



Working with Fathers to Identify and Resolve Substance Abuse Problems

January 30, 2014





National Responsible Fatherhood Clearinghouse Overview

- Office of Family Assistance (OFA) funded national resource for fathers, practitioners, programs/Federal grantees, states, and the public at-large who are serving or interested in supporting strong fathers and families.
- NRFC Director: Kenneth Braswell, Sr.
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- NRFC Manager: Patrick J. Patterson
e-mail: patrick.patterson@icfi.com



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- Visit the NRFC: www.fatherhood.gov
 - www.fatherhood.gov/toolkit for *Responsible Fatherhood Toolkit*.
 - www.fatherhood.gov/webinars for archives of all our webinars.
- Contact any of our staff: info@fatherhood.gov
- Encourage fathers or practitioners to contact our national call center toll-free at **1-877-4DAD411 (877-432-3411)**.
- Engage with us via social media:
Facebook: [Fatherhoodgov](https://www.facebook.com/Fatherhoodgov) Twitter: [@Fatherhoodgov](https://twitter.com/Fatherhoodgov)
- See website for information on the *President's Fatherhood and Mentoring Initiative* and NRFC *Fatherhood Buzz* events.
- Look for examples of our *Annual Media Campaign* designed to promote the Responsible Fatherhood field.





National Responsible Fatherhood Clearinghouse Overview

Resources are available for:

- **Dads** looking for tips, hints & activities for dads and kids (see *DadTalk Blog* and "*For Dads*" corner).
- **Fatherhood programs** looking to get started or expand (check out "*For Programs*" and *webinars*).
- **Researchers and policy makers** looking for the latest on responsible fatherhood (search our *Library*).



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Working with Fathers to Identify and Resolve Substance Abuse Problems

Ted N. Strader, MS, CPS
Executive Director
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Substances (COPES)
Louisville, KY
January 30, 2014



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In American culture there seem to be several threats toward young men developing the attitudes, values and skills necessary to become Responsible Fathers.



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One major common threat is unhealthy involvement with alcohol and drugs.

- By unhealthy, in this context, I generally mean both **regular abuse** (alcohol and/or drug intoxication for recreation/relaxation) **and alcoholism/chemical dependency/addiction**.
- Unhealthy alcohol/drug involvement (also includes **illegal sales and distribution**) which threatens personal freedom and father absence due to possible incarceration.





People who are harmfully involved with alcohol and drugs often experience serious negative consequences in important Fatherhood roles.

- Parenting: Children are impacted negatively.
- Relationships: Spouses are impacted negatively.
- Employment: Employers are impacted negatively.



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Would we all agree that Responsible Fatherhood requires responsible alcohol and drug use decision making?

- Low risk use.
 - i.e. alcohol with meals, two or fewer drinks per day.
- Abstinence.
 - Avoiding drug use for the purpose of intoxication.
- Recovery.
- Ability to communicate these healthy substance abuse related attitudes and behaviors to children.





It seems that Responsible Fatherhood programs would do well to consider some form of non-judgmental, caring and supportive alcohol and drug screening for all participants.



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Recommendations

Fatherhood (and Healthy Marriage) Programs should consider:

- Providing brief, but effective alcohol and drug screenings. This often requires staff screening and staff training for effective administration.
- Establishing ongoing access to an effective alcohol and drug consultant/consulting agency.
- Instituting an effective drug prevention/early intervention component/curriculum.
- Establishing an effective local, culturally sensitive addiction treatment referral network.



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Andrew Gaddy, CADC
Coordinator

Pathways to Responsible Fatherhood Program
McDermott Center dba Haymarket Center

January 30, 2014




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Haymarket's Pathways to Responsible Fatherhood Program

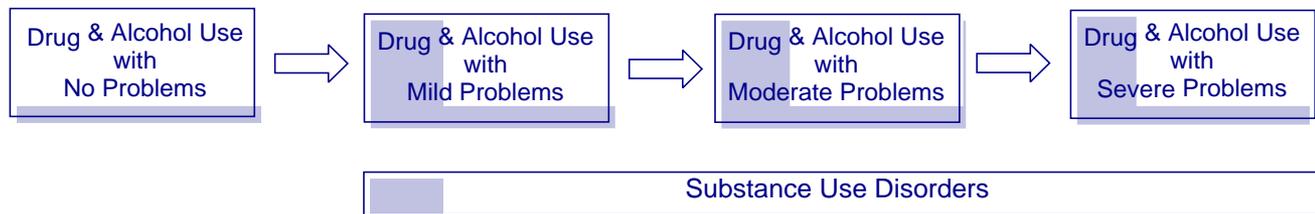
- Haymarket's *Pathways to Responsible Fatherhood* Program is fully integrated within a comprehensive substance use disorders treatment facility.
- Most, but not all, of the men we work with come to the program knowing that we help with substance use disorders.
- **Synergistic Effects**
 - Recovery can help men become responsible fathers and stop intergenerational trauma and abuse.
 - Responsible fatherhood programming can help fathers in their recovery.





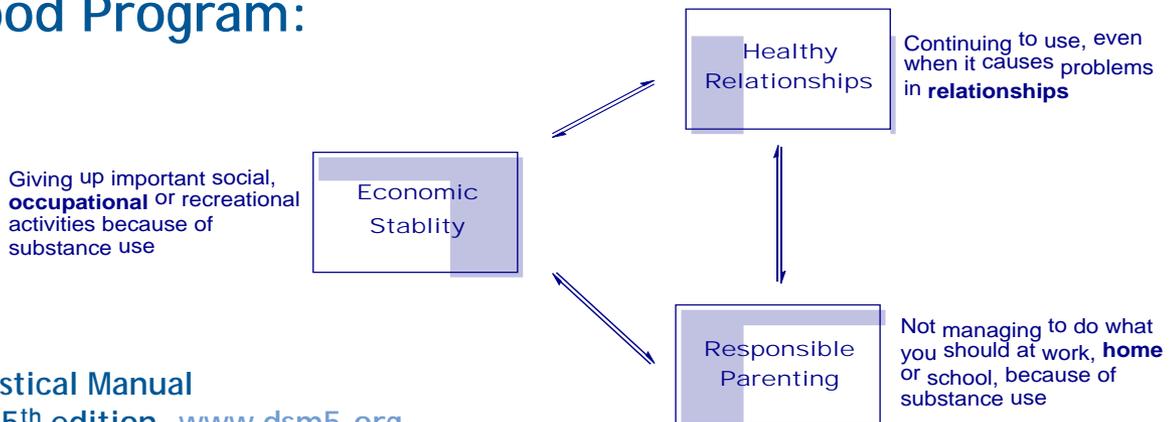
What are Substance Use Disorders?

- Substance Use disorders (SUDs) are chronic relapsing diseases from which recovery is possible.
- Continuum of Alcohol and Drug Use (Based on DSM V*)



Severity is diagnosed based on the number of 11 possible problems (or symptoms) present.

- Three of the symptoms overlap with ACF/OFA approved activities for the Pathways to Responsible Fatherhood Program:



*Diagnostic and Statistical Manual of Mental Disorders, 5th edition, www.dsm5.org



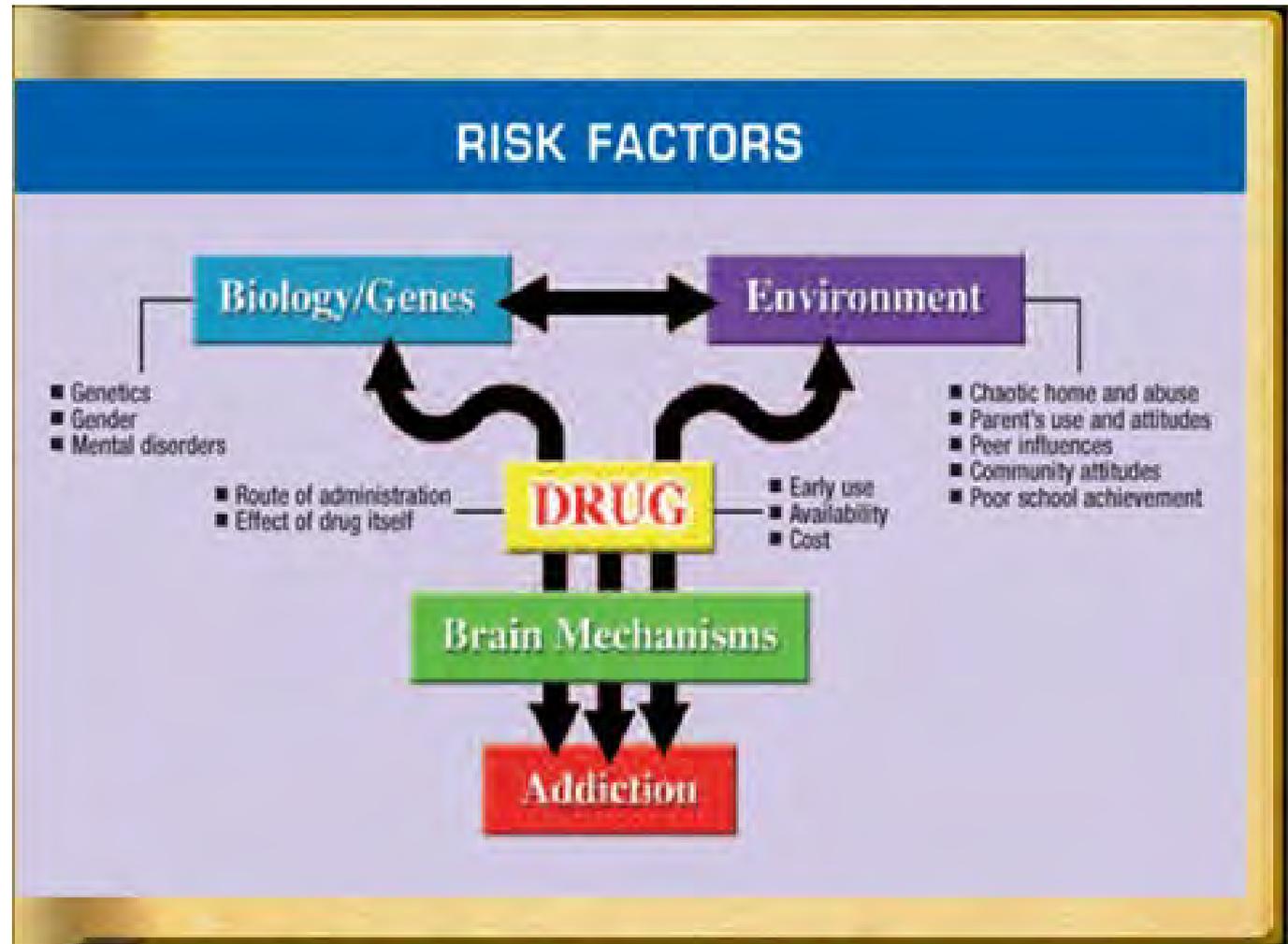
Identifying Substance Use Disorders

- Goal: determine where fathers are on continuum of alcohol and drug use.
 - Use evidence-based screening and assessment tools.
 - Requires training to implement and interpret.
 - Screen for possible presence of a substance use disorder.
 - Assessment to diagnose the severity and presence of SUDs and make treatment recommendations.
 - In general fatherhood programs, don't push too hard on this up front or you risk losing dads.
- Goal: Help fathers make the connection between their problems and their drug and alcohol use.
 - Bring the subject up gradually, gain their trust, engage dads in group and one-on-one discussion; for example:
 - Explore their experiences growing up.
 - Explore personal and intergenerational alcohol and drug use history.
 - Guide them to reflect on reasons for alcohol/drug use and messages they may be sending to their children.





Risk Factors for Substance Use Disorders



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Fathers may find that even if they make a decision on their own to stop, they cannot.

“Addiction is a chronic, relapsing brain disease ... drugs change the brain - they change its structure and how it works. These brain changes can be long lasting and can lead to many harmful, often self-destructive, behaviors.”

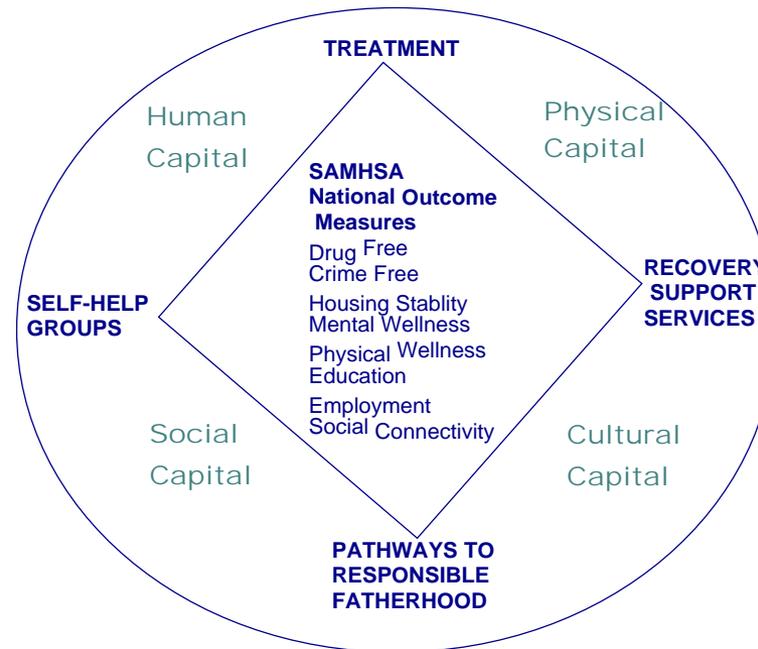
National Institute on Drug Abuse





Tips for Helping Fathers Resolve Substance Use Disorders

- Provide integrated services that help fathers build “recovery capital” to achieve SAMHSA National Outcome Measures for people who are striving to attain and sustain recovery.



Recovery capital is resources that help fathers with SUDs sustain recovery over time.

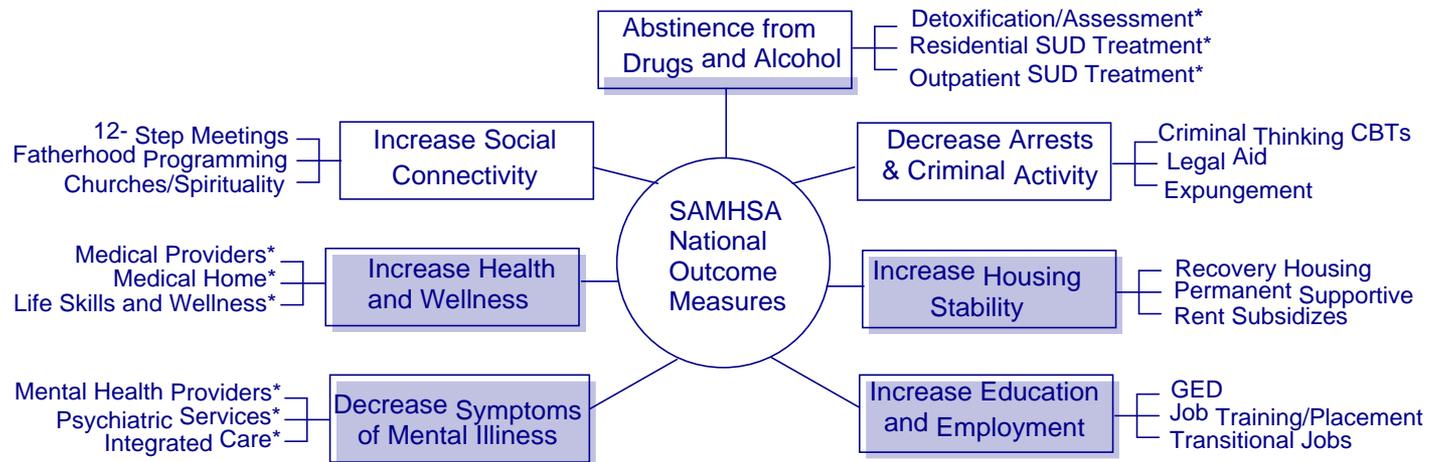
- Use evidence based fatherhood practices that integrate substance use education and promote family based treatment approaches.

- **AND/OR ESTABLISH EFFECTIVE REFERRAL NETWORKS**



Establishing Effective Referral Networks

- The most effective referral networks for fatherhood programs will provide support services that build recovery capital and achieve SAMHSA National Outcome Measures for fathers with substance use disorders.



*Intersects with the Affordable Care Act

- Ensure all fathers are linked to in-person counselors and enrolled in Medicaid or a Qualified Health Plan.



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Recommendations

To identify problems and help dads acknowledge

- Establish a culture of physical, mental, chemical, and spiritual health in fatherhood programs.
- Don't push screening too hard up front in general programs.
- Coordinate with addictions providers with experience in motivational interviewing.
- Link clients to medical, mental health, substance use screenings.
- Hire fathers in recovery as staff members to serve as group facilitators, mentors and coaches.

To enhance recovery and strengthen families

- Use an Integrated Self-Help and Professional Approach.
- Involve fathers in recovery to motivate other fathers.
- On-site Peer Groups (AA, NA, CA) and linkage to other peer meetings.
- Provide Area Meeting Directories and Recovery Literature (www.aa.org).
- Connect to retreats and other recovery events.
- Family counseling to reunite fathers with children and mothers.
- Family Interaction Nights where fathers can practice skills learned from evidence based practices (e.g. 24/7 Dad; CLFC etc.).



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Resources for Fathers and Practitioners who Work with Them

- **SAMHSA Behavioral Health Treatment Services Locator**
<http://findtreatment.samhsa.gov/>
- **SAMHSA/HRSA Center for Integrated Health Solutions (Assessments)**
<http://www.integration.samhsa.gov/clinical-practice/screening-tools#drugs>
- **Above the Influence (Prevention for Teens)**
<http://www.abovetheinfluence.com/>
- **SAMHSA Faces of Change: Do I Have a Problem with Alcohol or Drugs?**
<http://store.samhsa.gov/shin/content/SMA12-4174/SMA12-4174.pdf>
- **Alcoholics Anonymous**
<http://www.aa.org/?Media=PlayFlash>
- **Drugs, Brains, and Behavior: The Science of Addiction**
<http://www.drugabuse.gov/publications/drugs-brains-behavior-science-addiction/addiction-health>
- **Office of National Drug Control Policy (Information on Drugs)**
<http://www.whitehouse.gov/ondcp>
- **ACF/OFA Help for Families (Services in Your Area)**
<http://www.acf.hhs.gov/programs/ofa/help>



Contact Information

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The Creating Lasting Family Connections® Approach- Developed by COPES, Inc.

COPES, Inc. has a 35 year history of providing and developing Family Strengthening, Substance Abuse Prevention, Fatherhood, and Marriage Programs.

All programs are evidence-based and listed on SAMHSA's National Registry of Evidence-based Programs and Practices (NREPP).



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The Creating Lasting Family Connections® Approach- Developed by COPES, Inc.

COPES, Inc. has developed:

- Evidence-based **Substance Abuse Prevention** program for families.
 - Used in all 50 states.
- **Fatherhood Program** for reentry/recovery population.
 - Improved 9 relationship skills and reduced prison recidivism by 60%.
- **Marriage Enhancement Program.**
 - Improved 9 relationship skills.
 - Improved treatment and prison recidivism outcomes.



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The Creating Lasting Family Connections® Approach- Developed by COPES, Inc.

We achieved publishable/evidence-based results because:

- a. We understand fathers and families.
- b. We understand the minority and/or “less than” experience (of reentry, recovery, etc...).
- c. We understand substance use, abuse prevention, intervention and treatment.
- d. We are non-judgmental and welcoming.



The Creating Lasting Family Connections® Key Programmatic Steps

- Screen for substance abuse at intake.
- Employ successful minority, reentry, and recovering staff.
- Utilize trained and certified prevention, treatment and CLFC staff.
- CLFC Fatherhood curriculum includes parenting, communication, refusal skills, healthy/safe sex, and substance abuse components
- Designed to provide intergenerational outcomes for parents and children.
- Broad array of male- and minority-sensitive referral partner agencies that address substance abuse treatment and recovery support.
- Maintain a deep, collaborative relationship with Corrections, Probation/Parole and treatment provider partners for ongoing Joint Intervention Meetings (JIMs).



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Sample Screening Questions*

- Have you ever felt that you ought to cut down on your drinking or drug use?
- Have people annoyed you by criticizing your drinking or drug use?
- Have you ever felt bad or guilty about your drinking or drug use?
- Have you ever had a drink or used drugs first thing in the morning to steady your nerves or to get rid of a hangover?
- Have you ever worried about taking a drug test for a job?

*Adapted from C.A.G.E: Richard Brown, M.D.





For more information:

- Ted Strader, COPES, Inc., Louisville, KY
tstrader@sprynet.com, 502-583-6820, www.copes.org
- SAMHSA article: *Intersection of Treatment and Prevention: Prevention and Recovery-Informed Care*
 - http://www.dsgonline.com/rtp/enews/2013/2013_07_25/enews_2013_07_25.html
- COPES substance abuse program:
 - <http://nrepp.samhsa.gov/ViewIntervention.aspx?id=82>
- COPES fatherhood program:
 - <http://www.nrepp.samhsa.gov/ViewIntervention.aspx?id=324>
- COPES marriage enhancement program
 - <http://www.nrepp.samhsa.gov/ViewIntervention.aspx?id=322>



A few thoughts based on the discussion - Nigel Vann

- As with addressing domestic violence in fatherhood programs:
 - Important to build effective partnerships and referral networks.
 - Be careful not to stress formal screening too much up front.
 - Fully address in staff training.
- Keys to all good fatherhood work are:
 - Creating a sense of trust and safety with clients.
 - Engaging them in a process of self-reflection.
 - Raising self-awareness and helping them experience “ah hah” moments, such as “maybe my substance use is a problem as a parent.”
 - Providing resources and skills for self-improvement.
- A responsible father is a good role model.



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What do we mean by “Responsible Fatherhood?”

“Responsible fathering means taking responsibility for a child’s intellectual, emotional, and financial well-being. This requires being present in a child’s life, actively contributing to a child’s healthy development, sharing economic responsibilities, and cooperating with a child’s mother in addressing the full range of a child’s and family’s needs.”

The White House (2012),
Promoting Responsible Fatherhood,
<http://www.fatherhood.gov/library/dad-stats>



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