

Father's Feelings Newsletter

June 2023 | Vol 2. Issue. 4

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PATERNAL PERINATAL DEPRESSION SCREENING

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.
- OhioGuidestone's Yates Paternal Depression Screening Tool can screen male fathers during the perinatal period (prenatal or before birth, up to 12 months after birth).



June is Fatherhood & Men's Health Month!

Picture this: The feelings of the dads in your life are validated and valued. In turn, these dads are able to have healthy father-child, father-family bonds and relationships. You're probably wondering how this is possible... OhioGuidestone's Institute of Family and Community Impact's (IFCI) [Father's Feelings program](#) seeks to transform society's approach to paternal health by combining several IFCI innovations like our Yates paternal perinatal depression screening response and protocol and Joyful Together, our evidence-based practice that uses joy to infuse everyday moments. If dads' feelings are validated, we are another step closer to whole family thriving and vitality!

[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 our Father's Feelings Project?

- This project 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 perinatal depression.
- Helps prepare fathers for the joys and challenges of fatherhood.
- Can be a stand-alone, short fatherhood program -or added to current programming (e.g. therapy, groups, home visiting, fatherhood curriculum).

NEW!- OhioGuidestone's Yates Paternal Depression Screening Tool has gone LIVE with our Cuyahoga County Home Visiting Programming!

Moms are commonly screened for maternal depression at their women's health visits, pediatrician well child checks, and even during home visiting sessions like with Help Me Grow. Did you know that DADS can be screened at these appointments, too? Our Cuyahoga County Home Visiting Team took our Yates Paternal Depression Screening Tool **LIVE** this spring. Two (2) dads who participated in home visiting sessions requested to be screened for depression and asked to be referred for more fatherhood and men-specific outlets.

This was our first step to take the Father's Feelings Project from a research study, to a tool to be implemented in community-based settings. By addressing dads' needs we are contributing to the improvement of whole-family health and vitality. Home visiting services seek to build protective factors for our children. With maternal depression and paternal depression being closely linked, we are able to strengthen the parent-child bond and whole-family health by implementing our culturally sensitive, carefully designed paternal depression screening tool. Taking care of dad has benefits for the whole family.

Trainings to equip family serving professionals and community members to implement the Father's Feelings Project start in September 2023. Email research@ohioguidestone.org for more information.

JUNE READING CORNER & COMMUNITY RESOURCES

Reading Corner: "Fathers' Play Style is Important for their kids' development. That's another reason their mental health matters."



Did you know that the way dads play is important for their children's development? Rough and tumble play helps children practice their motor skills, bond with their caregivers and helps them begin to learn the limits and consequences of their behaviors! The importance of dads playstyle must be met with mental health support! Healthy dads are joyful and playful dads!

Community Resource: Ohio Practitioners for Fathers and Families



Ohio Practitioners for Fathers & Families (OPNFF) is a statewide resource for fathers as well as others who support fathers and families. OPNFF is led by a passionate group of men who are dedicated to supporting other fathers. The organization is the perfect go-to source to find programming made for men and fathers. Visit them at opnff.net to search for programs, and learn more about efforts to support fathers and families.

Community Resource: Lucian Families

Lucian Families supports organizations and programs that serve fathers, couples, families, and parenting partners. Lucian Families offers a variety of consulting, workshops, trainings co-parenting and coaching services. These services are perfect for father or mother-serving programs, schools, clinics, hospitals, or other family-serving organizations. Visit them at lucianfamilies.com to search for various opportunities to strengthen your co-parenting relationship, gain knowledge from trainings, workshops, and consulting, or just to learn more!



Upcoming Public Event: FREE Daddy & Me Day 2023



Basketball skills camp for dads & kids (ages 4 to 8)!

- Free Summer Safety Kit
- Kids get a free ball
- Fathers can bring 1-3 children 4-8 years old!

Saturday June 17th, 10:30AM to 12PM at the Lakewood YMCA 16915 Detroit AVE, Lakewood, OH 44107


Upcoming Free Public Training: Continuing to Help Dads Thrive.. 1Year Later

An online engaging lunch-n-learn training on meeting the mental health and family support needs of fathers. Join OhioGuidestone's Institute of Family and Community Impact on Wednesday June 21st 12-1PM to help dads thrive!

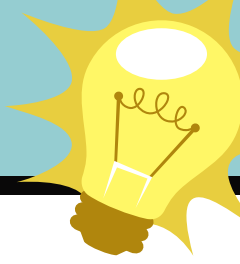
One (1) CEU is available (1 ethics CEU for CSWMFT).



Register here:

<https://bit.ly/43fLZ5E> 

WHAT'S NEXT AND FEEDBACK



Monthly Newsletter

The Institute of Family and Community Impact will be releasing **monthly and quarterly newsletters** like this one to communicate our projects, innovations, and other happenings while **strengthening our relationship** with the community in an **accessible** manner. These newsletters 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 our first Quarterly 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 Research@ohioguidestone.org.

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!

CONTACT US!



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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.

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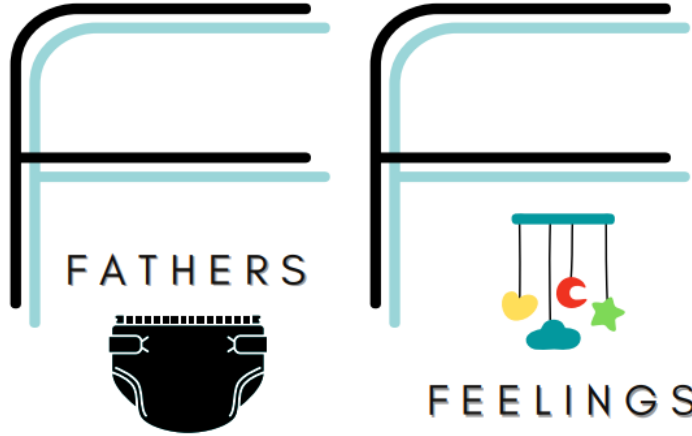
DATED MATERIAL

OUR VISION

Future generations are educated, self reliant and contributing members of strong communities.

OUR MISSION

To provide pathways for growth, achievement and lifelong success.



THE INSTITUTE OF FAMILY & COMMUNITY IMPACT[®]

 An OhioGuidestone Initiative



Ohio | Commission on Fatherhood



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



Department of Health



Prevent Child Abuse America[®]



OPNFF

Ohio Practitioners' Network for Fathers and Families