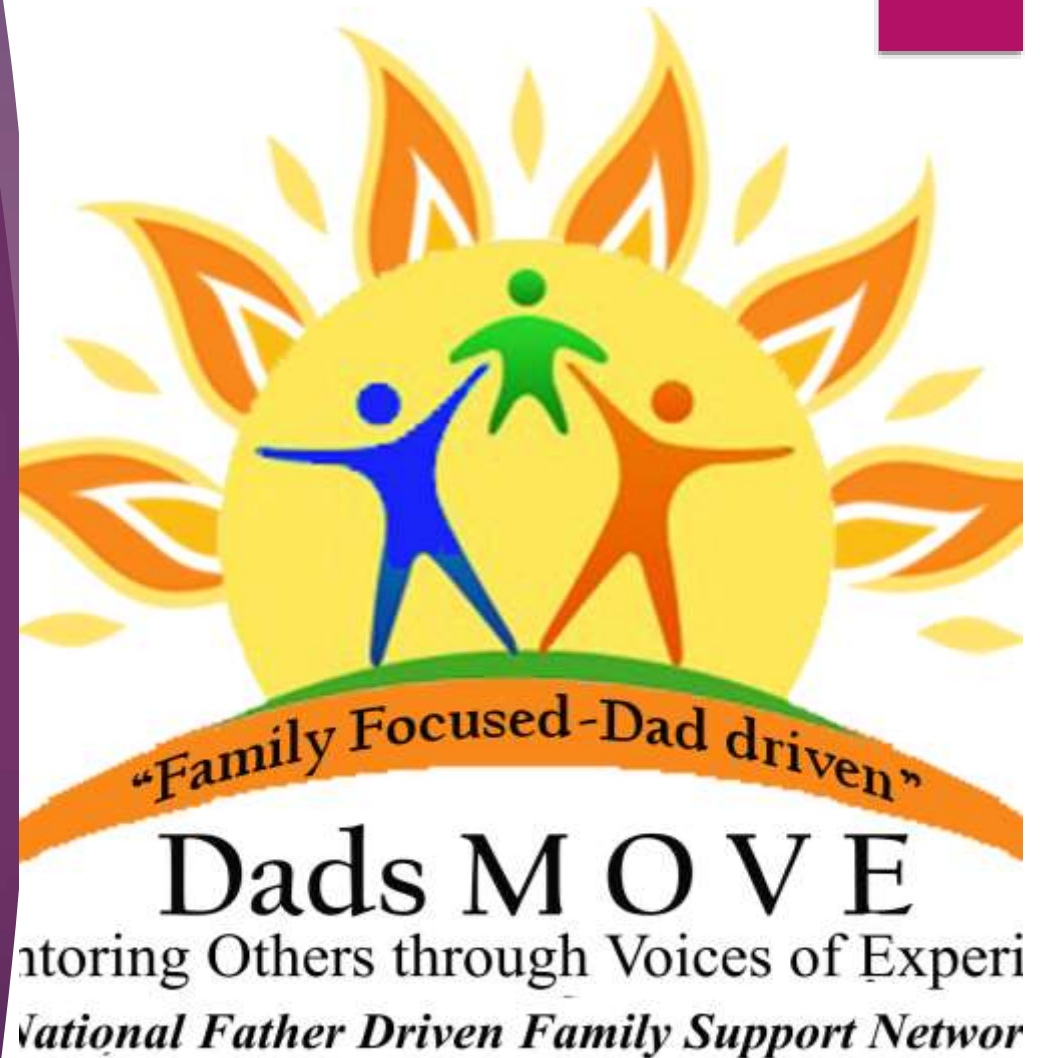


Father-To-Father Peer Support

- ▶ PRESENTED BY
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- ▶ WASHINGTON BEHAVIORAL HEALTH CONFERENCE 2023



Who we are: a little history

- ← Dads MOVE was founded in July of 2011 by a core group of dedicated fathers who have worked in the child service systems and for other family run agencies in Washington.
- ← All our core founders were dedicated fathers and worked in various capacities as Peer Counselors in Washington. We all believed in empowering fathers to be fully involved. Most parent run organizations were started by moms and have a female-oriented perspective.
- ← Dads MOVE serves both moms and dads, featuring a male-oriented perspective.
- ← We support and train parents on how to build better relationships with each other, and how to survive raising children with challenging behaviors.



So, what
makes us
different?

We are all parents of special needs kids. We live this 24/7, like the families we serve.

Staff is equally male and female, bringing a unique perspective to IEP and wraparound meetings, projects, and client staffing.

We believe in fathers being fully involved in their child's lives.



Dads MOVE Mission Statement

TO STRENGTHEN THE FATHER'S ROLE IN
RAISING CHILDREN WITH BEHAVIORAL
HEALTH NEEDS THROUGH EDUCATION, PEER
SUPPORT AND ADVOCACY.



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Dads Need Other Dads

It takes a village to raise a child.
That village is not just for the
child, it is for the parents as well.

Men and Woman are different and have different needs!

- ▶ Men and woman deal with their emotions and frustrations differently.
- ▶ All too often when a family receives crisis services for their child and family there are no male supports.
- ▶ Helping both moms and dads deal with their unique struggles with peers that understand them leads to much better outcomes for the whole family.



Lack of father involvement impacts:

90% of all homeless
and runaway
children are from
fatherless homes

75% of the long-
term correctional
facility inmates are
from father-absent
households

71% of all high
school dropouts
come from
fatherless homes

72% percent of
adolescents serving
sentences for
murder are from
fatherless
households

54% more likely to
be poorer than the
father

63% of youth
suicides are from
fatherless homes

90% of all runaway
kids are from, you
guessed it,
fatherless homes

We Need
Change!

Possible Barriers To Getting Help



Incarceration



Stigma against dads



**Demands
on Time**



Parental Alienation

Impacts on Fathers of Color

- ▶ African American adults living below the poverty line are more than twice as likely to report serious psychological distress as U.S. adults who enjoy greater financial security (US Department of Health and Human Services).
- ▶ Only 26.4% of African American and Latino men ages 18 to 44 who experienced daily feelings of anxiety or depression were likely to have used mental health services, compared with 45.4% of non-Hispanic Caucasian men with the same feelings.
- ▶ African American men are even more likely than Caucasian men to endorse aspects of traditional masculine ideology, such as the need to act tough and in control and to avoid emotional expression, research finds.



There is
Hope

Why have we left out the dads?

For many years dads were disengaged from the family or not involved.

Services have been built around moms.

Most people who work and direct services in children and family systems are female.

Dads lack realistic role models and expectations.

Fathers are far less likely to get custody after divorce.





Dads Matter !

A FATHER'S INVOLVEMENT WITH HIS CHILD
SERVES A VITAL ROLE ON THE IMPACT OF
THEIR DEVELOPMENT, AND THE SOCIO-
EMOTIONAL AND ACADEMIC FUNCTIONING
WITHIN THEIR LIVES.

Dads MOVE empowers dads!

- ◀ We believe it takes a village to raise a child, and that village must include dads.
- ◀ We believe in destigmatizing Mental Health.
- ◀ We strive to empower dads to be more fully engaged in their family's life, and to become an equal participant in their child's journey to recovery.
- ◀ Our stories and life experiences represent a collective knowledge, not typically available to providers and parents before now.





Dads MOVE creates an environment that welcomes new members and provides roles for them. We are always looking for new members.

Working with community partners, we maintain current information on jobs, focus groups and opportunities for members to get involved in their local communities.

We consistently look for training opportunities for our members to attend.

Steps to Engaging Dads in Peer Support Groups

- ▶ Work with Moms to encourage fathers and male partners to attend existing parent events or classes.
- ▶ Hold break-out sessions for men during those meetings.
- ▶ Create separate support groups for men and Dads who are interested





Expanding Father to Father Peer Support

Father to Father Peer Training

- IN PARTNERSHIP WITH CARELON HEALTH, WE HAVE BUILT A 30-HOUR FATHER-FOCUSED PEER TRAINING. THE INTENT OF THIS TRAINING IS TO INCREASE FATHERS WITH LIVED EXPERIENCE TO WORK AS PEERS IN OUR FAMILY BEHAVIORAL HEALTH SYSTEM.
- THIS PROGRAM WILL BE THE CORNERSTONE OF OTHER PROJECTS ON WHICH WE ARE WORKING.



Certified Peer Counselor training

- ▶ Dads MOVE was recently awarded a contract to teach the state curriculum.
- ▶ This will give us another tool in our originations toolbox to recruit more fathers to become Certified Peers!



Partnering with DOC and county courts to educate fathers coming out of incarceration or diversion

- ◀ Dads MOVE has begun conversations with DOC and county court systems to work with fathers due to be released.
- ◀ The goal is to begin work in the correctional centers and help in their transition back into their child's life.
- ◀ Provide opportunities for these fathers to work as Peers in our system serving other families.



Building a network of Father Focused Peers

Dads MOVE has created a network of Peers across Washington



We put a focus on working with fathers who have children coming out of WISE or other crisis services.



We engage parents one-on-one and provide opportunities for training to become involved in our behavioral health system.



Where appropriate, we engage some of these fathers to become peers and pass on their lived experience.



Increasing Father involvement in our systems

- OUR STAFF ALL HAVE EXPERIENCE RAISING CHILDREN WITH BEHAVIORAL CHALLENGES.
- OUR STAFF ARE ALL CERTIFIED PEERS IN WASHINGTON STATE
- WE ENGAGE PARENTS ONE-ON-ONE AND PROVIDE OPPORTUNITIES FOR TRAINING AND TO BECOME INVOLVED IN OUR BEHAVIORAL HEALTH SYSTEM.

Benefits of Peer Support for Mental Health

Fathers need their own support !

Peer support specialists are key to our successful model. As people who have been successful in their own recovery process, peer support specialists are exceptional at helping others navigate through similar situations.

Most of the Family Peer Supports are moms and, Dads MOVE is working to change this.



The Bottom Line

- ▶ A whole family Wraparound model has shown to be vital to a family's success.
- ▶ Peer Supports a key component of Wraparound
- ▶ Providing Moms, Dads and youth provides a true whole-family wraparound that dramatically increases success!
- ▶ A father peer support program helps fathers with children that have behavioral and other special needs find supports that understand their unique journey and struggles.

The image features a complex abstract design. On the left, a cluster of question marks in various shades of gold, black, and white is visible, with one white question mark being particularly prominent. To the right, a large, dark purple rectangular shape with a slight gradient is positioned. A bright magenta vertical bar is located at the top right corner. A diagonal band of dark grey and blue shapes cuts across the lower-left portion of the image. The word "Questions?" is written in a clean, black, sans-serif font on the right side of the image.

Questions?

Dads MOVE Contact Information

◀ Website - www.dadsmove.org

◀ P.O. Box 950

Tacoma, Washington 98401

We dedicate this presentation to the memory of Steve Williams, one of our dedicated founders. We would not be here today without his contributions.

July 13th, 1948-December 2nd, 2022



Reading Options

- **MENTAL HEALTH AMONG AFRICAN AMERICANS: INNOVATIONS IN RESEARCH AND PRACTICE**
TURNER, E. A., LEXINGTON BOOKS, 2019
- **RECOVERING YOUR SACREDNESS**
TELLO, J., SUEÑOS PUBLICATIONS, 2018
- **THE RACIAL HEALING HANDBOOK**
SINGH, A. A., NEW HARBINGER PUBLICATIONS, 2019
- **13 THERAPY AND WELLNESS RESOURCES FOR BLACK MENTAL HEALTH INCREASING THE VISIBILITY OF PROVIDERS OF COLOR**
CALKINS, H., MONITOR ON PSYCHOLOGY, SEPT. 2020
- **THE ROLE OF THE FATHER IN CHILD DEVELOPMENT** 4TH EDITION
MICAEL E LAMB DECEMBER 2003
- **PARTNERSHIP PARENTING: HOW MEN AND WOMEN PARENT DIFFERENTLY-WHY IT HELPS YOUR KIDS AND CAN STRENGTHEN YOUR MARRIAGE**
KYLE PRUETT MD SEPTEMBER 2009

