

Unpacking the Curricula: Strengthening Resiliency Among Fathers Who are System-Impacted

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ADMINISTRATION FOR
CHILDREN & FAMILIES
Office of Family Assistance



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2024 NATIONAL FATHERHOOD SUMMIT

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Agenda

- Fatherhood curricula for reentering citizens
 - PREPARE program and evaluation overview
 - Discussion break
- SRM demonstration: Grounding exercise
- SRM Findings: A focus on resilience in fatherhood curricula
 - Social resilience model study preliminary findings
 - Discussion break

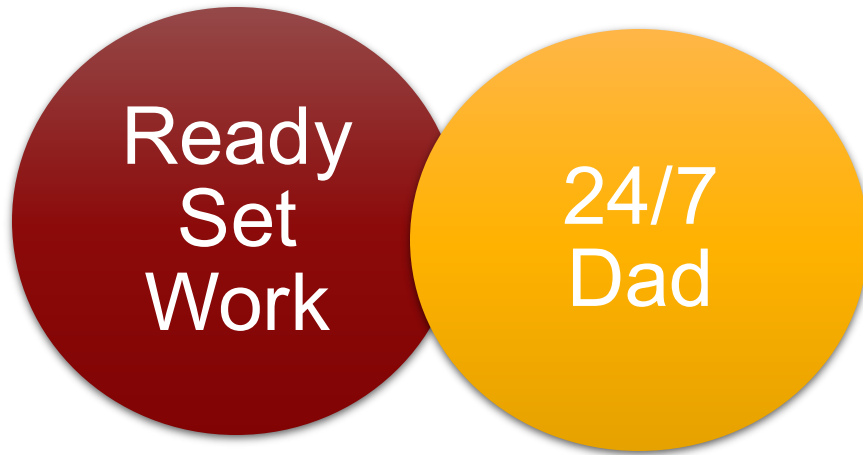
PREPARE program & evaluation overview

Fatherhood curricula for reentering citizens

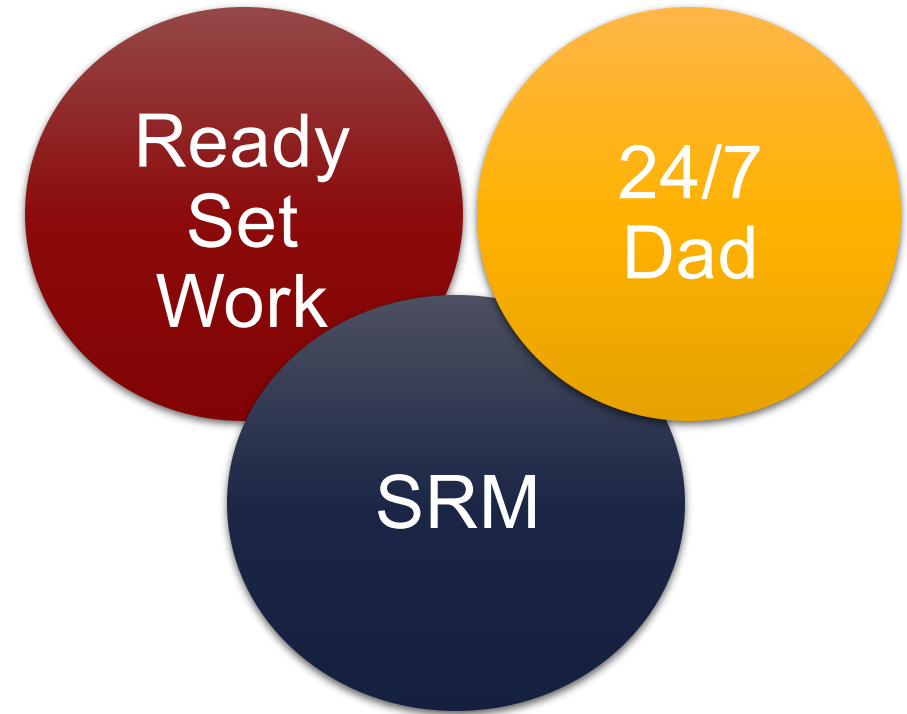


Curricula Overview

PREPARE Curriculum



PREPARE Plus Curriculum



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Prepare Evaluation Overview

- Core focus
 - Implementation of PREPARE vs. PREPARE Plus
 - Participant outcomes in PREPARE vs. PREPARE Plus: parenting, healthy relationships, employment, recidivism
- Evaluation methods
 - Random assignment to PREPARE or PREPARE Plus groups
 - Qualitative data collection (interviews, focus groups, observations)
 - Quantitative data collection (surveys)

What are the strengths & challenges of parenting curricula you use?

What would you ideally like to see in curricula for reentering fathers?



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Grounding Exercise

Practicing SRM together!



SRM implementation findings

Effect of data sharing on program design and implementation



Significance of resilience

- **Staff feedback:** “...I'm a father. I'm also a returning citizen, so I understand and empathize with participants' circumstances. Having to deal with incarceration and then coming home to try to reconnect with your loved ones, both parents, siblings...can be a difficult task. So I definitely empathize and can understand some of the challenges that the men and father figures are facing when they do come back into society.”
- **Participant feedback:** “Well, I'll be honest with you, the coping mechanisms help. The [SRM] grounding technique helps a lot because it's like when a landlord tells you something, when you see something crazy at the shelter happening, you kind of get to that point where you have to remind yourself, you have to ground yourself. and know, like, *‘Listen, this is not worth it. Let him have that. Let him do what he does. You have a bigger goal in mind.’*”



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Implementing SRM

Early Findings

- SRM was largely taught in one session, not spread out
- Participants favored variety of facilitator “voices”
- Newer staff were less familiar with SRM

Program Response

- Consultation with developer of SRM curriculum:
 - Observed SRM sessions
 - Provided “refresher” staff training
 - Advised on curriculum integration
 - Developed videos on SRM

Implementing SRM

Pre-Refresher

- 24/7 Dad and RSW curricula
- Discussed ACEs
- 1 SRM day
- Occasional exercise practices

Post-Refresher

- 24/7 Dad and RSW curricula
- Discussed ACEs
- SRM videos demonstrating the 4 exercises
- 4 SRM sessions
- More frequent SRM exercises, scheduled during specific sessions

SRM observations “post-refresher”

What did we learn from staff and participants
after the refresher?

How do you integrate resilience and attention management into the curricula or material into your programs?



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