



## AT A GLANCE

### Individuals Impacted\*:

Fathers: 597

Spouses/Co-Parents: 262

Children: 1,225

### SIF Graduates:

392

*Graduates have completed all three components of the program.*

### SIF Class Completions:

PIO: 440 (82%)

WTL: 494 (90%)

JSS/ER: 390 (83%)

### 2-Year Return to Prison

#### Rates\*\*:

SIF Graduates: 13%

All Released Men: 22%

Calculations are as of October 2020.

\*Does not include active participants

\*\*Two-year return to prison rate is based on releases in CY2017 and returns within the CY2018 and CY2019.

## Our Mission

*To partner with reentering parents in the development of skills and knowledge that focus on positive parenting, healthy relationships and economic stability in order to create safe, stable and nurturing environments for children and families.*

## Our Vision

*We envision children living in safe homes, having a positive relationship with parents and care-providers, and being supported by families who have the skills and access to the resources and services needed to thrive.*

## Our History

Similar to national trends, individuals incarcerated within Washington DOC facilities often face a range of complex and interrelated challenges. The majority of incarcerated men (and women) are also parents with responsibility to support and care for their children. Recognizing the need, DOC applied for and received a 5-year Responsible Fatherhood grant from the Administration for Children and Families in 2015. Now funded through DOC, exceptional strides have been made in implementation and continuous quality improvement.

The program initially targeted a set of rural counties with disproportionate rates of poverty and incarceration. The current program includes a combination of both rural and urban counties which includes the state's largest and most diverse county.

The Strength in Families program focuses on building skills and knowledge in the following three key areas:

1. Healthy Relationships with Partners and Co-Parents
2. Responsible and Positive Parenting
3. Education and Employment Pathways

## **Eligibility:**

- A father or "father figure" of a child ages birth to 24 years.
- Approximately 6-12 months from release from a total confinement facility (we accept applications for review up to 36 months from ERD).
- SIF program is only offered at WCC, SCCC, CCCC and LCC.
- The program screening process also considers available slots, earned release date, criminal history, community safety, prison discipline and behavior.

## **Program Structure:**

Participants will take three classes pre-release: *Parenting Inside Out*, *Walking the Line*, and *Employment Readiness*.

**Parenting Inside Out (PIO):** This curriculum taught by SIF Instructors is approximately 48 hours in length. PIO is an evidence-based program developed specifically for incarcerated and criminal justice-involved parents. The program builds skills and strengths in parents based on cognitive behavioral and social learning theories with proven methodologies for creating positive change within incarcerated parents. PIO includes topics such as communication skills, problem-solving skills, anger management, family dynamics, giving effective directions, discipline techniques, using positive reinforcement, and more.

**Walking the Line (WTL):** This curriculum taught by SIF Instructors is approximately 22 hours in length. This individually-based curriculum focuses on the development of a considered approach to relationships and life through discussions of families of origin, individual characteristics, values, perceived roles as a partner and a father, and the development of skills in interpersonal communication, emotion and stress regulation, and conflict management.

**Employment Readiness (ER):** This curriculum is approximately 12 hours, and directly follows PIO. The SIF Employment and Education Navigator (EEN) facilitates this course, which provides participants with assistance in identifying a path toward self-chosen education and career goals, as well as financial literacy. The EEN also provides participants with individual assistance pre and post-release as needed, and facilitates education and employment workshops.

## **Case Management Services**

Each participant is assigned to a Case Manager who will begin partnering with them and their families in the facility, approximately six months prior to release. Case Managers are assigned to a facility and provide case management for 6 months or more post-release for their assigned counties as well. Participants releasing to Pierce, Thurston, Lewis, Mason, Grays Harbor and King Counties will continue to receive SIF case management services post-release. Case Managers will work with the participant to identify their personal and family strengths and challenges as well as provide connections to community resources for all participants. Among other services, SIF Case Managers provide the following for participants:

- Provide strength based, trauma informed & culturally sensitive case management
- Support fathers re-entering the communities to better support them
- Assist fathers with reintegration
- Provide support to children and families
- Provide assistance and facilitate communication for dependency cases
- Provide reentry resources such as transportation assistance, locating housing, treatment and counseling referrals, hygiene backpacks and pre-paid cell phone and cell service up to 6 months post-release

## **What our participants have to say:**

*“This is the best class or program I have ever attended and been apart of. I believe in this program, it has given me so many tools and how to understand others. This program really helps build families and communities together.”* - Past SIF Participant

*“While in SIF I felt very comfortable about opening up. I think the program gave me a new insight on how to deal with my wife and kids. The program is a tool that everyone should have to lead their family.”*- Past SIF Participant

*“This is life changing program. The children, families and our community will benefit from fathers like me who will use the tools learned from Strength In Families ReFORM. This would not be possible without the amazing staff, coaches and navigators/case workers who dedicate their life and heart to this cause.”* – Past SIF Participant

— For More Information Email —  
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