

THE INSTITUTE OF  
**FAMILY & COMMUNITY  
IMPACT**

 An OhioGuidestone Initiative

# Annual Impact Report

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2023

OhioGuidestone's center of excellence for clinical research, training, innovation, and advocacy.



OhioGuidestone  
WHERE NEW PATHS BEGIN

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# About Us

Over the last decade, OhioGuidestone has placed significant importance on clinical research, program evaluation, and best practice dissemination to enhance the lives of the children, adults, and families that make up our communities.



As a part of this evolution, OhioGuidestone’s Institute of Family and Community Impact (IFCI) was launched. We understand social contexts and systems impact both clients and practitioners within and beyond behavioral healthcare settings. This is why we are committed to leveraging person-centered and culturally responsive scientific approaches to continuously improve behavioral healthcare to enhance community-wide wellness and vitality. We recognize the importance of forging a path to community vitality together with you.

IFCI is a reliable source for expert information and resources for community members ranging from practitioners to clients, educators to students, and policy makers to everyday families. As an extension of OhioGuidestone, we are committed to developing innovative, evidence-based solutions that reduce barriers to care, increase access to quality and responsive care, and improve outcomes for those experiencing mental health issues and substance use disorders.



# Our “Why”

It is common for readers to wonder “why” an organization is necessary or “why” you are reading the impact report that you are reading. At OhioGuidestone, we validate and implement IFCI tools and models with our highly trained, frontline staff and leadership. IFCI does research for and with the communities we serve, never ‘on’ them. We positively impact communities through our research by sharing important empirical results and implications directly with clients, families and staff in a variety of accessible formats, instead of limiting our research to other professionals within inaccessible journals.



## Mission, Vision, Purpose (MVP)

### 01. (M)ission

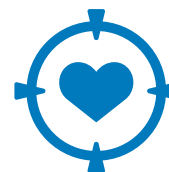
Our mission is to enhance lives and build stronger communities for individuals at all stages of life through innovation, research and evaluation, professional training and development, and advocacy.

### 02. (V)ision

We envision science and evidence-driven decision making by people, programs and policy makers that contribute to communities full of resilient and healthy children, families, and adults with limited adversity and abundant positive and benevolent experiences.

### 03. (P)urpose

Spread OhioGuidestone’s Impact on whole person health by leveraging innovation, research, and advocacy to empower families and communities, and equip professionals



# Our Value: 2023 Impacts at a Glance

OhioGuidestone's Institute of Family and Community Impact™ has had a busy year. Our evidence-based model, **Joyful Together™**, has trained hundreds of therapists, educators, and home visiting professionals across Ohio (and beyond) to enhance relational health and reduce stress through play. Joyful Together™ has now been implemented by **353** caregiver-child dyads.

We also launched the **Maternal Vitality Study**, which examines a therapeutic intervention protocol redesigned to collaboratively address the connection of mental health to Ohio's Black maternal and infant mortality and morbidity crisis. **The Father's Feelings Project** has now served 89 dads, raising awareness on the significance of fathers' mental health and well-being.

This protocol, which includes paternal depression screening and brief fatherhood interventions is being integrated into standard home-visiting programs to extend its impact on families across Ohio.

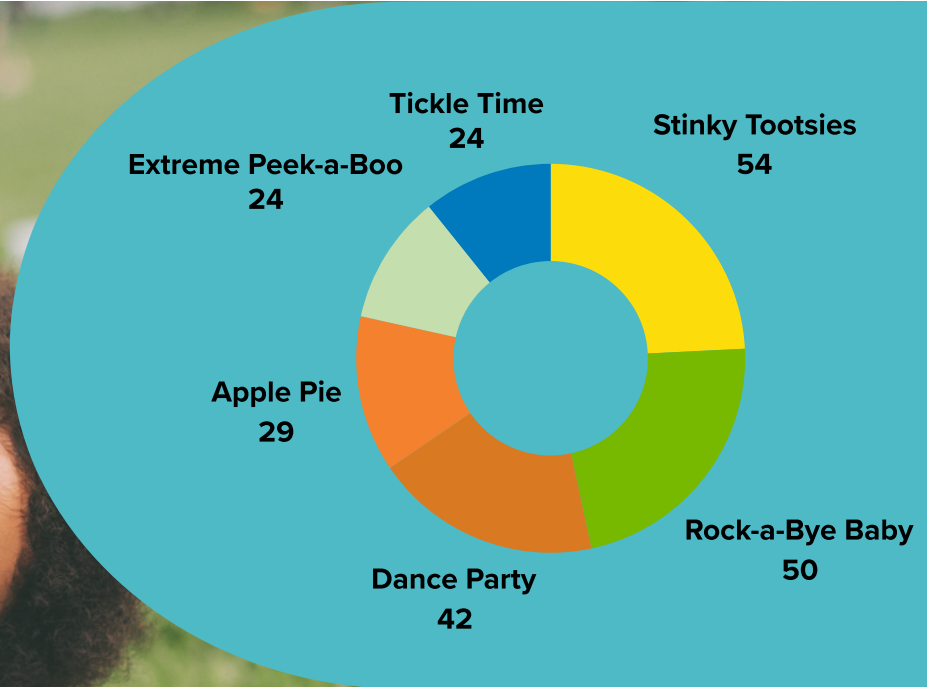




## Our 2023 Donors & Community Partners:



# Joyful Together Parent-Child: Most Used Activities



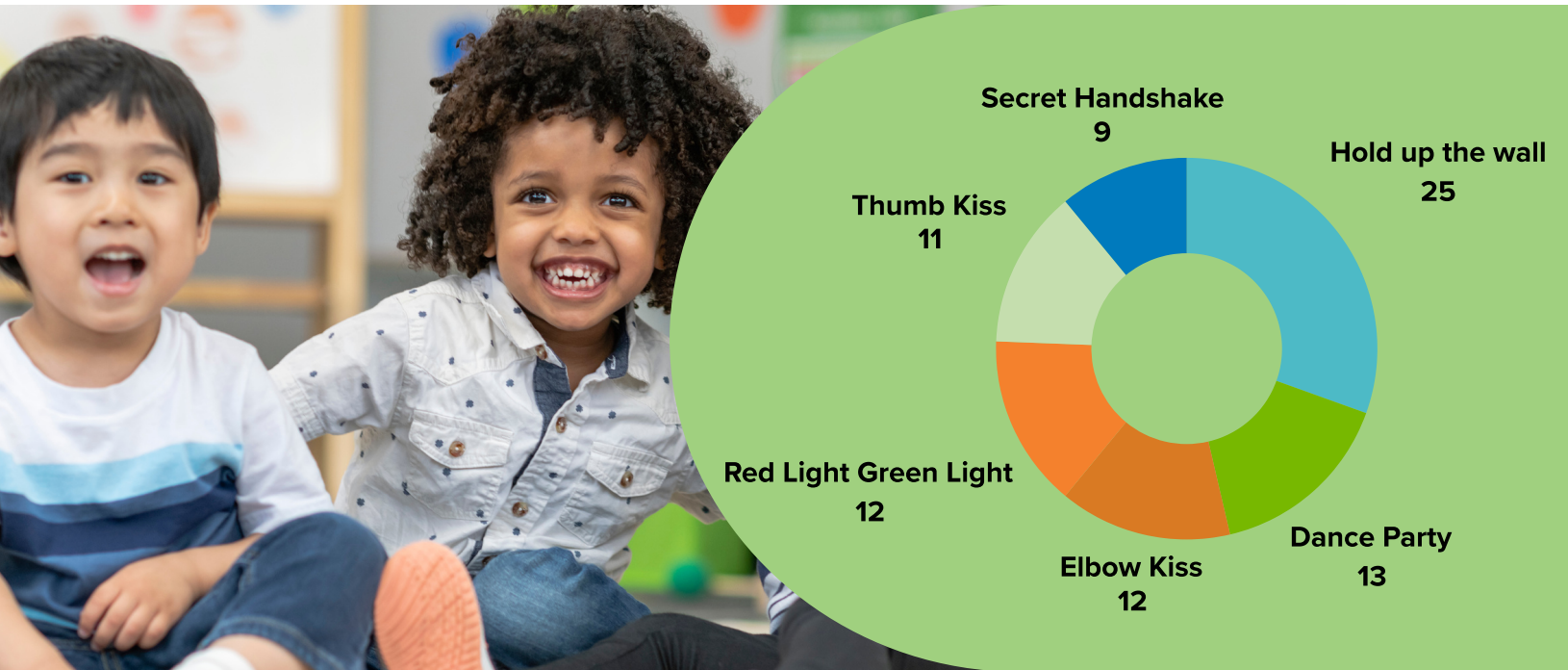
Joyful Together is a play-centered, evidence-based model that incorporates joy into everyday moments. Its effectiveness is proven through research, as it has been found to reduce parental stress levels, strengthen parent-child relationships, and increase childhood resiliency. The model is simple, yet powerful – Care + Play = Joy.

By engaging in playful and nurturing activities with children, caregivers can create joy and enhance relational health. These activities can also help combat toxic stress and adversity in both children and their parents or caregivers.

These were the top six Joyful Together activities used by parents/caregivers at home this year. The numbers represent how many times parents reported using the activities during their time in the program. 117 total activities were used by families across the study, but the six listed above were the most popular.

**Looking to add more joy to your home, doctor's office, school, church, etc.?  
Visit [joyfultogether.org](https://joyfultogether.org) or contact us today at [Research@OhioGuidestone.org](mailto:Research@OhioGuidestone.org)!**

# Joyful Together ECE: Most Used Activities



Did you know classrooms could be **even more** joyful? Joyful Together can be taken everywhere! Our Joyful Together Early Childhood Education model supports the simple equation of care + play = joy in the classroom! JT-ECE supports Ohio SUTQ standards while addressing teacher stress, childhood development, and promoting safe and joyful classroom environments.

These were the top six activities used by teachers in our Joyful Together Early Childhood Education study. The numbers represent how many times teachers reported using the activities with their students during their time in the program.

**Looking to become a certified JT-ECE site? Visit [joyfultogether.org](https://joyfultogether.org) or contact us today @ [Research@Ohioguidestone.org](mailto:Research@Ohioguidestone.org)!**

**Thank you to our funders and supporters:**



***Thank you to our certified JT-ECE sites!***

George Forbes  
Excel Academy  
Early Childhood Enrichment Center  
Riverside school



# Dads DO Dream 2023 Campaign



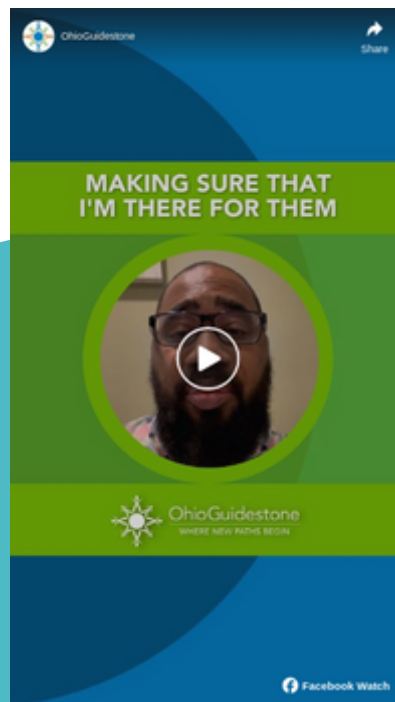
In June 2023 we ran a Dads DO Dream campaign for Fatherhood Awareness and Men's Health Month around Father's Day. We shared stories of fathers who have been a part of our fatherhood work and YOU DELIVERED! I With your support we were able to help current and future generations thrive and take steps toward a healthier future. We at OhioGuidestone and IFCI are looking to build family vitality, and this starts with you!



THANK YOU AGAIN TO ALL WHO DONATED!  
IN JUST A FEW WEEKS WE RAISED **\$4,000!**



<https://bit.ly/3wrHkSN>



<https://bit.ly/3URj1I3>



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# Trainings

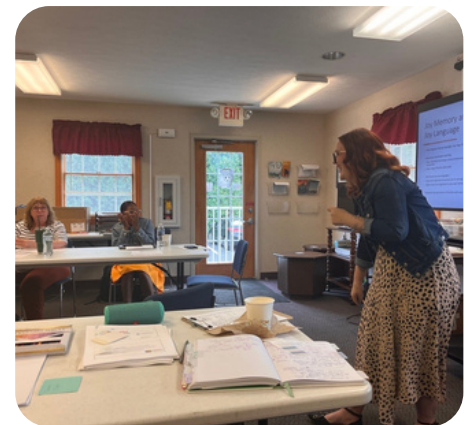
2023 was a busy year all around! Did you know the Institute also offers trainings? We believe that learning is a lifelong process that should be nurtured and supported. This is why we offer unique professional training and consultation programs to meet the needs of mental health professionals, educators, community leaders, social service professionals, parents, and more! This year we covered a wide-range of topics. Learn more about our 2023 trainings below.



In 2023 we delivered **40 trainings!** Shout out to our amazing training teams for all the work they put in year in and year out!

In 2023 we offered 40 unique trainings and professional development opportunities internally at OhioGuidestone and externally for the many community stakeholders and members who seek out our expert applied clinical science & research knowledge.

Our trainings covered a range of topics from Integrated Care Certifications, helping dads thrive, core competencies of research & evaluation in real life practice, student-intern supervision & evaluation, adult learning & development in psychological sciences, trauma-informed science & strategies for teaching and caring for vulnerabilized youth, deepening connections with local communities to partner to meet mental health needs, to protecting human research participants.



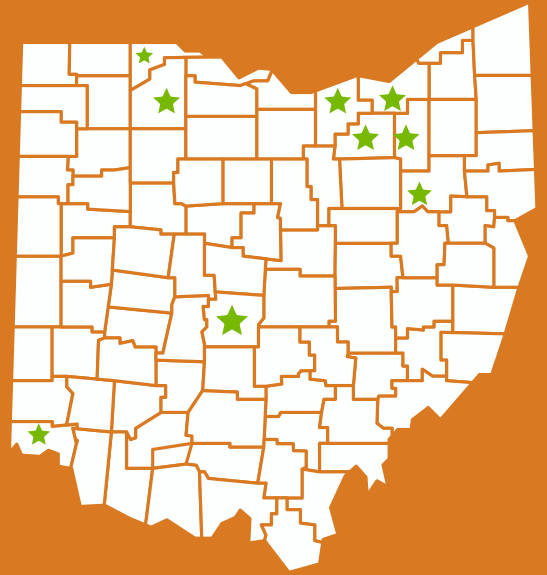
*Kristina Ryan, Clinical Fellow  
training Joyful Together*



*Brittany Pope, AVP of ACS&R leading  
Agency CEU Community Workshop:  
“Deepening Connections with Local  
Communities”*

# County Review

This year the Institute was pretty busy! We've reached all across the state of Ohio and beyond! We want to inform you where our special projects went this year. Learn more below. Although we reached across the entire state, the stars on the map represent the counties we were most active in 2023!



## Special Projects for 2023

**Joyful Together:** Lorain, Medina, Summit

**Joyful Together Early Childhood Education:** Cuyahoga County

**Father's Feelings:** Father's Feelings was a statewide project, but we served fathers in these particular counties: Summit, Stark, Cuyahoga, Franklin, and Lorain

**ECSI:** Our Early Childhood Safety Initiative was available across all counties in Ohio.

**Maternal Vitality Study:** Cuyahoga County

**PAWS Study:** Hamilton County

**Agency CEU Community Workshops:** Stark, Wood, Franklin, Lucas

# Coming Next from the Institute

2024 is here and we have a lot of work to do this year and beyond! From our updated site domain to new fatherhood collaboration opportunities, we are here to better serve you in all we do!



What else are we up to? As always, we will continue to disseminate accessible Institute content to the general public via social media, our website, and various publications! We are working to develop all of our innovations into evidence-based practices recognized at the level of the clearinghouse! In 2024 you can also look forward to seeing the Institute's staffing capacity grow! Exciting things are on the way and none of these wonderful advancements would be possible without **you**.

## Contact Us



**Website:**

[familyandcommunityimpact.org](http://familyandcommunityimpact.org)



**Primary Email:** [IFCI@OhioGuidestone.org](mailto:IFCI@OhioGuidestone.org)

**For Research Inquiries:** [Research@OhioGuidestone.org](mailto:Research@OhioGuidestone.org)

**Phone:** 440.260.8865

## Follow us on social media:



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