

Part 1: Father Engagement Skill-Building Session

Healthy Start Regions 1, 2,
& 3 Meeting

Monday, April 24 from 11:45-12:45



Healthy Start Regional Meeting

Father Engagement Skill-building Session

Monday, April 24th 2023

San Antonio, TX



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National Healthy Start Association



Jason Perry, Founder and Visionary, Oak Tree
Leadership



An abstract oil painting featuring a Black man and woman. The man, on the left, is depicted with dark skin, a white shirt, and a red tie. The woman, on the right, has dark skin and is wearing a white top. They are both looking towards the viewer. The background is a mix of grey, white, and yellow, with a large yellow shape above the woman's head. The overall style is expressive and textured.

Illustration by Andrea Ventura.

“It is easier to build strong children
than to repair broken men”
[Frederick Douglass].

If our children are
truly going to be
strong, we have
to build and
restore
fatherhood,
especially in
Black families.

skill-building session – Father Engagement in HS



Healthy Start Regional Meeting | Father Engagement Skill-building Session

skill-building session – Father Engagement in HS



Canadian Photographer, Zun Lee | www.zunlee.com

Program Scarborough

MCC

- Fathers impact on IMR//MMR
- Importance of early connection
- BMs



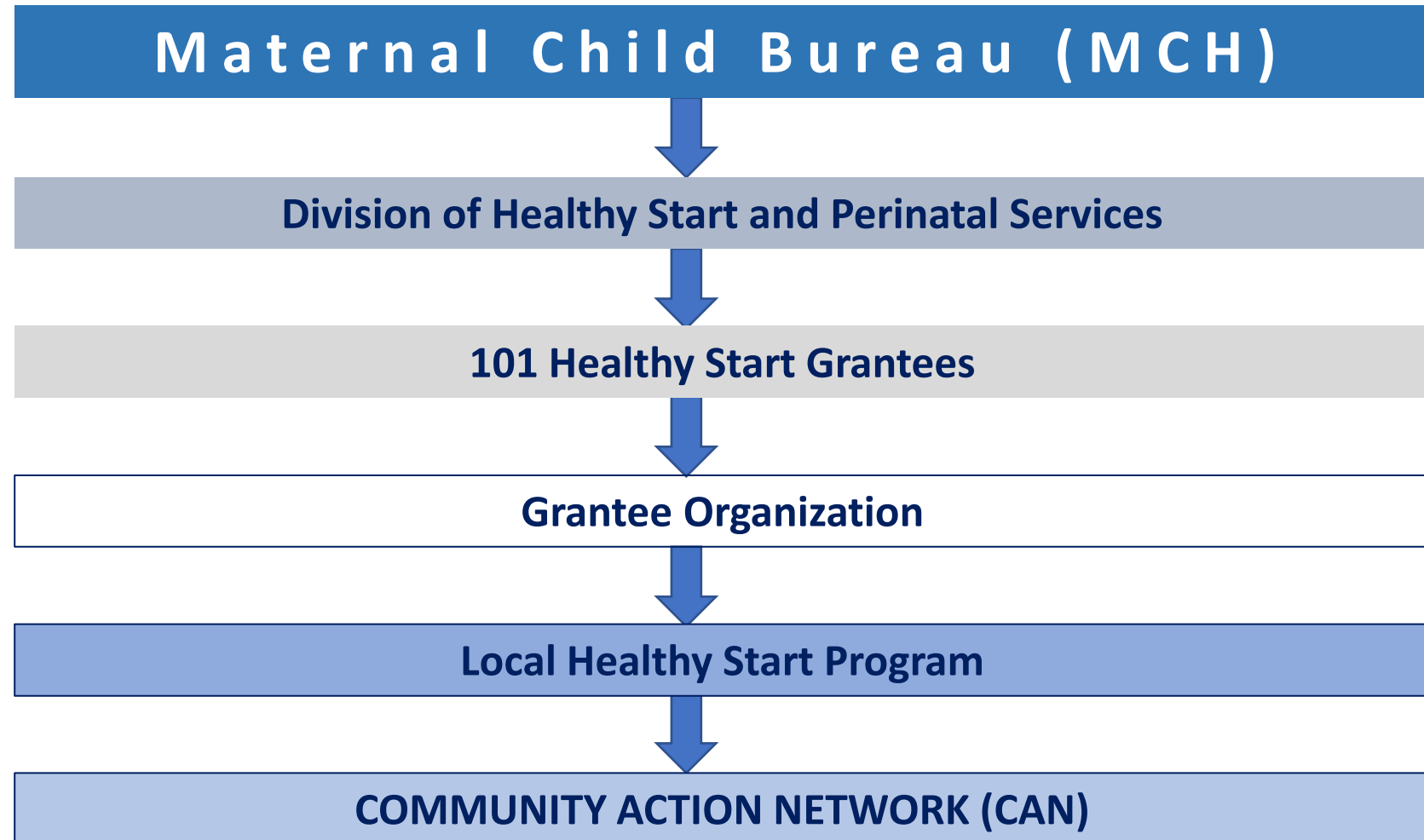
Fatherhood Inclusion

- ✓ ☒ Resources dedicated to father inclusion
- ✓ ☒ Fatherhood a required component
- ✓ ☒ Expectation for integration and serving 100 fathers/partners

- ✓ ☒ Responded to NOFO father inclusion in program design

- ✓ ☒ Implementation of services for fathers/partners

- ✓ ☒ Build community partnerships to sustain father engagement



Connecting fathers to mothers and birthing people, pregnancy
and birth and birth outcomes

*Infant Mortality
Maternal Mortality*

MCH Fatherhood

Fatherhood within a maternal and child health (MCH) framework



HEALTHY
start
TA & SUPPORT CENTER

NATIONAL
HEALTHY START
ASSOCIATION



building fatherhood

fatherhood across the timeline



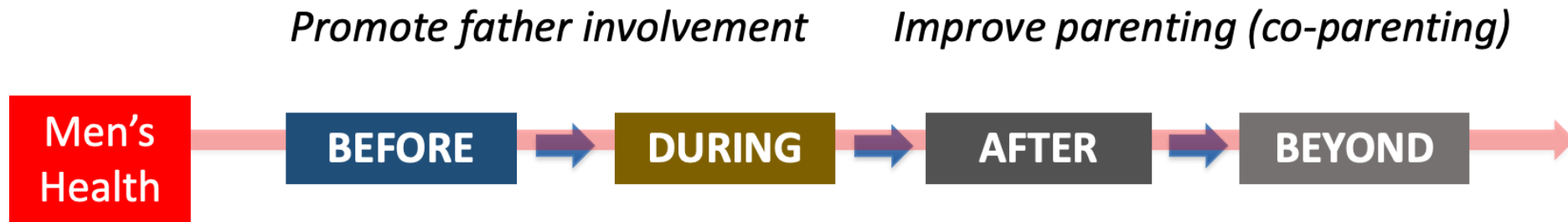
Father Involvement



□ INCLUSION

□ CONNECTION

□ ENGAGEMENT



NHSA CAM© Model for Fatherhood/Male Involvement based on **A Community Perspective on the Role of Fathers During Pregnancy: A Qualitative Study** - Amina P. Alio, Cindi A. Lewis, Kenneth Scarborough, Kenn Harris and Kevin Fiscella, BMC, Childbirth and Pregnancy, 2013

A community perspective on the role of fathers during pregnancy: a qualitative study

Amina P Abo^{1,2}, Cindi A Lewis³, Kenneth Scarborough⁴, Kenn Harris⁵ and Kevin Ficek^{6,7}

Abstract
Background: Defining male involvement during pregnancy is essential for the development of future research and appropriate interventions to optimize services aiming to improve birth outcomes. **Study Aim:** To define male involvement during pregnancy and obtain community-based recommendations for interventions to improve male involvement during pregnancy.
Methods: We conducted focus groups with mothers and fathers from the National Healthy Start Association program in order to obtain detailed descriptions of male involvement activities, benefits, barriers, and proposed solutions for increasing male involvement during pregnancy. The majority of participants were African American parents.
Results: The involved "male" was identified as either the biological father, or the current male partner of the pregnant woman. Both men and women described the ideal involved father or male partner as present, accessible, available, understanding, willing to learn about the pregnancy process and eager to provide emotional, physical and financial support to the woman carrying the child. Women emphasized a sense of "togetherness" during the pregnancy. Suggestions included creating male-targeted prenatal programs, enhancing current interventions targeting females, and increasing healthcare providers' awareness of the importance of men's involvement during pregnancy.
Conclusions: Individual, family, community, societal and policy factors play a role in barring or diminishing the involvement of fathers during pregnancy. Future research and interventions should target these factors and their interaction in order to increase fathers' involvement and thereby improve pregnancy outcomes.
Keywords: Pregnancy, Father involvement, Healthy start and fathers

Background
Paternal involvement (PI) has been recognized to have an impact on pregnancy and infant outcomes [1-6]. When fathers are involved during pregnancy, maternal negative health behaviors diminish and risk of preterm birth, low birth weight and fetal growth restriction is significantly reduced [1-6,6]. PI has also been associated with infant mortality up to one year after birth [2]. When these findings were stratified by race, several studies report that the risks of adverse birth outcomes and subsequent infant mortality were markedly higher for African-American mothers [1,2,4,7].

Whether measured through proxies such as paternal information on birth certificates, maternal report of paternal activities (support, presence at pregnancy-related health appointments), or marital/partnership status, findings point to the important contributions fathers can make to improving birth outcomes [1-6,6]. Researchers have proposed that the mechanisms through which PI affects birth outcomes are primarily linked to the impact fathers can have on influencing maternal behaviors and reducing maternal stress through emotional, logistical and financial support [6]. For example, pregnant women with involved partners have been found to be more likely to receive early prenatal care and to reduce cigarette smoking [9,10]. Other studies have suggested that support from fathers serves to alleviate the

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7,8,14,15,16,17,18,19,20,21,22,23,24,25,26,27,28,29,30,31,32,33,34,35,36,37,38,39,40,41,42,43,44,45,46,47,48,49,50,51,52,53,54,55,56,57,58,59,60,61,62,63,64,65,66,67,68,69,70,71,72,73,74,75,76,77,78,79,80,81,82,83,84,85,86,87,88,89,90,91,92,93,94,95,96,97,98,99,100,101,102,103,104,105,106,107,108,109,110,111,112,113,114,115,116,117,118,119,120,121,122,123,124,125,126,127,128,129,130,131,132,133,134,135,136,137,138,139,140,141,142,143,144,145,146,147,148,149,150,151,152,153,154,155,156,157,158,159,160,161,162,163,164,165,166,167,168,169,170,171,172,173,174,175,176,177,178,179,180,181,182,183,184,185,186,187,188,189,190,191,192,193,194,195,196,197,198,199,200,201,202,203,204,205,206,207,208,209,210,211,212,213,214,215,216,217,218,219,220,221,222,223,224,225,226,227,228,229,230,231,232,233,234,235,236,237,238,239,240,241,242,243,244,245,246,247,248,249,250,251,252,253,254,255,256,257,258,259,260,261,262,263,264,265,266,267,268,269,270,271,272,273,274,275,276,277,278,279,280,281,282,283,284,285,286,287,288,289,290,291,292,293,294,295,296,297,298,299,300,301,302,303,304,305,306,307,308,309,310,311,312,313,314,315,316,317,318,319,320,321,322,323,324,325,326,327,328,329,330,331,332,333,334,335,336,337,338,339,340,341,342,343,344,345,346,347,348,349,350,351,352,353,354,355,356,357,358,359,360,361,362,363,364,365,366,367,368,369,370,371,372,373,374,375,376,377,378,379,380,381,382,383,384,385,386,387,388,389,390,391,392,393,394,395,396,397,398,399,400,401,402,403,404,405,406,407,408,409,410,411,412,413,414,415,416,417,418,419,420,421,422,423,424,425,426,427,428,429,430,431,432,433,434,435,436,437,438,439,440,441,442,443,444,445,446,447,448,449,450,451,452,453,454,455,456,457,458,459,460,461,462,463,464,465,466,467,468,469,470,471,472,473,474,475,476,477,478,479,480,481,482,483,484,485,486,487,488,489,490,491,492,493,494,495,496,497,498,499,500,501,502,503,504,505,506,507,508,509,510,511,512,513,514,515,516,517,518,519,520,521,522,523,524,525,526,527,528,529,530,531,532,533,534,535,536,537,538,539,540,541,542,543,544,545,546,547,548,549,550,551,552,553,554,555,556,557,558,559,560,561,562,563,564,565,566,567,568,569,570,571,572,573,574,575,576,577,578,579,580,581,582,583,584,585,586,587,588,589,590,591,592,593,594,595,596,597,598,599,600,601,602,603,604,605,606,607,608,609,610,611,612,613,614,615,616,617,618,619,620,621,622,623,624,625,626,627,628,629,630,631,632,633,634,635,636,637,638,639,640,641,642,643,644,645,646,647,648,649,650,651,652,653,654,655,656,657,658,659,660,661,662,663,664,665,666,667,668,669,670,671,672,673,674,675,676,677,678,679,680,681,682,683,684,685,686,687,688,689,690,691,692,693,694,695,696,697,698,699,700,701,702,703,704,705,706,707,708,709,710,711,712,713,714,715,716,717,718,719,720,721,722,723,724,725,726,727,728,729,730,731,732,733,734,735,736,737,738,739,740,741,742,743,744,745,746,747,748,749,750,751,752,753,754,755,756,757,758,759,760,761,762,763,764,765,766,767,768,769,770,771,772,773,774,775,776,777,778,779,780,781,782,783,784,785,786,787,788,789,790,791,792,793,794,795,796,797,798,799,800,801,802,803,804,805,806,807,808,809,810,811,812,813,814,815,816,817,818,819,820,821,822,823,824,825,826,827,828,829,830,831,832,833,834,835,836,837,838,839,840,841,842,843,844,845,846,847,848,849,850,851,852,853,854,855,856,857,858,859,860,861,862,863,864,865,866,867,868,869,870,871,872,873,874,875,876,877,878,879,880,881,882,883,884,885,886,887,888,889,890,891,892,893,894,895,896,897,898,899,900,901,902,903,904,905,906,907,908,909,910,911,912,913,914,915,916,917,918,919,920,921,922,923,924,925,926,927,928,929,930,931,932,933,934,935,936,937,938,939,940,941,942,943,944,945,946,947,948,949,950,951,952,953,954,955,956,957,958,959,960,961,962,963,964,965,966,967,968,969,970,971,972,973,974,975,976,977,978,979,980,981,982,983,984,985,986,987,988,989,990,991,992,993,994,995,996,997,998,999,1000,1001,1002,1003,1004,1005,1006,1007,1008,1009,1010,1011,1012,1013,1014,1015,1016,1017,1018,1019,1020,1021,1022,1023,1024,1025,1026,1027,1028,1029,1030,1031,1032,1033,1034,1035,1036,1037,1038,1039,1040,1041,1042,1043,1044,1045,1046,1047,1048,1049,1050,1051,1052,1053,1054,1055,1056,1057,1058,1059,1060,1061,1062,1063,1064,1065,1066,1067,1068,1069,1070,1071,1072,1073,1074,1075,1076,1077,1078,1079,1080,1081,1082,1083,1084,1085,1086,1087,1088,1089,1090,1091,1092,1093,1094,1095,1096,1097,1098,1099,1100,1101,1102,1103,1104,1105,1106,1107,1108,1109,1110,1111,1112,1113,1114,1115,1116,1117,1118,1119,1120,1121,1122,1123,1124,1125,1126,1127,1128,1129,1130,1131,1132,1133,1134,1135,1136,1137,1138,1139,1140,1141,1142,1143,1144,1145,1146,1147,1148,1149,1150,1151,1152,1153,1154,1155,1156,1157,1158,1159,1160,1161,1162,1163,1164,1165,1166,1167,1168,1169,1170,1171,1172,1173,1174,1175,1176,1177,1178,1179,1180,1181,1182,1183,1184,1185,1186,1187,1188,1189,1190,1191,1192,1193,1194,1195,1196,1197,1198,1199,1200,1201,1202,1203,1204,1205,1206,1207,1208,1209,1210,1211,1212,1213,1214,1215,1216,1217,1218,1219,1220,1221,1222,1223,1224,1225,1226,122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A few observations to date

Father involvement is related to positive cognitive, developmental, and socio-behavioral child outcomes, such as improved weight gain in preterm infants, improved breastfeeding rates, higher receptive language skills, and higher academic achievement. (Source: [Garfield, C. F., & Isacco, A. \(2006\). Fathers and the well-child visit, Pediatrics, 117, 637-645](#))

Teitler, J. O. (2001). [Father involvement, child health and maternal health behavior. Children and Youth Services Review, 23\(4-5\), 403-425](#)

[A Community Perspective on the Role of Fathers During Pregnancy:](#)

A Qualitative Study - Amina P. Alio, Cindi A. Lewis, Kenneth Scarborough, Kenn Harris and Kevin Fiscella, BMC, Childbirth and Pregnancy, 2013

[Where is the F in MCH?](#) Father Involvement in African American Families - Michael C. Lu, MD, MPH; Loretta Jones, MA; Melton J. Bond, PhD; Kynna Wright, PhD, MPH; Maiteeny Pumpuang, MPH; Molly Maidenber, MSW, MPH; Drew Jones, MPH; Craig Garfield, MD, MAPP; Diane L. Rowley, MD, MPH, Ethnicity & Disease, Volume 20, Winter 2010: S2-49-S2-61

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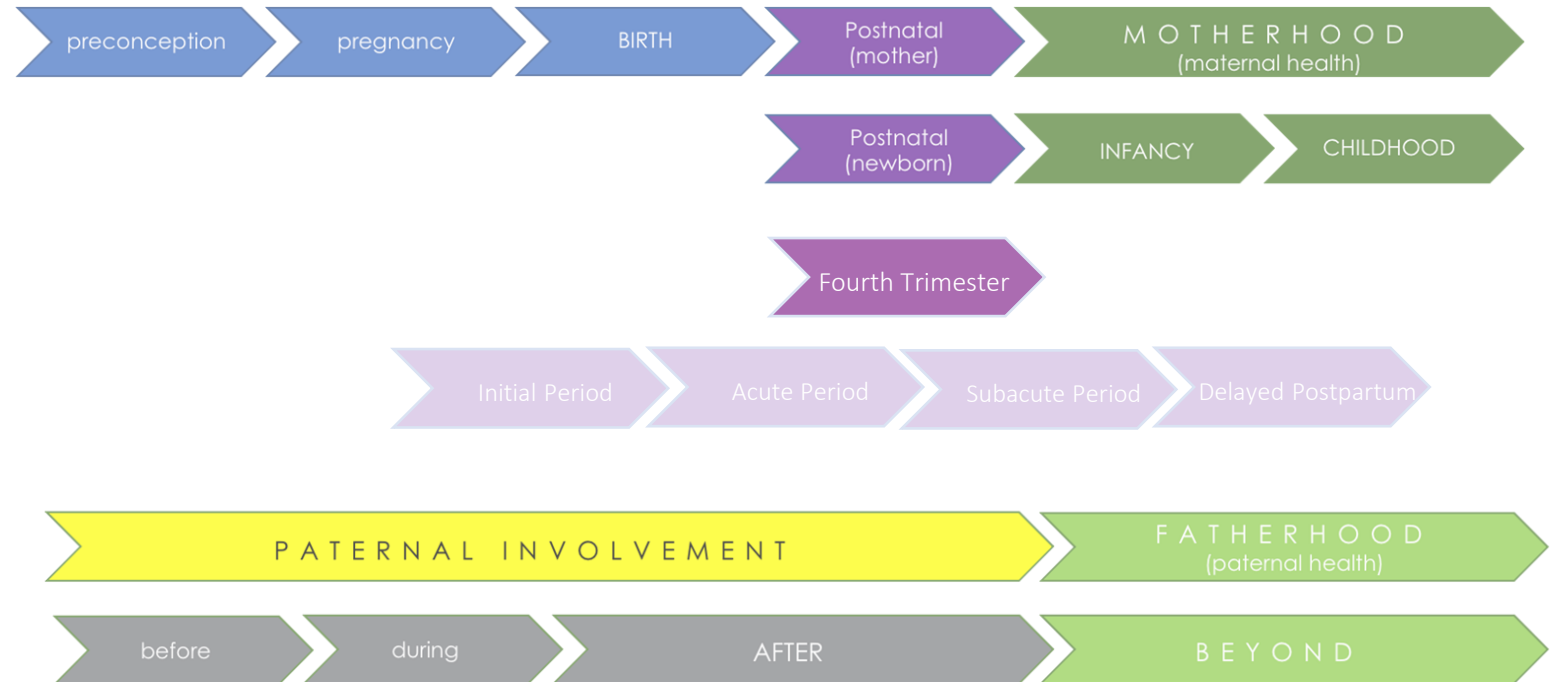
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HS BENCHMARKS

1. Increase the proportion of HS women and child participants with health insurance to 90 percent (reduce uninsured to less than 10 percent).
2. Increase the proportion of HS women participants who have a documented reproductive life plan to 90 percent.
3. Increase the proportion of HS women participants who receive a postpartum visit to 80 percent.
4. Increase proportion HS women and child participants who have a usual source of medical care to 80 percent.
5. Increase proportion of HS women participants that receive a well- woman visit to 80 percent.
6. Increase proportion of HS women participants who engage in safe sleep practices to 80 percent.
7. Increase proportion of HS child participants whose parent/ caregiver reports they were ever breastfed or pumped breast milk to feed their baby to 82 percent.
8. Increase proportion of HS child participants whose parent/ caregiver reports they were breastfed or fed breast milk at 6 months to 61 percent.
9. Increase the proportion of pregnant HS participants that abstain from cigarette smoking to 90 percent.
10. Reduce the proportion of HS women participants who conceive within 18 months of a previous birth to 30 percent.
11. Increase proportion of HS child participants who receive the last age-appropriate recommended well child visit based on AAP schedule to 90 percent.
12. Increase the proportion of HS women participants who receive depression screening and referral to 100 percent.
13. Increase proportion of HS women participants who receive intimate partner violence (IPV) screening to 100 percent.
14. **Increase proportion of HS women participants that demonstrate father and/or partner involvement (e.g., attend appointments, classes, etc.) during pregnancy to 90 percent.**
15. **Increase proportion of HS women participants that demonstrate father and/or partner involvement (e.g. attend appointments, classes, infant/child care) with their child participant to 80 percent.**
16. **Increase the proportion of HS child participants aged <24 months who are read to by a parent or family member 3 or more times per week to 50 percent.**
17. Increase the proportion of HS programs with a fully implemented Community Action Network (CAN) to 100 percent.
18. Increase the proportion of HS programs with at least 25 percent community members and HS program participants serving as members of their CAN to 100 percent.
19. Increase the proportion of HS programs who establish a QI and performance monitoring process to 100 percent.

CORE Elements for Connections along Maternal Care Continuum (MCC)

1. Preconception
 - ☐ Health
 - ☐ Care/planning
2. Pregnancy
 - ☐ 1st, 2nd, 3rd Trimester
3. Birth
 - ☐ Breastfeeding
4. Post-partum
 - ☐ 4th Trimester
 - ☐ RLP
5. Pediatrics
 - ☐ Early/Infant care
6. Parenting
 - ☐ early childhood development
7. Beyond



skill-building session – Father Engagement in HS
Harris, Scarborough, Bugg



Practitioner Scarborough

Sustaining Engagement

- Focusing on the work of the practitioners
- Connecting with HS staff
- Role of practitioners



Sustaining Engagement

- Focusing on the work of the practitioners
- Connecting with HS staff
- Role of practitioners



Focusing on the work the Practitioners



- **Fathers matter** in healthy birth and maternal health outcomes
- Keeping **fathers as a focus** from *before, during, beyond*; “*not an add-on*”
- Helping and supporting fathers understand the power of his **advocacy**

Connecting with Colleagues – HS staff

- FP must work beyond **silos** mentality
- FP must be opened to **constructive feedback** - avoid knowledge & authority being challenged
- FP find ways to **work with HS colleagues** that are recruiting moms and ignoring fathers
- FP must **connect** at ALL levels – internal (from janitor's closet to board room) and external (partners, agencies, etc...)





Role of Practitioner

- Practice – **demonstrate** & message to fathers their importance
- Program - **plan & design** services that meet fathers' and family's needs
- Administrative – collect, **document** & report on delivering & reporting services
- Promoting – **sharing the story** of your work with those outside

FINISHING STRONG!

Evaluation and Long-term Outcomes

- Setting SMART goals
- Work-plan Development
- Creating sustainability plan

S	Specific Clearly State your Goal
M	Measurable Ensure you can Measure Success
A	Attainable Set Goals you know you can Achieve
R	Relevant Set Goals Relevant to your Career or Education
T	Time-Based Set a Deadline for Completion





Jason L. Perry

Attitudes that impact Paternal Inclusion

- Fathers are the problem.
- Fathers are unnecessary.
- Fathers are “+1” to the family.
- Reduced to being sperm donors and a support check.
- ONLY a factor in improving health outcomes for the mother and child.

Professional Development Workshop for Organization Staff's

Overcoming Barriers to Paternal Involvement



Do We *Really*
Need Dads?



Jason L. Perry

Who's asking the question?

- Skeptical Society
- Social Services
- Affected Kids
- Service Providers

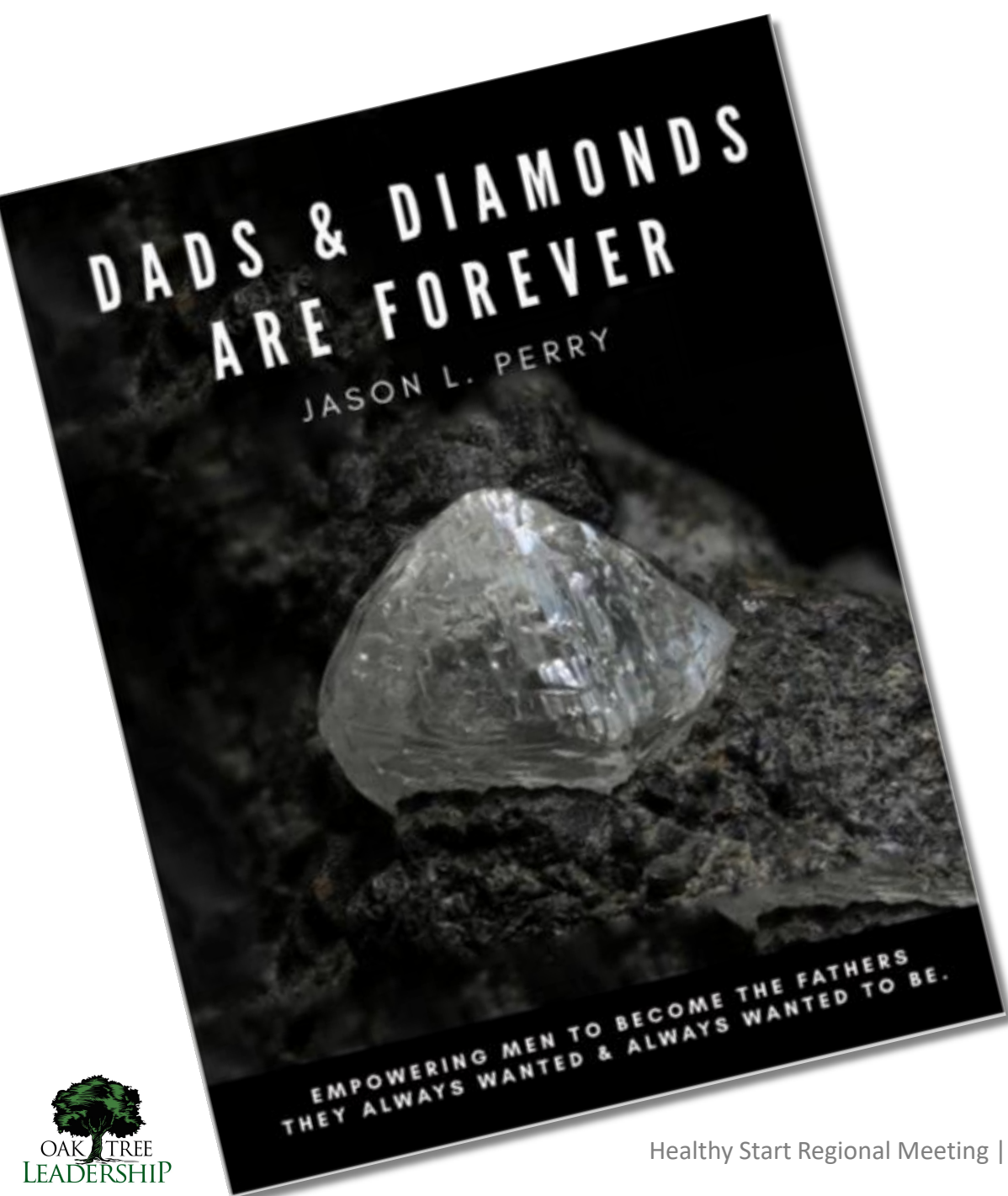


TABLE OF CONTENTS

Introduction: Daddy, We Need You!

Part I: Discovery

Session 1: Who Shapes You?

Session 2: What Shapes You?

Session 3: What's in You?

Session 4: Pathway to Healing

Session 5: Breaking Generational Habits

Celebrating Progress

Part II: Decisions

Session 6: Choosing a Life Path

Session 7: Shaping Your Diamonds

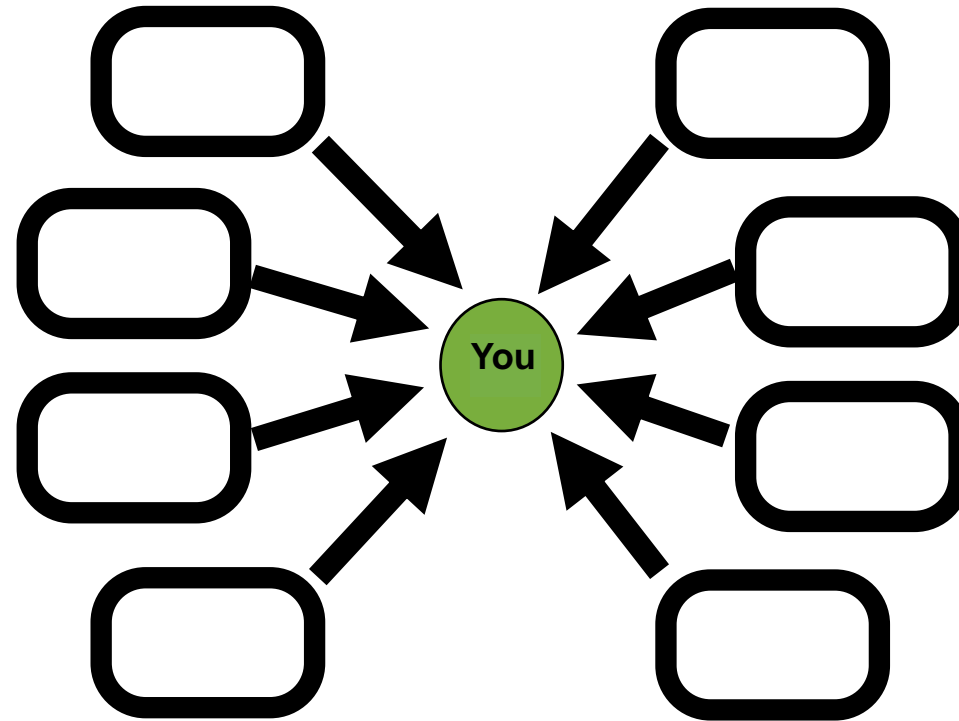
Session 8: Expanding Your Team

Session 9: Displaying Your Diamonds

Skill-building exercises

The Relationship Constellation

- This helps men to understand the people that shape them

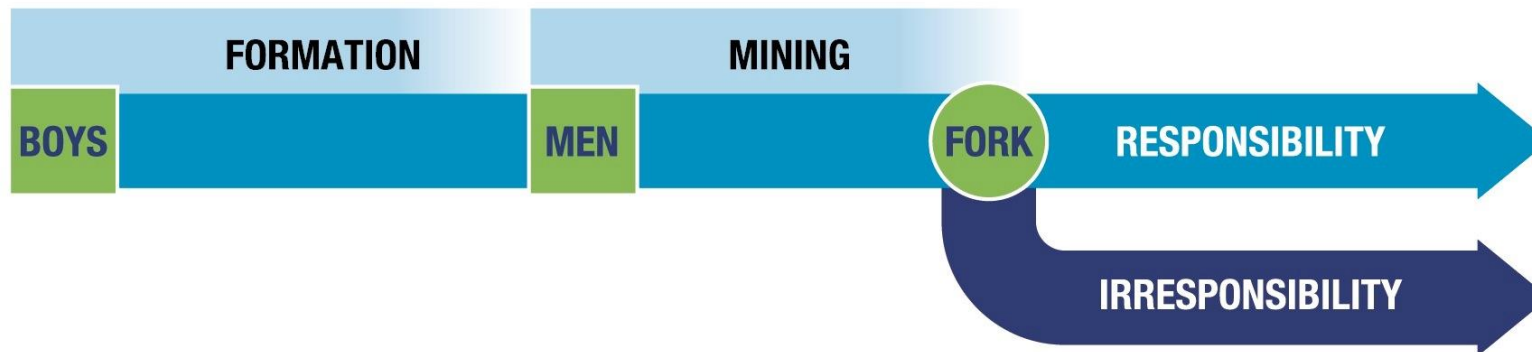


Skill-building exercises

The Life Growth Track

- This helps men to understand why they might avoid responsibility.

Life Growth Track



Healthy Start Regional Meeting
Father Engagement Skill-building Session



Jason Perry
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Kenneth R. Scarborough
kscarborough@nationalhealthystart.org

Thank you!

Healthy Start Regional Meeting

Father Engagement Skill-building Session

Monday, April 24th 2023

San Antonio, TX

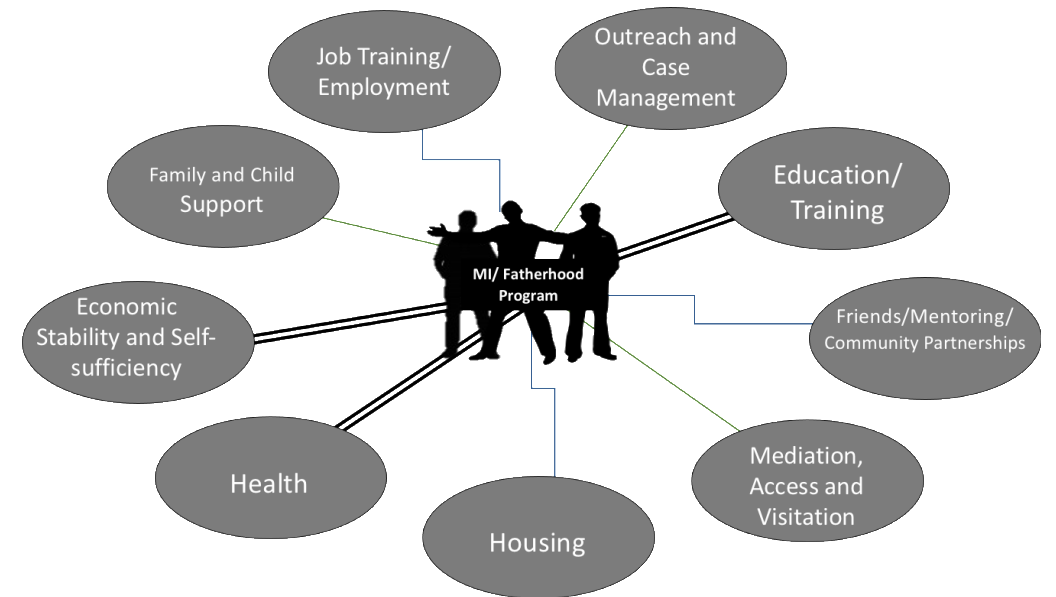
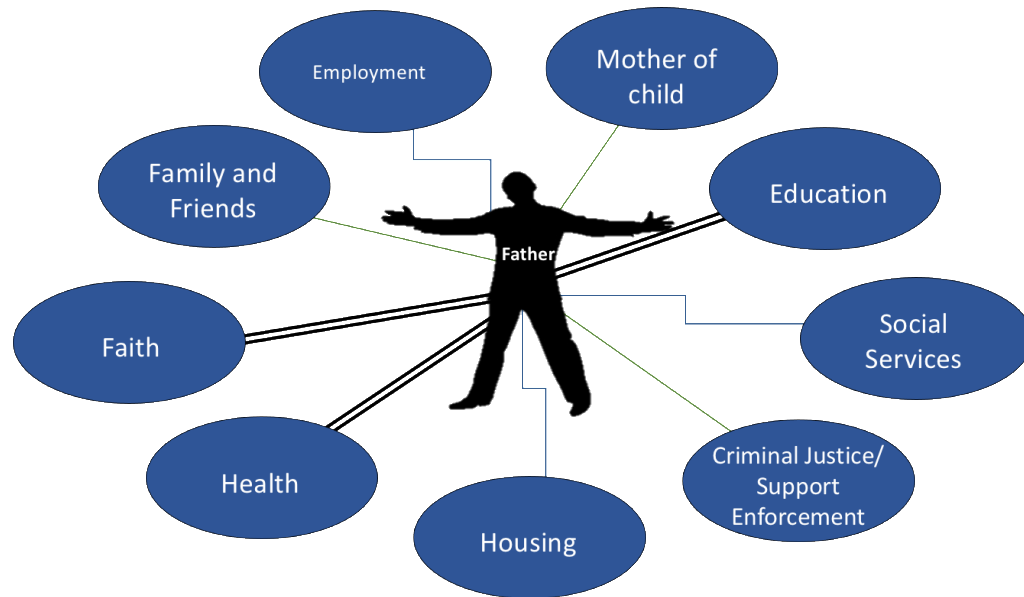


Kenneth R. Scarborough, MDIV, MPH
Fatherhood & Men's Health Consultant
National Healthy Start Association



Jason Perry, Founder and Visionary, Oak Tree Leadership





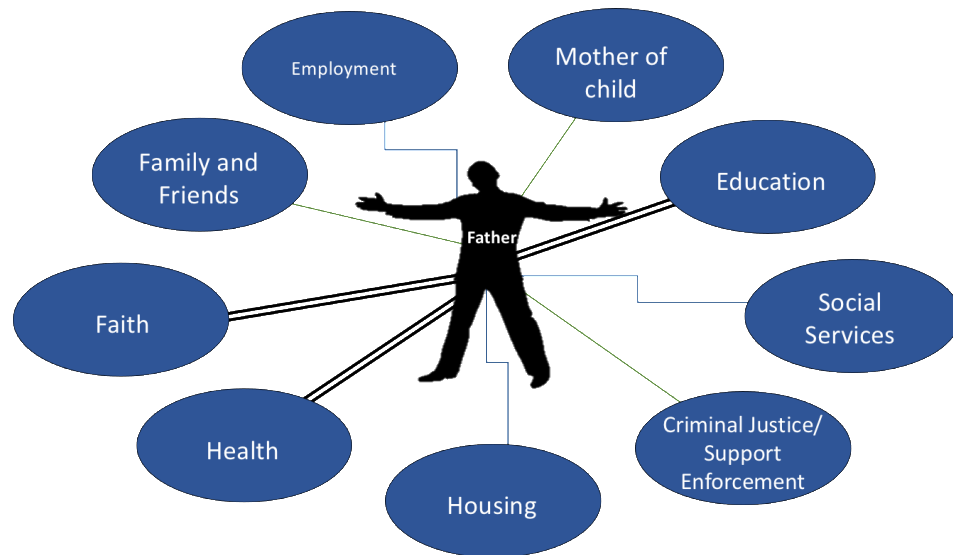
WORKSHEET 2: Outreach Quick-check



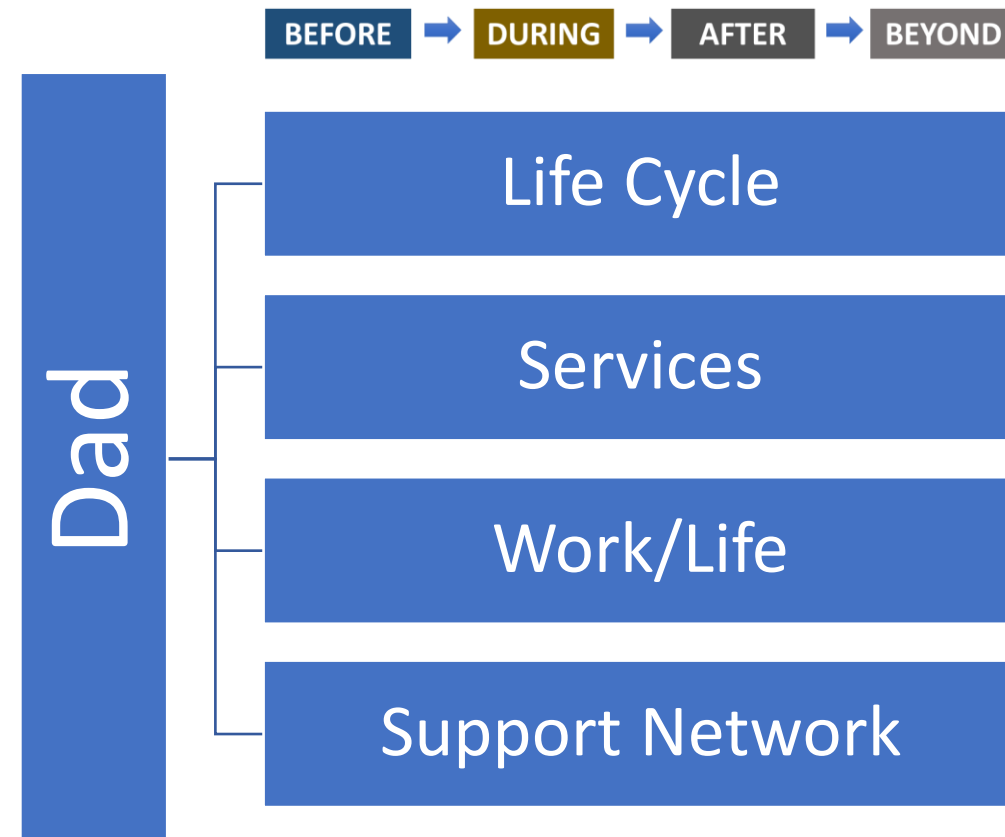
Activity	YES	NO	ACTION	✓ Completed
Outreach Readiness?				
Description of fatherhood component?				
Fatherhood has been integrated into program design?				
Staff has received necessary training on father involvement?				
Outreach strategies written and in operation?				
HS Program brochure inclusive of fatherhood?				
Fatherhood Packet?				
Contact info of fatherhood coordinator?				

Connection

Father Connection



Father Engagement



WORKSHEET 3: Connecting Dads on the Continuum

Current Program Services:									
Preconception (interconception)		Pregnancy		Post-Partum		Pediatrics		Parenting	
<ul style="list-style-type: none"> Preconception Health/Care/Planning Other 		<ul style="list-style-type: none"> PNC Services Other 		<ul style="list-style-type: none"> Breastfeeding Classes Other 		<ul style="list-style-type: none"> Pediatric visits Other 		<ul style="list-style-type: none"> Parenting Classes Other 	
Enhanced Program Services focused on fathers/partners									
<i>How can you include dads?</i>	<i>Action Step Needed:</i>	<i>How can you include dads?</i>	<i>Action Step Needed:</i>	<i>How can you include dads?</i>	<i>Action Step Needed:</i>	<i>How can you include dads?</i>	<i>Action Step Needed:</i>	<i>How can you include dads?</i>	<i>Action Step Needed:</i>
✓ Idea?	✓ Action	✓ Idea?	✓ Action	✓ Idea?	✓ Action	✓ Idea?	✓ Action	✓ Idea?	✓ Action
✓ Idea?	✓ Action	✓ Idea?	✓ Action	✓ Idea?	✓ Action	✓ Idea?	✓ Action	✓ Idea?	✓ Action

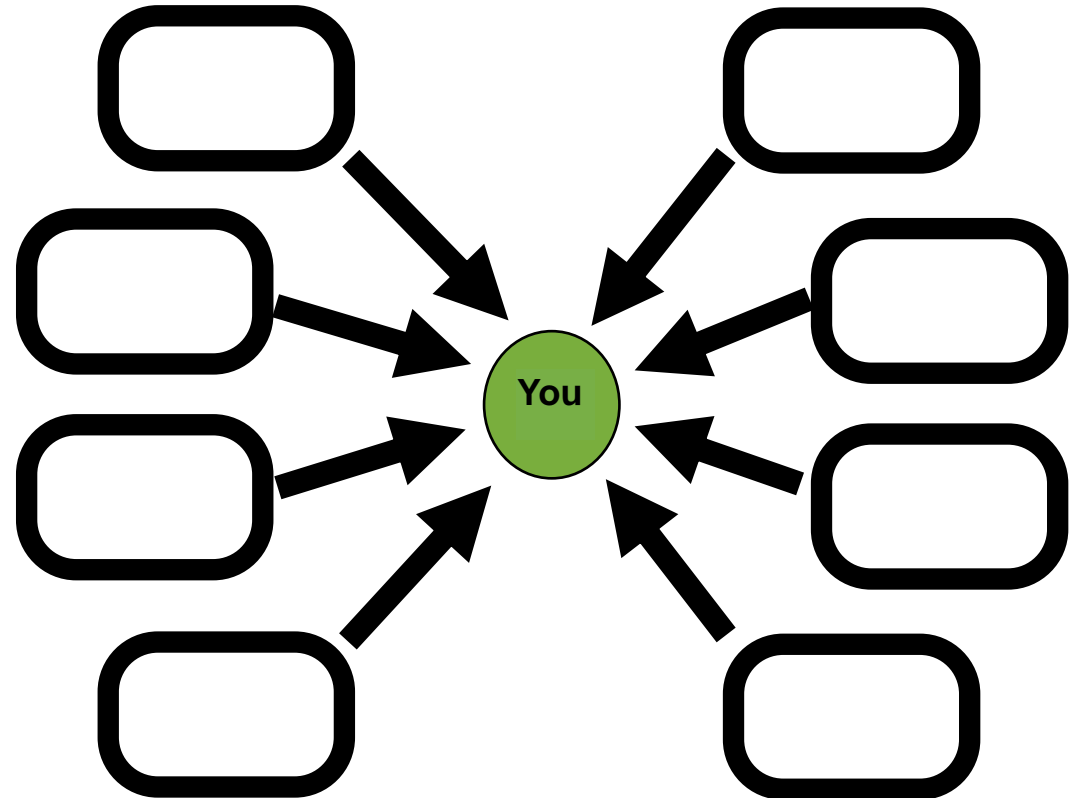
Skill-building Exercises

Skill-building exercises

The Relationship Constellation

- This helps men to understand the people that shape them and how it shapes them today

- ❖ **In the boxes write the names of some of the men who have impacted your life.**
- ❖ **Place a “+” or “-” next to the box to indicate a “positive” or “negative” impact?**



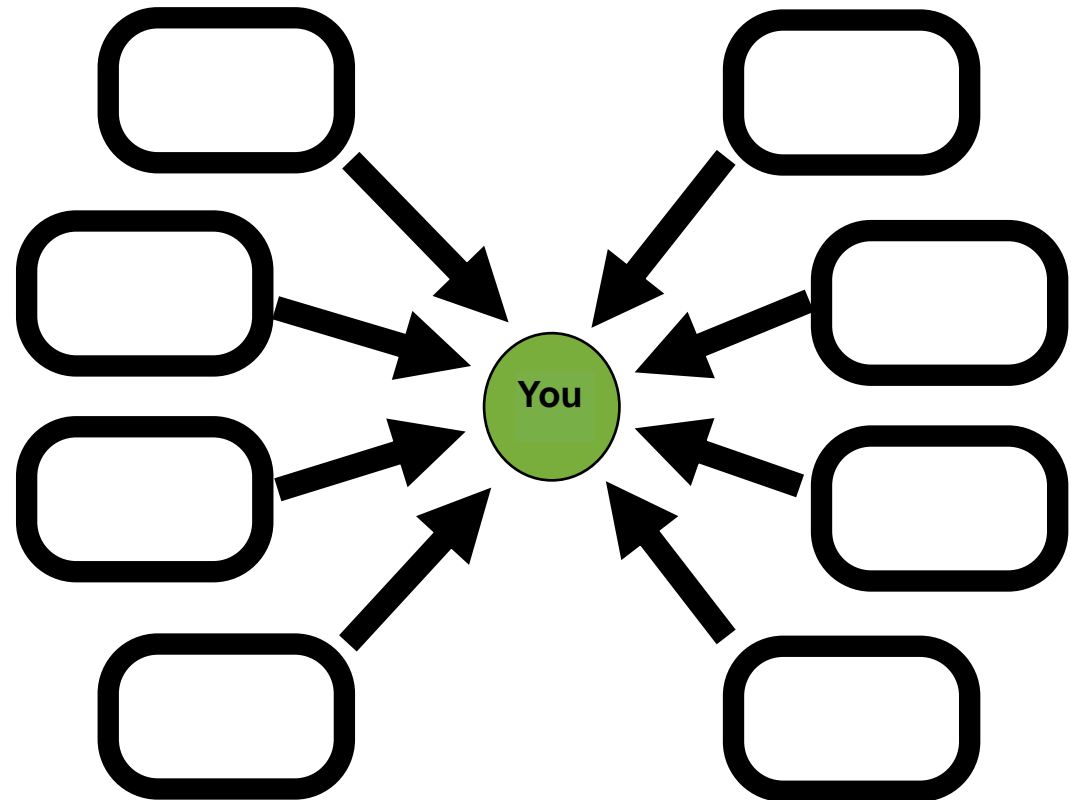
Skill-building exercises

The Relationship Constellation

- This helps men to understand the people that shape them and how it shapes them today



Did you learn anything from doing this?

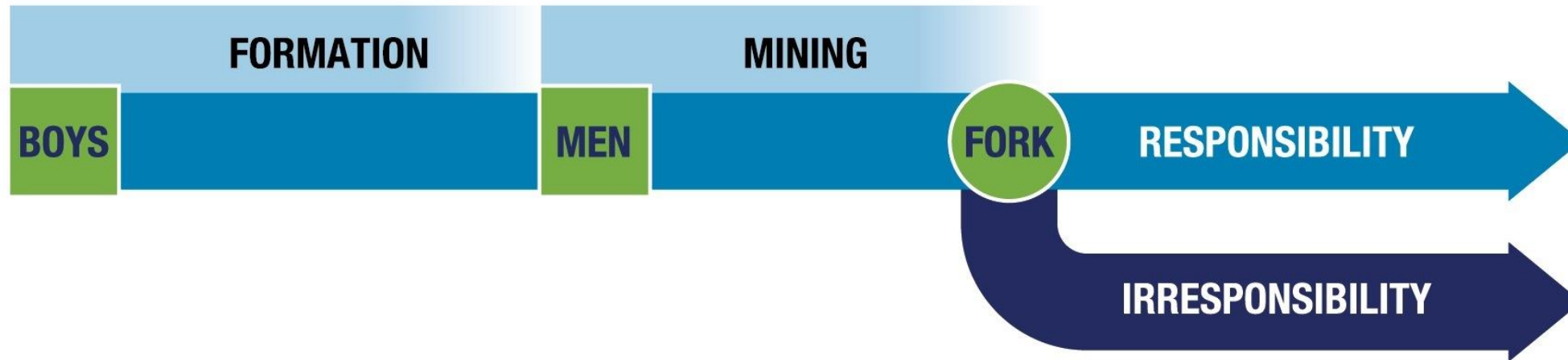


Skill-building exercises

The Life Growth Track

- This helps men to understand why they might avoid responsibility.

Life Growth Track





BOYS *PLAY*
YOUNG MEN *PREPARE*
MEN *PERFORM*

**WHEN YOUNG MEN FAIL TO
PREPARE, THEY BECOME MEN
WHO CONTINUE TO PLAY.**

**For many men, the sense of inadequacy often
overrides our sense of responsibility.**

Skill-building exercises

Life Growth Track



1. How would you describe your “Formation” period?
2. What are “Forks” in the road in our manhood?
3. How do you determine if you can handle responsibilities of your “Forks”?
4. What factors determine which path - Responsibility or Irresponsibility - you will take?

Questions and Stuff...





Thank you!

*Healthy Start Regions 1, 2, & 3 Regional Meeting
Hosted by the Healthy Start TA & Support Center at NICHQ*

NICHQ
National Institute for
Children's Health Quality

HEALTHY
start
TA & SUPPORT CENTER



inclusion, connection,

fathers in the MCH systems and hospital systems

remove barriers for fathers & families

engagement

