, they also have traits and duties that have to do with their relationships with the mothers of their children.

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Facilitators of InsideOut Dad™ report that this is a powerful exercise. Try your best to get all of the Dads to share their story so you can get in touch with the impact of the Dads' past on their present and so the Dads can get to know each other on a deeper level.

ACTIVITY 1.4

My Story

TIME:

30 Minutes

MATERIALS:

Fathering Handbook, (optional) blank pieces of paper

FACILITATOR'S GOAL:

To encourage the Dads to share their stories so that you and the Dads can get to know one another.

LEARNING COMPETENCIES:

1. Dads increase their awareness and knowledge about their own story and the stories of the Dads in the group.
2. Dads demonstrate the capacity to share their story.

PROCEDURES:

1. Mention to the Dads that each of them will have a chance to write, produce, and star in their own movie. The movie is called “My Story.”
2. Ask the Dads to locate the information in their Fathering Handbook titled, “My Story” (pg. 2). Ask the Dads to take 10 to 15 minutes to write their story. (You might want to provide additional paper for the Dads to write their stories.)
3. After 10 to 15 minutes, ask the Dads to share their stories. Encourage other Dads to listen closely and to learn about other Dads in the group.

NOTES

Blank lined paper for writing.

CORRESPONDING PAGE IN FATHERING HANDBOOK**SESSION 1** | Introduction: Getting Started

11. I am able to listen to the good as well as to the bad.
☐ Father ☐ Husband/Partner

12. I am clearly seen as a friend.
☐ Father ☐ Husband/Partner

13. Others can come to me to talk.
☐ Father ☐ Husband/Partner

14. I am caring and giving.
☐ Father ☐ Husband/Partner

15. I have fun easily.
☐ Father ☐ Husband/Partner

My Story

The name of the actor starring in this movie is

_____ .
 (Your Name)

The story begins in _____ .
 (Place of Birth)

in the year _____ .
 (Date of Birth)

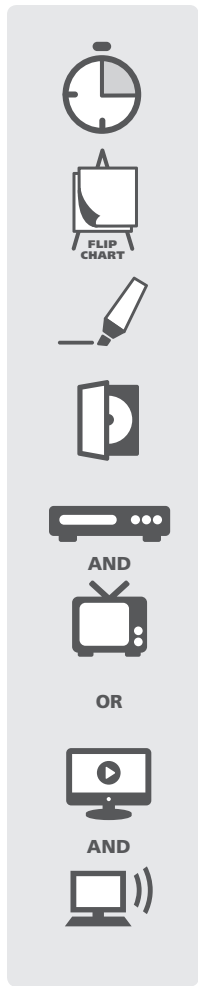
In the beginning, the major supporting actors in the story are

 _____ .
 (Childhood Family)

Today the major supporting actors are _____

 _____ .
 (Current Family)

This story is about a little boy who grows up believing _____
and then finds out in later life that _____



ACTIVITY 1.5

Xavier's Story

TIME:

15 Minutes

MATERIALS:

Flip chart, markers, InsideOut Dad™ DVD, DVD Player/TV or LCD Projector/Computer combination


FACILITATOR'S GOAL:

To increase the Dads' awareness and knowledge of the impact of the InsideOut Dad™ Program.

LEARNING COMPETENCIES:

1. Dads increase their awareness and knowledge about the impact of the program.
2. Dads increase their capacity to identify specific ways the program positively affects fathers and children.

PROCEDURES:

1. Tell the Dads that they will watch an approximately 10-minute video on the impact of the InsideOut Dad™ Program. Tell them to pay close attention and think about the effect of the program on fathers and their children.
2. Show the video "Xavier's Story" located on the InsideOut Dad™ DVD using either a DVD player and TV or LDC projector and computer. 
3. After the video ends, ask the Dads what they thought about it. After the Dads share, ask them the following questions and write their responses on the flip chart.
 - **How did the program affect Troy, the dad?**
 - **How did the program affect Xavier, the child?**
4. After the Dads share, ask them whether they can see or at least hope that the program will have the same effect on them and their children.

NOTES

CORRESPONDING PAGE IN FATHERING HANDBOOK

Introduction: Getting Started | **SESSION 1**

There are many challenges in life faced by this boy and man, which include _____

but the most memorable scene takes place in _____

when _____ happens.

What makes this scene so memorable is _____

Throughout life, the main character meets heroes like _____

(People and/or Events)

and villains like _____

(People and/or Events)

This ongoing story is heading toward _____

And at the end of the story, the critics will say _____

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CRITICAL POINT

Tell the Dads that everything they'll learn is tied to one or more of these traits.

ACTIVITY 2.4 The InsideOut Dad
TIME: 30 minutes
MATERIALS: Fathering Handbook

FACILITATOR'S GOAL:

To increase the Dads' awareness and knowledge of the five (5) characteristics of the InsideOut Dad.

LEARNING COMPETENCIES:

1. Dads increase their awareness and knowledge of the five (5) characteristics of the InsideOut Dad.
2. Dads increase their capacity to identify the five (5) characteristics.

PROCEDURES:

1. Mention to the men that the InsideOut Dad™ Program is founded on the five (5) characteristics or traits that include the qualities and practices of a devoted and nurturing father. Tell the Dads that they will review these traits and rate themselves on each of them. Read the descriptions of the traits below and encourage the dads to follow along in their Fathering Handbook (pg. 5).

- **SELF-AWARENESS.** The InsideOut Dad is aware of himself as a man and aware of how important he is to his family. He knows his moods, feelings, and emotions; capabilities, strengths, and challenges. He is responsible for his behavior and knows that his growth depends on how well he knows and accepts himself. He also knows that his ability to be with his children is affected by the choices he has made and accepts responsibility for his choices.

The InsideOut Dad asks himself: How well do I know myself?

- **CARING FOR SELF.** The InsideOut Dad takes care of himself. He gets annual physicals, eats the right foods, works out to stay in shape, and learns about the world he lives in. He has a strong connection to his family and community, and chooses friends who support his healthy choices. While being locked up limits his choices, he takes every chance to keep himself physically and mentally fit so he can be the best example possible for his children.

The InsideOut Dad asks himself: How well do I care for myself?

- **FATHERING SKILLS.** The InsideOut Dad knows his role in the family. He knows he is a model for his sons on how to be a good man and father and for his daughters on what they should look for in a husband and father for their children. The InsideOut Dad uses his knowledge of the unique skills he and his wife/the mother of his children brings to raising his children. In other words, he knows the difference between "fathering" and "mothering."

The InsideOut Dad asks himself: How well do I "Father?"

CORRESPONDING PAGE IN FATHERING HANDBOOKFamily History and The InsideOut Dad | **SESSION 2****The InsideOut Dad**

1. **Self-Awareness.** The InsideOut Dad is aware of himself as a man and aware of how important he is to his family. He knows his moods, feelings and emotions; capabilities, strengths, and challenges. He is responsible for his behavior and knows that his growth depends on how well he knows and accepts himself. He also knows that his ability to be with his children is affected by the choices he has made and accepts responsibility for his choices.

The InsideOut Dad asks himself: How well do I know myself?

2. **Caring for Self.** The InsideOut Dad takes care of himself. He gets annual physicals, eats the right foods, works out to stay in shape, and learns about the world he lives in. He has a strong connection to his family and community, and chooses friends who support his healthy choices. While being locked up limits his choices, he takes every chance to keep himself physically and mentally fit so he can be the best example possible for his children.

The InsideOut Dad asks himself: How well do I care for myself?

3. **Fathering Skills.** The InsideOut Dad knows his role in the family. He knows he is a model for his sons on how to be a good man and father and for his daughters on what they should look for in a husband and father for their children. The InsideOut Dad uses his knowledge of the unique skills he and his wife/the mother of his children brings to raising his children. In other words, he knows the difference between “fathering” and “mothering.”

The InsideOut Dad asks himself: How well do I “Father?”

4. **Parenting Skills.** The InsideOut Dad nurtures his children. He knows how his parenting skills help to develop their physical, emotional, intellectual, social, spiritual, and creative needs. His children trust and feel safe with him because he cares about and nurtures them through the use of proven parenting skills. The InsideOut Dad uses discipline to teach and guide his children, not to threaten or harm them.

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- **PARENTING SKILLS.** The InsideOut Dad nurtures his children. He knows how his parenting skills help to develop their physical, emotional, intellectual, social, spiritual, and creative needs. His children trust and feel safe with him because he cares about and nurtures them through the use of proven parenting skills. The InsideOut Dad uses discipline to teach and guide his children, not to threaten or harm them.

The InsideOut Dad asks himself: How well do I “Parent?”

- **RELATIONSHIP SKILLS.** The InsideOut Dad builds and maintains healthy relationships with his children, wife/mother of his children, other family members, friends, and community. He knows and values how relationships shape his children and their lives. The InsideOut Dad knows how the relationship with his wife/mother of his children affects his children and does his best to create a good relationship with her for the sake of his children. He always looks to improve the skills he uses to communicate with others.

The InsideOut Dad asks himself: How well do I relate?

2. Ask the Dads whether they need further explanation of the traits and respond.
3. In round-robin fashion, ask each Dad to rate himself on each of the traits of the InsideOut Dad. Ask him to rate himself as “Very Poor, Somewhat Poor, Average/Okay, Pretty Good, Very Good.” On the flip chart paper you prepared ahead of the session, plot his answer on the rating scale for each trait with a dot or hash mark. If you have time, ask some of the dads why they rated themselves they way they did. Share your thoughts and ask the Dads for theirs on the distribution of the ratings.

Self-awareness

Very Poor Very Good

Caring for Self

Very Poor Very Good

Parenting Skills

Very Poor Very Good

Fathering Skills

Very Poor Very Good

Relationship Skills

Very Poor Very Good

CORRESPONDING PAGE IN FATHERING HANDBOOK**SESSION 2** | Family History and The InsideOut Dad

The InsideOut Dad knows his role in the family. He knows he is a model for his sons on how to be a good man and father and for his daughters on what they should look for in a husband and father for their children.

The InsideOut Dad asks himself: How well do I “Parent?”

5. **Relationship Skills.** The InsideOut Dad builds and maintains healthy relationships with his children, wife/ mother of his children, other family members, friends, and community. He knows and values how relationships shape his children and their lives. The InsideOut Dad knows how the relationship with his wife/ mother of his children affects his children and does his best to create a good relationship with her for the sake of his children. He always looks to improve the skills he uses to communicate with others.



The InsideOut Dad asks himself: How well do I relate?

What I Learned Log

- One new thing I learned today is _____

_____.
- On a scale from 0 - 5, how likely am I to use what I learned?
0 = Not at all likely 5 = Very likely
0 1 2 3 4 5
- What I learned will help me be a better dad because: _____

_____.

Notes



CRITICAL POINT

Tell the Dads that one of the hardest things to do is to really see things from the other parent's point of view because, for a dad, it requires "getting out of his head" and "getting into hers" or "walking a mile in her shoes."

ACTIVITY 10.3 Walking a Mile in Her Shoes

TIME: 25 Minutes

MATERIALS: Flip chart, markers, Fathering Handbook

FACILITATOR'S GOAL:

To raise the Dads' awareness and knowledge of the point of view of their children's mother when it comes to their children and his involvement in their lives and to help him see how he contributed to her view.

LEARNING COMPETENCIES:

1. Dads increase their awareness and knowledge of the importance of empathy to resolve differences between them and the mothers of their children.
2. Dads increase their capacity to identify how the mothers of their children sees things when it comes to their children and the Dads' involvement in their lives and how the Dads contributed to the mothers' views.

PROCEDURES:

1. Write the word **EMPATHY** on the flip chart. Ask the Dads what they think the word means and write their responses on the flip chart. Then share or reinforce the following meaning.

- **Empathy is being able to see another person's thoughts, feelings, and point of view.**

2. Tell the Dads that one of the hardest things to do is to really see things from the other parent's point of view because, for a dad, it requires "getting out of his head" and "getting into hers" or "walking a mile in her shoes." (Frankly, it requires that the Dads are mature enough to do it. The rest of this activity will help them see how mature they are in this area.)

Empathy

3. Now ask the Dads to complete the following statements in their Fathering Handbook (pg. 47). If some of the Dads have children by more than one mother, remind them to focus on the same mother they did earlier.



NOTE TO FACILITATOR

This activity is particularly relevant for the Dads who prior to incarceration were non-residential. It is also relevant for non-custodial Dads who are separated from their children because of divorce or because they were never married to the mother. They often have such a hard time empathizing with the mother and fixate on how "bad" or "horrible" she is. The Dads married to or involved romantically and who lived with the mother prior to incarceration will also find it useful because they can be just as "hard-headed" as any dad.

CORRESPONDING PAGE IN FATHERING HANDBOOKWorking with Mom and Co-Parenting | **SESSION 10****Tips to Solve Parenting Differences**

1. **Get in touch with your point of view.** Ask yourself: Where did it come from? What caused it? Why do I defend it? What am I holding on to?
2. **Listen to Mom's point of view.** Ask her: Where does it come from? Why do you believe or value it?
3. **Know that Mom's view is as important to her as yours is to you.**
4. **Put yourself in Mom's shoes to see things as she does.**
5. **Use these ground rules:**
 - No more than 15 to 30 minutes for talking.
 - Don't shout or yell at her.
 - No name calling.
 - Stick to the subject or difference.
 - Don't bring up the past if it has nothing to do with the difference.
 - Keep calm and end the talk if one of you becomes angry.
 - Respect each other.
6. Be willing to bargain or strike a deal. What can each of you give to the other? What is each of you willing to let go of?
7. Be ready to walk away if you or she becomes angry.
8. It might take more than one talk to solve the difference.

Walking a Mile in Her Shoes

1. **Empathy** is being able to see another person's thoughts, feelings, and point of view.
2. The mother of my children sees me as a _____ Dad.
(Circle the answer.)
Very Good Good Okay Bad Very Bad
3. She sees me this way because _____

_____.

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INSIDEOUT DAD FATHERING HANDBOOK - Second Edition | **47**



CRITICAL POINT

Point out that the mother might never change her point of view and that the Dad might never agree with her point of view. However, seeing things from her point of view and understanding what the Dad needs to do to try to change it will help him to be a better Dad and co-parent.

- The mother of my children sees me as a _____ Dad. (Circle the answer)
Very Good Good Okay Bad Very Bad
- She sees me this way because _____.

4. Ask the Dads to share their responses. Discuss common responses.
5. Now ask the Dads to pair up and help each other complete the following statements in their Fathering Handbook (pg. 48). Give them about 15 minutes to complete the statements. If some of the Dads have children by more than one mother, remind them to focus on the same mother they did earlier.

- Three things I can do to better see her point of view are:
1) _____
2) _____
3) _____
- Three things I can do to try to change her point of view are:
1) _____
2) _____
3) _____

6. Ask some of the pairs to share their responses. Look for patterns.
7. Close the activity by asking the Dads if it helped them to better see things from the mother's point of view. Point out that the mother might never change her point of view and that the Dad might never agree with her point of view. However, seeing things from her point of view and understanding what he needs to do to try to change it will help him to be a better Dad and co-parent.

NOTES

CORRESPONDING PAGE IN FATHERING HANDBOOK**SESSION 10** | Working with Mom and Co-Parenting

She might never change her point of view and you might never agree with her point of view.

However, seeing things from her point of view and understanding what you need to do to try and change it will help you be a better Dad and co-parent.

4. Three things I can do to better see her point of view are:

1) _____

2) _____

3) _____

5. Three things I can do to try to change her point of view are:

1) _____

2) _____

3) _____

- 6.** She might never change her point of view and you might never agree with her point of view. However, seeing things from her point of view and understanding what you need to do to try and change it will help you be a better Dad and co-parent.



InsideOut® Dad
Fathering Handbook
Session 1
Sample

SESSION 7

The Father's Role

Welcome and Warm-up

1. One memory I have of my father (or father figure) is _____

_____.

2. What is unique about this memory is _____

_____.

The Ideal Father

1. **Traits** of the Ideal Father: What does the ideal father have?

2. **Duties** of the Ideal Father: What is the role of the ideal father?

What I Learned Log



1. One new thing I learned today is _____

2. On a scale from 0 - 5, how likely am I to use what I learned?

0 = Not at all likely

5 = Very likely

0 1 2 3 4 5

3. What I learned will help me be a better dad because: _____

Notes

Fathering Plan

Ways I Will Connect with My Children

Ways I Will Connect

■ What I do now:

▶ Name of child _____

How will I connect? _____

How often will I connect? _____

▶ Name of child _____

How will I connect? _____

How often will I connect? _____

▶ Name of child _____

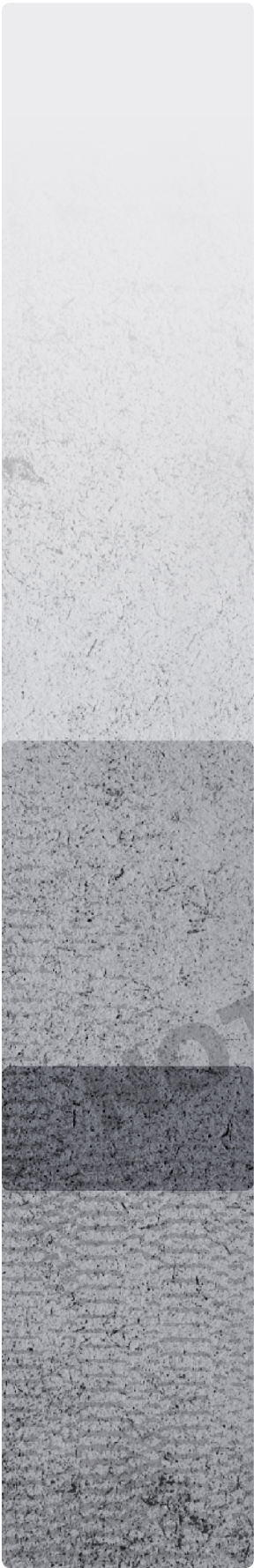
How will I connect? _____

How often will I connect? _____

▶ Name of child _____

How will I connect? _____

How often will I connect? _____



■ What I will do/add:

▶ Name of child _____

How will I connect? _____

How often will I connect? _____

▶ Name of child _____

How will I connect? _____

How often will I connect? _____

▶ Name of child _____

How will I connect? _____

How often will I connect? _____

▶ Name of child _____

How will I connect? _____

How often will I connect? _____

Optional Reentry

SESSION #1 Handout

Fathering on the Outside

Tips for Reentry into Family

Tip #1: Believe You Can Succeed

It's easy to get down because there are things you can't control while you're in prison or jail and when you first get home. Don't lose hope. Look for answers to your challenges. The more time you spend thinking about what you have going for you and can do to improve your life, the easier it will be to succeed when released.



Tip #2: Ask for Help

Reentry isn't easy. It will take a lot of work. The good news is that many other dads like you have done it and made it. Even if this isn't the first time you've been released, the best path in life is to never come back. Work hard to succeed and when you need help, ask for it.

Tip #3: Keep the Faith

Your faith can provide a vital source of support while in prison or jail and after release. Talk with faith staff in your prison or jail and create a connection to a faith community upon release.

Tip #4: Tell Your Family about Your Release Date and Plans

Reentry will be much easier if you have the support of your family. Telling them when you will be released and how you plan to get your life in order will help them to help you. Send your reentry plan to them. Tell them about changes to your reentry plan as you move closer to release.

Tip #5: Address Two Vital Issues When Reconnecting With the Mother of Your Children

- **Your Role in the Family**

If you've been away for a long time, a lot will have changed. The mother of your children had to take on a larger role and might have changed the way she parents your children. She and your children are used to that larger role. Be patient as you come back into their lives as a father who is in the home. Your presence alone will create some issues even if she and your children are happy that you're home.

- **Bad Feelings**

The mother of your children might have some bad feelings about what you did to land in prison and about other things you did before and since you went to prison. Try to address these feelings before your release. Apologize if you need to and ask her to forgive you.

Tip #6: Address Three Vital Issues When Reconnecting With Your Children

- **What to Expect from Your Children**

What fathers expect for and from the relationships with their children before release often don't work out after their release. What you think will happen after release is much more likely to happen if you get in touch with your children and their mother (or other caregiver) before your release and create good relationships with them. Even then you must be prepared for the relationships to fall short of what you expect. Your access to your children, the quality of your relationships with them, and their ages will affect what you can expect.

- **Dealing with Gatekeepers**

The mother of your children can act as a gatekeeper in getting access to your children. There might be others, such as her relatives or yours, who might be gatekeepers. It's vital that you know who they are, why they might want to limit or control your access to your children, and what you plan to do about it.

- **New Father Figures**

This is a really tough issue because it can create strong feelings, such as jealousy of a father figure. So it's vital that you are in control of your feelings as you plan how to deal with father figures. Any male can become a new father figure for your children—a boyfriend or new husband of the mother, an uncle, pastor, coach, etc. A father figure can be a good thing, as in the case of a mentor. But some father figures can step in and take on the role you had or want to have in your children's lives. Don't allow the fact that your children have a father figure get in the way of trying to reconnect with your children. You must be willing to work with father figures for the sake of your children even if you don't like them.

Tip #7: Be a Role Model

You might have made some bad choices in life and paid for them. Now is your chance to create a new life—a life that is a model for your children to help them avoid the same mistakes. Show your children that you can change your life. It will be one of the

best lessons you'll ever teach them. Show them that you own your actions. Follow the rules while you're still in prison or jail and after your release (such as with parole). Your children will learn that even when they make mistakes, they can learn from them.

Reconnecting with Family

- One way that my role in the family has changed since I went away is _____

_____ .
- One way that I will try to become a dad in the lives of my children again or for the first time is _____

_____ .
- One bad feeling that the mother / main caregiver of my children has about me because I went away is _____

_____ .
- The reason she / the caregiver feels that way is _____

_____ .
- The way I plan to deal with that feeling is _____

_____ .

Gatekeepers

- The main gatekeeper who controls access to my children is _____
_____ .
- My relationship with this person is _____ .
(good, okay, bad, don't know this person)
- Other gatekeepers are _____

_____ .

Father Figures

- The main father figure in my children's lives is _____

_____ .
- My relationship with this person is _____ .
(good, bad, okay, don't know this person)
- Other father figures in my children's lives are _____

_____ .

InsideOut Dad® Second Edition

The Nation's only Evidence-Based Program
Designed Specifically for Incarcerated Fathers

InsideOut Dad® reduces the risk of inmates returning to prison by connecting incarcerated fathers to their families, providing them with the motivation to get out and stay out.



The annual cost of incarceration per inmate is \$25,000-\$40,000 depending on the state. However, the materials cost to take one incarcerated father through the InsideOut Dad® program could be as little as \$60.

Standardized programming in 25 states, along with the City of New York, InsideOut Dad® connects inmate fathers to their families and helps break the cycle of recidivism. InsideOut Dad® develops pro-fathering attitudes, knowledge, and skills, and provides fathers with strategies to prepare them for release. Incarcerated fathers get the tools they need to become more involved, responsible, and committed in the lives of their children.

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Reach fathers on the inside and prepare them for reentry when they get out with this evidence-based, life-changing program.

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Program contains 12 core sessions and 4 optional sessions.

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The Facilitator's Manual offers richer and more detailed content with "Flight Plans" that help facilitators hone in on what they should accomplish each session.

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A GREAT THING JUST GOT BETTER!

InsideOut Dad® has been updated based on feedback from facilitators like you.



AN EVIDENCE-BASED PROGRAM FOR INCARCERATED FATHERS

Here's what's new in the InsideOut Dad® program.

► Improvements as a result of InsideOut Dad® First Edition evidence-based evaluation

As InsideOut Dad® (IoD) is the only evidence-based parenting program specifically designed for incarcerated fathers. NFI used the results from its three independent evaluations to improve the IoD 2nd Edition (Ed.).

► Added practitioner input

NFI designed the IoD First Ed. with input from practitioners who facilitate fatherhood programs. NFI continued to use practitioner feedback to create the Second Edition!

- In-depth interviews were conducted with InsideOut Dad® facilitators from across the country to identify the most important improvements.
- Facilitators then provided feedback on an initial draft of the IoD 2nd Ed. Complete Program Kit to ensure it reflected their recommendations and improvements.
- Feedback from more than 1200 facilitators who attended NFI Complete Program Kit training institutes has also been incorporated in the IoD 2nd Ed.

► More, richer Complete Program Kit content

IoD 2nd Ed. contains more — and richer — content than ever!

- IoD 2nd Ed. is easier to facilitate as a result of richer and more detailed content.
- “Flight Plans” help facilitators hone in on what they should accomplish, each session.
- Visual changes, such as icons, contribute to easier facilitation.

► Even more relevant content for incarcerated fathers

NFI incorporated everything it has learned about the needs of incarcerated fathers since releasing the first edition of the program, especially in the areas of effective communication, connecting with children while incarcerated, and reentry.

- Fathers are engaged at an even deeper level through added and enhanced activities.
- Video has been added to several sessions to engage and inspire participants.
- Offers a more visually engaging Fathering Handbook which contains more pictures and other images that reinforce the content of the sessions. It also uses even simpler language to help fathers of all reading levels understand the content.
- Improved and more relevant session activities, including some all-new activities that do an even better job of incorporating the reality of, and challenges faced, by incarcerated fathers.

The Complete Program Kit Includes:

- (1) **InsideOut Dad® Facilitator's Manual** complete with information about the program's underlying principles and themes and guided information for facilitating each session.
- (10) **InsideOut Dad® Fathering Handbooks** that the dads can keep as a reference (additional fathering handbooks in both English and Spanish are available for purchase.)
- (1) **InsideOut® Dad CD-ROM** - includes Evaluation and Marketing Tools, Certificate of Completion, and more.
- (1) **InsideOut® Dad DVD** which includes complementary videos to enhance sessions.



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