

A short horizontal bar with a blue segment on the left and an orange segment on the right.

# Fathers' UpLift



## Our Challenge



Black and Hispanic men are nearly **twice as likely** to go without mental health services as their white counterparts.



**Only 5%** of the doctoral level psychology workforce are Black.

The mental health field has long failed to meet the needs of Black and Brown fathers, often due to stigmatized environments and limited understanding of their life experiences.

Schools of social work and psychology rarely teach culturally sensitive care or offer hands-on experience with Black and Hispanic men from marginalized communities.

BIPOC fathers disproportionately experience high rates of trauma, poverty, addiction, and incarceration. For fathers without strong support systems, these challenges can seem impossible to overcome. We see fathers enter our doors dealing with multiple stressors, shame and pain.

**They want to be in their child's life – but don't know how.**

# Vision

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**Our work today will sow the seeds for a future where every father and their family can thrive in a supportive and understanding environment.**

We have the opportunity to support exponentially more fathers by reshaping the institutions and structures that are meant to serve the mental health of Black and Brown fathers and families but so often fall short.



# Mission

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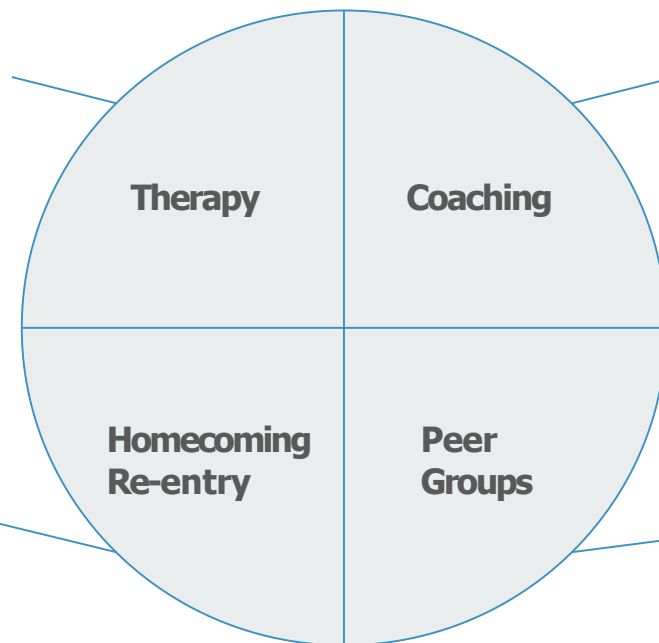
Fathers' UpLift is succeeding where traditional service providers fail. Through our blend of **therapy, coaching and community engagement**, we provide accessible and culturally relevant support, helping more men of color embrace mental health services without fear or stigma.

For over a decade, we've been serving Black and Brown fathers through our unique blend of services focused on fatherhood and mental health. Our programs have helped thousands of fathers re-engage with their children and improved life outcomes.



# Holistic Healing Journey

Our strength-based clinical therapy services are provided by clinicians who share our population's background



One-on-one peer support provides personal mentorship, guidance, and assistance with job searches, custody challenges, support for youth, families, and more

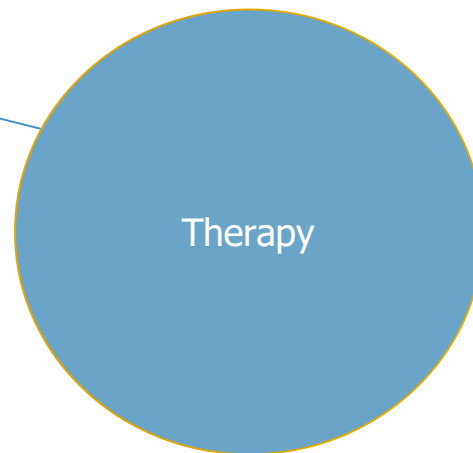
Programming designed to support men as they re-enter and rebuild their lives following incarceration

12-18 week courses covering topics such as managing emotions, parenting, housing, employment, and more

# Transforming The Field

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U.S.T.R. Fellowship: The United States Therapist Recruitment Fellowship offers a \$15,000 stipend, mentorship, licensure prep, and clinical supervision. After completing the fellowship, participants become part of a national community of BIPOC clinicians dedicated to giving back to communities of color across the nation. This is an incredible chance to make a real difference while advancing the careers of our students.



# Why Cincinnati? (A Valuable Addition)

Top 4 Causes of Death: *Closing the gap for the 4 causes would reduce disparity by half.*

Causes	Excess Years of Life Lost	Premature Deaths
#1 Drug Overdose	5,403	580
#2 Infant Mortality	4,131	133
#3 Assault (Homicide)	3,500	207
#4 Heart Disease	3,428	1,060

# Why Cincinnati? (A Valuable Addition)

Close Proximity: *Our location of Impact*

Direct Impact	Indirect Impact
#1 Drug Overdose	#2 Infant Mortality
#3 Assault (Homicide)	#4 Heart Disease





# Workforce Development

*The future of Mental Health*





## Provider Shortage Area (Primary Care, Dental & Mental Health)

Hamilton County is listed as a federally designated Health Care Provider Shortage Area in the following categories:

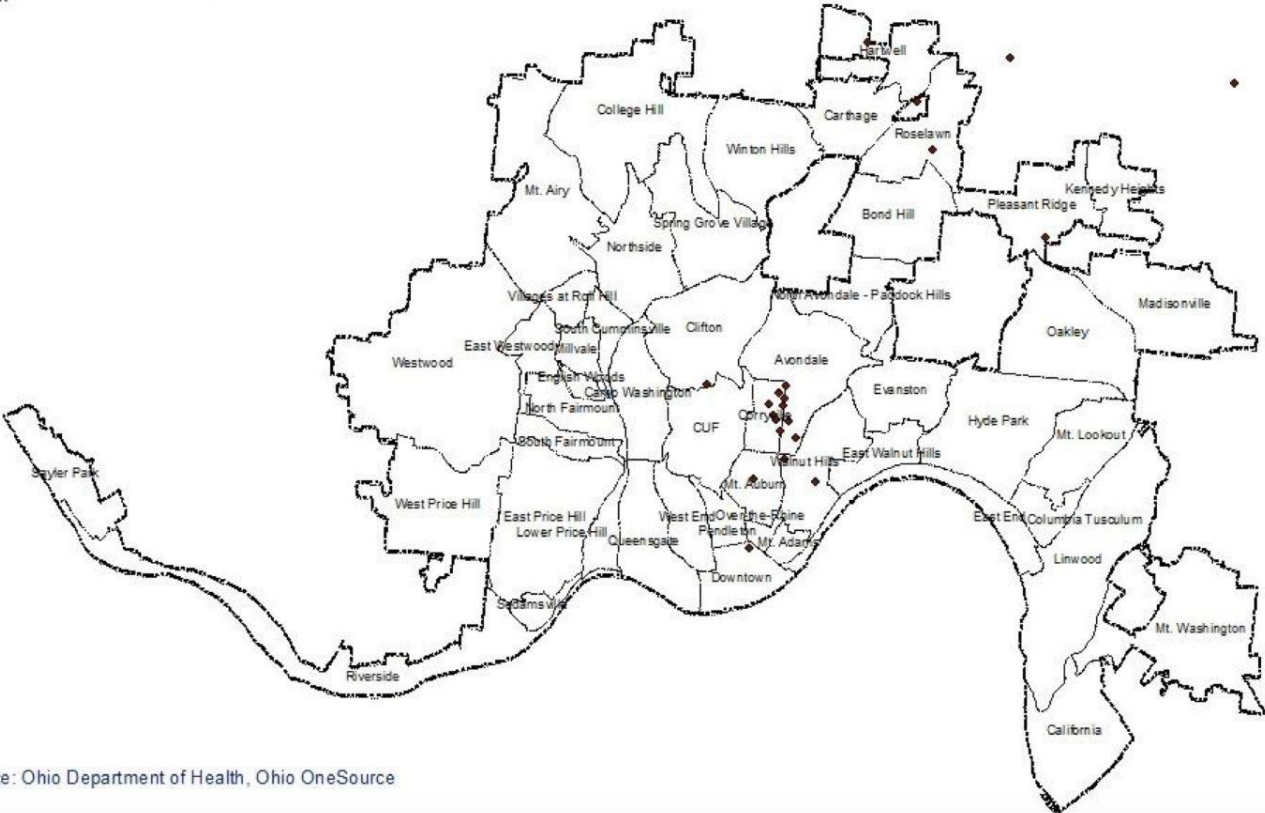
1. Primary Care Health Professional Shortage Area
2. Dental Health Professional Shortage Area
3. Mental Health Professional Shortage Area

***These findings reflect the national trend pertaining to the shortage of providers, especially the shortage of providers of color.***

# Map 30: Cincinnati Licensed Mental Health Service Providers (2023)

## Legend

- Mental Health Providers
- Cincinnati City Boundary
- Cincinnati Statistical Neighborhood Approximation (SNA) Boundaries



Source: Ohio Department of Health, Ohio OneSource

# The Participant

**Fathers (89%)** who are Black and/or Hispanic (**over 80%**) with at least one child (most have up to 3 children *under the age of 6 or between 6-18*), are not the primary caregiver of their child (**over 60%**).

Identify as religious or spiritual individuals (**64%**) and are currently *receiving state benefits*. Live in an Apartment, Sober Home, Group Home, or on the Streets.

Most commonly used substances among the fathers we serve are Alcohol (**77%**), Marijuana (**78%**), Nicotine/Tobacco (**47%**), and Cocaine (**40%**).

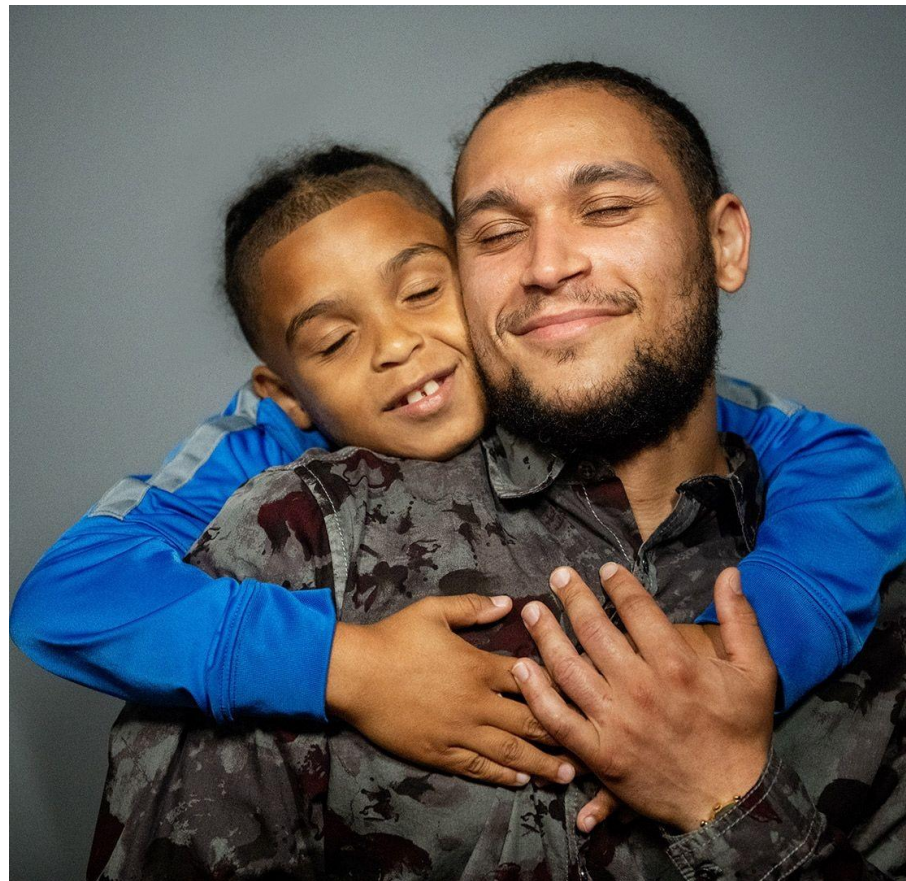
**Supporting Single Mothers and Their Children:** We provide essential assistance to their families, ensuring they have the support they need in times of need.





# Client Testimonial

Andre's Story







## Impact

Andre's story reflects the experiences of many other fathers in our program.



88% of fathers served reported improved relationships with their children



86% of fathers served reported active and consistent engagement with their children



91% reported being "mostly" or "completely" hopeful about their future after counseling

# Envisioning Partnership

Program	Vision	Rationale
<b>Clinical (Individual &amp; Groups)</b>	Individual and Peer Groups ( <i>Pre-Father Care: Prenatal Care for Fathers, Manage. Emotions, Homecoming Groups</i> )	Support for men entering/re-entering fatherhood ( <i>during pregnancy, post-incarceration and absence, if applicable</i> )
<b>Coaching (Direct/Indirect)</b>	Coaching Support ( <i>Focus: Fatherhood &amp; Re-Entry</i> )	Coaching for fathers at every stage of their journey as parents.
<b>Workforce Development (Fellowships)</b>	Add to the Field of Mental Health Providers serving Cincinnati.	Fellows are trained and prepared to practice as additions to the sector.
<b>Homecoming</b>	Support for fathers within the carceral system.	Equip fathers with resources and a plan beginning 3-months prior to re-entry.
<b>Transportation</b>	Eventually remove the barrier of transportation once situated.	Provide transportation vouchers/transport clients to and from our offices.

# Envisioning Partnership

Partnership Opportunities	Rationale
<b>Mother Serving Organizations</b>	Teen mothers (or older) direct us to fathers. (Aim: Provide resource to fathers involved and sharing of tools they can use to be an <i>ally to mothers while addressing their needs concurrently</i> ).
<b>Universities (Schools of Social Work)</b>	Become a hosting/placement site for social work students obtaining their MSW degrees in Ohio (Cincinnati).
<b>Correction Facilities</b>	Provide resources and support to fathers prior to re-entry into society.
<b>Hamilton County Fatherhood Collaborative</b>	We will join the Hamilton County Fatherhood Collaborative to develop and maintain an ongoing relationship with collaborative members (all of whom are serving fathers in some capacity).



# Office Location (Neighborhood)

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Neighborhood	Rationale
Over The Rhine	We're excited to announce that we are finalizing our agreement for a vibrant office space in the Over The Rhine neighborhood. This prime location serves as a central hub, connecting us to multiple communities and enhancing our accessibility. Stay tuned for more updates on this exciting chapter!

# Sustainability Plan

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## Sustainability Approach

- ☐ Earned Income (*Fee-for-Service Model*)
- ☐ State Contracts (Departments of Public Health)
- ☐ Philanthropy

# Questions

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# Thank You!



# References

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<https://www.apa.org/topics/stress/parental-burnout>

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Health Resources and Services Administration (HRSA), Maternal and Child Health Bureau (MCHB). (2020, July). Children with Special Healthcare Needs NSCH Data Brief. <https://mchb.hrsa.gov/sites/default/files/mchb/programs-impact/nsch-cshcn-data-brief.pdf>

# Appendix

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# Attachments

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1. An Evaluation: Evidence Informed Fatherhood Program (EIFP)
2. 2023 Annual Report
3. TED Talk: A Second Chance for Fathers to Connect to Their Children | [Video](#)
4. Meet Dr. Charles and Samantha Daniels | [Article](#)