

InsideOut Dad™

A Program for Incarcerated Fathers

FROM THE PUBLISHERS OF THE LONG DISTANCE DADS™ PROGRAM



*Involved fathers are important to their child's development and well-being. But how can dads be good dads when they are separated by incarceration? The InsideOut Dad™ program provides practical and innovative ways to help overcome the physical and psychological challenges that incarcerated fathers face **Inside** (while incarcerated) and **Out** (after release).*

InsideOut Dad™ is a curriculum for incarcerated fathers that bridges the gap between the inmate father and his children. Through the program, inmate dads deal with their pasts in order to discover their futures—and the possibility that they can parent differently from their own, often absent, fathers.

Because over 96 percent of all prisoners will be released someday (more than 650,000 this year alone), this preparation for release is vital. History shows that 66 percent of these prisoners will return within 3 years. Those prisoners who have strong connections to family, however, are far more likely to embrace freedom and have a crime-free future. InsideOut Dad™ helps prisoners prepare for reentry into society as they learn more about themselves as men and as fathers.

InsideOut Dad™ consists of 12 one-hour core sessions designed to address the specific needs of incarcerated fathers. The curriculum is modeled closely after NFI's successful 24/7 Dad™ curriculum, and includes 24 optional sessions that coordinate with the core topic areas. These extra sessions allow facilitators the flexibility to add to their program—which makes InsideOut Dad™ ideal for use in both short and long-stay facilities.

The 12 Topics:

- Ground Rules
- About Me (Self-awareness)
- Being a Man
- Spirituality
- Handling Emotions
- Relationships
- Fathering
- Parenting
- Child Development
- Discipline
- Fathering From the Inside
- Closing

An optional topic, "**Reentry: Being a Dad on the Outside,**" is also included.

InsideOut Dad™ provides the tools you need to help incarcerated fathers become involved, responsible and committed dads.



Each curriculum kit includes the Activities Manual, Facilitator's Guide and enough Fathering Handbooks and evaluation instruments to run your first InsideOut Dad™ group.

Contact Information

For more information, or to discuss implementing



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