

DAD HERO

DAD HERO
(HELPING EVERYONE
REALIZE OPPORTUNITIES)

Canadian Families and
Corrections Network

Louise Leonardi
Executive Director

LET'S START WITH THAT TITLE - HERO



HOW DID DAD HERO START

- International SIC project
- Movember pitch 2015
- Phase 1: Research
- Phase 2: Pilot
- Phase 3: Scalability and Sustainability



PROFILE OF CANADIAN CORRECTIONS

- 2 systems – provincially (<2 years) and federally (2 years+)
- 38,500 incarcerated - 14,000 federally with 90% men
- Canada adult incarceration rate 77 per 100,000
Jamaica 125 per 100,000
- Canada's Indigenous culture 5%, 33% inside - overrepresented
- Canada's Black culture 4%, 9% inside - overrepresented
- Overcrowded, stressful
- Suicides 5x national average
- Harmful incidents up 30% since 2015
- Not conducive to mental wellness

WHAT DID WE HOPE TO DO?

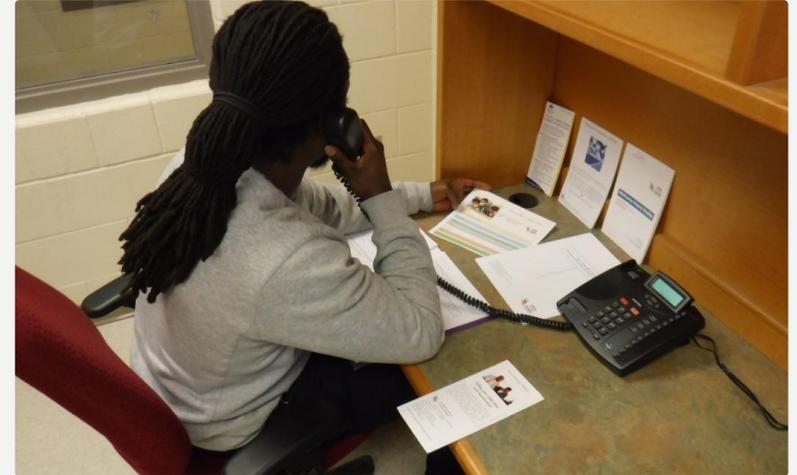
3 Main Goals

1. To disrupt justice-involved dad's thinking about relationships and help them understand the importance of social connectedness to their lives.
2. To disrupt justice-involved dad's understanding of parenting.
3. To disrupt the lives of future men (450,000 children, 2-4x more likely to follow).



MARKET COMPARISON

- Developed **for** men, **by** men, **with** men
- Stands out in corrections market
- Provides unique assistance
- Strong evaluation results
- Institutions, Community, EN/FR, Indigenous, 1-1, in-person versions
- Current parenting research/evidence-based
- Proven program (2017 start)
- Developed by CFCN – strong correctional leader across Canada



WHAT'S OUR PROJECT?

Primary Model

- 8-week course for dads
- Sessions on
 - Why we need dads
 - Child development
 - Discipline
 - Co-parenting & Custody
 - Communication
 - Reintegration



"I learned how to step back and support my co-parent rather than try to control every situation."

WHAT DO WE DO?

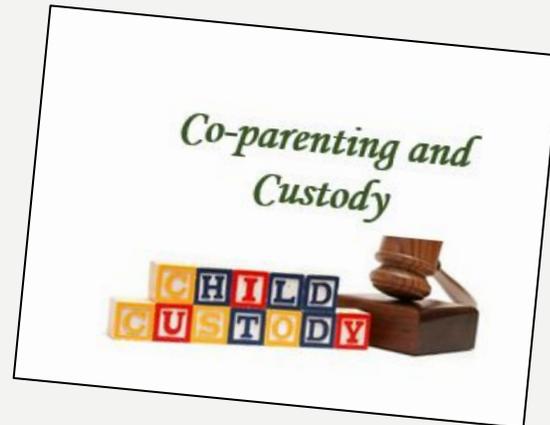
Engagement!

- Role plays
- Roles of Mom/Dad
- Small/large group discussions
- Scenarios
- Goal setting
- Info to Action exercises

Reintegration Scrabble brought up questions like, 'Where will you live? How will you eat? How are you going to avoid this scenario for yourself?' I encouraged them to make use of ALL of the resources that corrections has to offer.

RESOURCE DEVELOPMENT

- Plan your visit
- How to talk about what you did
- Working with your co-parent
- New Dad



How to Plan a Family Visit

Canadian Family and Corrections Network
Website: www.cfcn-rcafd.org
Phone: 1-888-371-2326



Why are Visits Important?

0-12 months

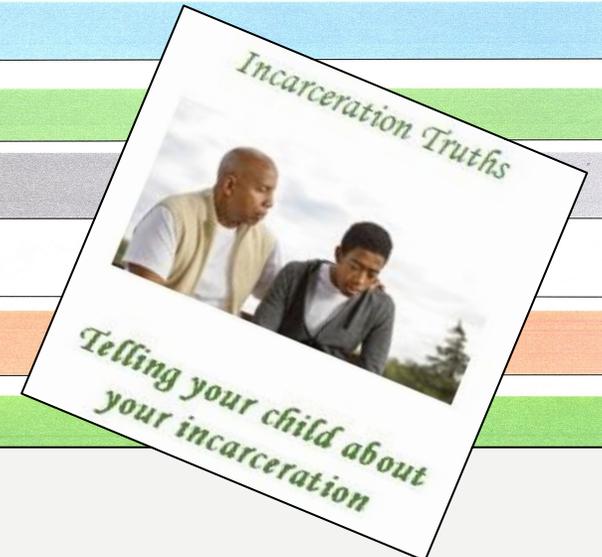
Toddler

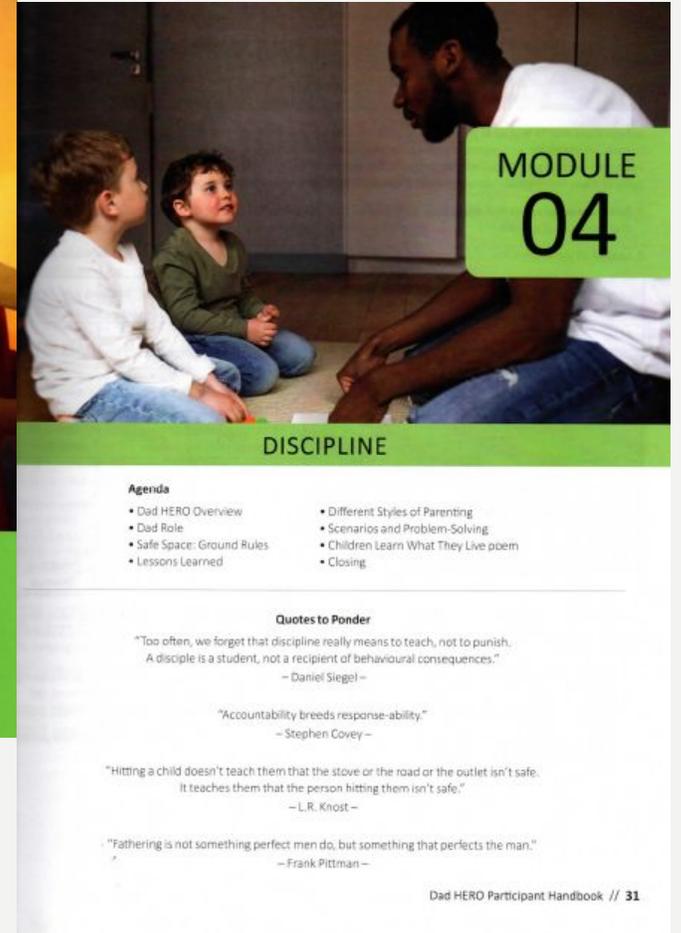
3-6 years

6-12 years

Teen

Other





"I get to keep this?"

WHAT DO THE DADS SAY?



LET'S SEE THE REACH



Approx. 1,500
men
and 2,500
sessions

LET'S TALK EVALUATION

- Life Satisfaction increased 21%
- Well-being increased 7%
- Social Connection increased 4%
- 96% men strengthened existing connections
- 97% men developed new social connections
- 97% more confident about continuing any new or improved social connections

Movember - 'People who are satisfied with their relationships and social connections are more likely to experience good mental health and wellbeing in general'

LET'S TALK EVALUATION

- Increased self-awareness – mental health
- Increased reflection on life choices - public safety
- 86% said they participated at 4-5/5
- 94% retention
- 92% program satisfaction

November - ‘ ‘The cultivation of healthy close relationships can increase individual resilience and act as a protective factor against suicide’.

LET'S TALK EVALUATION

Black population

- 15% of our dads
- 84% said they participated at 4-5/5
- 96% program satisfaction
- 97% men strengthened existing connections
- 100% men developed new social connections

"You've helped me regain my identity as a dad."

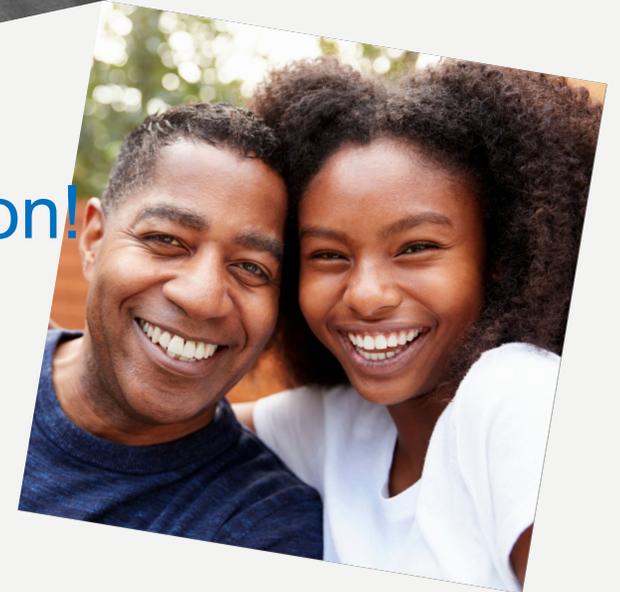
WHAT ABOUT THE RIPPLE EFFECT?

Waiting at the Gate

- Adults
 - I'm not alone
 - I have an involved co-parent
 - Our family is together
- Children
 - I feel loved, I'm valued
 - My dad cares
 - I can share my life with him



Reintegration!



WHAT ABOUT THE RIPPLE EFFECT?



WHAT'S IMPORTANT?

- Strength-based
- Choice
- Facilitator
- Engagement
- Introspection
- A safe space for change
- Virtue Cards
- Correctional Champions
- Venue
- Need others – family, friends, community

"He struggles to ask for help and says his pride gets in the way. It is something he is working on as he knows he cannot do it alone."

WHAT DOES DAD HERO GIVE?

I hope to repair the damage.

I hope I can be seen as the dad they deserve.

I hope my son learns other ways to manage his emotions.

I hope I have more to offer my daughter now.

I hope my family will love me.

OTHER CFCN PROGRAMMING

More Best Practices?

- Resiliency
- Let's Read a Book
- Prison Letter-Writing Kits
- Children's Letter-Writing Kits
- Family Liaison Worker
- Family Support Groups
- Parent-Child Sheets

*Leverage
for success!*



CONFERENCE THEME

Reintegration for Sustainable Community

Development: Bridging Gaps, Building Futures

- Nothing like a family
- No government department or community organization can do this
- Families WANT to help



WHERE ARE WE NOW?

Accreditation

All security levels

Building capacity

DADHERO

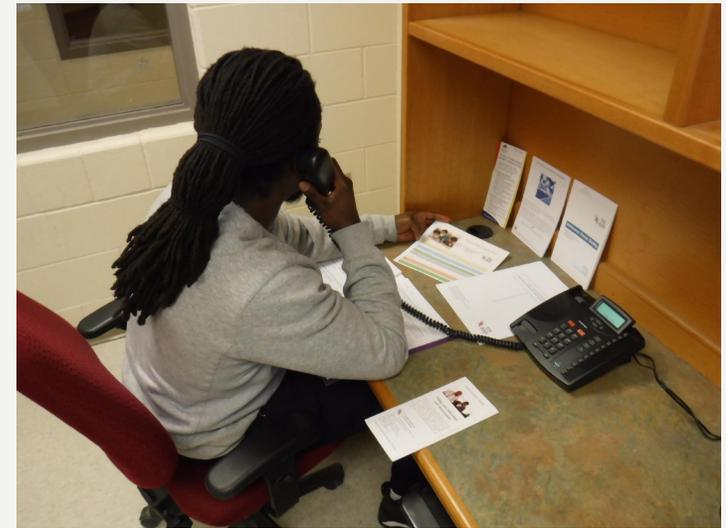
Media Attention

Policy Support

Awareness

GRATITUDE!

To Movember for support!



To the Planning Institute of Jamaica for the chance to be here and share Dad HERO!



THANK YOU

Reach out anytime...

Louise Leonardi

national@cfcn-rcafd.org

Learn more about us at:

www.cfcn-rcafd.org