



Welcome to the NRFC Webinar

# Supporting Military Families: Services and Resources for Active Duty and Veteran Fathers

2:00 – 3:30 p.m. EDT | December 13, 2017

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# Questions for the Presenters

Working with Young Fathers: Tips from the Field (Lobby) - Adobe Connect

Meeting Layouts Pods Audio

Chat (Everyone)

Working With Young Fathers Tips from the Field.pptx

Draw Stop Sharing

Welcome to the NRFC Webinar  
Working With Young Fathers: Tips from the Field  
12:30 – 2:00 p.m. EDT | March 22, 2017

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Everyone NRFC Webinars Sync

Web Links

- Fatherhood.gov
- Young Fathers of Santa Fe
- NRFC - Facebook
- Young Fathers of Central Florida
- NRFC - Twitter
- Young Fathers of Metro Atlanta
- NRFC - Past Webinars

Browse To <https://twitter.com/fatherhoodgov>

Downloadable Resources

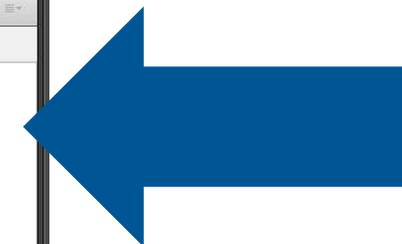
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# National Responsible Fatherhood Clearinghouse



- National resource to support fathers and families.
- Funded by U.S. Department of Health and Human Services, Administration for Children and Families, Office of Family Assistance.
- Resources are available for fatherhood practitioners, dads, researchers, and policy makers.



# National Responsible Fatherhood Clearinghouse

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[www.fatherhood.gov/toolkit](http://www.fatherhood.gov/toolkit) for *Responsible Fatherhood Toolkit*.

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Contact: [info@fatherhood.gov](mailto:info@fatherhood.gov)

Encourage fathers or practitioners to contact our Helpline toll-free at:  
**1-877-4DAD411 (877-432-3411)**

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# Today's Webinar Will Provide

- Overview of challenges faced by military fathers and their families.
- Information and tips to support military families from:

## **Jennifer DiNallo, Ph.D.**

- Clearinghouse for Military Family Readiness, Pennsylvania State University, State College, PA

## **Katrina Johnson**

- Horizon Outreach, Houston, TX

## **Daniel Romero**

- Social Advocates for Youth, Military Family Resource Center, San Diego, CA

- List of helpful resources available for download during the webinar.
- “Question and Answer” session with the presenters at the end of the webinar.



# Supporting Military Families: Services and Resources for Active Duty and Veteran Fathers



**Jennifer DiNallo, Ph.D.**  
Director of Research  
Clearinghouse for Military Family Readiness  
The Pennsylvania State University

December 13, 2017



# Clearinghouse for Military Family Readiness

## Mission

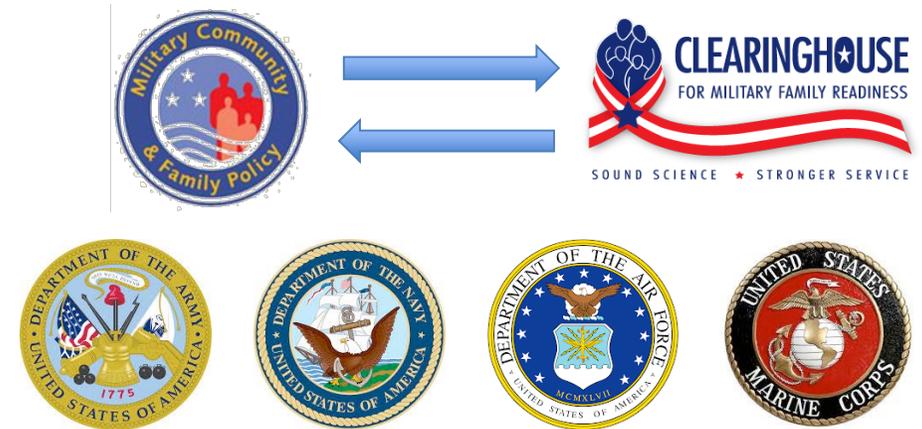
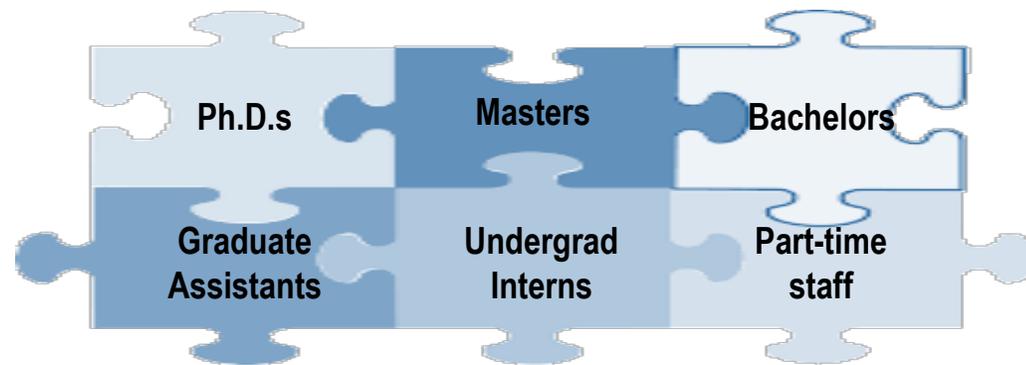
- To engage in applied research and evaluation, implementation science, education, and outreach to advance the health and well-being of Military families.

## Vision

- To ensure U.S. Military families are supported by practices and programs known to be effective based on science and evidence, and implemented in order to enhance their readiness and overall well-being.
- Interactive web-based platform involving the selection, dissemination, and evaluation of evidence-based or evidence informed programs and practices to help professionals make informed decisions regarding how best to serve Military families.

# Developed from a Partnership

- Established seven years ago at Penn State University
- ~\$20 million in funding and still growing (80 faculty & staff)





# Military Family Readiness:

- Being prepared to effectively navigate the challenges of daily living experienced in the unique context of military service.
- Being equipped with the skills to competently function in the face of challenges.
- Being aware of the supportive resources available.
- Knowing how to utilize these skills and supports when managing challenges.
- Ready Families contribute directly to the Service Member's state of readiness to accomplish the mission at hand.



# What does the Clearinghouse for Military Family Readiness do?

- Program placement and fact sheet development
- Evaluability assessments and evaluation planning
- Research
- Program development, implementation, and evaluation
- Learning design and curriculum development



# Not Just a Website



- Provides connections with professionals through active partnerships involving quality technical assistance and proactive problem-solving.
- Offers continued capacity-building opportunities for professionals assisting Military families.
- Presents the facts on the evidence of existing programs.
  - Program search and fact sheet presentation.



# How Do We Define a Program?

- A component or collection of components related to a specific topic.
- Must have a manual to guide practitioners in implementation in the manner in which it was designed.
  - For example:
    - A program using education-based strategies will include a curriculum.
    - A program using environmental-modification strategies will include a plan for modifying the environment.



# Evaluating The Evidence: Continuum of Evidence

Placement	Effective <sup>3</sup>	Promising	Unclear <sup>4</sup>	Ineffective
Criteria				
Significant Effect	Rigorous statistical evidence of a change in a highly desired outcome that was considered significant, with no negative effects found.	Rigorous statistical evidence of a change in a highly desired outcome that was considered significant, with no negative effects found.	Effects are unclear due to mixed results or no evidence.	An appropriate evaluation has failed to demonstrate a significant effect, or has negative effects.
Sustained Effect	Effect(s) lasting $\geq$ two years from the beginning of the program, or $\geq$ one year from program completion.	Effect(s) lasting $\geq$ one year from the beginning of the program, or $\geq$ 6 months from program completion. <i>Noted considerations may be given for programs that have not had sufficient time to demonstrate long-term effects.</i>	Sustainability not assessed or established.	Program effects not sustained.
Successful External Replication	Program was found effective in at least one other study that matches the original evaluation study design, and conducted by an implementation team that was *independent of the program developer.	No evidence of external replication, or limited replication criteria (i.e., lacking significant/sustained effect, inadequate study design, etc.).	No evidence of external replication.	No evidence of successful external replication.
Study Design	Randomized controlled design Well-matched quasi-experimental design	At least a quasi-experimental design	May use a quasi-experimental, pre-post-test design, or purely descriptive	Experimental or quasi-experimental design
Additional Criteria Regarding Study Execution	Meets all 4 additional criteria (see pages 2-3).	Meets 2 or 3 of the additional criteria (see pages 2-3).	Meets 0 or 1 additional criteria (see pages 2-3).	Meets all 4 additional criteria (see pages 2-3).



Program Search  Placement Topic Target Population Sector Military Use:  Yes  No

## Find Programs

To find a program, type descriptive keywords in the search box, and press the Enter key or click the Search button. You can narrow your search by Topic, Target Population, and Sector by clicking the dropdown links. For further instructions, please contact Technical Assistance by calling 1-877-382-9185, emailing [clearinghouse@psu.edu](mailto:clearinghouse@psu.edu), or initiating a live chat.

Alternatively, you can [view all programs](#).

38 Results

Title	Placement	Topic	Target Population	Sector	Military Use	Summary
<a href="#">Cool Kids (Family Version)</a>	Effective-RCT	Anxiety, Behavioral Problems, Emotional Competency, Parenting, Social Competency	Adolescents, Families, Children	Community-Based	No	Cool Kids (Family Version), a family- and community-based group-treatment program, is designed to help parents recognize and manage their child's anxiety issues and help youth manage their own anxiety.
<a href="#">Marriage and Parenting in Stepfamilies</a>	Promising	Communication, Parenting, Relationships	Parents	Community-Based	No	Marriage and Parenting in Stepfamilies (MAPS), a community-based, parent-education program based on the Parenting Through Change* curriculum, is designed to cultivate healthy adjustment in children by enhancing couples' relationships and parenting practices. MAPS intends to prevent or reduce common difficulties and issues faced by members of new stepfamilies. *A separate Fact Sheet is available this program





# Supporting Father Involvement (SFI)

PLACEMENT ON THE CONTINUUM OF EVIDENCE

PROMISING

DOWNLOAD PDF

Target Population: Parents

Sector: Community-Based

Topic: Communication, Emotional Competency, Parenting, Relationships, Social Competency

## TARGET AUDIENCE

This program is for fathers alone or for couples with children who are 0 to 11 years old.

## SUMMARY

The Supporting Father Involvement (SFI) program, a parenting intervention, is designed to enhance father involvement, increase parental competency, improve parent-child and co-parent relationships, and promote healthy child development.

## EVIDENCE

One internal randomized control trial of SFI compared the father-only intervention, the couple intervention, and a low-dose [comparison group](#). Fathers in the father-only group and in the couples group reported increases in psychological engagement and behavioral involvement with their children over an 18-month period. Fathers in the [control group](#) reported no changes in these two variables. In addition, fathers in the father-only group and the couples group did not report the increases in child-behavior problems that fathers in the [control group](#) reported. Finally, fathers in the couples group reported no change in couple relationship satisfaction; whereas, fathers in the [control group](#) and in the father-only group reported decreases in relationship satisfaction. A later pre/post study that included couples groups only, and compared results with the couples group from the original study, found that 10 out of 11 measures were positive and maintained from the original study; however, fathers' psychological involvement failed to replicate.

## COMPONENTS

## Live Chat



Live chat is available weekdays from 9 a.m. to 5 p.m EST/EDT. If you would like assistance, please feel free to begin a conversation by starting a live chat, calling us at 1-877-382-9185, or [emailing us](#).



# Contact Information

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# Supporting Military Families: Services and Resources for Active Duty and Veteran Fathers



**Katrina R. Johnson, EMBA**

**President/CEO**

**U.S. Air Force Veteran**

**Horizon Outreach**

**December 13, 2017**



**National  
Responsible  
Fatherhood Clearinghouse**



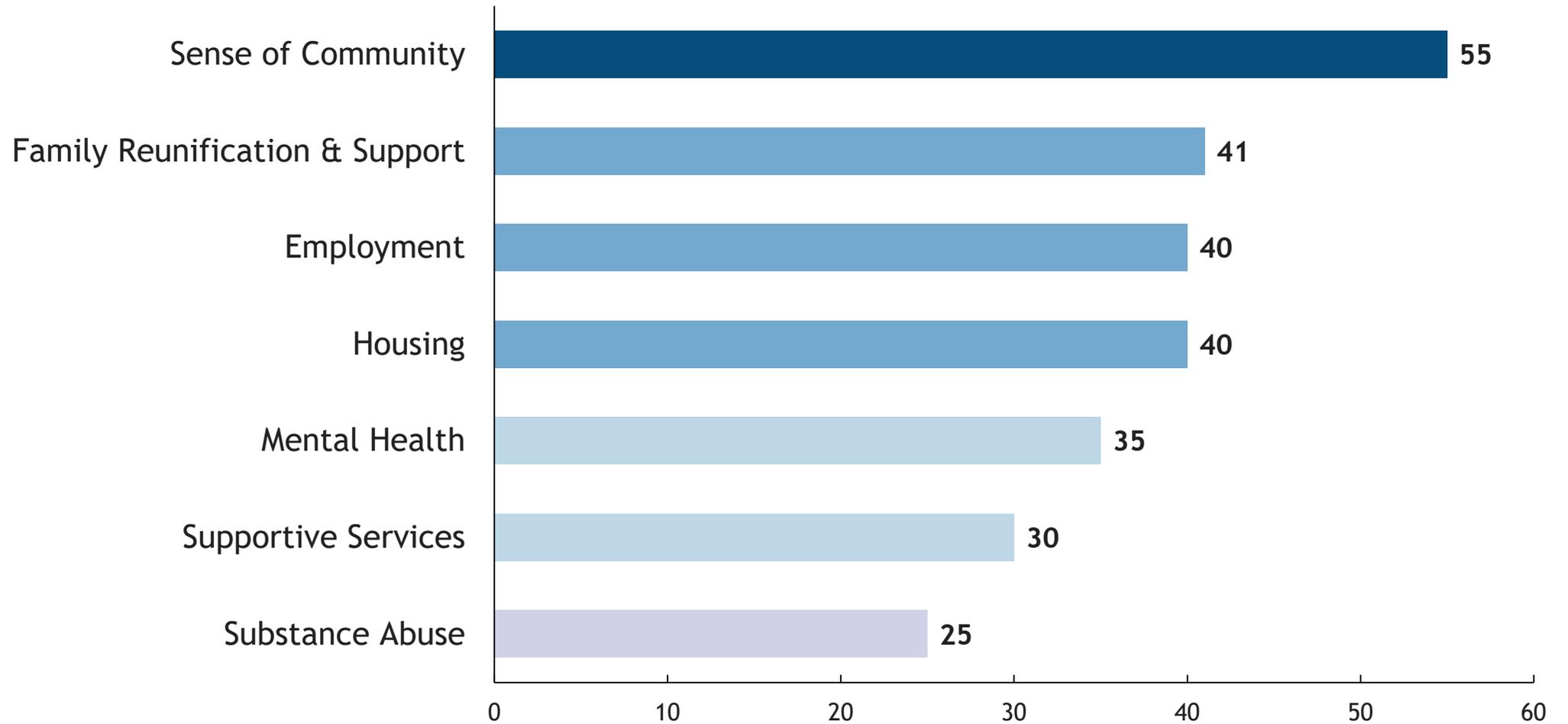
# Horizon Outreach Overview

- Non-profit 501(c)3 organization
  - Founded in February 2010 for the charitable purpose of preventing and ending homelessness among military and non-military families.
- As a veteran-owned organization, we know firsthand the challenges faced by military veterans.
- Our mission
  - “Giving Everyone A New Start.”
- Since 2010
  - We have connected over 4,500 individuals and families to resources and supportive services in the community.
  - **2,000** were military veterans (served by our Horizon Eagle program).
- Through direct services and collaborative partnerships, we link those in need to: food, clothing, medical screenings, housing, employment services, and other resources.



# Challenges for Military Families

## Needs of Active Duty and Veteran Fathers



# Transitioning from Military to Civilian Life

From Employed



to Deployed



to Unemployed



to Homeless





# Homelessness

Although accurate counts are difficult, estimates indicate:

**39,471**

veterans are homeless on any given night in the United States.

- Despite a 45% decline in numbers from 2010 to 2017.\*



1 in 5 homeless men are veterans.\*\*

**1.4 million**

veterans are at risk of becoming homeless due to poverty, lack of support networks, dismal living conditions, and lack of permanent supportive housing.\*\*

**45%**

of homeless veterans are African American or Hispanic Males.\*\*

- Most of the homeless veteran fathers served by Horizon Eagle program are non-custodial fathers.

\*[The 2017 Annual Homeless Assessment Report \(AHAR\) to Congress \(Dec. 2017\)](#). U.S. Dept. of Housing and Urban Development.

\*\*[2016 PIT Estimate of Homeless Veterans by State \(2016\)](#). U.S. Dept. of Housing and Urban Development; [National Coalition for Homeless Veterans \(2017\)](#).



# Mental Health, Substance Abuse, and Physical Health Issues

- Estimates are that 12-20% of veterans returning from the wars in Iraq and Afghanistan have symptoms of Post Traumatic Stress Disorder (PTSD).<sup>1</sup>
- Although evidence is unclear in terms of divorce rates, research indicates an increase in reports of marital dissatisfaction due to multiple deployments.<sup>2</sup>
- 70% of homeless veterans have substance problems; 51% have disabilities.<sup>3</sup>

## Suicide Rate:

- 20 veterans a day commit suicide, based on data from Department of Veteran Affairs.<sup>4</sup>
- Veterans account for 20% of U.S Suicides.<sup>5</sup>

Sources: (1) [U.S. Dept of Veteran Affairs: National Center for PTSD](#) (2016); (2) [RAND Corporation](#) (2016); (3) [SAMHSA](#) (2014) and [National Coalition for Homeless Veterans](#); (4) [Military Times](#) (2016); (5) [George Washington University](#) (2015).





# Lack of Support Networks

## Inability to Access Services

- Due to lengthy deployments, fathers are often disconnected from their families.
- Families often feel isolated.
- Can be hard to access mainstream services.
- May feel overwhelmed with process required to access services.
- May face transportation issues.
- Discharge Classification has an impact.



# Locating Sustainable Employment - Transitioning Military Skills

- Most of the fathers we serve at Horizon Outreach have a difficult time finding sustainable long-term employment.
  - Military careers result in specialized skillsets that may not be easily transferable.
  - Veterans often need retraining for civilian employment.
- Many veterans have trauma issues that need to be addressed. This is a priority for our work at Horizon Outreach.



# Services Provided By Horizon Outreach through our Horizon Eagle program

- Priority Services for Active Duty/Veteran Fathers:
  - Active Duty and Veteran Fathers provided with priority enrollment.
  - Assigned Case Manager who works specifically with military families.
  - Assessment for Trauma - Link to Service Providers.
- Immediate Linkages to Housing/Training Services:
  - SSVF (Supportive Services for Veteran Families) Housing Assistance (homeless veteran families)
  - Educational Opportunities
  - Career Development/Job Training Programs



# Services Provided By Horizon Outreach (cont.)

- Quarterly VA Disability Claims/Housing Seminars
  - Referrals to Veteran service organizations to represent Veterans with their Disability Claims.
  - Referrals to partner Veteran organizations.
- ID Assistance
- Legal Aid Assistance
- Peer Mentors - Referrals
- Clothing Assistance
- Food Assistance



# Tips for Engaging Active Duty Military and Veteran Fathers

- Offer an environment that promotes Camaraderie and Inclusion.
- Partner with agencies that serve fathers and/or offer relevant services.
- Provide assistance in applying for Veteran Claims, Vocational Rehab Services, and Housing Assistance.
- Utilize Peer Support Mentors.
- Offer Family Retreats and activities focused on Family Reunification and Conflict Resolution.
- Provide Engaging Services, Employment Assistance, Career Readiness, and Linkages to Mainstream Services.



# Contact Information

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# Supporting Military Families: Services and Resources for Active Duty and Veteran Fathers



**Daniel Romero**  
Senior Program Director  
SAY San Diego, CA

**December 13, 2017**



# Social Advocates for Youth (SAY)

## San Diego, CA.

- Founded in 1971 with prevention services for struggling youth
  - Now, 30+ programs to strengthen whole child, whole family, whole community.
- Military-specific interconnected programs:
  - Dads Corps (formerly “Dads on Duty”)
  - Military Family Resource Center
  - First 5, First Steps
  - Playgroups
  - Parent Empowerment Academies
  - Health and Wellness Programs
- Mix of civilian and military participants leads to different environments, but can be extremely beneficial for ALL.
- Provide strengths based approach and trauma informed care.



# Work with Military Families

- Common perspective of military:
  - hard working, dedicated, organized, disciplined, intelligent
- “Military” = Unique culture (language, acronyms, hierarchy, etc.)
- Sample Needs of Active Duty Families:
  - Single-parent households
  - Childcare challenges
  - Qualification for basic needs programs (BAH-Basic Allowance for Housing)
  - Lack of support systems/Social Isolation
- Sample Needs of Veteran Families:
  - Assimilation to “Civilian Life”
  - Access to resources
  - Lack of camaraderie or “brotherhood”
  - Loss of identity
  - Cross-walking employment



# Challenges to Consider

- Community Make-Up
  - Military-Focused communities: many resources, duplication of services
  - Small Town communities: few resources to connect with military families
  - Metropolitan areas: can be difficult to identify clients for services
  - Overseas communities: language, cultural barriers in supporting families
- Transitions
  - 2-4 year cycle is a part of life for many military families
  - Changes in schools for children
  - Transition to civilian life often challenging
- Social Isolation
  - High spouse unemployment
  - Childcare issues



# Other Factors to Consider When Working with Military Families

- Language Matters
  - Avoid “trigger words” or language that connotes weakness or opinion
  - “Support” vs. “Help” / “PTSD” / “Where are you from?” / “Sir” / “Time Telling”
- Perception vs. Reality:
  - “on-base supports” vs. “civilian resources”
- Importance of word of mouth:
  - clients’ sharing positive experiences can boost recruitment
- Gain credibility by “showing up”



# Other Factors to Consider When Working with Military Families (cont.)

- Shared experiences create opportunities - Peer Navigation and Peer Support
  - [Courage2Call](#) (San Diego hotline)
  - [Zero8hundred](#) (transition to civilian life, San Diego)
- Assess all factors (environmental and internal)
  - Avoid making assumptions, problems don't just come from combat.
  - [Mental Health First Aid](#)
- Treat clients with dignity while supporting their families
  - Don't treat clients and their families as “experiments.”



# Questions to Answer Before Starting Your Fatherhood Program

- How will you handle client deployments and transitions?
- How will you connect clients to vital resources?
- What kind of culture will your program create?
- How will you establish “common ground” for each cohort of individuals?
- Will you keep members connected following classes?
- How can you offer support to help a family gain stability?
- How might other programs be weaved into your program design?



# Creating Your Fatherhood Initiative

- Draw on the needs of military fathers:

For Active Duty fathers, time is precious:

- Who can you engage in family unit? Spouse/Partner? Youth?
- Connect to Command Leadership or other “Key Connectors” to move your message forward.
- Consider commitments at home and how you can bring in key program supports (childcare and food).

For Veteran fathers, self-identification is important:

- You need to be present within the community landscape.
- Re-create a sense of community and connection to community.



# Creating Your Fatherhood Initiative

- Be a connector
  - Understand fathers may need other supports before they engage with your services.
- Incorporate “service” into program design
  - Volunteering is a key component in career progression in the service.
  - It can be a way to build community.



# Building Your Fatherhood Initiative

- Tackle the work together - build a collective impact
  - On-base resource providers (childcare and food can't always be provided)
  - Provide a forum to learn about the community's needs
  - For example: [San Diego Military Family Collaborative](#) and [San Diego Veterans Coalition](#)
- Rally around “Service gaps”
  - Financial/Basic Needs
  - Legal Support
  - Childcare
  - Housing
  - Health
  - Employment
  - Preschool
  - Parenting
  - Special Needs Children
- Look for unlikely partners
  - Theater groups
  - Child Welfare Services
  - Churches
  - Housing groups
  - Youth groups



# Most Importantly...

- Find ways to elicit participants' thoughts and opinions as a feedback mechanism.
- Empower participants by giving them roles and purpose.
- Continue to innovate to better meet clients' needs.
- Stay attuned to changing dynamics in your community.
- Educate and train staff, volunteers, and participants with information about relevant resources, current events, and other vital information.
- **HAVE FUN!**



# Resources

- [Mental Health First Aid](#)
  - An 8-hour course for professionals (e.g., police officers, human resource directors, primary care workers), and others interested in learning about mental illness and addiction.
- [Military One Source](#)
  - Parenting and relationship resources for military families.
- [Blue Star Families](#)
  - Annual Military Family Lifestyle Survey
- Resiliency during deployments:
  - [FOCUS](#) and [United Through Reading](#)
- [PsychArmor Institute](#)
  - Free online education and support for those who work with, live with, or care for military service members, Veterans, and their families.



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# Q & A



**Please enter any questions in the Q&A box at the bottom-right of your screen.**



# Contact Us

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  - Comments, questions, suggestions for future webinar topics, information or resources that you recommend.
- Today's presenters:
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