



YOUNG Lives
Fathers

Young Lives Young Fathers Program Outline 2010

Table of Contents

1. INTRODUCTION	3
1.1 Purpose.....	3
1.2 Scope.....	3
1.3 Program Assistance Areas	3
2. YLYF PROGRAM DISCRPTION	4
2.1 Stage I Group Sessions.	4
2.2 Components.....	4
2.3 Tools and Resources	5
2.4 Individual Assistance	5
3. PERSONAL GROWTH AND DEVELOPMENT	6
3.1 Stage II Support in areas of Education and Employment	6
3.2 Assessment.....	6
3.3 Education	7
3.4 Employment	7

1. INTRODUCTION

1.1 Purpose

The purpose of the Young Lives Young Fathers program is to address the needs of young fathers who because of barriers do not have the required educational background or employment skills that are needed to become a good parent.

While social-assistance programs have long been available to young mothers, it appears less effort has gone into helping young fathers. Young fathers who are left without resources or social supports struggle to sustain a positive presence in their child's life, as well as maintain a supportive relationship with their child's mother. Fathers of all ages have good intentions to be involved with their children; however, key factors preventing their involvement include lack of money, poor relationships with mothers and their families, incarceration, substance abuse, and their own experience with the lack of involved fathers that influences their ability to exercise good parenting skills.

Saving A Generation of Youth At Risk, Inc. offers a local community outreach program, Young Lives Young Fathers (YLYF), encouraging young unwed fathers of the Rochester MN. Community to come forward, seek help, and identify their needs.

1.2 Scope

The Young Lives Young Fathers program provides a positive and supportive place where young unwed fathers ages 16 to 25 can discuss their concerns. Young Lives Young Fathers will meet for group sessions once a week to encourage contact between other young father who can share their experiences and discuss child rearing, self-esteem, male-female relationships, and other topics that are brought to the floor which support our goals. Additionally, the Young Lives Young Fathers outreach program will direct these young fathers to resources that can assist them in meeting their personal goals which can result in their becoming good parents.

1.3 Program Assistance Areas:

- Self-esteem/Self Respect
- The legal aspects of fatherhood (responsibilities of being a father)
- Effective parenting skills and the benefits of accepting responsibility of fatherhood
- Education completion/Encourage Post Secondary education
- Gainful employment and job skills
- Financial and personal self-sufficiency
- Behavioral issues/ Anger Management
- Available Community Services
- Healthy Living
- Delay of future unplanned pregnancies

2. YLYF PROGRAM DESCRIPTION

2.1 Stage I - Support Group

A critical part of the Young Lives Young Fathers outreach program's lifecycle is group sessions. In this forum young fathers are given opportunity to learn, discuss their experiences, share their concerns, identify barriers and build relationships with program staff and with other young fathers sharing the common goal of being a good parent.

Duration: Ongoing

Schedule: Two (2) hours weekly

Location: 1025 Maywood Road SW Rochester, MN 55902

Meeting day and time: Wednesdays 5:00 to 7:00PM

Requirement criteria for participation in the support group sessions of the Young Lives Young Fathers outreach program: Young unwed fathers or expecting fathers ages 16 to 25 desiring to be a good parent.

The Young Lives Young Fathers group sessions will include each week both a learning experience and group discussion.

Initial Group Session

- Welcome & Introduction
- Ice breaker
- Each participant will receive a form to complete demographic information and a questionnaire. Information will be used to complete intake data and set up an interview for implementation of Stage II – personal development and personal goals.
- Each participant will receive a welcome package including:
 - Program staff contact information
 - Program description
 - Next session agenda

2.2 Components

Components of ongoing group session learning lessons will be developed to include but will not be limited to such topics as:

- Barriers and inadequacies – open discussion
- Responsibilities of Fatherhood – the important role of fathers in the lives of their children
- Motivation - attitudes and behaviors promoting self esteem
- Life Skills – relationships without conflict
- Communication – support systems and available resources
- Expenses - costs associated with having a baby and costs of a baby in the first year.
- Child Care and Development – Safety, meal preparation, child rearing
- Health and awareness

2.3 Tools and Resources

Learning Lessons will be addressed weekly using a variety of tools and resources such as but not limited to:

- Workbook
- A.R.T. – anger replacement training: Workforce Development Inc.
- Guest Speakers: Successful Fathers, Role Models
- Counseling specialist – areas of expertise
- Salvation Army
- Planned Parenthood

2.4 Individual Assistance

After a participant completes his questionnaire, he would then make an appointment with the program staff for assessment of individual needs.

Each participant's questionnaire remains confidential. The information will be reviewed to identify independent needs and resources available in the Rochester Community. Program staff will work independently with each young father to refer them to appropriate resources and educate participants about how these resources can be utilized.

3. Participant's Personal Growth and Development

3.1 Stage II - Support in areas of education and employment

The Young Lives Young Fathers outreach program will provide opportunity for each participant to find support in areas of education and job search focused on each individual participant's personal growth and development and goals.

Duration: Ongoing until goals are completed

Schedule: Scheduled with participant

Location: TBD

Meeting: Determined by needs

Requirements:

- Young unwed fathers or expecting fathers desiring to complete or continue their education.
- Young unwed fathers or expecting fathers desiring to pursue employment
- Willingness and commitment for completion of agreed upon personal goals

3.2 Assessment

1. Each participant's demographic and questionnaire information will be reviewed to identify independent action steps to be taken to achieve personal goals relating to education and employment search.
2. Participant will be interviewed to discuss aspirations, commitment and goals.
3. Participant will take an active roll in the development of his individual goal planning and timeline.
4. Participants will be required to meet bi-monthly with the Young Lives Young Fathers program staff for status, progress assessment and updates.

3.3 Education

GED Completion:

1. Participant's age 16-21 that qualify for WIA/MYP programs will be referred to Workforce Development Inc. Rochester, MN. A Workforce Development Counselor will work with the participant while achieving his GED.
2. All participants ages 22 to 25 and those participants that do not qualify for the WIA/MYP program pursuing a GED will be referred to the Hawthorn Education Center in Rochester MN for assistance in completing his GED.
3. All participants will be required to adhere to an outlined schedule developed and agreed upon between the Young Lives Young Fathers program staff and the participant detailing registration for classes, days of practice, test days and tentative completion date.
4. Upon completion of his GED participant will be evaluated for next steps toward higher education and job search.

Higher Education:

All participants who are interested in pursuing higher education will receive assistance through Workforce Development Inc. of Rochester, MN with college search, application and registration steps, applying for FAFSA, and scholarship search.

3.3 Employment

All participant's (ages 16- 25) pursuing employment will be referred to Workforce Development Inc. of Rochester, MN. for assistance in but not limited to:

- Counseling
- Resume writing
- Cover letter writing
- Interviewing skills
- Job search
- Job search through employment agencies

All qualifying participant's (ages 16-21) pursuing employment will be referred to Workforce Development, Inc. of Rochester MN for consideration to take part in the subsidized work experience program.