

IFCI Newsletter

December 2022 | Vol 1. Issue. 2

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Fathers **FEEL** Too!

Picture this: A society that values father's feelings to promote healthy father-child, father-family bonds and relationships. Wondering how this is possible? OhioGuidestone's Institute of Family and Community Impact's (IFCI) Father's Feelings© initiative seeks to do that by combining several IFCI innovations including the Paternal perinatal depression screening and response protocol and; Joyful Together!

Father's Feelings© provides fathers with clinical paternal depression screening, brief coaching and intervention, and warm hand-off referrals to clinical and other social and community outlets to fathers in the perinatal phase.

What is the Father's Feelings Study?

- This study offers Dads the opportunity to share their feelings and thoughts about their lives as parents.
- Offers ideas to strengthen father-child bonds
- Dads get to explore their feelings around paternal peri-natal depression
- Helps prepare fathers for the joys and challenges of fatherhood

OhioGuidestone's Yates Paternal Depression Screening Tool:

- The Yates tool can screen male fathers during the perinatal period (prenatal or before birth, up to 12 months after birth)
- We developed the Yates Paternal Depression Screening Tool because no other such measurement existed.
- Measurements for women during, and after pregnancy exist, and we saw the need to address the gap that Fathers face.
- The need for our tool was birthed out of our Cuyahoga County maternal and early childhood prevention programs. They saw a need and advocated until the tool was created.
- The Fathers Feelings Study and now program grew from our advocacy work and introduction to screening fathers with the Yates.

Why is this important?

- Father-specific issues need to be addressed with Father-specific tools.
- A culturally sensitive, carefully designed tool can give insight into the particular ways depression manifests in male Fathers.

FATHER'S FEELINGS

Statewide Project—Ohio Children's Trust Fund (2020-2022)



Ohio Children's Trust Fund
Ohio's Prevent Child Abuse America Chapter

We received funding from the Ohio Children's Trust Fund (OCTF) to spread our paternal depression screening protocol across the entire state of Ohio. This was a big task right in the middle of COVID, but our team got the job done! Read more about our project and partnering work to support fathers and their very important role in childhood.

Project Goals

In addition to screening fathers for mental health needs, we wanted dads to have:

- Increased nurturing skills and attachment aligned to strengths of fathers
- Improved stress
- Identification, and responses to mental health barriers to paternal engagement and;
- Increased awareness and access to father specific resources

Did we meet our goals?

IFCI feels confident that we have demonstrated impacts on:

- Fathers' awareness and skills with their children 0-12 months
- Father-child relationships
- Fathers' parenting stress and;
- Awareness of paternal mental health factors and needs during the perinatal period



How do we know? From our data, and directly from the stories and testimonies of our dads!

What were study appointments/visits like?

- Fathers enrolled in the project were scheduled to receive either two or five appointments (visits).
- The visits were in the 60-90 minute range.
- Visit #1: Complete a perinatal depression screening with a brief clinical intervention with a licensed mental healthcare provider.
- Visit #2: A coaching session to provide age-specific childrearing coaching to improve their caregiving skills, attachment and relationship, and to coach fathers on wellness across several domains of health.
- Fathers scheduled for five appointments were part of a sub-study of fathers who were TANF eligible (Temporary Assistance for Needy Families). These fathers would partake in a subsequent program offering early childhood safety items, and two more coaching visits to discuss specific father-child activities, the importance of play, how to practice safe sleep and travel, and future goals.

Who was represented in the study?

- We served 50 fathers from all over Ohio.

Resources and Referrals

- Another target goal was to provide fathers with resources and referrals for fatherhood specific organizations, programs, and services offered throughout Ohio to 100% of fathers. All fathers received information for programs across Ohio (Ohio Commission on Fatherhood, Ohio Practitioners Network for Fathers and Families, etc.).

FATHER'S FEELINGS RESULTS

Statewide Project—Ohio Children's Trust Fund (2020-2022)



Ohio Children's Trust Fund
Ohio's Prevent Child Abuse America Chapter

Father, Child and Family Protective Factors:

- Fathers completed short surveys before and after completing programming to reflect father, child, and family protective factors.
- Father Protective Factors were measured by the Parent Stress Index, Short form Version 4 (PSI-SF 4). This index measures fathers' individual, family, and father-child stress levels.
- Family Protective Factors were measured by the Protective Factors Survey, 2nd edition (PFS-2). This survey measures fathers' individual and family experiences with a variety of protective supports and resources and;
- Child Protective Factors were measured by the Devereux Early Childhood Assessment (DECA) for the age range of 1-18 months.



WHAT WERE THE RESULTS?



Father Protective Factors

34

Fathers had pre and post data available.

77%

Of fathers reported decreased stress for themselves.



Family Protective Factors

28

Fathers had pre and post data available.

86%

Of fathers reported improved pre to post total family protective factors improvements.



Child Protective Factors

30

Fathers had pre and post DECA data available.

77%

Of fathers reported improved pre to post total protective factors in their children.

Feeling inclined to join the Father's Feelings study?
Do you live in **Cuyahoga, Summit, or Stark** county?

Click to join!



Father's Feelings Interest Sign-up

If you have any questions or need assistance, please contact the research office Monday-Friday...

OhioGuidestone Research Portal | Jul 31, 2020



DECEMBER READING CORNER

Each month we will include readings that are relevant to our work at IFCI! This month's recommendations all align with our Father's Feelings Innovation. We at IFCI know that Dad plays an important role- read the articles below to learn more about the importance of Fathers!



"A Systematic Review of Father-Child Play Interactions and the Impacts on Child Development"



This article highlights the broad range of play types within father-child play (creative play, combined play, free play, locomotor play, puzzle play, rough-and-tumble play, structured- and semi-structured play, toy play, and video game play).

"Involved Father's Play an Important Role in Children's Lives"

This article explores the need for society to honor the role of father's in children's lives. Historically, father's have been excluded from conversations surrounding their children, and this article seeks to address and correct this.



"Postpartum Depression Isn't Just a 'Mom Thing'"

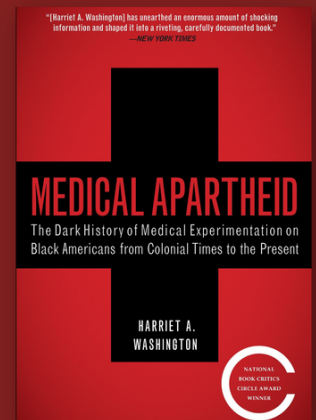


OCTF addresses postpartum depression in dads with this easy-to-read article. This article represents the need for a societal shift in focus from only discussing moms postpartum experiences to being inclusive of dads. Dads are often forced to suffer in silence, and this article opens up the conversation on postpartum depression in dads.

WHAT WE'RE READING:

This month our Team is reading "Medical Apartheid." We at IFCI believe that structural, and systemic violence impacts individuals and families. Read the summary and personal thoughts, from Research Assistant, Zach Dispirito, below to learn more about this months reading! Scan the QR code to buy your own copy and read along with us!

Medical Apartheid is an uncovering of the abusive, manipulative, and discriminatory relationship the medical research field has had, throughout time, with people that are African American. Throughout history, the medical research community has profited off African American's often forced involvement in dangerous and concerning experiments. When they haven't profited, the medical field has a documented history in providing less-than appropriate care for African American peoples, often causing irreversible harm.



(1) Robinson, E. L., StGeorge, J., & Freeman, E. E. (2021). A Systematic Review of Father-Child Play Interactions and the Impacts on Child Development. Children (Basel, Switzerland), 8(5), 389. <https://doi.org/10.3390/children8050389>

(2) Institute for Research on Poverty

(3) Ohio Children's Trust Fund

COMMUNITY RESOURCES



We work with the communities we serve! Below are some resources that might be of help to you, the READER! This is also where you can add your own resources! Contact IFCI@ohioguidestone.org to include your resources in upcoming releases!



OhioGuidestone
WHERE NEW PATHS BEGIN

OHI GUIDESTONE

OhioGuidestone offers Mental Health and Counseling Treatment Services to treat children, youth, adults, and families experiencing mental health concerns. OhioGuidestone uses innovative intervention methods to determine how to approach treatment based on individual needs. Please call 844.622.5564 to receive more information.



THE BLACK MENTAL HEALTH CORPORATION

Mental Health Care for the Black community of Cleveland, Ohio. The Black Mental Health Corporation seeks to address disparities that the Black community currently faces when seeking Mental Health Treatment. In-person and virtual services are offered.



OHIO CARELINE

Toll-Free emotional support service created by the Ohio Department of Mental Health and Addiction Services. Behavioral health professionals provide confidential over-the-phone support services 24 hours a day 7 days/week for anyone experiencing personal or family crises, or when individuals are struggling to cope with challenges in their lives. Call 1-800-720-9616 to connect with a professional. Those who need additional services will be connected with resources and connection to local providers.



FREE ONLINE BEHAVIORAL HEALTH SCREENING

The ADAMHS board offers free, online behavioral health screenings. This screening tool is a helpful and quick resource to determine if you or someone you care about should connect with a behavioral health professional.



OPPORTUNITIES FOR OHIOANS WITH DISABILITIES

This is the state agency that offers opportunities and resources for Ohioans with Disabilities. (Employment, Disability Determination, Independence, Law and Policy information, etc.).

FEATURED



WE WANT TO HEAR FROM YOU! One of OhioGuidestone's Institute of Family and Community Impacts goals in issuing these Monthly Newsletters is to collaborate with the community we serve! Are you a participant who wants to share your individual or family story? [Email IFCI@ohioguidestone.org](mailto:IFCI@ohioguidestone.org) to set-up an interview, or to share a written/video testimony to be featured in our newsletter!



OhioGuidestone

WHERE NEW PATHS BEGIN

**YOU WOULD
MAKE
A GREAT FIT!**

It takes a lot of unique pieces to make a puzzle. We need you to complete the picture. Discover why you belong at OhioGuidestone.




Visit us online at ohioguidestone.org/employment
or scan the QR code to learn more!





WE NEED YOUR VOTE! WHICH LOGO SHOULD REPRESENT FATHER'S FEELINGS?

Learn how to cast your vote below!



 The Institute of Family & Community Impact is  feeling joyful.
6m · 

Vote for our new IFCI Father's Feelings logo by clicking the link!  



[Visit IFCI's Facebook page to vote on the logo!](#)



WHAT'S NEXT AND FEEDBACK

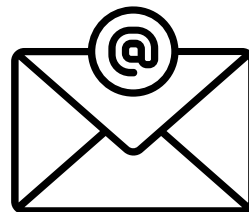
Quarterly Newsletter

The Institute of Family and Community Impact will be releasing monthly newsletters like this one to communicate our projects, innovations, and other happenings while strengthening our relationship with the community in an accessible manner. On a Quarterly basis, we will also release a Quarterly Newsletter. This newsletter will include a deeper dive into happenings within The Institute of Family and Community Impact, and serve as a way to continue to hold ourselves to an accessibility level appropriate for the community we work with. We will provide detailed summaries of our Institute initiatives and innovations, along with news-worthy information, and our reading corner. This will aid in our ongoing communication with the community and strengthen our bond as we seek to serve, advocate and partner with you.

Feedback

Thank you for reading the our second December monthly newsletter from the Institute of Family and Community Impact! This was our first series release, and we would love to hear from YOU—the reader! What would you like to see? If you are reading this as a participant in our research and you would like to be featured in an upcoming Monthly or Quarterly newsletter to share your story, please email us at IFCI@ohioguidestone.org,

CONTACT US!



Phone: 440.260.8865 Facebook: @InstituteFamilyCommunityImpact

Twitter: @ifci_research Email: IFCI@ohioguidestone.org

SUPPORT OUR VISION!



The Institute of Family and Community Impact, an OhioGuidestone initiative believes in building strengths in individuals and communities by addressing the barriers individuals, families and communities face. We do research, while offering trainings, developing innovations, advocating for trauma-informed policies, translating science, and publishing products! We work with communities whose voices have been historically silenced by forced marginalization. To support our vision of building resilient communities, follow the steps to donate below! Continue reading our monthly and quarterly newsletters to see the impact of your donation!

Donation Steps:

[Scan this QR code or click here to donate virtually.](#)



Click the amount you would like to donate or specify an amount of your choosing.

Direct your donation by using the dropdown menu. To direct your donation to the Institute of Family and Community Impact, click "IFCI" in the dropdown menu.

Type in your personal and additional information.

Click "Make Donation"