



The Changing Children's Worlds Foundation

"The Best Start for Families-A Health Equity Approach"

Program Report on Justice-Involved Parents 2019

For Sheriff Ron Hain
Kane County Adult Justice Center (Jail)

29 January 2020

By Kimberly A. Svevo-Cianci, Ph.D.
Kristin Gilbertson, M.S.W
Amy Eccher, M.S. Statistics



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INTRODUCTION

In 2019, the Changing Children's Worlds Foundation has been fortunate to have found new partners in Kane County Sheriff Ronald Hain and in DOC Transition Center Director Margarita Mendoza.

Over 300 detainees and inmates have benefited through participation in "The Best Start-A Health Equity Approach," based on the International Child/Parenting Development Program between 2015-2019. Important to note: nearly two-thirds received certificates, meaning attending 70% or 7 of the 10 sessions.

When we were introduced to our first group, in 2015, the KC Adult Justice Center (AJC) staff told us, "Don't expect any appreciation or gratitude for your efforts in delivering the program." We have enjoyed a completely opposite response. We have delivered 20 Parenting Learning Groups/Family Life Skills, as well as 5 one-time Holiday Cafe Discussion Groups. And the feedback we have most often heard is "Thank you for...."

Most often, it is appreciation that CCWF facilitators have entered into the world of these parents and grandparents, accepting them despite the mistakes they have made, and seeing the best in them for signing up for "The Best Start" program. That takes courage in a place where everyone needs to adopt a hard, brave or indifferent persona in order to get through each day. Our participants come to rely on us to treat them with respect, to encourage them to work to strengthen or rebuild family relationships, and to recognize their love for their family at a time when they feel they have failed them irreparably. We help them to have hope, and to build on that hope - that with commitment and improved skills, they can become the parents and family members they have wanted to be, but maybe never believed they could.

This 2019 report reflects our most recent 8 projects at the Kane County AJC, and presents information from several perspectives - from the AJC/DOC leadership, the CCWF Lead Facilitator and from the detainees and inmates themselves.

The evaluation results reveal a valuable insight. The level of self-reported capacity and parental efficacy of Justice-Involved caregivers was often so much lower than Non-Justice involved caregivers, that even when Justice-involved reported a higher rate of improvement, they still only measured up to the level at which non-Justice involved caregivers began. We know that many had violent, negative or a complete lack of positive parenting in their past. Still, that is how equity begins..... It brings people, parents to where they need to be in order for their children to grow up with fewer adverse childhood experiences (ACEs), and with greater resiliency and capacity to aspire to a different opportunity for life!

We believe in people and the effectiveness of two-generational support to disrupt the intergenerational cycle and transmission of disappointment, desperation and failure which brings so many into the system, and causes them to return again and again.

When we consider that everyone deserves a right to nurturing, caring relationships, safe home and communities, positive mental and physical health, academic success and ultimately economic opportunity and stability, we recognize that it all begins with the protective factor of loving parent models, and safe home, school and community environments. We can do this.

In partnership,

Kimberly Svevo-Cianci, Ph.D.

Executive Director, Changing Children's Worlds Foundation & Founder, "ICDP-USA: The Best Start for Families-A Health Equity Approach," 411 Stevens Street, Geneva, IL 60134 / www.changingchildrensworlds.org



(13 participants and two facilitators, 22 Jan, 2020)

Acknowledgements

We thank the Kane County Adult Justice Center (Jail) and the Illinois Department of Corrections Fox Valley Adult Transition Center leadership and staff for allowing us the opportunity to enter into the lives of the detained parents and grandparents, and for supporting our work with parents and caregivers at these facilities. This investment in “The Best Start for Families-A Health Equity Approach,” requires a visionary approach and a deep humane caring spirit, not only for those they work with directly at their facilities, but also for their families and their children’s futures.

We thank our Super-Facilitators, who love working with these parents and grandparents - and bring such richness into their lives: Kassia, David, Fernando, Andrea, Mark. We thank our CCWF Staff and Interns working on this project, who believe in “The Best Start” and work tirelessly so we can support hundreds of parents and children each year - everywhere and anywhere: Kristin, Luana, Kyle, Peggy, Hannah, Julie.

And most importantly, we thank the parents and grandparents who take the brave first step to try out “The Best Start,” and second, to open themselves, slowly and over time in the group sessions, to share their challenges and hardships, but also their hopes and plans. We respect those who remain committed to the program and complete it despite how very painful it can be to talk about separation from their children. We commend those caregivers who make the commitment to their children and families that they will change for the better - because of their love for their children, and understanding of how much their children need them to be there for them. We wish them all love and success.

LETTER OF RECOMMENDATION KANE COUNTY SHERIFF'S OFFICE
Sheriff Ronald Hain

Kane County Sheriff's Office



37W755 IL Rt 38 • St Charles, IL 60175
 Tel: (630) 232-6840 • Fax: (630) 513-6984
www.KaneSheriff.com

Ron Hain, Sheriff

Pat Gengler, Undersheriff

August 19, 2019

Dear Potential Funder,

On behalf of the Kane County Sheriff's Office, I am pleased to provide a letter of endorsement to the Changing Children's Worlds Foundation (CCWF) grant application. We generously offer our support as a partner with CCWF in providing their International Child/Parenting Development Program (ICDP) for community families. As an organization, they provide critically important public awareness regarding parent engagement, as well as open weekly Parenting learning and Support Groups, supplemented by programs for their children throughout this grant period.

We envision that this grant will lay a foundation, which will enable us to strengthen sustainable family development programming into the future. The program established through this grant will be open to parents and other caregivers who are impacted by intergenerational cycles of poverty, violence, failure of our education system, incarceration of family members, as well as the isolation and disempowerment that is often prevalent in our community. Our parents will experience empathy-based parenting and family relationship modeling and support. This will enable them to provide their children with a new chance for a strong, healthy family environment and the stability they need to thrive in both school and the community, thus building a new generation.

As the Sheriff of Kane County, I am concerned with creating and fostering safe, healthy communities and ensuring that families can realize these opportunities. Therefore, I highly encourage this innovative, evidence-based program that will not only welcome parents, but strengthen family and parent-child relationships. We recognize that strong family core values help reduce many risk factors for subsequent violence and trauma in the home and community; and, thus are pleased to join forces for this comprehensive project.

We believe that the Changing Children's Worlds Foundation will continue to bring important support and opportunities to the communities it serves through increased funding opportunities. A cost-effective program, ICDP-USA will positively impact Chicago and our broader Society today with the necessary financial support. Thank you for your consideration of our recommendation.

Sincerely,

Sheriff Ron Hain

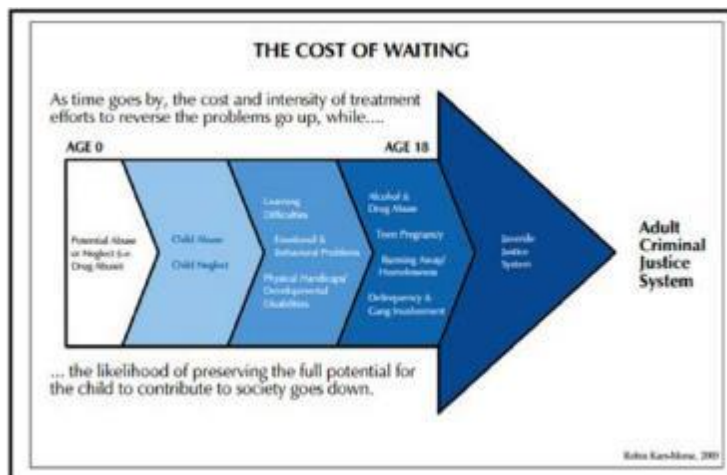
Kane County 2019 “Best Start for Families-A Health Equity Approach” Justice-Involved Parenting Program Report : Executive Summary

Historically, in our quest for justice, we have labeled the “bad” guys as deserving punishment, versus the “good” guys, who mete out justice for all. Today we can recognize that the “bad” guys are often a product of their environments, their lived experience and the experience of the family members who have come before them. We have gained critical insights into the impact of being detained or incarcerated and future opportunities for success. Most importantly, we have learned in recent years, how the impact of parents being incarcerated impacts the children of the detainees/inmates who serve time. We know now how important it is to change the intergenerational cycle of incarceration.

For instance, the number of children whose parents or primary caregivers are detained or incarcerated at any point of time in Illinois, in the USA, ranges between 3-5 million, according to several sources referenced in this Report. Further, according to the National Resource Center on Children & Families of the Incarcerated (Rutgers University, Camden, 2014), an estimated 10 million children have experienced parental incarceration at some point in their lives. While the fact that their parents were incarcerated may not be a direct factor in the intergenerational cycle, we do know that, parental incarceration increases the risk of children living in poverty or experiencing household instability, which can also contribute to becoming justice-involved during their childhoods or youth.

Supporting detained/incarcerated parents to develop effective parenting is challenging for incarcerated parents, but a critical part of their preparation to re-integrate. With “The Best Start,” parents learn about themselves, what has influenced their trajectory in life, and to better understand and support their children through separation as well as re-integration. This support is an important protective factor for their children. We cannot afford to delay in providing parental support to detained/incarcerated parents. The significant outcomes from Kane County Jail and FVTC past “Best Start” programs are shared in this report.

“The Best Start for Families-A Health Equity Approach,” strengthens parenting capacity from understanding and integrating empathy into parent-child interactions; to parenting efficacy-skills development; to positive support and engagement; to stronger support of children to learn, lead, have self-control and respond to positive discipline (boundaries and gradual support). Positive outcomes, for parents who complete programming, include increased confidence in their parenting, positive effects on their sense of self and relationships, increased positive mental health, health and well-being and increased parent efficacy-parenting skills, including: Improved capacity to model positive emotional, comprehension (cognitive functioning or meaning-making) and regulative (self-control/positive discipline) interactions for/with their children. These are indicators of opportunities to improve their lives, long-term.



Chapter 1. What is the “The Best Start for Families-A Health Equity Approach” and Why for Justice-Involved Parents?

The “Best Start for Families-A Health Equity Approach” philosophy and 2-generational methodology supports parents for successful re-entry into family life as they learn, build and strengthen parenting and relationship skills.

This “Best Start” project aligns with emerging best practice for the Justice System’s mission to promote equity, education and social/emotional skills and positive relationship capacity to support parents and other caregivers to overcome challenges and obstacles they faced in their experiences, which resulted in their incarceration and separation from their children. The program helps to break the cycle of behaviors that often leads to intergenerational incarceration cycles.

Almost 3 million children are currently separated from their parents due to incarceration. Parenting is normally a challenging responsibility. However, incarcerated parents are often paralyzed by feelings of guilt, lack of confidence, anxiety and even feelings that their children might be better off without them. Yet we know that children need that parent-child bond and relationship to feel safe and loved, to develop a sense of self-worth, and to have confidence in themselves, in order to experience healthy development.

We aim to reduce recidivism with “The Best Start” by supporting and motivating FVTC mothers to commit to not return to prison, especially for parole violations related to substance abuse-because they know their children need them and they are important to them. Nationally, 63% of all inmates meet the criteria for a substance use disorder, taking a human toll on families, especially children, and a fiscal toll on communities. By teaching, coaching, supporting incarcerated parents and strengthening their family relationships, we can reduce the risk of recidivism.

When we provide community-based social-emotional support to families through trained facilitators, we can promote positive mental health for both parents and children. CCWF’s two-generational approach supports caregivers in developing their strength, confidence, and empathy, which empowers them to positively guide their children’s growth and success. “The Best Start” supports ALL parents/caregivers, especially those at risk, to create nurturing home environments where children can flourish and develop the resilience needed to overcome life challenges. Our evidence-based approach to strengthen parenting capacity, family relationships and child well-being, is transformative. Our program recognizes that, though many parents/caregivers have not experienced positive childhoods or had the opportunity to learn good parenting skills, with support, they can still become the best parent/caregiver they can be for their children, helping their children to thrive.

The “Best Start” helps detained/incarcerated parents to develop hope, confidence and positive emotional interactions which will allow them to begin to develop or strengthen positive, protective relationships with their children and families throughout the reintegration process. The program does this by engaging them in positive facilitated and instructive parenting discussions, based on a curriculum that focuses on a) using empathy as a foundation for building positive communications and interactions with their children ranging from b) social/emotional skills, to c) supporting children to understand their situations and build capacity for academic success, to d) self-regulation, good decision-making and positive discipline.

The innovative “Best Start” program supports parenting efficacy, ranging from supporting parenting long-distance (while they are incarcerated - with calls, letters, visits), to visiting children/family at home, to reintegration upon release.

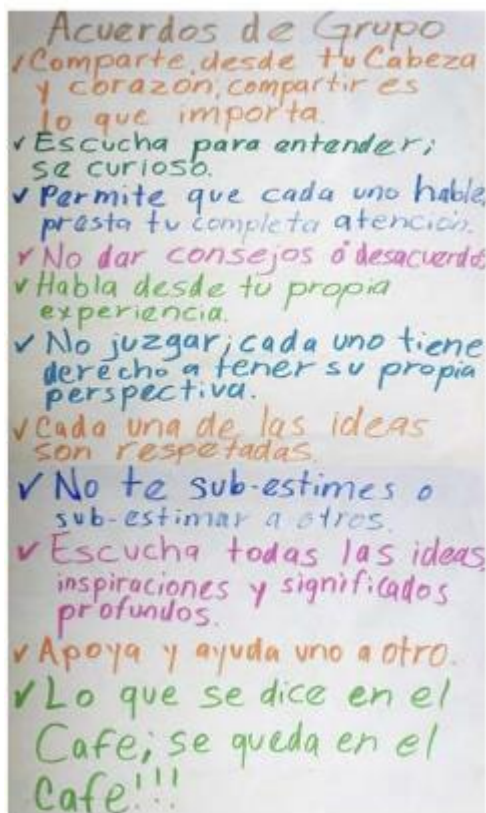
SMART Outcomes: “The Best Start for Families - A Health Equity Approach,” strengthens parenting capacity from understanding and integrating empathy into parent-child interactions; to parenting efficacy-skills development; to positive support and engagement; to stronger support of children to learn,

lead, have self-control and respond to positive discipline (boundaries and gradual support). Positive outcomes, for parents who complete programming, include increased confidence in their parenting, positive effects on their sense of self and relationships, increased positive mental health, health and well-being and increased parent efficacy-parenting skills, including: Improved capacity to model positive emotional, comprehension (cognitive functioning or meaning-making) and regulative (self-control/positive discipline) interactions for/with their children.

Developing effective parenting is challenging for incarcerated parents, but a critical part of their preparation to re-integrate. With “The Best Start,” parents learn about themselves, and better understand and support their children through separation as well as re-integration. Kane County Jail and FVTC past programs demonstrated significant outcomes, which we will continue to build upon.

Curriculum: Trained “Best Start” Facilitators lead the 1.5 to 2-hour interactive discussion sessions (10-11 over 5 weeks, so participants can complete as much of the program as possible during that time, since some will be released, and others moved to prison. The discussions and practice (role-plays included) focus on positive parent-child interactions, especially during challenging circumstances, to develop children’s positive social/emotional, teaching /learning and regulative/ discipline skills, as well as regarding the impact of negative parent-child interactions and relationships. This supports the parents’ own development and confidence.

Programs in each Pod begin with an announcement by our Facilitators, and a Cafe Discussion Launch (Week 1). These introductory sessions invite parents to identify their needs and goals to support their children. Participating parents take a Pre-Evaluation questionnaire, in order for CCWF to be able to analyze outcomes: changes in knowledge and behavior from start to finish. Participating caregivers also begin by establishing the “Agreements” (rules) they want to guide their new “Best Start” learning group community (see example), which are really positive rules for all environments: home/family, workplace, community and ife, and which are practiced each time the group comes together.



Hosting Yourself Agreements

- ✓ Speak from your head and heart; share what matters.
- ✓ Listen to understand; be curious.
- ✓ Allow everyone to speak; give your full attention.
- ✓ Do not give advice or disagree with others perspective, though you can stay your own.
- ✓ Speak from your own place and experience.
- ✓ No judgments of others, everyone is right in their own perspective.
- ✓ Everyone's ideas respected.
- ✓ No put down of yourself or others.
- ✓ Listen together for patterns, insights, and deeper meaning.
- ✓ Be supportive and helpful to one another.
- ✓ What is said in the Café, stays in the Café. So we can be very open and honest together.



(2 participants writing WORDS on list)

In all sessions, concepts are introduced, small and large group discussions allow for sharing, reflection and development of ideas for stronger parent-child interactions. At the end of each session, “practice” throughout the week is encouraged, through reflection/journaling, writing letters, phone calls, visits or reintegration planning.

A basic overview follows (see Appendix C for the detailed curriculum):

- Week 2: Empathy and Emotional Interaction and the Three Child-Parent Development Dialogues
- Weeks 3-5: Social/Emotional Guidelines
- Weeks 6-8: Comprehension (Cognitive Development)
- Weeks 9-11: Regulation (Self Control & Discipline) Guidelines & Advanced Child Discipline

This implementation plan is designed to achieve desired outcomes, giving incarcerated parents the best chance to repair relationships with their children, increase parents’ hope, confidence and motivation to stay out of the prison system to be with their children.

ICDP-USA: The Best Start GUIDELINES List

- Guideline 1: How do you show positive feelings, that you love your child?
- Guideline 2: How do you follow and respond to your child’s initiatives?
- Guideline 3: How do you hold a meaningful dialogue with your child with and without words?
- Guideline 4: How do you give praise and approval for what your child does?
- Guideline 5: How do you share experiences and focus your child’s attention with yours?
- Guideline 6: How do you describe, give meaning to, and show enthusiasm for your child’s experiences?
- Guideline 7: How do you expand/enrich your child’s experiences by connecting through imagination and logic?
- Guideline 8a: How do you support your child with boundaries and to plan step-by-step to develop self-control?
- Guideline 8b: How do you support your child with scaffolding (gradual support) to encourage their initiative?
- Guideline 8c: How do you use situations and set routines to guide behavior?
- Guideline 8d: How do you positively set consequences to develop responsibility and moral understanding?

Children and Families of the Incarcerated FACTS

The Changing Children's Worlds Foundation works in partnership with Justice System facilities and partners, Schools, Mental Health Agencies, Child Advocacy Centers, Community and Faith Organizations - to change the trajectory of families caught in an intergenerational transmission of dysfunction, desperation, failure, mental and physical health issues and tragedy. Working with detained and incarcerated parents is extremely important for our unique approach, for many reasons... Here is important information that more people need to know - whether they are working within the field of social justice, the justice system, law enforcement, the child welfare system, or working with families or children in schools and in communities...

First the facts, according to the Children and Families of the Incarcerated Fact Sheet (National Resource Center on Children & Families of the Incarcerated (Rutgers University, Camden, 2014). *Note: References at end of report. Consider that according to Rutgers' Fact Sheet, "The growing number of children with an incarcerated parent represents one of the most significant collateral consequences of the record prison population in the U.S."*¹

Children with Parents in Prison

Demographics

- More than 2.7 million children in the U.S. have an incarcerated parent. That is 1 in 28 children.²
- Approximately 10 million children have experienced parental incarceration at some point in their lives.³
- One in 9 African American children (11.4%), 1 in 28 Hispanic children (3.5%), and 1 in 57 white children (1.8%) in the United States have an incarcerated parent.⁴
- Approximately half of children with incarcerated parents are under ten years old.⁵

Impact

- While many of the risk factors children of incarcerated parents experience may be related to parental substance abuse, mental health, inadequate education, or other challenges, parental incarceration increases the risk of children living in poverty or experiencing household instability independent of these other problems.⁶
- A misperception exists that children of incarcerated parents are more likely to be incarcerated than their peers, and are predisposed to criminal activity. There is no basis for this in existing research.⁷
- Parental incarceration is now recognized as an "adverse childhood experience" (ACE); it is distinguished from other adverse childhood experiences by the unique combination of trauma, shame, and stigma.⁸

Child Welfare

- 2% of incarcerated fathers and 8-10% of mothers have children in foster care (these data do not include at least some persons in prison with children in kinship foster care placements)⁹
- Information from one study on children in Foster Care with incarcerated parents provides the following data¹⁰
 - o 25% of children live with their fathers when a mother goes to prison.
 - o 90% of children remain with their mothers when the father is incarcerated
 - o 50% of children with an incarcerated mother live with their grandmothers
 - o In the child welfare system, 1 in 10 children in in-home settings is living with someone who is on probation.¹⁰
- About 15-20% of children entering the child welfare system have incarcerated parent.¹¹
- About 1 in every 5 African American children who come to the attention of child welfare agencies have a recently arrested parent compared to only 1 in 10 White children and only 1 in 20 Hispanic children.¹²
- Incarcerated parents lose their parental rights at a disproportionate rate due to the Adoption and Safe Families Act (ASFA) which set strict timelines for initiating Termination of Parental Rights (placement cannot exceed 15 of the previous 22 months)¹³

Parents in Prison: *The uneven geographic distribution of incarceration in poor communities and communities of color means that the effects radiate beyond the individual to the broader community, presenting profound long-term consequences for family integrity, public health and general quality of life.*³²

Care must be taken with these data on disproportionate representation of children of color so as not to interpret them as an indictment of specific groups of people but rather as a reflection of the long-term impact of poverty, segregation, discrimination and urbanization.

- In 2010, 1.5 million people were in State or Federal prison in the U.S, and 750,000 in jails.¹⁴
- This is a 10% decline from 2009 but still significantly higher than 1980 when "mass incarceration" began.¹⁵

- 92% of people in prison are male, 8% female.¹⁶
- The number of women in prison increased by 587% between 1980 and 2011, rising from 15,118 to 111,387¹⁷
- Including women in local jails, more than 200,000 women are now incarcerated in the US¹⁸
- Nationally, there are more than 120,000 incarcerated mothers and 1.1 million incarcerated fathers who are parents of minor children (ages 0-17).¹⁹
- 44-55% Percent of fathers had at least one minor child living with them before incarceration²⁰
- 64-84% Percent of mothers had at least one minor child living with them before incarceration²¹
- 59 percent of fathers and 58 percent of mothers had no personal visits from any of their children.²²
- 62% of parents in state prisons and 84% of parents in federal prisons are held over 100 miles away from their residence. 43% of parents in federal prisons are held over 500 miles away from their last residence. 23
- 54 % of men and 73% of women have a history of mental health “problems” as opposed to 25% entering prison with a mental health diagnosis.²⁴
- In 2010, 93% of Federal Prisoners were convicted of non-violent crimes, including 48% for drug offenses, and 11% for immigration offenses.²⁵
- In 2010, 47% of State Prisoners were convicted of non-violent crimes, including 17% for drug offenses, and 18% for property offenses and 13% for Public Order offenses.²⁶
- More than 60% of the people in prison are now racial and ethnic minorities.²⁷
- These trends have been intensified by the disproportionate impact of the "war on drugs," in which two-thirds of all persons in prison for drug offenses are people of color.²⁸
- Roughly two-thirds of women in prison are women of color, representing the fastest growing prison population²⁹
- Blacks make up 12.3 percent of the US population and 43.9% of the state and federal prison population. Latinos constitute 12.6% of the country's population, but make up 18.3% of the prison population. Whites are 69% of the general population with only 34.7% of those incarcerated.³⁰
- If these trends continue, one in every 3 Black males born today can expect to go to prison in his lifetime.³¹

Caregivers

- Caregivers of children with parents in prison bear numerous burdens, including stigma and shame associated with having a family member in prison, increased financial strain, physical and emotional stress, and lack of external resources.³²
- Public assistance programs, including TANF were not designed with relative caregivers in mind. Grandparents especially are reluctant to seek support for fear of losing the children the child welfare system.³³
- Caregivers struggle with multiple challenges in fostering continued relationships between children and their parents in prison.³⁴
- Most prisons are not accessible by any form of public transportation, restricting child-parent visits. In some cases this means children will never visit their parents. ³⁵
- Collect phone calls from prisoners are subject to excessive surcharges, an economic burden most caregivers cannot manage.³⁶
- Familial incarceration can be characterized as an “ambiguous loss” leading to “disenfranchised grief.”³⁷
- Caring for children who are experiencing the stigma and blame associated with parental incarceration is particularly difficult for caregivers and may be taxing emotionally and physically.³⁸

Arrests: One study conducted in 1998 estimated that of the parents arrested:

- o 67% were handcuffed in front of their children
- o 27% reported weapons drawn in front of their children
- o 4.3% reported a physical struggle
- o 3.2% reported the use of pepper spray. ³⁹
- Children who witnessed the arrest of a household member were 57% more likely to have elevated post traumatic stress symptoms compared to children who did not witness an arrest⁴⁰

Chapter 2. Interviews

The Changing Children's Worlds Foundation (CCWF) staff conducted interviews for this report with key individuals who have responsibility for, or work with, detained or incarcerated populations, mainly fathers and mothers, but including other extended family members whom CCWF has served during the past four years. Kane County Adult Justice Center leadership and the CCWF Lead Facilitator consistently point out the value of supporting detained and incarcerated parents in order for them to thrive and succeed once released. These efforts within the Jail or Prison environments prepare caregivers for a different quality of parenting, so their children and families have an improved opportunity for positive family relationships- critical protective factors leading to children's positive social/emotional skills, mental health, academic and relationship success in life.

Kane County Sheriff Ronald Hain

What do you know about "The Best Start for Families-A Health Equity Approach," and how it benefits the detainees at the Kane County Adult Justice Center?

RH: I know the impact from the feedback I receive from detainees & also agree with the program's objectives.

Children are our future, so it is vitally important that parents are in their lives & when we return citizens to the community and their families, they need all the support they can get in order to re-enter into families and best home environments possible.

What do you hear from detainees?

RH: We hear from many that they have been helped by the program even while they are with us, regarding prison interactions, or video visits or phone calls with family. They have shared that the program has helped them manage their anger, anxiety, and has helped them in their communications in a way that they couldn't manage before. This should assist in reducing recidivism.

What do your Staff see?

RH: Our staff now includes 22 Mental Health Officers & 10 Diversion Officers. They tell me that they see a reduction in anxiety and anger, an improvement with conflict management with those who are in "The Best Start" program. They see a change that they are not so quick to act, or respond aggressively, that their general communications are better now.

What would you advise to others with responsibility for detained or incarcerated populations?

RH: My message for those responsible for jail and in society would be that they try this program, in every jail, and every county. The Jail is the fusion center for every community's issues & problems they deal with in our society. When citizens end up in Jail - NOW - immediately, is the important time to capture & redirect their behavior. For those who are Parenting, the program helps them immediately and for the future. It's critical for every Sheriff to invest in supporting Detainee and they can each provide CCWF's program.

What else would you share with Community Leaders and Members?

RH: We have been able to run with 0 lean from tax dollars, the programs have been completely funded by Commissary Revenues. Every Sheriff has the capability to do this. I highly suggest that they do this to implement this program right now. I'm proud to save Tax \$ while supporting this detained population and families!

Bill Woods, Detainee Programs Coordinator

How long have you been supporting the Changing Children's Worlds Foundation "Best Start for Families-A Health Equity Approach" at the Kane County Adult Justice Center?

BW: Since it started here in 2016.

Sheriff Hain increased the level of programming in the Jail to cover detainees in each POD throughout the year, to ideally reach as many mom, dad, grandparent detainees as possible who have interest. Why is that and what is that doing for the detainees?

BW: We have always tried to impact as many people as possible with our programs. Sheriff Hain has found revenue sources to pay for classes and programs which weren't available previously.

You were trained as a "Best Start" Facilitator in the early phases of adopting the program for the Jail. What did you think was important about this program, that made you decide to support it?

BW: I like the way the program approaches the materials. It is more of a discussion than a lecture. Often times we see people lose interest in programs when they are presented in a traditional "teacher/student" format. This program uses facilitators to lead discussions about a topic rather than teach from the materials.

Who do you think benefits most from the program at the Jail - moms, young dads ?

BW: The children. That is why the program is important. 1 in 28 children in this country have at least one parent in jail or prison, that is more than 5 million children. Studies have shown that these children are at a higher risk of drug addiction, suicide, bullying and becoming incarcerated themselves. When incarcerated parents learn how to deal with their children and understand them hopefully they can help to end the cycle.

What are one or two tangible changes or outcomes of the program that you have personally seen or heard about, that helps you to know that the program is working?

BW: It is hard to point out tangible changes in this situation. People in custody often do not have the same access to their children as people on the outside so seeing how the parent / child relationship is difficult. I will say that most of the people who have taken the class have learned to become better listeners, which is a big deal in this setting and in today's world in general.

If there was one thing you could tell the public, or other Jail Program Directors about the value of this program for their detainees and their communities, what would you say?

BW: Support of programs inside of prisons and jails is important. Every year our facility alone takes in and releases over 6,000 people. We can either send those people out to the same lives that got them into trouble in the first place, or we can offer them tools to help change their situation. This program not only helps foster a family space where people are valued and treated properly, it also teaches the value of solid communication. When people learn how to listen and share thoughts, rather than argue and yell, it benefits society as a whole.

Judy Dawson, Director of Administration

What is the main goal of your department?

JD: First, helping people get training to be able to get jobs and not come back to Jail. Parenting and family support programming is Important because most people go to work to support themselves and their families. But many feel detached. Many did not have good relationship in their families, and children are impacted by their parents not being around for them.

What are the priority areas or services KC AJC offers?

JD: There are 3 things everyone needs: Housing, Healthcare & Jobs. Every family needs these to be provided for families to be stable. Our detainees also need supportive connections. It's all necessary in order for FAMILY INTEGRATION to work - so including parenting/family skills is part of the overall holistic approach.

Are there differences in supporting fathers versus mothers?

JD: Another issue for our male detainees is that when they are not married to the mother of their children, they do not have access to their children. They can't get updates, photos they need when they are so isolated. This causes family divisions and issues for all family members.

What message would you like to share with Justice Facilities and Communities?

JD: Especially remember the MOMs. GET MOM HOME ! Helping moms with the skills they need to take care of their children, siblings, families is critical.

Corey Dixon, Senior Assistant Director of Administration

What is the role of the KC Adult Justice Center Diversion Department?

CD: We provide Diversion Management, including Case Management for Detainees. We support them while they are at the KC AJC, and stay in phone contact with them as they integrate back into families and communities. While they are still detained we provide job leads, programs, community contacts & events. We support detainees to get their GEDs, with Forklift training and certification, among other programs.

Are these Diversion Management and Case Management services new in 2019?

CD: Yes. Also new is increased Community Outreach, keeping the Sheriff's office engaged throughout the County supporting relevant community events & initiatives. This also includes Employer Events, helping almost released detainees inside, but also outside for community members including previous detainees.

The Department has also made MEDICAID accessible for detainees.

How does the Changing Children's Worlds Foundation support the KC AJC goals?

CCWF - what we are doing ? CCWF - what could we do ?

CD: We need a holistic approach for folks who need our assistance. Just focusing on their needs at the Jail isn't good enough. We need community partners who believe & work together with us to accomplish the goal of reintegrating detainees so they are successful in not returning. We know we can't do it alone, that we need solid community partners. We have common goals, and we know the Jail has to also be a resource to community partners with resources to provide their services to detainees inside and outside. By working together, we will achieve our common goals.

Please describe the specific goals we share:

CD: The goals include the basics: Job, Support System, Access to Health Care and Services that help propel them to where they want to be in life. The Support System includes helping them learn how to reintegrate into their families. It starts in Jail, by opening visitation with family members, providing opportunities for them to see their children & significant others, their parents or spouses.

The Sheriff recognizes that visitation can't be just via phone. They must humanize the Jail System starting with family contact. Then this can be translated to families outside, if they have kept tight family connections.

Dual approaches are necessary, parallel programs in Jail with continuation support with the same programs once they are released, providing consistency and stability.

Kassia Eide, CCWF KCAJC Lead Facilitator

Reflection: This year I have facilitated 7 "ICDP-The Best Start for Families-A Health Equity Approach" programs, filled in a couple of days for Andrea and conducted holiday cafes and interviews...that adds up to about 75 times going to the Kane County jail in 2019. 75 chances to meet people where they are at on their parenting journey, to support them to find their strengths amongst the challenges, the stresses and the frustration of separation from loved ones.

I have seen grown men cry, I have seen women bond together over personal loss, I have heard two men perform their original songs, I have laughed with them, I have seen J pod making T-shirts, I have challenged them to think about parenting and discipline in different ways, I have witnessed the beauty of empathy in a place where hiding behind a mask is the norm. I have listened to countless stories about difficult childhoods with absent or drug addicted parents, abuse, lack of love, lack of empathy and seen the spark of hope in their eyes knowing that they have the power to change the future stories of their own children.

I have been affected personally by small moments, one in particular, a man came to class and asked me if it was too late to create a relationship with a child he has never met and when I told him no, he said that no one had ever said that before, that he had no hope of ever creating a bond with his young daughter. Another man decided to write to his teenage daughter after a long period of time and said that he never would have done it if he hadn't participated in the program.

I have witnessed change, as a parent and as an individual and I have been richly blessed to be a tiny part of the lives of so many people in the Kane County Jail.

Chapter 3: Detainees - “Best Start” Experience Feedback

KCAJC detainees were also invited to share their thoughts about the value and impact of “The Best Start for Families” program for them personally in 2019. This provides direct insights from their perspective about what was valuable, and why they participated in the program despite the challenge and sometimes pain, of talking about children from whom they are currently separated from.

The detainee responses were very open and insightful. They were first asked to share generally about their experience in this “Best Start” parenting program:

- This is a very positive program, an opportunity to share experiences and opinions. It helps to form values for us to be better parents and teach our kids to be good parents someday (Joel R)
- When you’re in here getting parenting advice and compare it to what I have already learned it makes me feel confident by hearing other people’s experiences. When I hear other parents speaking and I think back to what I experienced as a child, I remember my own childhood (Joel B)
- I learned a lot about the importance of communication and empathy and to know how to listen. It has always been hard for me to communicate but this class really helped (Edgar G)
- You guys made it a lot of fun with a lot of laughter, there was a lot of charisma (Jonathan O)
- Learning from hearing other people’s experiences (Mario R)
- We got to learn about other people’s families and kids (Jonathan O)
- Great experience using the acting and we learned how to communicate with and teach our kids through other’s experiences (Freddy G)
- Different strategies on teaching my son ways to learn different ways of interacting with me (Jared R)
- I learned how to use empathy and not do what my parents did to me and raise my kids in a different way (Donald J)
- Friendly atmosphere thanks to the facilitators’ openness and letting us speak about our own situations and how we were brought up (Mario R)

How have you used what you have learned in “The Best Start” class with your children?

- I convinced my baby mama not to whoop my daughter’s ass [spank]. My daughter was getting in trouble in school and instead of talking to her about it, my baby mama just spanked her. I told her to ask my daughter what was going on and when they talked about it she found out why my daughter was upset that someone at school was being mean to her (Donald J)
- Taking into consideration the way I speak to them based on their different ages. I wrote each of them an individual letter about my situation and I had to think about what I was saying and how to say it based on their ages. Before I would have just written one letter and not cared how I said it. I have done this twice since I finished the class (Mario R)
- Giving my wife different methods of teaching my son healthy habits and learning to build stable trust (Jared R)
- Communicating more despite the distance (Mario R)
- Communicating on the phone and talking about how to behave and how to act with her mom (Freddy G)
- I talked to my partner about the class and what we are learning (Jonathan O)
- This program has helped me to create a base of how to keep moving forward in my child’s education and our own education. I feel prepared for the next step in my life (Joel R)
- Be more open with my child when it comes to communication. To get on his level of understanding and be on the same page, show more love and affection, have patience (Joel B)

- I tell them how much I love them, even though we're not together we are getting prepared to interact with them when we get out. I didn't have a lot of patience or the right words. Now I can show them step by step to feel secure and learn better (Miguel A)

How is “The Best Start” class material going to help you reintegrate with your family/children when you go back home?

- Helped us out the next steps and to deal with the challenges, this class is preparing us to face those challenges and remember when I was their age (Joel B)
- I want them to see the changes I have made based on what we have learned in the class. Kids are full of surprises and I want to be prepared for whatever happens. When they grow up I want them to have a good base, to keep each generation getting better than the last (Miguel A)
- Spending more time with my daughter (Freddy G)
- Showing more emotions towards my kids (Jonathan O)
- Talk to them in a better way (Mario R)
- I want to put the 3 dialogues in practice that we studied and use them with the different ages and stages (Marcos H)
- Reinforced my parenting skills and reassured that what I was doing was correct, that I was going about it in the right way (Jared R)
- Keep the empathy bubble wide, spend more time, pay attention, don't ignore my kids (Donald J)
- Establish an open relationship with my kids that is appropriate for their ages so they can come to me with issues or problems right away and we can deal with them together (Mario R)

Would you encourage others that you know to take this “Best Start for Families” class and why?

- Yes, because it helps and teaches you better ways to parent your children (Donald J)
- It's beneficial for people to see a different way of bringing up their children using positive studies and reinforcement (Mario R)
- It really helped me so it can help others (Mario R)
- Yes, it will help people to have a wider perspective for the people that don't have a lot of knowledge about parenting (Marcos H)
- I would recommend it because you can learn about others' experiences with kids and how to use your emotions (Jonathan O)
- Of course- a very positive experience, it was well thought out, I really appreciated the class, it cemented good fundamentals in me (Jared R)

Chapter 4: Final “Best Start” Participant Survey Narrative Results

This section includes information collected from each project at the close of their final (10th) session. This information is part of a voluntary process, collected within a final weekly written survey form process.

Project 1 (Pod A): 1/25/2019-3/01/2019

Of the 13 participating Dads/Grandparents, 12 were certified by the finish of this project series of 10 sessions, reflecting that they had participated in a minimum of six to seven sessions each. Parent/caregiver participants in this program reported having a collective total number of 26 children, many of whom would be impacted by the growth and development of their fathers as people and as caregivers, and would benefit from improved interactions and relationships with their fathers upon the fathers' release.

Note: no formal final surveys or testimonials were possible at the end of this session, likely because of cancellations of sessions that sometimes take place due to lock-down situations, caused by incidents in the Pod for the Program, in the broader AJC or due to shortage of staffing, reducing programming time.



WORD ART - Participant Project Summary. This presentation reflects participating Detained Parents/ Caregivers' thoughts and feelings as shared in the closing at each of the 10 sessions. Emotions represented in larger font reflect the higher frequency of that word's expression throughout the project sessions.



(3 fathers having a discussion about a child's emotional photo)

Of the 15 participating fathers, 10 were certified by the final session, reflecting that they had participated in a minimum of six to seven sessions each. Parent/caregiver participants in this program reported collectively having a total number of 34 children, many of whom would be impacted by the growth and development of their fathers as people and as caregivers, and would benefit from improved interactions and relationships with their fathers upon the fathers' release.

Final Weekly Survey Results:

1. What have you experienced in this course?
 - I experienced more teamwork than ever
 - Learning Experience
 - A better me
 - Better parenting classes
 - I've experienced a new outlook on life
 - I experienced you have to take time with your kids
 - Tolerance

2. Having taken part in the "ICDP-The Best Start" program, do you notice any changes in your child that you think are linked to the "Best Start" sessions? If yes, which Guidelines have affected your child?
 - Yes, they talk more.
 - Yes, Session 1 "Empathy"
 - Don't know, I don't know haven't been around my kids since incarceration
 - Don't know (5 responses)

3. Having taken part in "ICDP-The Best Start" program, do you notice any changes in your family that you think are linked to the "Best Start" sessions? If yes, which Guidelines have affected your family?
 - Yes, Feeling
 - Yes, Guideline 8 "Supporting your child and guiding behavior"
 - Yes
 - Yes, We got closer.
 - Don't know (4 responses)

4. Having taken part in the "ICDP-The Best Start" program, do you notice any changes in yourself that you think are linked to the "Best Start" sessions? If yes, which Guidelines have affected you?
 - Yes, More open to opinion
 - Yes, Session 10 "Regulative: self regulation and positive discipline"
 - Yes.
 - Yes, My parenting methods are better.
 - Yes, I want more for my family.
 - Yes, That I need to spend more time with my kids.
 - Don't know (2 responses)

5. On which aspects of parenting will you focus more in your interaction with your child(ren) in the future?
 - Emotional Expression
 - Empathy
 - Emotional
 - Being there
 - Patience with them in learning
 - History of helping my babies grow
 - Praising (?) my child and showing support
 - Being patient and showing them

6. What will you do to continue to strengthen your "Best Start"-based parenting after this session is done?
 - Being more open
 - Use what I learned
 - Spend more time
 - Keep working hard to be a better father to them
 - The passion that I have for teaching them
 - Keep practicing
 - Listen to my daughter and other parents
 - N/A

Project 3 (Pod.): 5/07/2019-6/07/2019:

This project had several cancellations, but also issues participants faced kept several from participating regularly. Therefore only 4-5 Dads regularly participated. Due to this, the number of sessions was shortened, although several who completed the shortened program did receive certificates.

Seven parent/caregiver participants in this project collectively reported having a total number of 19 children, many of whom would be impacted by the growth and development of their fathers as people and as caregivers, and would benefit from improved interactions and relationships with their fathers upon the fathers' release.

Note: no formal final surveys or testimonials were possible at the end of this project, due to its shortened time frame.

WORD ART - Participant Project Summary.

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Emotions represented in larger font reflect the higher frequency of that word's expression throughout the project sessions.



(2 dads engaged with the lonely boy photo)



Project 4 (Pod): 7/16/2019-8/20/2019

Of the 14 attending fathers, 11 were certified by the finish of 10 sessions, reflecting that they had participated in a minimum of six to seven sessions each. Parent/caregiver participants in this program collectively reported having a total number of 25 children, many of whom would be impacted by the growth and development of their fathers as people and as caregivers, and would benefit from improved interactions and relationships with their fathers upon the fathers' release.

Final Survey Results:

1. What have you experienced in this course?
 - That parenting is an ever growing experience
 - How to grow as a parent
 - Good parenting skills
 - A lot I can use is helpful
 - Learning
 - I have learned plenty
 - Get more information on how to raise my children
 - New teaching skills and new ways to communicate with my child
 - Eye opening about what I do really affects my child's life

2. Having taken part in the "ICDP-Best Start" program, do you notice any changes in your child that you think are linked to the "Best Start" sessions? If yes, which Guidelines have affected your child?
 - Don't know (10 responses)

3. Having taken part in the "Best Start" program, do you notice any changes in your family that you think are linked to the "Best Start" sessions? If yes, which Guidelines have affected your family?
 - Yes
 - Yes, Showing positive feelings through the phone
 - No
 - Don't know, Not in contact
 - Don't know (6 responses)

4. Having taken part in "The Best Start" program, do you notice any changes in yourself that you think are linked to the "Best Start" sessions? If yes, which Guidelines have affected you?
 - Yes, 8d "positively setting consequences"
 - Yes, 8b "gradually supporting your child"
 - Yes, Let my boys know that they make me proud all the time
 - Yes, The right way to raise your children
 - Yes, 1, 2, 4, 6, 8b "showing positive feelings, following your child's lead, giving your child praise, giving meaning to your child's experiences, gradually supporting your child."
 - Yes, 2, 5, 6, 8d "following your child's lead, sharing experiences with your child, giving meaning to your child's experiences, positively setting consequences."
 - Yes, I see myself better
 - Yes
 - Yes, 4, 5, 6 "giving your child praise, sharing experiences with your child, giving meaning to your child's experiences."
 - Don't know

5. On which aspects of parenting will you focus more in your interaction with your child(ren) in the future?
 - 7 "expanding your child's experiences"
 - Be there for them at all times
 - Step by step self control
 - Spending more time with them
 - Them going to school and college
 - Talking to her
 - Attitude
 - Setting boundaries and remaining calm while doing it
 - Having dialogue with my children, no words involved
 - I will be less strict, less controlling, more playful

6. What will you do to continue to strengthen your "Best Start"-based parenting after this session is done?
- Practice different example
 - Keep talking and being in my kids life
 - Go by what I have learned
 - Keep reading the book provided
 - Do my best to be a good parent
 - Continuing with parent program
 - Positive thinking
 - I will continue to go over the book that was given to me
 - Work with the mother to discuss and discover and evaluate and make sure we're doing our best
 - Go through my books and take it one day at a time
7. Regarding the program:
- A. If monthly or bi-monthly ICDP sessions are offered following this session, would you like to attend?
- Yes (10 responses)
- B. I like the program because it gave me many options for how to be a good parent.
- Yes (9 responses)
 - Don't know (1 response)
- C. I would recommend this program to others.
- Yes (9 responses)
 - Don't know (1 responses)
8. On a scale from 1-10, how likely are you to use the knowledge/skills you learned today? Please circle one number. Why?
- 10 (3 responses)
 - 10, The guidelines, boundaries, attention, etc.
 - 10, I feel that every parent should want to learn more about helping their kids and connecting with them on every level
 - 10, Because stupidity stays the same, smart learn on grow
 - 10, they are very helpful and very good ways at helping my child
 - 10, I would use them
 - 10, Not to be quick tempered
 - 10, The skills I learned will not only benefit me but also my future grandchildren
9. On a scale from 1-10, how confident are you that you can use the knowledge/skills you learned today? Please circle one number. Why?
- 10
 - 10, The boundaries
 - 10, Any parent that wants things to be right in the family you will learn as a family
 - 10, My children deserve it
 - 10, I know and believe I can be a better parent after learning what I've learned
 - 10, What was said here was helpful for a lot of reasons
 - 10, I feel good about what I learned now I can use it once I'm back home
 - 10, You can teach an old dog
 - 10, I feel like I understand the skills more and therefore I will use them the correct way

Full Group Testimonials:

- *I've learned to communicate better with my child and put myself in their shoes to be able to understand their feelings and emotions!*
- *It help me as a parent to understand that there is more to learn about your kids so it helps me to connect more with them.*
- *I learned a lot there.*
- *The more you show love, the stronger your connection is with your children*
- *Enjoyed it*
- *It was good, meaningful, and mentally flexible.*
- *They gave me more information on raising my child and how to be a great parent. The class really was eye opening. I learned things I didn't know and I'm thankful that I have taken this class.*



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(6 dads & facilitator watching "improv" performed by other dads)

Project 5 (Pod D): 8/03/2019-9/21/2019

Of the 18 participating mothers, 6 were certified by the final session, reflecting that they had participated in a minimum of six to seven sessions each. Parent/caregiver participants in this program collectively reported having a total number of 30 children, many of whom would be impacted by the growth and development of their mothers as people and as caregivers, and would benefit from improved interactions and relationships with their mothers upon the mothers' release.

Final Survey Results:

1. What have you experienced in this course?
 - It was wonderful and helpful
 - I love it because it was very interesting and helpful
 - Learning new ways to cope with my kid be happy positive

2. Having taken part in the "ICDP-Best Start" program, do you notice any changes in your child that you think are linked to the "Best Start" sessions? If yes, which Guidelines have affected your child?
 - Yes, Me and my babies are so much better
 - Yes, Being nice understanding
 - Yes
 - Don't know (2 responses)

3. Having taken part in the "Best Start" program, do you notice any changes in your family that you think are linked to the "Best Start" sessions? If yes, which Guidelines have affected your family?
 - Yes, We communicate with the children way better
 - No, love
 - Don't know (2 responses)

4. Having taken part in the "Best Start" program, do you notice any changes in yourself that you think are linked to the "Best Start" sessions? If yes, which Guidelines have affected you?
 - Yes, Help me communicate more (Guidelines 5-6-7)
 - Yes, I have so much more patience
 - Yes, Guidelines 1, 2, 3 "showing positive feelings to your child, following your child's lead, communicating with your child both verbally and nonverbally."
 - No
 - Don't know

5. On which aspects of parenting will you focus more in your interaction with your child(ren) in the future?
 - To be in his life more
 - Regulative dialogue I will use more
 - The way we communicate and keep us open with love

6. What will you do to continue to strengthen your "Best Start"-based parenting after this session is done?
 - Not get in trouble
 - I will use more of the 3 dialogues
 - Guideline 4 "praising your child"
 - I plan on keeping in touch with the volunteers

7. Regarding the program:
 - A. If monthly or bi-monthly ICDP sessions are offered following this session, would you like to attend?
 - Yes (3 responses)
 - Don't know (2 responses)
 - B. I like the program because it gave me many options for how to be a good parent.
 - Yes (5 response)
 - C. I would recommend this program to others.
 - Yes (5 respons

8. On a scale from 1-10, how likely are you to use the knowledge/skills you learned today? Please circle one number. Why?
- 10 (2 responses)
 - 10, Amazing
 - Not at all likely
9. On a scale from 1-10, how confident are you that you can use the knowledge/skills you learned today? Please circle one number. Why?
- 10 (2 responses)
 - 10, Amazing
 - Not at all likely

Group Testimonials:

- *Learned new ways to cope with my kid, and for myself as a parent to cope with kids.*
- *I enjoyed the program I learn a lot of things I felt as if I didn't need help with. I appreciated this program.*
- *I like how grew more in the group.*
- *I absolutely LOVED the program. The workers were amazing. Mrs. Andrea and Mrs. Kassia made things better and explained things in the simple ways. Made me feel like I'm a great mom and to appreciate "me."*

WORD ART - Participant Project Summary.

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(2 participants watching)

Project 6 (Pod B): 9/03/2019-10/04/2019

Of the 13 participating fathers, 7 were certified by the final session, reflecting that they had participated in a minimum of six to seven sessions each. Parent/caregiver participants in this program collectively reported having a total number of 26 children, many of whom would be impacted by the growth and development of their fathers as people and as caregivers, and would benefit from improved interactions and relationships with their fathers upon the fathers' release.

Final Survey Results:

1. What have you experienced in this course?
 - I have experienced a lot of others peoples perspectives
 - Children, regulations, emotions, better ways of parenting, multiple types of parents, solutions to different outcomes
 - I've learned a lot through caring and interacting with my kids over the years
 - No judging
 - A lot of things
 - That its different parenting ways that people do things to take care of their kids and it's a good class and I like it very much
 - How to support and show positive experiences

2. Having taken part in the "ICDP-Best Start" program, do you notice any changes in your child that you think are linked to the "Best Start" sessions? If yes, which Guidelines have affected your child?
 - Yes
 - Yes, Guideline 8b "gradually supporting your child."
 - No
 - Don't know (6 responses)

3. Having taken part in the "Best Start" program, do you notice any changes in your family that you think are linked to the "Best Start" sessions? If yes, which Guidelines have affected your family?
 - Yes
 - No (2 responses)
 - Don't know (6 responses)

4. Having taken part in the "Best Start" program, do you notice any changes in yourself that you think are linked to the "Best Start" sessions? If yes, which Guidelines have affected you?
 - Yes, Guideline 5 "sharing experiences and focusing your child's attention with yours" (2 responses)
 - Yes
 - Yes, Guideline 1 "showing you love your child"
 - Don't know

5. On which aspects of parenting will you focus more in your interaction with your child(ren) in the future?
 - Discipline with love
 - Empathy because children read and are emotional in different ways than adults
 - Guideline 8b "gradually supporting your child."
 - Guideline 8a "supporting your child with boundaries."
 - Being more patient
 - Guideline 7 "expanding your child's experiences"

6. What will you do to continue to strengthen your "Best Start"-based parenting after this session is done?
 - Everything I have learned
 - Be the best I can
 - Being in my child's life
 - Practice what I was shown
 - Apply what I have learned with my children and family
 - Spend more time with my kids
 - Guideline 8d "setting positive consequences"

7. Regarding the program:
- If monthly or bi-monthly ICDP sessions are offered following this session, would you like to attend?
 - Yes (8 responses)
 - Don't know (1 response)
 - I like the program because it gave me many options for how to be a good parent.
 - Yes (9 responses)
 - I would recommend this program to others.
 - Yes (9 responses)
8. On a scale from 1-10, how likely are you to use the knowledge/skills you learned today? Please circle one number. Why?
- With my kids and helping them grow to be good people
 - 8
 - 8, Good advice
 - 9
 - 10 (3 responses)
 - 10, I've received a lot of insight on bettering my children and me
 - 10, Because it simply open up your eyes, and realize a lot of things
 - 10, I find them to be smart and reliable lessons to promoting a great relationship
9. On a scale from 1-10, how confident are you that you can use the knowledge/skills you learned today? Please circle one number. Why?
- 6
 - 8
 - 10 (2 responses)
 - 10, I feel better as a parent
 - 9
 - 9, Many statements and information are very familiar and smart

Testimonials:

- *The facilitators were very friendly and informative. They gave many good examples for good and positive situations and how to work through them. I really appreciate the time that was spent into these classes work and help with parenting. Thank you to David and Kassia for all the information, lessons and help with all our questions. I would definitely recommend this class to others.*
- *My reflection on the parent class was a great experience. I received a lot of insight on how my children and parents face situations. Every parent has their own different ways of doing things (being a parent).*
- *Help me understand how to treat my kids at times. Help me make me better choices when it comes to my kids, and things I say and do around them.*
- *I had a lot of good experiences in this class. I liked hearing all of the other parents experiences. David and Kassia were very good counselors.*

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(Group of 5 participants plus 2 facilitators)

Project 7 (Pod J): 10/08/2019-11/08/2019

Of the 13 participating fathers, 9 were certified by the final session, reflecting that they had participated in a minimum of six to seven sessions each. Parent/caregiver participants in this program collectively reported having a total number of 21 children, many of whom would be impacted by the growth and development of their fathers as people and as caregivers, and would benefit from improved interactions and relationships with their fathers upon the fathers' release.

Final Survey Results:

1. What have you experienced in this course?
 - Growth and development in parenting
 - Empathy and sympathy
 - Learn different emotions
 - How to interact with my child, how to explain to them step by step

2. Having taken part in the "ICDP-Best Start" program, do you notice any changes in your child that you think are linked to the "Best Start" sessions? If yes, which Guidelines have affected your child?
 - Yes, Guideline 1 "showing love, positive feelings to your child"
 - Yes, Guidelines 1-8 "all guidelines"
 - No
 - Don't know (2 responses)

3. Having taken part in the "Best Start" program, do you notice any changes in your family that you think are linked to the "Best Start" sessions? If yes, which Guidelines have affected your family?
 - Yes, 8d "setting positive consequences."
 - No (2 responses)
 - Don't know (2 responses)

4. Having taken part in the "Best Start" program, do you notice any changes in yourself that you think are linked to the "Best Start" sessions? If yes, which Guidelines have affected you?
 - Yes, Guideline 8a "supporting your child with boundaries"
 - Yes, Guidelines 4 and 6 "giving your child praise, giving meaning to your child's experiences."
 - Yes
 - Yes, Guideline 1 "showing love, positive feelings to your child"
 - No

5. On which aspects of parenting will you focus more in your interaction with your child(ren) in the future?
 - Being more outgoing
 - Continue to try and establish contact
 - Spending more time with her

6. What will you do to continue to strengthen your "Best Start"-based parenting after this session is done?
 - Look forward to participate in the near future
 - Practice on the younger generation in this pod
 - Guidelines 8a, 8c "support your child with boundaries, guiding your child's behavior."
 - I feel great learning different thoughts of other inmates

7. Regarding the program:
 - A. If monthly or bi-monthly "Best Start" sessions are offered following this session, would you like to attend?
 - Yes (6 responses)
 - No (1 responses)
 - Don't know (1 response)

- B. I like the program because it gave me many options for how to be a good parent.
- Yes (7 responses)
 - No (1 responses)
- C. I would recommend this program to others.
- Yes (7 responses)
 - No (1 responses)
8. On a scale from 1-10, how likely are you to use the knowledge/skills you learned today? Please circle one number. Why?
- 9, Is always nice to have more actions to deal with your siblings
 - 7, My child is a teenager so I need to establish a new set of boundaries.
 - 8, Learn about different emotions kids have
 - 10, More communication with my daughter teach her how to be respectful to others
 - 10
9. On a scale from 1-10, how confident are you that you can use the knowledge/skills you learned today? Please circle one number. Why?
- 7, Learning new things builds more confidence
 - 9, Learned how to treat a child
 - 9, Well it lets me know i'm not myself in these situations of parenting
 - 10 (2 responses)

WORD ART - Participant Project Summary.

This presentation reflects participating Detained Parents/ Caregivers' thoughts and feelings as shared in the closing at each of the 10 sessions. Emotions represented in larger font reflect the higher frequency of that word's expression throughout the project sessions.



(3 participants looking at girl photo)

