

# **Exemplary Practices: Thinking Outside of the Box to Provide Supports to Families**

## **2023 CBCAP Grantee Meeting**

Wednesday, May 24, 2023

2:45 pm

Key Ballroom 6





## 2021 Annual State Summary of Exemplary Practices

The Community-Based Child Abuse Prevention (CBCAP) program provides federal funding to all 50 States, District of Columbia, and Puerto Rico. The funds are for the implementation of community-based and prevention-focused programs and activities designed to strengthen and support families to prevent child abuse and neglect.

[CLICK HERE TO LEARN MORE ABOUT CBCAP](#)

This summary highlights child abuse prevention activities and services implemented during the 2021 funding year for CBCAP State Lead Agencies. To learn more about the Child Abuse Prevention and Treatment Act (CAPTA) that guides the program, [click here to download the legislation](#).

Federal Fiscal Year 2021 saw increases in funding to states and communities with the American Rescue Plan Act. The American Rescue Plan provided an additional \$250 million for the CBCAP program that was awarded to states, territories, tribes, tribal organizations, and migrant organizations providing community-based supports and resources to families<sup>[1]</sup>. These increases in funding brought opportunities and challenges for states and local communities to collaborate on plans and programs to further emphasize child and family well-being as well as address primary and secondary prevention of child abuse and neglect efforts. In addition, many states and communities continued to support and partner with families to address the challenges they faced as a result of the COVID-19 pandemic. We also saw great opportunities in expanding our efforts around diversity, equity, and inclusion. And more people around the world reported their family as a source of meaning in their lives.<sup>[2]</sup>

The information shared below provides both a snapshot of services implemented throughout the country and specific state examples of work on Culturally Specific Evidence Informed Programs/Practices, Warmlines for Primary Prevention, Outreach to Special Populations, Parent Leadership/Engagement Infrastructure, and Collaboration to Strengthen Prevention Infrastructure.



# Panelists

**Becky Berk, M.Ed.**

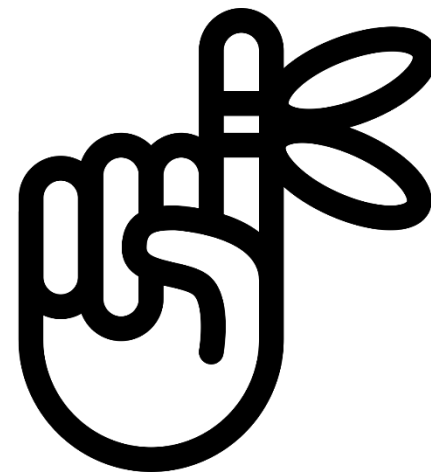
Impact and Evaluation Director, New Hampshire Children's Trust

**Nicole Sillaman**

Executive Director, Ohio Children's Trust Fund

**Tina Gorin**

Family Support & Connections and Prevention Coordinator  
Colorado Department of Human Services Self-Sufficiency Program



May 2023

# **The Trestle Fund Project: Concrete Supports for NH Families**

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**CBCAP Conference**



# *i am* **PREVENTION**



## MISSION

New Hampshire Children's Trust is leading the drive to ensure safe, stable, nurturing environments for all New Hampshire children.

## VISION

We envision a New Hampshire where all children grow up free from abuse and neglect.

NH FAMILY RESOURCE CENTER

# Facilitating Organization



COORDINATION &  
INFRASTRUCTURE SUPPORT



OPERATIONAL & QUALITY  
CONTROL STANDARDS



TRAINING & TECHNICAL  
ASSISTANCE



STRATEGIC MARKETING &  
COMMUNICATIONS



ADVOCACY &  
COLLABORATION



SHARED MEASUREMENT

trestle      noun

tres-tle

1 : a braced frame serving as a support.

fund      noun

'fund

1 : a sum of money or other resources  
whose principal or interest is set apart  
for a specific objective.

# Trestle Fund



CONCRETE SUPPORT FOR  
NH FAMILIES

# OBJECTIVES + OPPORTUNITY

Provide

low barrier, discretionary funding to NH family resource centers to meet emerging family needs.

Leverage

community partnerships and systems that strengthen families.

Empower

family support programs by increasing provider capacity to meet family needs in real time.

Promote

safe, stable and nurturing relationships and environments for all NH children and families.



NEW HAMPSHIRE  
CHARITABLE FOUNDATION

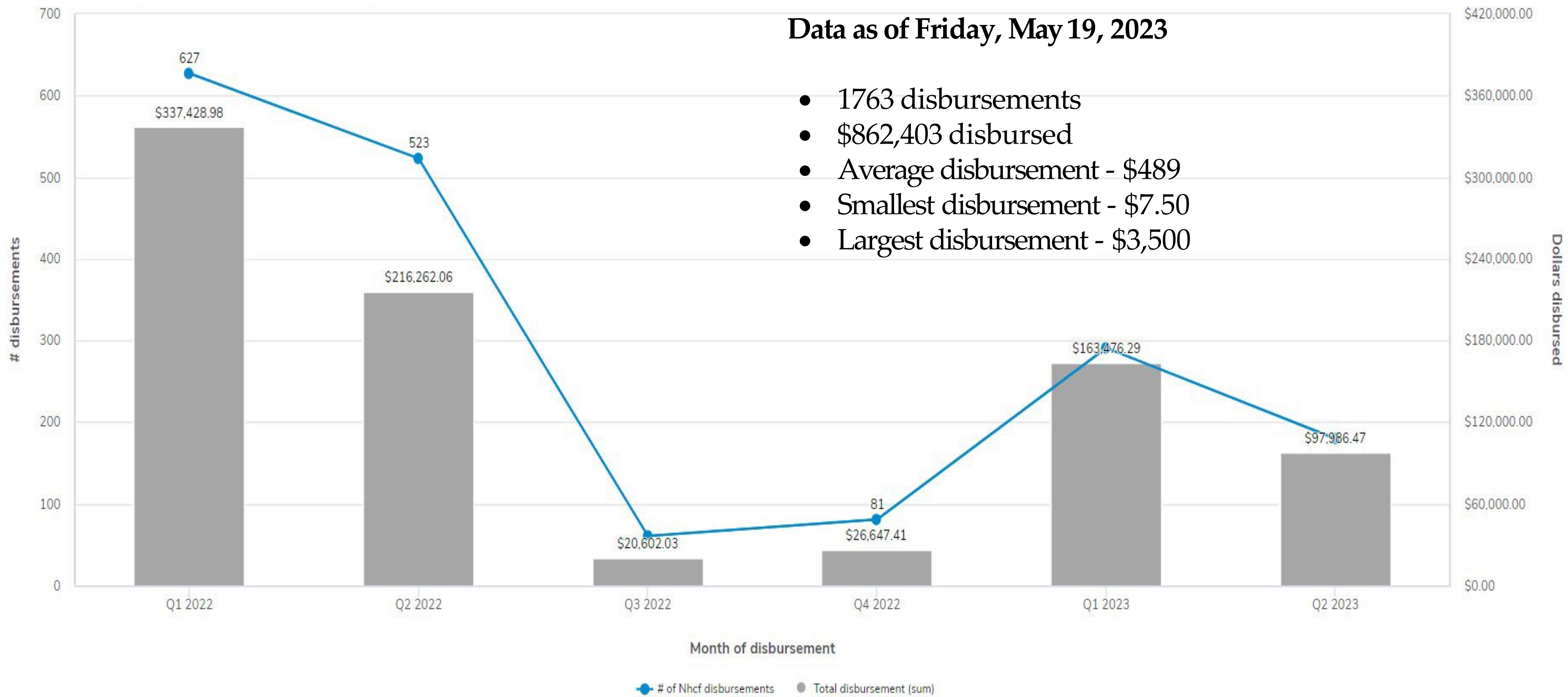
# Funding Parameters

- Concrete supports provided to NH families w/minor children (0 -18 yrs)
- Families already participating with the FRC ***and*** families referred for supports
- Up to \$1000 per family \*
- Low barrier = No fixed eligibility requirements, minimal restrictions, easily accessible



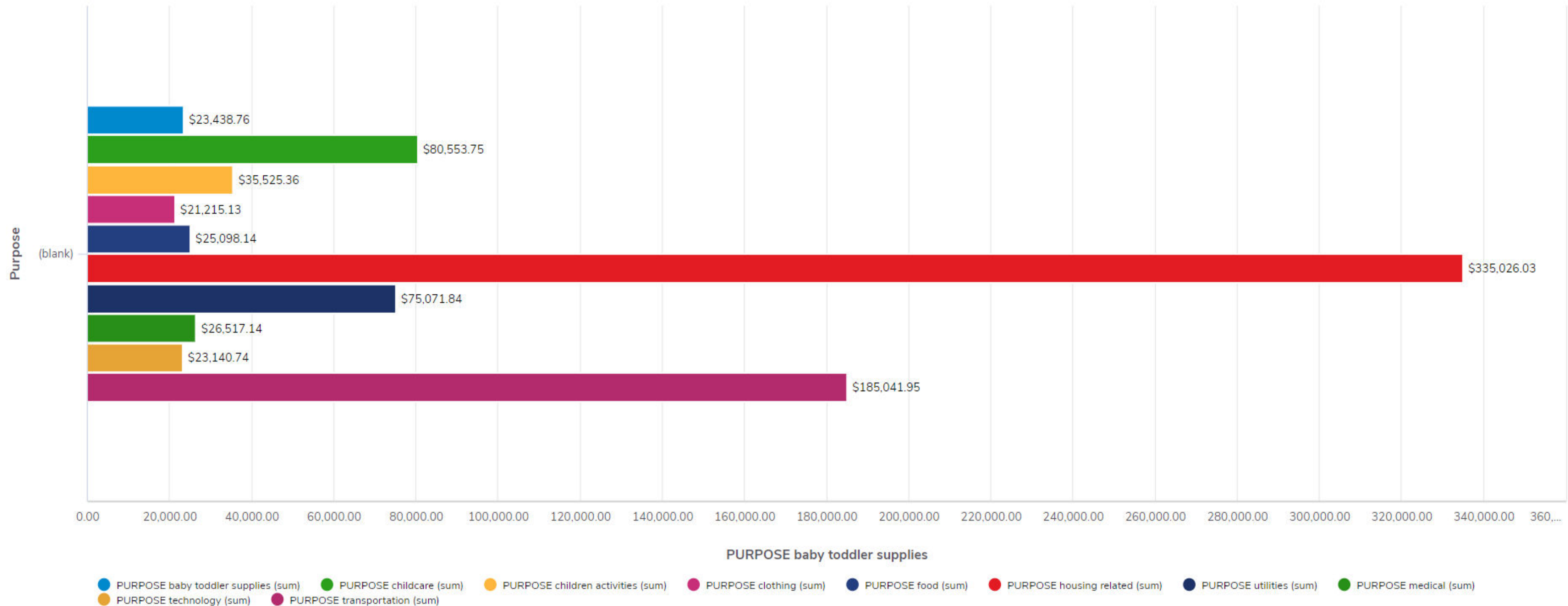
Total # of disbursements and total \$ disbursed by quarter

The line represents the number of disbursements that month while the bar represents the total dollars distributed that month.



# How was the money spent?

Disbursement by purpose



# Who received support?

## Family Composition



The greatest number and amounts of disbursement went to single care giver families, followed by two-parent families.



Family composition	Household size (avg)	Children 0 to 2 (tot)	Children 3 to 5 (tot)	Children 6 to 12 (tot)	Children 13 to 18 (tot)	Total children (tot)	Number of Nhcf disbursements	Total disbursement (tot)
<u>(empty)</u>	1	42	34	70	27	173	114	\$40,331.32
<u>Two parent family</u>	4	354	254	381	164	1153	564	\$278,053.52
<u>Blended family</u>	4	41	50	120	54	265	95	\$49,733.23
<u>Caregiver living with extended family</u>	4	22	29	56	29	136	76	\$35,416.29
<u>Single caregiver</u>	3	322	304	594	261	1481	815	\$407,076.08
<u>Single caregiver with unrelated partner</u>	4	9	28	57	23	117	58	\$27,109.63
<u>Other</u>	4	13	12	34	9	68	41	\$24,683.17
<b>Totals (7 groups)</b>	3	803	711	1312	567	3393	1763	\$862,403.24

Total # of NH Children = 2339

# Who received support?

Source of Income	Percent of families
Wages/salary from employment	54%
Wages/salary from self-employment	1%
Public assistance	32%
Child support	4%
No income	8%
Other	14%

# Lessons Learned

- Acknowledge and address cost of staff time
- Funds fill gaps in resources and timelines (waiting periods)
- Guidance needed for large or ongoing expenses
- Resource shopping
- Ability to report data by town helps FRCs solicit additional local funding

. . . the ripple effect is so far-reaching

"I did a home visit today with a family who we were able to help with money from the Trestle Funds and the change in their lives has been amazing, one positive change has led to many more, the ripple effect is so far-reaching. Thank you for providing this funding to the Family Resource Centers- we are so appreciative of NH Children's Trust and the important impact you have on so many families."

Family Connections Resource Center  
Children Unlimited, Conway NH

# Innovation & Opportunity

## Family Protective Factors

Public Awareness

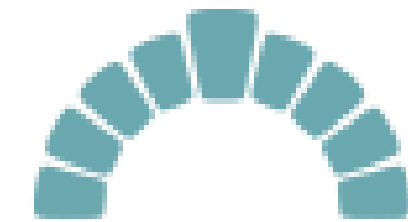
Thriving Children & Families

Community Engagement

New & Leveraged Funds



# We



NEW HAMPSHIRE  
CHARITABLE FOUNDATION

# QUESTIONS?



# The Father's Feelings Project

CBCAP Annual Grantee Meeting  
Exemplary Practices: Thinking Outside of the  
Box to Provide Supports to Families

***Nicole Sillaman, MBA***

*Executive Director*

*Ohio Children's Trust Fund*

*Ohio's Prevent Child Abuse America Chapter*



# Father's Feelings Project

*Goes well beyond assessing and studying paternal depression.*

Offers dads resources, consultations, and interventions.

Helps improve their skills and understanding of themselves as fathers.

Validates them as fathers and primary caregivers for their children.

# The Father's Feelings Project



Each participant:

- Receives five 90-minute one-on-one sessions with expert staff from OhioGuidestone.
- The first and final study visits include an in-depth consultation with a licensed clinician.
- Other visits are led by an experienced parent coach who shares insights and resources – Joyful Together.
- Upon completion, participants receive a \$25 gift card and a special father-child gift.
- Must be at least 16 years of age and have a baby 12 months old or younger.

# Yates Paternal Depression Screening Questionnaire

## YATES PATERNAL DEPRESSION SCREENING QUESTIONNAIRE

This questionnaire is for male fathers who have a child(ren) between 0-1 years old.

Please read each question and answer thinking about how you have felt in the last 2 weeks.

Put an "X" in the column that best describes your feelings.

	Everyday (3)	Somedays (2)	Never (1)		Everyday (3)	Somedays (2)	Never (1)
I feel less satisfied with my				I fight with the mother of my baby			

New way to assess new dads for risk of paternal depression

- The Yates is a brief, simple survey of 25 short questions
- Designed specifically for male fathers with children 12 months old or younger
- Can be completed and scored in minutes



# Strategies for Recruiting and Retaining Fathers

Male to Male

Be Reliable

Non-Judgmental and Culturally-Competent  
Communication Zones

Offer Incentives

Meet/Recruit at Non-Traditional Times and  
Off-Site Work Locations

Know YOUR community

Engaging Activities

Provide a relaxed, welcoming father-friendly  
environment

A close-up photograph of a Black man with curly hair, smiling warmly as he looks down at a baby. The baby is wearing a blue and white plaid shirt. The background is a bright, out-of-focus outdoor setting with green foliage and a blue net-like structure.

**THE FATHER'S  
FEELINGS PROJECT  
VIRTUAL SEMINAR**

# **HELPING NEW DADS THRIVE**

**Learn how to support new fathers and  
their mental health as they navigate the  
first year of their child's life.**

A photograph of a man with a beard and a white baseball cap, looking down at a young child. The man is wearing a white shirt with colorful horizontal stripes. The child has light brown hair and is looking towards the camera. They are outdoors in a grassy field with trees in the background.

**THE FATHER'S  
FEELINGS PROJECT  
VIRTUAL SEMINAR**

# **HELPING NEW DADS THRIVE**

**Learn how to support new fathers and  
their mental health as they navigate the  
first year of their child's life.**

# Who Did We Serve?

The Fathers Feelings Project served 1 father from Southeast (Appalachia) Ohio, and 49 fathers statewide.

Interest	Enrollment	Perinatal Screening	Program Completion	Withdraw	Ineligible
516	75	50	48	35%	12

Ineligible reasons included age of child > 1 year old (n=7), thought the program was for mothers (n=1), other (n=4).

# What Did We Find?

## Father Protective Factors:

- 34 fathers had pre and post Parent Stress Index-SF4 data available and 77% (count 26) of fathers reported improved pre to post total parent stress improvements (decreased stress) for themselves
- 28 fathers had pre and post PFS-2 data available and 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 and 77% of fathers reported improved pre to post total protective factors in their children

# Lessons Learned for Effective Outreach

In our efforts to engage father-serving agencies in Appalachia Ohio, we learned that we first needed to inform local providers about how to effectively engage fathers.

In partnership with a local child care resource and referral agency, a three-part professional development series was launched:

1. “Helping New Dads Thrive: Introductory Training for Paternal Depression and Fatherhood Equity”
2. Community of Learners Session 1: “Identifying Perinatal Needs Case Consultation”
3. Community of Learners Session 2: “Responding to Identified Needs Wraparound Services”

# More Concrete Supports

## Concrete Supports

- Need to address limited resources for childrearing and parenting time
- Sometimes leveraged *against* fathers for access to children
- Evaluate policies and procedures that de-center and underserve and marginalize fathers

## Opportunities to Innovate & Advocate

- **Father-Infant Vitality & Education Kits**

**Vitality Kits: Safe Sleep | Safe Transport | Health & Safety**

**Education: Infant Development | Nurturing Parenting | Family Skills**

- **WIC Advocacy for Fathers**

**underutilization begs question if more advocacy for intentional father inclusion and service to support healthy childhood nutrition & concrete supports for fatherhood**

# Early Childhood Safety Initiative

Leveraging the groundwork of the Father's Feelings Project, OhioGuidestone then received a grant from the OCTF for the Early Childhood Safety Initiative, reaching TANF eligible families.

Through ECSI, fathers received brief parent education and up to \$400 in concrete supports for items such as car seats, strollers, baby feeding and bottles, home safety items, etc.

This program serves approximately 50 dads per year, with approximately 25 of these dads also participating in the Father's Feelings project in SFY 2022.

# What Did Fathers Report?

**Fathers reported improvements in supporting the comfort of their child(ren), financial relief, child safety, stress relief, and increased time with their children and families. Support for fathers has been historically underrepresented and this has been great in building healthier father-child bonds.**

**Results reported include:**

- **Increased self-efficacy for fathers regarding their quality of caring for their child**
- **Fathers felt more involved as a parent**
- **Fathers felt less stressed**



# Questions & Comments?

Nicole Sillaman  
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Facebook: @OhioChildrensTrustFund

Instagram: @ohioctf



Tina Gorin,  
Family Support and Connections Coordinator

# Family Support and Connections Providers



## Recovery and Resilience

“Life works” when people receive the supports they need to restore well-being

## Relationships

Relationships and partnering are crucial to shatter stigma and empower those touched by mental health and addiction issues or other adversities

## Results

Results are promoted through holistic health and effective services that maximize positive outcomes



# Multnomah County, Oregon



We will never effectively end homelessness if we do not address the factors that continue to push new people into homelessness: rising rents, inadequate incomes, racial injustice, and a lack of access to adequate physical and behavioral healthcare. To put it plainly: You can empty the sink over and over again, but if the tap is still running, you're going to have a flood. And our tap is still running.

2022 Point in Time Count

## Concrete and Economic Supports

- Collaboration
- Letters of Advocacy
- Rental Assistance and Resources
- Renter's Rights Navigation
- Creative Supports
- Financial Supports



**LIFEWOR<sup>KS</sup>NW**

## Protective Factors Survey

```
graph TD; A[Protective Factors Survey] --> B[Experience of homelessness decreased by 67%]; A --> C[Housing improved for 7% of families]
```

Experience of  
homelessness  
decreased by 67%

Housing improved for  
7% of families



70,000 children  
with incarcerated  
parent

Over 7% of  
children had a  
parent who  
served time in  
prison during the  
child's life

## Unmet Need

Lack of Culturally  
Specific Programs

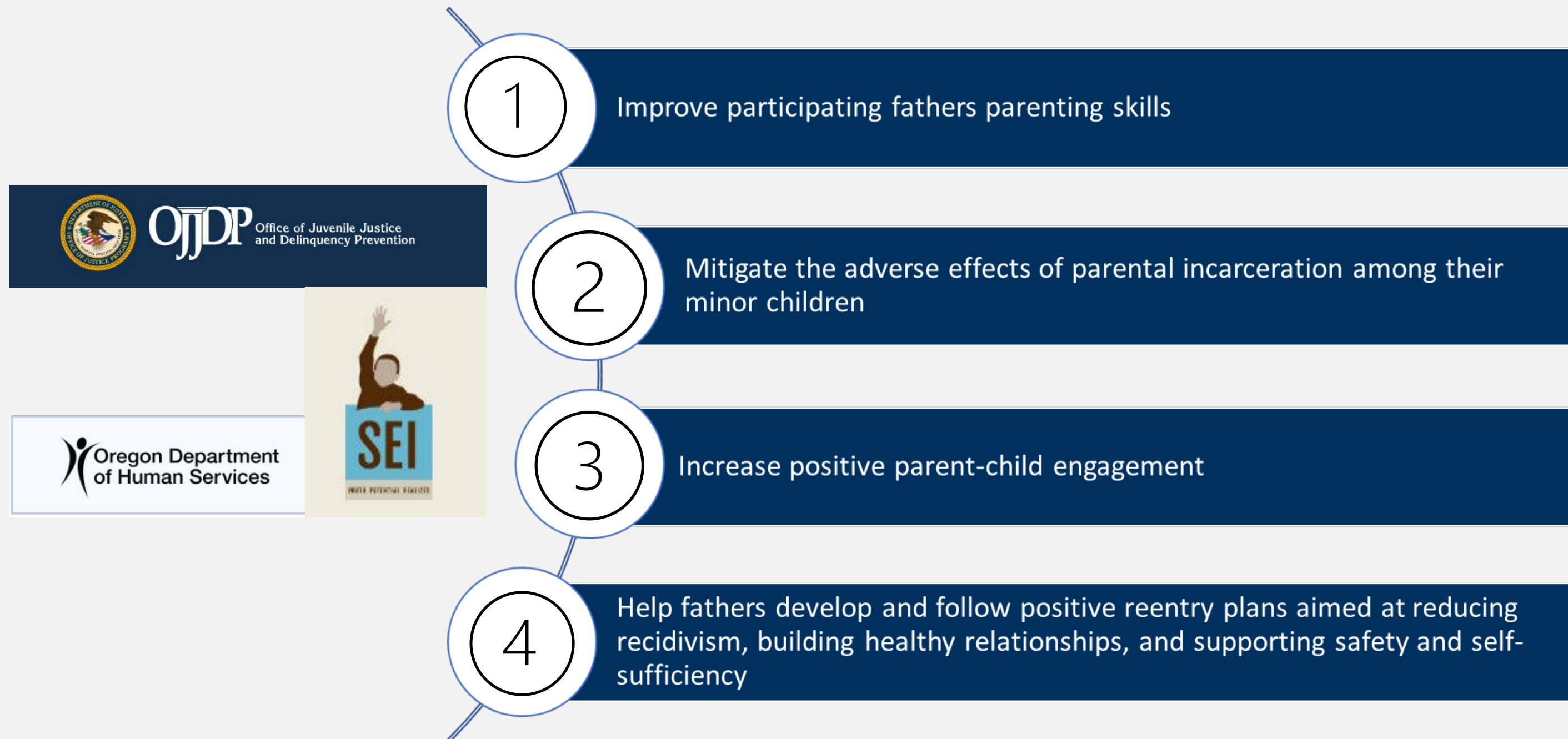
Disproportionate  
Impact to Black  
Children



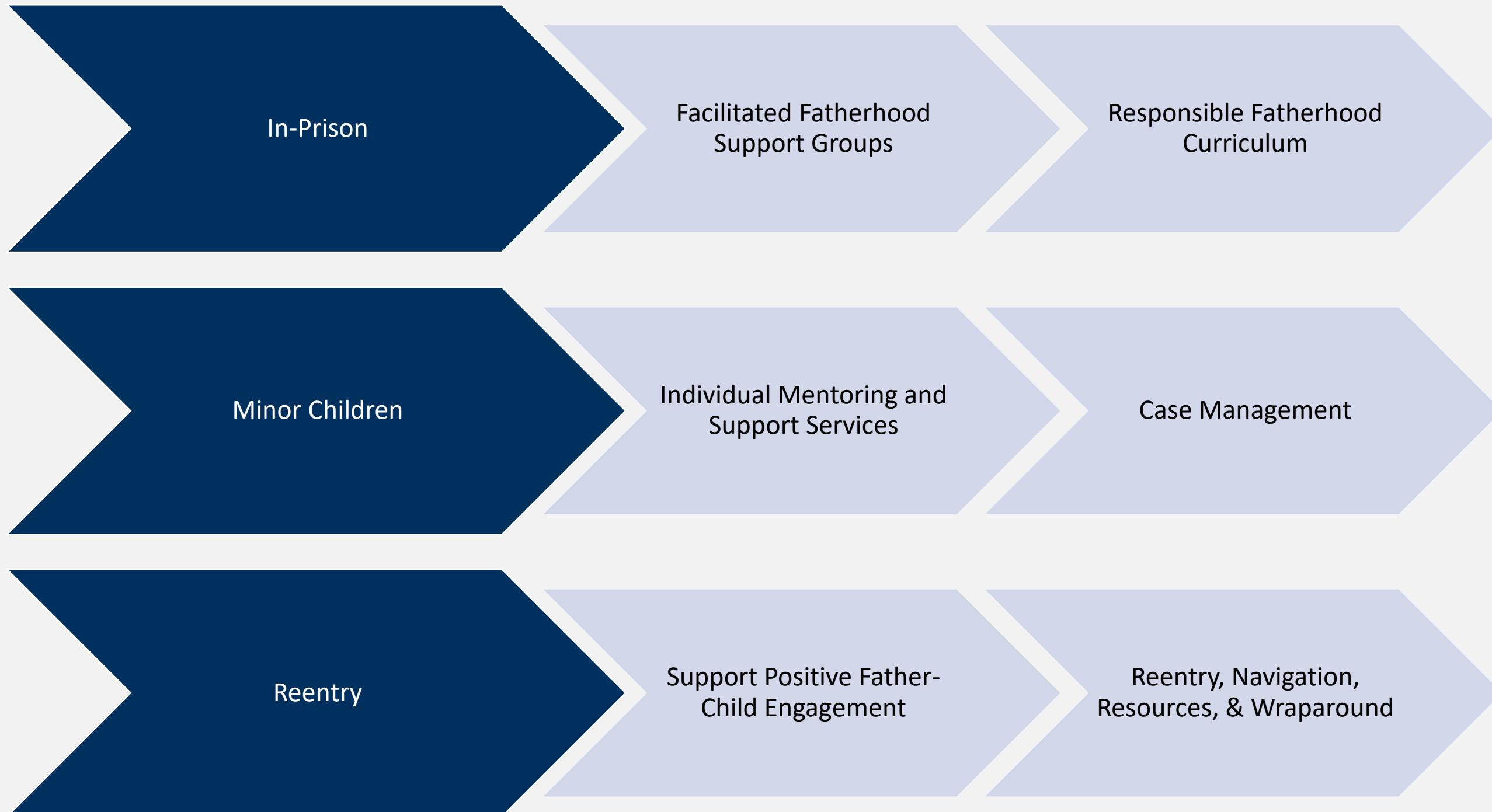
# Self Enhancement Inc.

*Self Enhancement, Inc.'s Community and Family Programs (CFP) are designed to provide families with the resources, supports, and wrap-around services needed to help ensure they are safe, stable, and have their critical social, emotional, and economic needs met. CFP services address economic disparities by providing a broad continuum of anti-poverty, family stabilization, and employment services that are culturally specific for African American families and/or culturally responsive for other families in need*

# Second Chance Act: Addressing the Needs of Incarcerated Parents and their Minor Children



# Project Components



What defines a father?

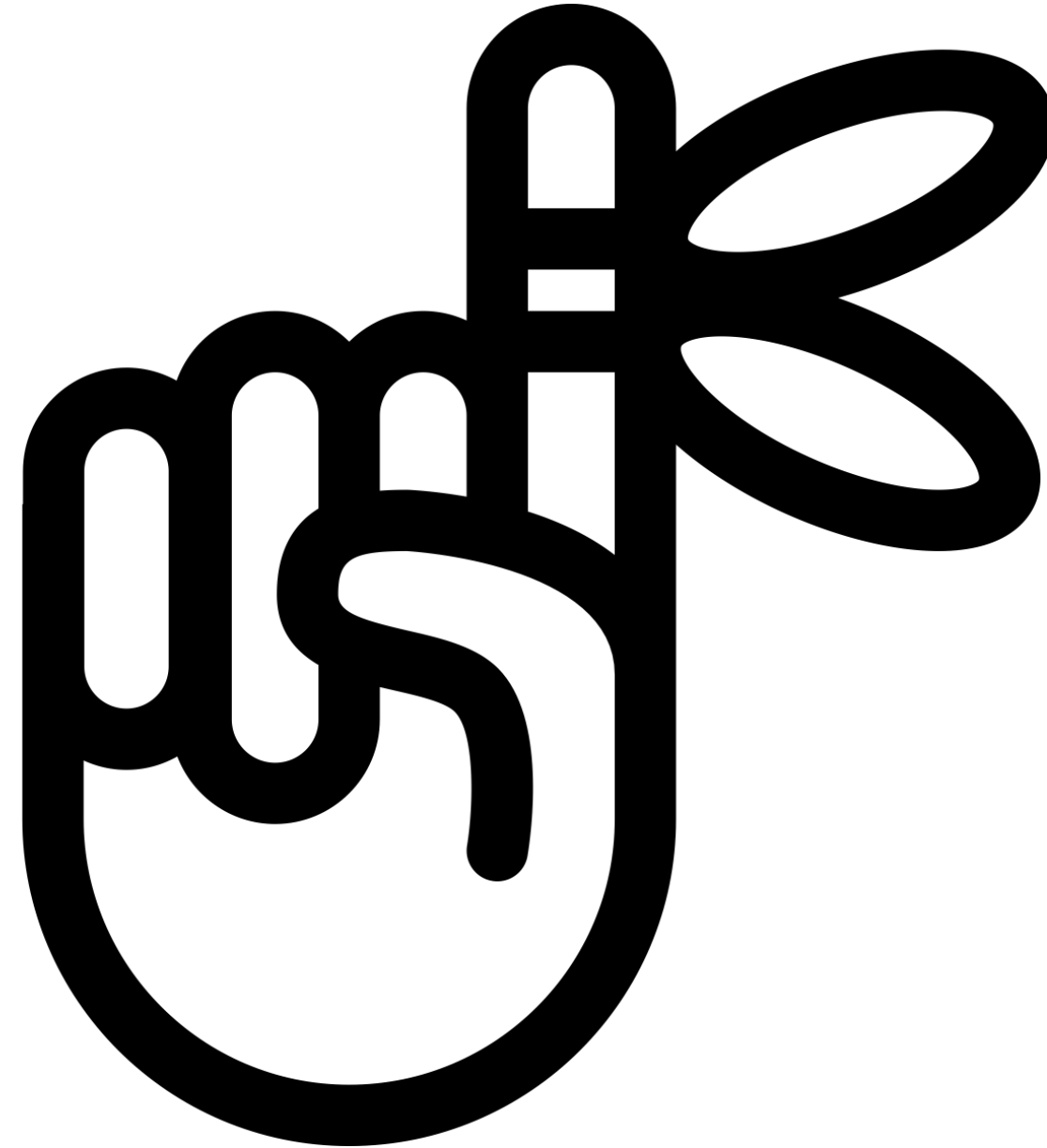


Thank you!

Tina Gorin

[Tina.m.gorin@odhs.Oregon.gov](mailto:Tina.m.gorin@odhs.Oregon.gov)

# Questions



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