

FATHERS' UPLIFT EXPANSION PROGRAM
Father-apy: An Evidence-Informed Fatherhood Program

Fathers UpLift is the country's first mental health and substance use treatment facility for fathers and families. Since its founding in 2011, Fathers UpLift has demonstrated its capacity to assist fathers with overcoming barriers that prevent them from becoming and remaining engaged in their children's lives.

To extend its impact so that more men can have access to the care and supports they need to be positively engaged in their children's lives, Fathers UpLift is beginning its licensing program. Annually, we will distribute ten licenses to organizations interested in replicating our efforts. We will engage organizations to implement *Managing Emotions* and/or *Pre-Father Care*, two of Fathers Uplift's group programs, as part of our continuum of care for fathers and fathers-to-be.

Fathers UpLift programs are informed by a clinical therapeutic approach that helps fathers manage stressors and overcome barriers to healthy relationships. Because this approach values the learning that comes with challenges and recognizes that progress is not always linear, we understand and expect that participants will move in and out of groups as their circumstances change. Fathers UpLift programs are designed to accommodate participants wherever they are on their journey and to complement other supports such as one on one therapy and addiction/recovery services.

Connected to this, our approach with the organizations we select is also "to be there when you need us" - to provide the initial tools and training to implement *Managing Emotions* and *Pre-Father Care*, and then to be available to assist as these programs are ongoing.

Our onboarding program for new licensees includes program materials, facilitator training, and ongoing technical assistance. Affiliate fees will be on a sliding scale based on program capacity.

Description:

PRE-FATHER CARE

Pre-Father Care is filled with must have advice and insight for men who are on the verge of becoming a father/or thinking about having children. Pre-Father Care brings forth a new roadmap for men to reference during the transition into fatherhood. This engaging and interactive workshop will offer a thorough exploration of the various phases that are involved during a man's transition into fatherhood.

Program Kit:

- Facilitators Manual
- Participants Workbook/Journal
- Videos

MANAGING EMOTIONS

Managing Emotions helps participants learn how to remain in control of emotions such as anger, guilt, sadness, and hopelessness in an effective and healthy way. The program provides opportunities to recognize physical and emotional responses to difficult emotions, to explore thoughts, feelings, and situations that lead to unhealthy decision-making patterns, and to become equipped with the tools for forgiveness and reconciliation with self and others.

Program Kit:

- Facilitators Manual
- Participants Workbook/Journal