

Parenting Beyond Prison:

Resources for Incarcerated Parents & their Families

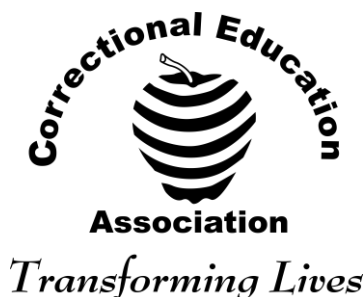


Editor: Jerry Bednarowski

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Website: www.ceawisconsin.org
<https://www.ceawisconsin.org/prison-parenting-programs>

Email: jerrybednarowski@new.rr.com



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Parenting Beyond Prison: Resources for Incarcerated Parents & their Families

Parenting Beyond Prison: Resources for Incarcerated Parents & their Families is a publication of the Correctional Education Association-Wisconsin. It is hoped that correctional educators and community agencies can use the descriptions of resources in this directory to enhance existing or create new programs for incarcerated parents and their families. Incarcerated parents and caregivers may use the information in *Parenting Beyond Prison* to locate family support services and access materials to communicate more effectively with their children regarding incarceration issues. Feel free to print sections of this directory for use with your clients or post the entire directory on your website.

As the saying goes, "Imitation is the sincerest form of flattery." You are encouraged to flatter the creators of the resources listed in this directory by contacting them about their creations. Ask them how you can replicate their program in your workplace. You will be heartened by their willingness to share information and provide advice for you.

Parenting Beyond Prison is intended to be a living document. It will be continually updated, posted on the www.ceawisconsin.org website, and emailed to those requesting copies. Anyone wishing to suggest additions to this directory may do so by emailing them to jerrybednarowski@new.rr.com. Corrections or updates to the listings in the directory are also welcome.

In 2004, the Correctional Education Association-Wisconsin began an initiative to improve communication and sharing among those engaged in providing parenting programs in a variety of correctional settings and the community and to encourage the development of new programming opportunities. The goals of this initiative are to help incarcerated parents to become more caring, concerned, and informed and minimize the intergenerational cycle of incarceration. CEA-Wisconsin seeks to create a professional network for instructors of parenting classes, supervisors of children of incarcerated parents' programs, coordinators of parent/child reading projects, and organizers of support groups.

The original version of this directory was published by CEA-Wisconsin in 2013 under the title *Prison Parenting Programs: Resources for Parenting Instructors in Prisons and Jails*. It primarily contained information on programs conducted within correctional facilities for incarcerated parents. Since then, the directory has expanded to include many resources for caregivers and children in the community. So, to better reflect the content of this directory, the title has been changed to *Parenting Beyond Prison: Resources for Incarcerated Parents & their Families*.

CEA-Wisconsin initiatives include:

- Establishing a parenting network – Newsletters, handbooks and other information are distributed to a network of over 900 correctional educators, volunteers and administrators in over 30 states.
- Publishing a newsletter – A bi-monthly *Parenting Connections* newsletter has been regularly published for parenting educators working in correctional settings since November 2004. The newsletters highlight innovative parenting skills programs, parent/child reading projects, family support and mentoring programs, community resources, teaching methods, and special projects.
- Posting information on websites – Handbooks and newsletters are regularly posted on the www.ceawisconsin.org, www.ceanational.org, and www.fairshake.net websites.
- Presenting workshops at professional conferences – CEA-Wisconsin has spread the word regarding the importance of providing Parenting programming in corrections by encouraging

parenting instructors to conduct dozens of workshops at national, regional, and state corrections, education and social services conferences.

- Publishing a handbook for incarcerated parents and their families – *Reaching Beyond Bars: A Handbook for Parents Incarcerated in Wisconsin and their Families* is available to prisons, jails and community agencies on the CEA-Wisconsin website.
- Serving as an advocate for parenting programs in corrections – Information has been furnished to governmental workgroups, correctional administrations, and community organizations at the national, state and county levels.
- Serving as a resource for parenting instructors – Advice on developing Parenting programs is provided upon request to those seeking information on teaching or developing programs for incarcerated parents and their families.

Information on resources included in *Parenting Beyond Prison*:

- The entries in this directory were gathered from articles published in the *Parenting Connection* newsletter since 2004, links to articles on the Children with Incarcerated Parents Initiative (Connecticut) website, the resource list on the National Resource Center on Children and Families of the Incarcerated website, and the resource list on the National Responsible Fatherhood Clearinghouse website.
- The descriptions of the resources come primarily from the resources' websites.
- To be listed in this directory, programs must have an active website.
- Books and videos included must have been published or filmed in the last ten years.
- Each listing has an email and/or a website address to enable user of this directory to access more information.
- Many of the programs that do not have an email address listed have a form on their websites to contact the organization.

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- Arizona Family Members Behind Bars: Difficult Questions Children Ask . . . And Answers That Can Help
- Caregiver and Child Community Resources Guide
- Guide for Incarcerated Parents Who Have Children in the Child Welfare System
- Handbook for Family and Friends of Inmates
- Louisiana Informational Handbook for Caregivers of Children with Incarcerated Parents
- Mapping Your Future: A Guide for Successful Reentry, National Edition
- Parenting from Prison: A Co-Parenting Guide for Divorced and Separated Parents
- Parenting from Prison: A Handbook for Incarcerated Parents
- Prison Fellowship Frequently Asked Questions
- Project WHAT! Resource Guide for Teens with a Parent in Prison or Jail
- Reaching Beyond Bars: A Handbook for Parents Incarcerated in Wisconsin and their Families
- Staying Connected and Staying Strong: A Handbook for Families and Friends of Those Incarcerated in Minnesota State Correctional Facilities
- Stronger Together Handbooks
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- Children with Incarcerated Mothers: Separation, Loss, and Reunification
- Contemporary Research and Analysis on the Children of Prisoners: Invisible Children
- Embracing Your Story
- Enhanced Visits Model
- First Chance: How Kids with Nothing Can Change Everything
- The Freedom of Routine
- Handbook on Children with Incarcerated Parents
- How Do I Help This Kid Adjust to What Real Life Is for Them?
- Life Inside
- Model Practices for Parents in Prisons and Jails: Reducing Barriers to Family Connections
- Parent to Parent: Raising Children from Prison
- Parents on a Mission
- Piplo Productions
- POPS the Club Anthologies
- The Power of Fatherhood Education in Corrections and Reentry
- The Prisoner's Kid: My Journey to Freedom
- Reentry Myth Buster: Children of Incarcerated Parents
- The Shadow System: Mass Incarceration and the American Family
- A Shared Sentence: The Devastating Toll of Parental Incarceration on Kids, Families and Communities
- Slugg: A Boy's Life in the Age of Mass Incarceration
- Social Revolution; Black Children of Incarcerated Parents Speak to Power
- Somebody's Daughter
- Spare the Kids: Why Whipping Children Won't Save Black America
- Strengthening and Maintaining Family Connections: Best Practices for Child-Friendly Video Visiting
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- Daddy's Time Out
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- Dear Dad: Love, Nelson

- Deena Misses Her Mom
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- The Prison Alphabet: An Educational Coloring Book for Children of Incarcerated Parents
- Ruby on the Outside
- Seen & Heard: 100 Poems by Parents & Children Affected by Imprisonment
- Sing, Sing, Midnight!
- Stardust: We Always Share the Same Sky
- To the Earth and Back
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- Jacinta
- Mothers of Bedford
- Run for His Life
- A Sentence Apart
- Support through Separation - Coping with the Physical and Emotional Separation . . . for the Birthing Person
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- Daily Strength Families of Prisoners Support Group

- If You Only Knew
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- Kids with Incarcerated Parents Blog
- Parenting Connection Newsletter
- A Relationship Behind Bars
- We Got Us Now

National Resource Clearinghouses

Child Welfare Information Gateway

Child Welfare Information Gateway promotes the safety, permanency, and well-being of children, youth, and families by connecting child welfare, adoption, related professionals and the public to information, resources, and tools covering topics on child welfare, child abuse and neglect, out-of-home care, and adoption. A service of the Children's Bureau, Administration for Children and Families, U.S. Department of Health and Human Services, the Child Welfare Information Gateway provides access to print and electronic publications, websites, databases, and online learning tools for improving child welfare practice.

One of the resource collections, *Reunification and Visits with Parents Who Are Incarcerated*, provides strategies and best practices for promoting reunification and supporting visits between incarcerated parents and their children.

Website: <https://www.childwelfare.gov/>

Fair Shake

Fair Shake is like a reentry Do-It-Yourself resource store. It has tools, information and materials for returning citizens - and everyone - to build bridges of trust and understanding that support reentry success. Fair Shake offers a huge website, packed free resources and information for incarcerated people, formerly incarcerated people, their friends and families and other vital reentry stakeholders. The entire website is also available in a software format, which is updated every year. The software application is FREE for all prisons and jails. By providing resources, curated websites, educational manuals and interactive tools Fair Shake provides incarcerated and formerly incarcerated individuals with access to the resources and information they need to carve out their own unique path to successful re-entry.

Because most incarcerated people have limited or no access to computers while in prison, it is a difficult jump from prison into today's digital world. Fair Shake's website and software offer a free computer tutorial and a free office-in-the-cloud that provides email, data storage and a personal web page to use to apply for jobs or housing.

The free reentry information available to all stakeholder groups includes a free interactive website, free software for prisons and jails (an offline 'app' of the entire website), an *Ownership Manual*, and a *Free Resource Directory*.

Key features of Fair Shake's Reentry Tool Kit include:

- Resource Directory
- Reentry Packets
- Preparing for Work
- Ready for Release
- Ownership Manual
- Culture Shock!

Email: Sue Kastensen, Director and Founder, Sue@fairshake.net
information@fairshake.net

Website: <https://www.fairshake.net/>

National Resource Center on Children and Families of the Incarcerated

The National Resource Center on Children and Families of the Incarcerated (NRCCFI) provides information, technical assistance and training on families of offenders, children of prisoners, parenting programs for prisoners, prison visiting, and the impact of the justice system on families. NRCCFI's web site has free articles and extensive directories of programs, books, films, podcasts, videos, webinars, articles and publications. NRCCFI maintains a large collection of pamphlets in its Children of Prisoners Library and Incarcerated Fathers Library on its website. The both libraries are also available in Spanish.

Children of Prisoners Library pamphlets:

- Facts and Issues - Introduction to Children of Prisoners, Why Maintain Relationships?, Conversations – Questions Children Ask, Risk and Protection, Visiting Mom or Dad, Jail and Prison Procedures, Communication Tips for Families
- Materials for Caregivers - Caring for Children of Prisoners, Questions from Caregivers, What Do Children of Prisoners Need?, Tips from Caregivers for Caregivers
- Materials for Health Care Providers - Impact of Parental Incarceration, Challenges for Health Care Providers, Common Stress Points, Different Children/ Different Behaviors, Strategies for Intervention, Tips for Fostering Trust & Safety, The Caregiver's Situation, Resource Section

Incarcerated Fathers Library pamphlets:

- Pamphlets - A Father's Story, Almost 1.5 Million Children, Child Support Enforcement, Long Distance Dads, National Resources, Preparing a Child for a Prison Visit, Prisoner Child Support – Broke But Not Deadbeat, Statewide Fatherhood Programs, Telling the Children, Tips from a Father in Prison
- Additional Materials on Incarcerated Fathers - Every Door Closed: Barriers Facing Parents with Criminal Records, Fatherhood, Incarcerated Parents Materials at Center for Policy Research, Teaching Parenting Skills to Incarcerated Fathers

Email: nrccfi@camden.rutgers.edu

Website: <https://nrccfi.camden.rutgers.edu/resources/library/>

National Responsible Fatherhood Clearinghouse

The National Responsible Fatherhood Clearinghouse (NRFC) produces series of resources for those interested in supporting strong families and helping fathers become better dads that available for free. NRFC programs include elements such as healthy marriage and co-parenting skills training, general fatherhood competency, support for fathers involved with the child welfare and criminal justice systems, children's education and literacy, needs of children with special needs, and attention to domestic violence. On the National Responsible Fatherhood Clearinghouse, you will find:

Webinars - NRFC has hosted a series of webinars on Supporting Fathers and Families Impacted by Incarceration, Effective Strategies for Working with Fathers Returning from Prison, and Promising Practices: Working with Incarcerated Fathers. In addition to these webinars dealing specifically with issues relating to incarcerated fathers, NRFC offers webinars focusing on related topics including child support, co-parenting, domestic violence, economic stability, employment, homelessness, literacy, marriage, mental health, special needs children, stepfamilies, substance abuse, and trauma-informed programming.

Program Activities - Responsible Fatherhood program activities can motivate fathers and help them overcome barriers they once might have thought were insurmountable. The activities can be used in one-to-one settings or in group sessions where fathers can interact and share ideas and experiences.

Dadtalk Blog - The DadTalk blog features insights from dads and Responsible Fatherhood practitioners from around the country. Its goal is to start conversations about important issues surrounding fatherhood and programs for fathers today.

Responsible Fatherhood Toolkit - View and download the full toolkit at: [responsible fatherhood toolkit: resources from the field 2021 \(2nd ed.\)](#)

Email: Help@FatherhoodGov.Info
Website: <https://www.fatherhood.gov/>

Youth.Gov

Youth.Gov is the U.S. government website that helps users create, maintain, and strengthen effective youth programs by engaging with youth to promote change, implementing innovative programs and locating program funding in the community. Included are youth facts, funding information, and tools to help users assess community assets, generate maps of local and federal resources, search for evidence-based youth programs, and keep up-to-date on the latest, youth-related news.

Among the 27 categories of youth topics on the website is the “Children of Incarcerated Parents” section that includes: Tip Sheet for Providers, Tip Sheet for Youth, Tip Sheet for Mentors, Tip Sheet for Teachers, Tip Sheet for Incarcerated Parents, Planning for a Visit from Your Child/Children, Tip Sheet for Prison/Jail Staffa and Volunteers, and In their Words: 4 Young People Share Experiences with Having an Incarcerated Parent.

Website: <https://www.Youth.gov/COIP>

Multi-Faceted Programs

Aid to Inmate Mothers (AIM) (Alabama)

Aid to Inmate Mothers (AIM) supports children who have a mother incarcerated and provides services to incarcerated women with emphasis on enhancing growth and strengthening the bonds between inmate mothers and their children. AIM's programs that address the many burdens carried by the children and families as a result of incarceration include:

- Monthly Visitation – The Monthly Visitation program gives children without means of transportation a chance to have interactive visits their mothers in prison.
- Storybook Project – The Storybook Program provides comfort to children each month by offering them a video recording of their mothers reading books to them.
- Prison Classes – Professional facilitators teach 8-12 week long classes that include: Parenting, Anger Management, Domestic Violence, Women's Health Information for the Incarcerated, Self-Esteem, HIV Prevention and Education, and Book Club.
- Project Reconnect – AIM holds a Pre-Release classes in the prison to provide education and information relating to life skills, job preparedness, STD awareness, human sexuality and conflict resolution. After release, AIM to reconnects the women to the community by helping them secure jobs, housing, and counseling.
- Clothing Closet – AIM has set up a small clothes closet in their office to provide women walking out of prison with an outfit that will help them land that first job and basic clothing to wear to work.
- Family Outreach – AIM helps caregivers by offering much-needed financial relief and a strong support system. As funds allow, AIM helps caregivers pay bills, afford childcare, purchase essentials and, on occasion, send children to a week-long summer camp.
- Genesis Transitional Home – The Genesis House provides women who have just left prison with an independent living environment for at least 12 months. The center helps women learn skills, overcome addictions, set goals and become self-sufficient.
- Pack a Purse - Packages filled with toiletry items, undergarments, pick-me-up items, pajamas, gift cards and monetary donations are distributed to women once they leave prison.

Email: Donna Collins, Director, Donna@inmatemoms.org
Nydia Saffold, Nydia@inmatemoms.org
Paulette Nicholas, Paulette@inmatemoms.org
Candice Mitchell, Candice@inmatemoms.org

Website: <https://inmatemoms.org/>

Ambassadors for Hope (Pennsylvania)

Ambassadors for Hope supports children as soon as the parent is incarcerated. A fulltime caseworker is available to address guardianship issues, medical insurance for the child, financial assistance or food stamps, and other immediate needs.

Ambassadors for Hope looks for ways to involve the child in positive activities by subsidizing before and after school childcare and day camps when needed. They supply age-appropriate books for children and resources for caregivers to help them navigate the criminal justice system and encourage letter writing in order to foster close family contact. To help children with a parent in prison reach their educational goals the Ambassadors for Hope Scholarship was created through an endowment at Millersville University.

Ambassadors for Hope has published a *Family Resource Guide* containing information on resources, counseling and support groups, education and job services, mentorships, and reentry programs.

Email: ambforhope@gmail.com
Website: <http://www.ambassadorsforhope.com/>

Arkansas Voices for the Children Left Behind (Arkansas)

The grassroots Arkansas Voices effort advocates for children left behind by incarceration or loss of a parent for any reason. Arkansas Voices provides mentoring and support for the children, their caregivers, and incarcerated parents with the goal of strengthening and empowering the family unit.

Toward these ends, Arkansas Voices provides the following services:

- Parenting classes in prisons, jails, and at the Arkansas State Hospital
- Development of co-parenting agreements between incarcerated parents and the caregivers
- Support groups and services for caregivers
- School-based services for children whose lives have been impacted by incarceration of a parent, children with a parent returning home, and children in the foster care system
- Reunification and re-entry services for prisoners and their families
- Education about the consequences of risky behavior
- Family literacy services, including financial literacy and health literacy
- Referrals to services and supports provided by the State and the community
- Advocacy for children in foster care who have an incarcerated parent
- Advocacy for caregivers seeking to stay engaged with their relative's children in foster care
- Community resource development on behalf of these children and families
- A free *Handbook for Kinship Caregivers* filled with valuable information
- Presentation of an annual Southern Summit on Children of the Incarcerated

Email: Dee Ann Newell, Executive Director, deeannlr@yahoo.com
Website: <http://www.arkansasvoices.org/>

A Brighter Way (Michigan)

A Brighter Way believes in "Reentry Through Relationship." A Brighter Way helps formerly incarcerated individuals build stable, successful and fulfilling lives. A Brighter Way's cornerstone program is its 1-on-1 mentoring program that builds relationships through cooperative community resources and alliance with committed advocates supporting returned citizens. This is a peer-led program where people who were formerly incarcerated help others who have been formerly incarcerated, to navigate the pitfalls and collateral consequences of incarceration and felony convictions.

Additionally, A Brighter Way offers individualized wrap-around services, a 21st Century Elder Program that helps older returned citizens with digital literacy, links to services in the community, a housing assistance program, and a resource center run on the premises.

Conversations About A Brighter Way is a podcast showcasing the humanity of people who have been incarcerated. By sharing struggles and successes, these stories highlight the complexities of navigating the world post-incarceration.

Email: mentoring@abrighterway.org
Website: <https://abrighterway.org/>

Building Families Together (Illinois)

Building Families Together is dedicated to providing resources to help rebuild families torn apart by a father's incarceration. Building Families Together's helps men with a history of being in jail or prison build self-respect and self-worth as a man and as a father. They address the men's immediate needs before and after release and assist mothers and children with their immediate physical and mental health needs.

Services provided by Building Families Together include online certified court-ordered classes in Anger Management, Alcohol and Drugs, Parenting, Domestic Violence, Conflict Resolution, Behavior Modification, Marijuana Education, Minor in Possession, and Theft and Tobacco Awareness. A Mentoring Program provides the necessary emotional and social supports for returning citizens as they transition back to community life. A 12-week Fatherhood Reentry Program to help inmates successfully reenter society. Building Families Together makes referrals to provide crisis intervention, food pantries, health services, legal services, mental health, shelters, social services, soup kitchens and substance abuse services to ensure that their clients get the help they need.

In addition to training and mentoring services, Building Families Together offers a collection of Helpful Tips and Insights to assist fathers and their families adjust to incarceration and reentry. The Helpful Tips and Insights available on the website are: Tips-Incarcerated Father, Losing Your Father, Fathers Role Diminishes, Silent Heroes, You Are Not Alone, Reunification of Husband, Reentry Support, While Dad's Away, Daddy's Home, Parents' Guide to Handling Chaos, The Power of the Family Takes Commitment, 5 Ways to Help You through a Non-Perfect Life, 5 Ways to Help Kids Learn What They Are Passionate About, No Perfect Dads – Just Heroes, A Man's Guide to Fatherhood-Parenting, and We Help Fathers & their Families.

Email: connect@buildingfamiliesaltogether.org
Website: <https://buildingfamiliesaltogether.org/>

Canadian Families and Corrections Network (Canada)

Canadian Families and Corrections Network focuses on families, children, and friends who have someone they care about in jail. Their mission is to build stronger and safer communities by assisting families affected by criminal behavior, incarceration, and reintegration. Canadian Families and Corrections Network's Visitor Resource Centers and Family Liaison programs are run inside the prisons and its other great work happens in our communities across Canada

Dad HERO (Helping Everyone Realize Opportunities) - The project is designed to educate and teach dads about parenting, how children grow, and why their children need them. The exercises and activities help dads learn in a fun way about the father-child bond, how to communicate with their child and how to work with a co-parent. Dad HERO starts with an 8-week parenting course. From there the men will move into a Dad Group in the prison that meets regularly to keep them connected with their children. The project also offers a Dad Group on the outside - to continue to help men the community.

Visitor Resource Centre Resiliency Project - Resiliency sessions assist those in federal prisons to develop positive well-being, strengthen family connections, and help the incarcerated person build supportive relationships. The Resiliency project includes a series of six structured sessions with a trained volunteer facilitator that cover the topics of Self Talk, Supportive Relationships, Loneliness, Self-Care, Anxiety, and Resiliency.

Strengthening Family Events - To help children deal with emotions which may affect their self-esteem, scholastic marks, and interpersonal skills; Strengthening Families Affected by Incarceration events were

created. The intent of these Library events is to raise awareness and education and to offer support to families. As part of these events, Canadian Families and Corrections Network distributes Sesame Street's *Little Children, Big Challenges: Incarceration* multi-media resiliency toolkits throughout Canada.

To help families find the information they need, Canadian Families and Corrections Network has established a web-based *Directory of Resources for Families of Adult Offenders* and a bilingual phone line. Canadian Families and Corrections Network also assists families to connect with support groups that provide practical information, support, and advice. They also offer a virtual support group.

Email: info@cfcn-rcafd.org
Website: <https://www.cfcn-rcafd.org/contact>

Centerforce (California)

Centerforce offers a continuum of services for individuals and families in the California's East Bay during incarceration, reentry and after release. The Centerforce programs are designed to improve the lives and strengthen the communities of incarcerated people and their loved ones by providing options, life skills, and transitional interventions.

Centerforce programs include:

- Family Reunification - Services include family and couples' workshops, healthy marriage support, child abuse and domestic violence prevention, family reunification efforts, parenting classes, and child modification assistances.
- Centerforce Parenting Program - The Centerforce Parenting Program serves parents with youth on probation through coaching, case management, and youth engagement activities.
- Gender-specific Reentry Services - The Women Empowered for Successful Transition Services program evaluates the participant's needs for housing, employment, public benefits, life skills, family reunification, mental health, substance use disorder treatment, and legal services.
- Centerforce Youth Court - Centerforce Youth Court provides first-time youth offenders (12 - 17) the opportunity to use a peer-based program to bring peer and community accountability to the youth offenders, while shielding them from the traditional criminal justice system.
- Centerforce Restorative Justice Program - The Centerforce Restorative Justice Program provides "diversion" in lieu of detention as well as case management and individual treatment.
- Culture of Correction Provider Training Curriculum - Centerforce provides training by formerly incarcerated Centerforce employees to non-profit organizations on effective case management and strategies for re-entry services.

Email: Mike Radice, Interim Executive Director, MRadice@centerforce1.org
info@centerforce1.org
Website: <http://centerforce1.org/>

Christian Heritage (Nebraska)

Christian Heritage's seeks to change the future of child welfare in Nebraska through three programs:

Families Together - Families are kept connected by volunteers temporarily hosting a child until a parent gets the time and support to improve their circumstances so their child doesn't have to enter foster care. Christian Heritage provides training for volunteers to be trauma-responsive. During the short-term care, the parent receives regular updates on how the child is doing and can see the child as scheduling allows. A family-like network provides the Host Home with what they need to successfully care for the child including diapers, transportation, meal trains, daycare, prayer support, and much more. A Family Mentor

is connected with the parent to encourage and support them through the challenging time. The child returns home when the parent is ready.

Foster Care - Christian Heritage recruits and trains foster families to care for children in loving, Christian homes. The needs of each child are matched to the right family to reduce multiple placements and further trauma. Foster families are trained in Trust-Based Relational Intervention, an attachment-based, trauma-informed intervention designed to meet the complex needs of vulnerable children in the foster care system. The volunteers attend a 10-week foster parent training class and complete a home study and background check. Once a child is placed in a home, foster care specialists offer 24-hour support.

Beyond Prison - Christian Heritage helps families impacted by incarceration flourish by supporting them both on the inside and the outside. On the inside, three Destination... Dad classes are offered to equip incarcerated dads to help their children flourish. Each class meets once a week for 90 minutes for 7 weeks. Inside-Out Dad gives incarcerated dads the tools they need to become more involved, responsible, and committed in the lives of their children. The Within My Reach class for both men and women builds healthy, long-term, romantic relationships. Boys Town's Common Sense Parenting builds healthier connection with children by using skills that help guide their children's behavior.

Dads are eligible for incentives after the first class giving them opportunities to practice communication and apply the skills they are learning. Daddy Day Visits are 2-hour monthly visit that help dads connect with their children in a more intimate setting than a regular visit. Twice a year parents are given the opportunity to be videotaped reading a book or sharing a special message to their children. Fathers are given special opportunities to bond with their children through events like the Father-Daughter Dance, the Father-Son Hangout, and Nature Night with Dad.

Website: <https://chne.org/>

Community Works West (California)

Community Works West empowers individuals, families and communities through programs in jails and community, youth-led advocacy efforts, and public exhibits and performances.

Project WHAT! – The Project WHAT! (We're Here and Talking) community encourages children with incarcerated parents to use their voice, pride, and power. Project WHAT! Youth Advocates are trained as facilitators, and eventually use their experiential expertise and leadership skills to provide training workshops for law enforcement, educators, and lawmakers on how to interact with, support, and advocate for children with incarcerated parents.

Project WHAT! Resource Guide for Teens with a Parent in Prison or Jail - The Guide answers common questions that children have when a parent is incarcerated. It has an entire section that explains complex jail and prison visiting procedures in plain language.

A Sentence Apart - This 12-minute DVD features two youth from Project WHAT! and a grandmother as they cope with a family member in prison.

Youth Theatre Program - Youth Theatre students give voice to the trauma that comes with having an incarcerated parent. The Community Works Theater Arts Elective is a for-credit course which culminates in an original play developed by the students. The Community Works Youth Theater Ensemble provides the same opportunities in a more intensive and long-term summer and after-school environment.

One Family - One Family is a family-focused program for mothers and fathers in custody and post-release. One Family offers one-on-one therapy and counseling, in-depth parenting classes, and contact visits in a welcoming playroom.

Email: info@communityworkswest.org

Website: <https://communityworkswest.org/our-work/youth-power/>

Connecting Adults and Minors through Positive Parenting (Montana)

Connecting Adults and Minors through Positive Parenting is a 12-week program focused on the continuum from incarceration to reentry into the community. The goals are to have parental rights restored upon release, positively re-unify these families, provide resources to support continued success post release and reduce recidivism. The goal is to eventually remove the children of the incarcerated men from the state's foster care system by ensuring that the men have the parenting skills needed when they reintegrate into their communities.

Participants attend classes in Nurturing Parenting, Trauma/ACES training and Mental Health First Aide. Programming also includes supervised letter writing, supervised visiting coaching and supervised video visits. The 12-week program culminates in a three-day "camp." Montana State inmates are now renovating an old storage facility on the prison grounds that will house the camp in future years.

Once the camp is complete and the children and guardians are back in their community, the Montana DOC continues to communicate with and support the families by providing them with guides which will connect them to community resources.

Website: <https://mbcc.mt.gov/docs/Events/Crime-Prevention-Conference/2020/Sessions/CAMPPMTBrochure.pdf>

Families and Criminal Justice (California)

Families and Criminal Justice works with pregnant prisoners to provide emotional support and resources, infants and formerly incarcerated mothers to support healthy maternal caregiving, incarcerated parents to provide tools they can use to parent effectively, and children to provide resources and activities for learning and healing.

Miracle Project - In the jail, Miracle Project provides prenatal infant and child development education classes, family life and family resource management education, mothers' support groups, sentencing and child custody advocacy, and social-recreational activities. In the community, Miracle serves the families of formerly-incarcerated mothers providing home-based doula services, child development education and case management.

MotherRight Project - MotherRight is offered in women's correctional and treatment settings. MotherRight offers reproductive health education, support groups and advocacy workshops. In all of its efforts, MotherRight focuses on reproductive justice for incarcerated and formerly incarcerated women.

Developmental Education & Enhancement Project (DEEP) - DEEP offers home-based parenting support for mothers who have completed Miracle Project services. DEEP provides comprehensive developmental assessments and referrals for children 36-60 months of age, as well as individualized child development education and mother-child activity sessions.

Email: admin@familiesandcriminaljustice.org
Website: <https://www.familiesandcriminaljustice.org/>

Family Connections Center (New Hampshire)

The Family Connections Center (FCC) is a prison-based family support center located in both of the New Hampshire men's facilities and the one women's facility. The program seeks to strengthen the connection between incarcerated parents and their families by working with State and community-based, non-profit agencies to provide services and educational support for incarcerated parents, their children and their children's caregivers.

Program components include:

- FCC Parenting Class –The 18-hour FCC Parenting Class covers basic parenting topics including: child development, discipline, communication, self-esteem, stress, and reunification.
- Healthy Relationships Class – The 10-hour Healthy Relationships Class helps individuals be successful in their relationships with a romantic partner, a co-parent, siblings, parents, children, or friends. Topics addressed include increasing awareness of their identity, establishing a vision for themselves, increasing awareness of the effects of antisocial relationships, and learning ways to rebuild and strengthen pro-social relationships.
- Parent Support Group – At the weekly Healthy Relationships class, participants may bring up whatever topic they want to discuss as long as it relates to parenting or families. The goal is to help them remember that they are parents despite their incarceration.
- Life Skills Seminars –The Life Skills Seminars taught by FCC staff and outside volunteers aim at increasing parental education and may include book clubs and CPR instruction.
- Book on CD Activity – The Book on CD activity involves participants choosing two books from a selection of new, donated children's books. They then record that book onto a CD and send it home to their children.
- Internet Video Visiting – Once participants have completed two required classes and have attended four support groups, they can apply to have Skype visits with their children.
- Family Fun Days – During Family Fun Days participants and their children and the children's caregivers visit for an afternoon of fun and games, a meal together, and projects which the children can take home as a token of remembrance.
- Children of Incarcerated Parent's Summer Camp Program – At the summer camp, inmate's children visit at the correctional facility to play games, share meals and create a life-sized mural. The children attend the overnight summer camp for two weeks with the field trips to prison to visit.

Email: unh.chhs@unh.edu
Website: <https://chhs.unh.edu/family-connections-center/programs>

Family Preservation Project (Oregon)

The Family Preservation Project strengthens families and communities by assisting incarcerated women as they become rooted in their identities as mothers, promoting the rights of children of incarcerated parents, and providing trauma-informed services designed specifically for each parent's unique needs.

The Family Preservation Project provides direct service programs, three of which operate inside Coffee Creek Correctional Facility.

- Intensive Family Reunification - Includes therapeutic visitations with children, parenting support and education groups, transition planning, caregiver support, wrap-around support for children and families, family meetings, parent-teacher conferences, and biopsychosocial assessments
- Family Resource Center - Includes individual and group-based support services, juvenile and family law support, and connection with professional services
- Re-Entry Program - Peer advocates meet women releasing from prison to provide hygiene supplies, clothing, as well as emotional support
- Youth Advisory Council - Comprised of kids of incarcerated parents, this advocacy group passed the Bill of Rights for the Children of Incarcerated Parents in Oregon's state legislature and continues to impact policy
- Alumni Association - An intentional community centered around shared lived experiences offers mutual aid and support and celebrates successes big and small

Email: jessicak@ywcapdx.org

Website: <https://www.ywcapdx.org/family-preservation-project>

Family Services of Westchester Restorative Justice Programs (New York)

Family Services believe that individuals who have been incarcerated or youth who are at-risk of becoming involved with the justice system can turn their lives around through education, life and job skills training, parenting support and the support of their families and communities. Family Services of Westchester Restorative Justice programs include:

EMERGE – EMERGE (Educating Mothers to Embrace Reentry and Gain Employment) is a program provided to mothers who are currently incarcerated and about to be released. Participants attend an eight-week trauma-informed parenting workshop where they learn about the impact of adverse childhood experiences, toxic stress, and building future resilience in children. Healthy child development, effective parenting skills, positive discipline, identification of feelings, and mindfulness are all covered in the EMERGE curriculum. Participants receive assistance with employment readiness and a referral to the 20-week Coming Home restorative community re-entry program.

Navigating Fatherhood – Navigating Fatherhood uses trauma-informed workshop sessions, support groups, individual counseling and mentoring sessions to help the men become better parents, providers, and individuals. The fathers attend a 10-weeks of workshops which explore personal values, manhood, child development, communication, discipline techniques, conflict resolution skills, time and money management, goal setting, non-custodial father's rights and responsibilities, charting a new course, and referrals to mental health or chemical dependency counseling as needed.

Real Parenting - The Real Parenting program gives previously incarcerated non-custodial fathers who are behind on their child support the job placement, parenting skills and financial literacy resources they need to get out of debt and meet their family financial commitments. Young fathers are offered a path back into their children's lives through a combination of life skills, employment training and child support benchmarks in exchange for help with debt owed to the state for child support in arrears.

Email: Joann Jaen, Program Supervisor, joann.jaen@fsw.org

Claire N. Hurst, Program Director, churst@fsw.org

Website: <https://www.fsw.org/>

Family Support Services (National)

Aleph Institute's Family Support Services is devoted to helping families affected by the incarceration of a loved one through spiritual, emotional and financial support. The programs and services provide much needed comfort, restore hope, and help fragmented families rebuild their lives.

Services include:

- Prison Programs - Visitations, holiday programs, emotional and spiritual support, religious supplies, care packages, educational and faith-based programming
- Family Services - Critical intervention for their families left behind, including financial, emotional, spiritual and therapeutic support; as well as summer camp and education programs for their children
- Re-entry - Reentry assistance with jobs, housing, and programs that teach self-empowerment, life-training skills, and fiscal responsibility to increase integration success rates
- Emotional Support Programs - Support groups, therapy sessions, visitations, mental health treatment, and general guidance
- Education and Prevention Programs - Educational programs and awareness initiatives to give the younger generation the tools to live with honesty, integrity and peace of mind

Email: feels@aleph-institute.org

Website: <https://aleph-institute.org/programs/family-services/>

Foreverfamily (Georgia)

Foreverfamily has several programs designed to nurture children socially, emotionally, and educationally in an enriching environment.

For the Children - Youth Ambassadors provides opportunities for youth to work collaboratively with their peers in identifying specific community issues and implementing service projects that respond to the issues. Youth Ambassadors focuses on developing public speaking skills, leadership, project management, teamwork, and problem-solving. A 5-member design team consisting of Foreverfamily program participants serve as the Youth Ambassadors officers and help in recruiting youth participation.

For the Caregivers - Foreverfamily helps to provide the support needed to navigate trying times through the Caregiver Support Initiative. Some of the resources include back to school supplies, Thanksgiving and Christmas holiday food baskets, birthday recognition for the children, Christmas wish toy drive, and caregiver advocacy.

For the Parents - Parents can find support services to help them stay connected with their children, learn tips and techniques to parent successfully while incarcerated, and stay on track to a productive life. Foreverfamily offers a manual, *Parenting from Prison: A Handbook for Incarcerated Parents*, free of charge. For parents coming out of prison, Foreverfamily staff works with them individually to determine their needs and connect them to service providers. A licensed marriage and family therapist works with the parent, children, and caregiver to manage expectations and create a family plan for reunification.

Email: Camilla Paul, CEO, camillapaul@foreverfam.org

Marketa Harris, Director, Community Engagement, mharris@foreverfam.org

Website: <https://www.foreverfam.org/>

Friends Outside (California)

Friends Outside provides programs within county jails, support groups and emergency assistance for family members, children's social and recreational programs, assistance with visiting jails, and resources to people re-entering to the community.

Visitor Centers - The Visitor Centers remove barriers and facilitate family visiting by providing:

- Children's Activities for children who accompany their caregiver on visits
- Write to Me program that encourages children to write letters to their incarcerated parent
- A Sheltered Place that offers a welcoming place of respite for visitors who need a place to rest and renew before or after a visit
- Appropriate clothing for visitors who arrive at the prison dressed in clothing that violates institutional rules for visitor attire
- Passenger van transportation between the institution and local public transportation terminals
- Information about restaurants, motels, public transportation, shelters, food banks and social services
- Information regarding visiting rules and regulations

Friends and Families Center - The Friends and Families Center assists formerly incarcerated people and their families in leading productive lives after release. Programs at the Center are:

- Case Management and Mentoring - Case management professionals address employment, education, housing assistance, basic needs, parole/probation compliance, family unity, sobriety support, health and mental health care, anger management, and warrant reduction.
- Employment Readiness - Friends Outside assists with resume building, job searching, mock interviewing, explaining your record, communicating needs in the workplace, completing applications, employment training programs and skill building workshops.
- Group Education and Support - Friends Outside offers education and support groups on anger management, conflict management, parenting, sobriety support, managing a dual diagnosis, financial literacy, and support while a loved one is incarcerated.
- Support for Children and Families - Support for children and families may include education about the justice system, how to stay connected, treatment information and referrals, topic specific support groups, and inclusion in the case management plans of their loved one.

E-mail: info@friendsoutside.org

Website: <https://www.friendsoutside.org/>

Hope House (Washington DC)

Hope House provides cutting edge programs to strengthen families and the bonds between children and their imprisoned fathers. The cutting-edge programs are:

- Father to Child Teleconference Program - Children come to the Hope House office to see and talk to their incarcerated fathers using internet technology.
- The Father to Child Reading Program - The Father to Child Reading Program provides children's books for incarcerated parents to record and send home to their children.
- The Father to Child Summer Camp - The Father to Child Summer Camp brings children to prisons to spend a week with their fathers. Campers and staff stay at a nearby camp at night. Each day for five hours, the children are with their fathers in the prison.
- The Hope House Family Groups - Peer support groups for children, wives, and caregivers allow them to join together to deal with the stresses attached to having a family member in prison.

- The Homework Project - Dads meet weekly to design projects to improve relationships with their children based on current events, social studies, or issues like bullying.
- The College Challenge - Hope House prepares kids in grades 10–12 for college by helping them find the right college, fill out college applications, find financial aid, and do all the other hard things that go into beginning college.

Website: <https://hopehousedc.org/>

Hour Children (New York)

Focused on women and their children, Hour Children supports families during a mother's incarceration and after release by providing housing, childcare, job training, and mental health services. Prison-Based Family Services provided by Hour Children include a Residential Nursery, Visiting Programs for Children, Children's Center Playrooms, Parenting Education and Advocacy, and Children's Summer Program.

The relationships and services established in prison provide a bridge to community-based services which is key to successful community re-entry and family reunification. Community services available include supportive housing, job training, child care, a mentoring program for children, a community food pantry, and thrift shops.

Email: inquiries@hourchildren.org

Website: <https://hourchildren.org/>

John Howard Society of Manitoba (Manitoba)

John Howard Society of Manitoba supports individuals in conflict with the law – before, during and after incarceration. Their programs and services help address the root causes of crime, build healthy families and safer communities.

Among the free reintegration services and course offered are:

- The Positive Parenting Program (Triple P) is a preventatively oriented program that aims to promote positive, caring relationships between parents and their children. The program aims to help parents develop effective management strategies for dealing with a variety of childhood behavioral and emotional problems and common developmental issues.
- End to Aggression is an anger management program designed to help participants avoid further assaultive and/or aggressive behavior by understanding how the way we think affects how we feel and ultimately affects our actions.
- Introduction to Healthy Relationships provides participants with information about healthy relationships, healthy and unhealthy behavior within relationships, and tools to promote behavioral change.
- The Coming to Terms program provides information to its participants that will assist them in evaluating their use of alcohol and other drugs, and the consequences that it may pose on their lives, as well as the lives around them.

John Howard Society has created Literacy Workbooks Series that counselors and tutors can use to teach literacy skills while addressing issues affecting client lives. Among the 21 workbooks in the series are:

- Blended Families: Benefits and Challenges addresses the challenges faced in blended families.
- Children and Parenting includes lessons addressing childhood development, parenting skills, families, and issues related to prison.
- Adult Survivors of Child Abuse addresses the immediate effects of abuse on a child as well as the long-term effects on that person as an adult.

Get the Story Out is a John Howard Society program that enables incarcerated fathers to stay in touch with their children through the power of storytelling. Children's storybooks are provided to the inmate to read while a volunteer records him. The recording is transferred to CD and MP3. The CD and the storybook are gift-wrapped and sent to the child by mail, and the MP3 is emailed to the child's caregiver.

John Howard Society also publishes the Inside Scoop newsletter containing stories, poetry and art from individuals in custody.

Email: office@johnhoward.mb.ca
Website: <https://johnhoward.mb.ca>

Just Dane (Wisconsin)

Just Dane (formerly Madison Urban Ministries) programs address the unique needs of recently released offenders and children who have a parent in jail or prison or awaiting sentencing. The programs include:

Just Bakery – Just Bakery is a 12-week educational and vocational training program that works with individuals who are experiencing barriers to employment and who have an interest in baking or culinary arts as a career. Just Bakery utilizes the National Restaurant Association's Manage First curriculum, teaching restaurant management, cost control, nutrition, and ServSafe to the students, as well as intro to baking in Just Bakery's commercial kitchen. This curriculum allows students to earn up to 12 college credits and gain automatic acceptance into the Madison College's Culinary Program.

Just Connections – Just Connections is comprised of Just Dane's Youth Programs. Mentoring Connections matches youth with a caring, adult mentor, who spends time with them each week and develops a connection that can remain for a lifetime. Family Connections takes children and caregivers to visit their moms in Taycheedah Correctional Institution. Reading Connections offers parents whose children reside too far away for regular visits an opportunity to bond by digitally recording books for their children. The Drive to Succeed program offers mentoring, educational support, and Driver License attainment to youth who have been involved in the justice system.

The Journey Home – The Journey Home focuses on the areas of residency, employment, support, treatment, transportation and education. Resource Specialists provide one-to-one case management, Food Share eligibility screening, employability and life skills training, job placement assistance, and ongoing support to reduce recidivism.

Peer Support – Peer Support Specialists allow peers to direct their own reentry process, giving the peer a sense of autonomy and pride over their own reentry journey. The Peer Support Initiative also provides therapy sessions, an Urban Agricultural paid training program, housing placement and rent assistance, and employment and peer support services.

Circles of Support – Circles of Support is a reentry program that matches formerly incarcerated individuals with volunteers in the community to provide the social support. Circles provide a safe place where the recently released offender can be heard, encouraged, and respected while they discuss the challenges they may be experiencing. If a Core Team Member has been out for two years and is doing well, they can request to be a volunteer themselves with Just Dane.

Email: Linda Ketcham, Executive Director, Linda@justdane.org
Shar-Ron Buie, Assistant Director, Shar-Ron@justdane.org
Dani Crutcher, Volunteer and Community Engagement Coordinator,
dani@justdane.org

Website: John Givens, Circle of Support Coordinator, John@justdane.org
<https://justdane.org/>

Keiki O Ka Āina Family Learning Centers (Hawaii)

Keiki O Ka Āina's (KOKA) programs are based on a family engagement model that uses culture to strengthen and educate families. KOKA Family Learning Centers have developed programs and implemented research-proven curricula in Native Hawaiian communities in three areas: Keiki – Children's Programs, Ohana – Family Programs, and Nohona – Cultural Programs.

One of KOKA's Ohana programs, Strengthening Families Affected by Incarceration, serves children and youth with a parent in prison, caregivers and the incarcerated parent. Mentoring gives children and youth the opportunity to develop another positive relationship with a caring and dedicated adult. Parenting classes for the incarcerated parent give them the basic tools to realize that they are their keiki's first teacher. The incarcerated parent-child sessions support, enhance and maintain the family.

KOKA's Ho'omakua (To Parent) program empowers young incarcerated fathers. Ho'omakua starts in the classroom with 12 sessions from the Inside/Out Dad curriculum and 6 sessions from Botvin Life Skills Transitions Curriculum. Ho'omakua seeks to engage and support the client's families while they are incarcerated and to assist in removing barriers that may inhibit the client's transition back into their family and community. Upon release, a case manager links them with appropriate services and matches them with trained mentors.

Website: <https://www.koka.org/>

Living for the Young Family through Education (New York)

The Living for the Young Family through Education (LYFE) program is a New York City Department of Education program that supports student parents under 21 years old transition into parenthood by providing them with high-quality supportive counseling, academic guidance and advocacy services.

Across the five boroughs, the LYFE team is committed to empowering student parents to graduate from high school fully equipped to continue their future career or college goals while being a parent. LYFE engages children of student parents by providing them with high-quality early childhood education, and inspires the families of student parents to attain their own vision for their family's future.

In the LYFE program, student engagement is an collaborative process in which the student parent is encouraged to set high expectations for themselves, set long and short-term goals, plan for graduation, and become advocates for themselves and their child. As a result, student parents transition from LYFE prepared to sustain healthy families and attain post-secondary success.

The LYFE Mentor program partners post-graduate students with current students. The purpose of the LYFE Mentoring Program is to provide an additional layer of support to student parents as they begin to balance life as a student and a parent.

Email: lyfe@schools.nyc.gov
Websites: <https://www.lyfenyc.org/>

Lutheran Social Services of Illinois Prisoner and Family Ministry (Illinois)

Lutheran Social Services of Illinois (LSSI) Prisoner and Family Ministry serves parents who are incarcerated and their families, as well as individuals who have returned from prison to their communities through three signature programs:

Re-entry Services for Returning Citizens - LSSI supports returning citizens through a comprehensive program designed to help them transition back into society, including access to their Employment Skills School. Employment Skills School is a six-week computer-based program designed for returning citizens that includes classes in resume-building, mock job interviews, financial planning, computer literacy, diversity training, and soft-skills development. Returning citizens meet regularly with an outreach worker to create an Individualized Capacity Plan for their future.

Storybook Project – The Storybook Project program at 14 prisons and jails throughout the state allows incarcerated parents to record themselves reading a book to their children. Parents select a book at the appropriate reading level of their child. Then a volunteer sits with parents to record a story. Parents may also record a brief, personal message, a song, or a Bible verse for their child. The CD and book are mailed to the child or children at no cost to the family.

Visits to Mom - The Visits to Mom program provides free transportation to children and caregivers whose mothers are incarcerated and are too far away to visit. Bus trips are scheduled three to four times a year. The program also offers an annual Christmas party for these families.

Email: Kevin Copeland, Kevin.Copeland@lssi.org
Website: <https://www.lssi.org/services/prisoner-and-family-ministry/>

Messages Project (National)

Maintaining and enhancing the bond between the child and the incarcerated parent through video messages and other interactive media are the focal points of the Messages Project. In addition to the Messages Project recording and delivering video messages from incarcerated parents in correctional institutions across the United States and abroad; the moms and dads also write poems, sing songs, pray, and most importantly, send love to their children and families.

To help establish and maintain the bond between children and their incarcerated parents, the Messages Project has published *A Parent's Message* which is an interactive book of activities for families of incarcerated loved ones. The book is designed for those who have a family member behind bars, or those who care for or work with children who have a parent in prison. The text acts as a guide through the reunification process.

A Parent's Message contains 112 pages of Parent Study Worksheets/Mailings, 64 Parent-Child Communication tear-out pages, 24 Meaningful Parent Messages, 20 Topics of Study and Communication, 9 Focus Character Traits, and 26 to 52 weeks of Purposeful and Personal Programming.

Website: <https://themessagesproject.org/>

Minnesota Model Jail Practices: Supporting Families (Minnesota)

The Minnesota Department of Health (MDH), the University of Minnesota, the Minnesota Sheriff's Association, six county jails and other partners have joined together in a pilot project designed to help children and incarcerated parents maintain family ties. The pilot program is focused on improving the

health of children and their incarcerated parents by facilitating video visits, as well as having hundreds of parents complete parenting education programs in and outside of jail.

MDH and University of Minnesota have supported jails through the following efforts:

- Implementing a common set of intake questions
- Supporting reduced-cost or free video visits for parents to talk with their children
- Supporting increased access to in-person visiting opportunities
- Implementing parenting programs in the jail, local prison, substance abuse treatment facilities
- Connecting incarcerated parents and caregivers to community resources such as Family Home Visiting and Help Me Connect
- Inviting schools to host support groups for children who have experienced parent incarceration
- Strengthening relationships between jails and child protection to better support families

The Minnesota Model Jail Practices: *Supporting Families* video, toolkits, presentations, courses and details about individual jail efforts are available at the Minnesota Department of Health website.

Website: <https://www.health.state.mn.us/communities/mentalhealth/jail.html>

Motherly Intercession (Michigan)

Motherly Intercession empowers children and fosters a stronger community by providing a variety of after school programs and services to children of currently or previously incarcerated parents.

Children Services

- Reading and Counting to Success Plus – Provides afterschool homework assistance, tutoring, Summer Day Camp with academic support, and field trips during the summer months
- N-Touch Ready 4 Real Life – Youth ages 13 and older are paired with a mentor and meet twice a month to discuss Job skills, Adulting (Life Skills), Schooling (Education), and Health
- Healthcare Enrollment – Referrals and assistance with enrollment for healthcare coverage

Parents Services in the Genesee County Jail

- Children's visitation – Preserves the family structure by providing children with bi-monthly face-to-face visitation with their mother in the jail
- Parenting While Incarcerated – Weekly parenting and support group sessions for incarcerated mothers and fathers
- Healthcare Enrollment – Referrals and assistance with enrollment for healthcare coverage

Caregiver/Parent Services

- Strengthening Incarcerated Families – Weekly parenting classes designed to empower adults with the tools they need to reduce incarceration related stress and build resiliency
- 24/7 Dads Key Behaviors Workshop – An 8-hour workshop given over two days that helps fathers develop a set of behaviors that will help them become the best fathers possible
- Social Worker – To provide case management, referrals, and other assistance and support
- Networking – Opportunity to connect with other adults who are dealing with incarceration
- Healthcare Enrollment – Referrals and assistance with enrollment for healthcare coverage

Website: <https://www.unlocktheirfuture.org/>

Ohio Children of Incarcerated Parents (Ohio)

The Ohio Children of Incarcerated Parents (CIP) Initiative exists to help mitigate and repair the effects of incarceration on parents and their affected youth to support a successful transition back to their family and their community.

The Ohio Children of Incarcerated Parents Initiative has built a unique partnership with the Ohio Department of Rehabilitation and Correction (ODRC) to provide the cognitive behavioral program Creating Lasting Family Connections programming. Participants engage in a nine-week course twice per week aimed to strengthen communication and relationships with their families. Through this program, incarcerated parents have shown growth in communication, conflict resolution, intrapersonal skills, emotional awareness, emotional expression, interpersonal skills, relationship management, and relationship satisfaction. People who have completed the program have formed an “alumni” group to help support their fellow residents who are beginning the course.

One component of the Children of Incarcerated Parents Initiative is the Learning Community of Practice, which trains community organizations in the Creating Lasting Family Connections curriculum and helps to build administrative and facilitation skills.

Each spring, Children of Incarcerated Parents hosts an annual CIP Summit, two days of workshops and breakout sessions designed for community members, treatment and prevention staff, those formerly incarcerated, and adult family members.

Website: <https://www.ohiocip.org/>

Osborne Association (New York)

The Osborne Association creates opportunities for people affected by the criminal justice system to develop their strengths and lead lives of responsibility and contribution. Osborne’s programs are family-focused, supporting participants within the context of their family relationships and communities.

Children and Families Programs

- Family Ties - Parenting education and family support for women in prison and reentry
- FamilyWorks - Parenting education and family support for men in prison
- FamilyWorks in the Community - For children and families affected by incarceration
- Intimate Partner Violence Intervention - Changing behaviors of people charged with intimate partner abuse
- Kinship Reentry Housing Program – Providing safe and stable housing and reintegration for people coming home from prison
- Pathways for Reentry, Employment, and Parenting (Prepare) - For parents building a life after incarceration

New York Initiative for Children of Incarcerated Parents - Among the direct services offered by Osborne to justice system-involved people and their children are:

- Parenting and relationship education
- Family-Focused Discharge and Reentry Planning
- Therapeutic, inclusive, and supportive services and activities for children, youth and families
- Child support and financial literacy workshops and access to benefits and work opportunities
- Youth Development and Youth Leadership programs for children of incarcerated parents
- Video visiting, family centers, hospitality centers and transportation assistance to enhance visiting with children

To increase visibility and support for children of incarcerated parents, the New York Initiative has created the See Us, Support Us (SUSU) network. For more information on the resources offered by SUSU, go to the Family Support and Mentoring Programs section of this directory.

Email: info@osborneny.org
Website: <https://www.osborneny.org/>
<https://www.susu-osborne.org/>

Parents and Their Children (PATCH) (Missouri)

Parents and Their Children (PATCH) provides services to help strengthen the connection between children and their mothers while they are separated during incarceration. PATCH facilitates visits in a relaxed home-like atmosphere – in a place where the mother can fix a meal for her children, read a book, and give lots of hugs and kisses in a more intimate setting.

PATCH provides parent education classes to improve the parenting skills of the mothers, supervised visits in PATCH visiting rooms, transportation for children who need rides to visit, and ongoing support and encouragement to help mothers improve interactions with their children

PATCH programming occurs in four phases:

- Phase 1: Parenting Classes - Curriculum written for offender parents, pre and post tests administered at each class
- Phase 2: PATCH Visit - Four-hour visits supervised by PATCH staff and trained volunteers in kid-friendly visiting rooms with lunch, photos, and crafts provided by PATCH
- Phase 3: Support Group/Additional PATCH Visits - Group meetings for offender mothers facilitated by PATCH staff with opportunities to apply the skills learned in the parenting class to real situations
- Phase 4: Community Engagement and Support for Caregivers - Monthly newsletters with parenting information, a private social media page with a counselor joining for Q&A each month

Email: Barb Burton, Director, director@chillicothepatch.org
Website: <https://www.chillicothepatch.org/>

Parents Place Triple P Parenting Program (Wisconsin)

Parents Place and Waukesha County Technical College have collaborated to create a program that targets incarcerated mothers. The college provides basic adult education while Parents Place provides the Triple P Parenting program. Triple P can be administered one-on-one or in a group setting through workshops and seminars. Parents Place Triple P providers help the mothers manage stress and encourage healthy habits. Through Triple P parents find the right level of support, set their own goals, decide what works for their families, tailor strategies to their unique needs, and develop a personal plan.

The collaboration between Parents Place and Waukesha County Technical College has been a success because they offer inmates a direct link to the community upon release. Along with a series of seminars and workshops, they offer Supervised Visitation where many parents visit their child for the first time since they were sentenced. This program allows children who have been separated from their families the opportunity to maintain a relationship with their parent while a permanency plan is being formulated.

Email: Kathy Duffek, Community Education Coordinator, kduffek@parentsplacewi.org
Website: <https://www.parentsplacewi.org/>

The Pathfinder Network (Oregon)

The Pathfinder Network provides justice system impacted individuals and families with the tools and support they need to be safe and thrive. Pathfinders provides services for incarcerated individuals through the Oregon Department of Corrections and for parents, children, and families in the community.

Parenting Inside Out - The Parenting Inside Out program is appropriate for both incarcerated mothers and incarcerated fathers who are parenting from prison. The Parenting Inside Out program is described in another section of this handbook.

Resilience & Recovery Project - The Resilience & Recovery Project is a peer support program that provides an opportunity for participants to build individual, social and community resources for long term resilience and recovery, successful completion of supervision and reintegration into the community.

Center for Family Success - Center for Family Success offers parenting classes, reentry mentoring support for justice-involved mothers and fathers, early childhood home visiting, peer mentoring, case management, and mentoring and intervention programs for children of justice-involved parents. Free family engagement events are scheduled throughout the year.

Mentoring Inside Out - Mentoring Inside Out gives children ages 7-14 of justice-involved parents support to stay in school and become successful adults. It includes mentoring, group activities, transportation for visits, and parenting classes and support groups for parents and caregivers.

PATHfinder Club - The PATHfinder club is a supportive club for high school aged youth who have been affected by incarceration, detention and deportation. PATHfinder Club members pave a trail from hurt and harm to hope and healing through mindfulness, art, writing and community building.

POPS the Club - POPS the Club is an inclusive space for youth who have been stigmatized and silenced by their experiences. POPS empowers students to achieve their full potential by creating a loving community and encouraging self-expression. POPS the Club activities are described in another section of this handbook.

Impacts of Incarceration Video Library - Impacts of Incarceration is a free video library designed to educate, empower, and create meaningful change by sharing the stories, experiences, wisdom and resilience of people impacted by incarceration. The library features interviews covering 10 key topics.

Email: info@thepathfindernetwork.org
Website: <https://www.thepathfindernetwork.org/>

PB&J Family Services Programs (New Mexico)

PB&J Family Services provides intensive wrap-around services for children and their parents, including parenting education in the homes. Creating supportive communities and families has meant incorporating the spaces of prisons and jails, elementary, middle and high schools, and the pueblos.

PB&J's Juvenile Community Corrections program works with incarcerated youth as well as incarcerated teen parents. The program helps these youth to gain needed parenting and life skills. Additionally, PB&J workers provide therapeutic supervised family visits and intensive in-home visiting upon release.

The Parent Visitation and Family Supports Program serve parents incarcerated and their children by providing a series of parenting classes and the opportunity for supervised visits with their children. The

program also provides services in the home for the children and their caregivers while a parent is incarcerated. Once the parent is released, PB&J will continue to work with families through coached family visits and case management services.

Email: info@pbifamilyservices.org
Website: <https://pbifamilyservices.org/programs>

Pennsylvania Prison Society (Pennsylvania)

Pennsylvania Prison Society ensures vital support networks are kept alive while someone is incarcerated and provides a window into the closed world of prisons.

Support for Families - For families with a loved one behind bars, Pennsylvania Prison Society is an invaluable source of reliable information: how to stay connected, what's happening in a particular facility, and information about accessing help for your loved one.

- 1 to 1 Assistance is provided to loved ones via Pennsylvania Prison Society's helpline
- The Family FAQ Page helps families find answers and provides the most current information
- Pennsylvania Prison Society promotes connection by making visits go as smoothly

Support for People in Prison - Pennsylvania Prison Society provides support to incarcerated people, from their time in prison through their return to the community.

- 1 to 1 Assistance is given to incarcerated people who need medical attention, are experiencing violence, trauma, or abuse, or who require assistance navigating an issue with their facility
- Pennsylvania Prison Society's mentoring program is designed to help ease the transition from incarceration back to communities by focusing on supportive community connections
- The Graterfriends Newsletter sheds light upon prison life, allowing incarcerated people to communicate to one another across facilities and to their loved ones about what's happening within their prison, how it impacts their lives, and what matters most to them
- Support for Incarcerated Parents helps incarcerated parents to parent from behind bars and to prepare for reunification with their families
- Peer Support Groups offer a forum for discussion, information exchange, guidance, and peer mentoring, all facilitated by mentors with lived experience in the legal system

Transportation - Pennsylvania Prison Society provides transportation to connect families with incarcerated loved ones through hassle-free, affordable rides to correctional facilities.

Email: helpline@prisonsociety.org
Website: <https://www.prisonsociety.org>

ThePlace4Grace (California)

The Place4Grace serves families and children of incarcerated men and women with a focus on family reunification, literacy, providing an environment for extended father and child bonding time, advocacy, and restoration. ThePlace4Graceprograms include:

Family2Child - The Family2Child Literacy program records incarcerated men and women reading a book to children they left behind. Each book includes a loving personalized inscription. The books, along with the audio recordings are mailed to the children, allowing them to hear the voice of their loved one and read along with the recording.

Parent and Child Connection Program - The Parent and Child Connection Program hosts five special events each year during which toys are sent to the children along with books and recordings.

Camp Grace - Camp Grace is a 5-day music and art-based program for fathers to begin building and restoring the relationship with their children. Camp Grace also allows children to spend extended bonding time with their incarcerated parents. Daily activities such as music, art, drumming, dancing, and writing reduce the impact of stress and trauma, which in turn allows for the increase in resilience.

Home2Stay - The Home2Stay Reentry Program addresses risk factors which may lead to recidivism such employment, job training and education, financial and computer literacy, mental health and substance abuse counseling, family and marriage counseling, stable housing, and a support network.

Email: info@theplace4grace.org
Website: <https://theplace4grace.org/>

Prison Fellowship (National)

Prison Fellowship serves all those affected by crime and incarceration and seeks to see lives and communities restored in and out of prison. Prison Fellowship staff and volunteers run events and programs in correctional facilities across the country aimed at transforming the lives of prisoners. In-Prison Programs include:

Prison Fellowship Academy - A targeted curriculum, compassionate coaches, and the restorative community are used to replace participants' criminal thinking and behaviors with renewed purpose and biblically based life principles. Graduates complete the year-long program as change agents and good citizens inside and outside of prison.

Prison Fellowship Hope Event - Men and women are introduced to the hope of Jesus Christ through a one- and two-day Hope Events featuring inspirational speakers and musicians.

Women's Ministry - Incarcerated women feel rejected, worthless, and hopeless. Prison Fellowship strives to show them the love, acceptance, and purpose that awaits them inside prison and out.

Prison Fellowship Connection Class - Each class offers prisoners the chance to study God's truth and apply it to their lives with regular support and encouragement.

Leadership Training - For those seeking a deeper understanding of Scripture, Prison Fellowship and World Impact offers Bible-college level training in The Urban Ministry Institute, an intensive training course that equips prisoners to become Christian leaders.

Inside Journal - Inside Journal is a quarterly newspaper that explains the Gospel in a fresh way and shares practical advice for the daily struggles of prison life.

Email: info@pfm.org
Website: <https://www.prisonfellowship.org/>

Renewal, Inc. (Pennsylvania)

Renewal, Inc. offers life-changing programs to individuals both in and out of the criminal justice system. Programs and services include:

- **Work Release** –Work release provides a practical action plan for the transition process.

- Drug and Alcohol Treatment – A comprehensive drug and alcohol treatment uses Cognitive Behavioral Therapy to encourage awareness of thinking errors that perpetuate substance use.
- Mental Health Outpatient Services - Outpatient mental health service provide comprehensive mental and behavioral treatment in conjunction with psychotropic medication monitoring.
- Support Services - Support services include case management, the Life Skills Program, Cognitive Behavioral Therapy, and the Batterer's Intervention Program.
- Workforce Development - Workforce Development Program offers career counseling, resume workshops, vocational rehabilitation, computer access, and on-site interviews. GETPAID is a 6-month on-the-job employment training program for individuals reentering the workforce.
- Family Support - Lydia's Place provides a safe space where men, women, and families can learn to cope with challenges as they successfully rebuild their lives and relationships. Specialized programs focus on family strengthening, mentoring and providing housing assistance.
- Community Service - Participants and Renewal, Inc. staff work to make the community a better place to live and work.

Email: info@renewalinc.com
 Website: <https://www.renewalinc.com/>

Securus Technologies (National)

As part of Aventiv Technologies, Securus provides free and premium educational, vocational, and rehabilitative access and materials for incarcerated individuals and justice-impacted families. Securus Technologies has provided more than 600,000 Securus tablets and premium content from 22 colleges and universities that have connected more than 17,000 incarcerated learners to post-secondary education equating to more than 300,000 credit hours.

Securus partners with Edovo to provide skill-building programs on a cloud-based platform, offering educational content to over 500,000 incarcerated individuals in 550 facilities. Essential Education provides GED preparation, computer literacy, and financial education programs on Securus devices. Over 2,700 students have accessed Essential Education through these tablets, logging more than 400 hours toward high school equivalency preparation.

Securus also works with ScholarChips, a non-profit supporting children of incarcerated parents, to provide young people with resources to pursue educational opportunities.

Website: <https://securustech.net/>

Silent Victims of Crime (South Carolina, Florida)

Silent Victims of Crime serves children of inmates, their caregivers, and parents returning from prison with wrap-around services to foster healthy, more stable familial relationships and community ties.

Leadership - Silent Victims of Crime's Leadership program encourages children to deal with issues relating to their family, as well as teach them their place in society as contributing members. Volunteers work with the children as mentors in their development as Teen Leaders.

CARE Court - Silent Victims of Crime is part of the CARE Court (Re-entry) Pilot Initiative, of Florida's Federal Southern District Court. A presiding Judge conducts bi-weekly court sessions and provides wrap-around services and a mentor to address the reintegration needs of each returning citizen.

Arts Programs - Youth Arts Programs enhance children's attitudes about themselves and their futures and increase academic achievement and decrease delinquent behavior. Silent Victims of Crime provides a variety of activities, including art, dance, theater, and music classes, which are an extension of Silent Victims of Crime's after school activities programs.

Email: SVC@SilentVictimsOfCrime.org
Website: <https://www.silentvictimsofcrime.org/>

Spare the Kids (National)

Spare the Kids is national movement that Dr. Stacey Patton is leading to provide positive, nonviolent discipline practices to those teaching and caring for children of color. Before writing her book, *Spare the Kids: Why Whipping Children Won't Save Black America*, Dr. Patton created Spare the Kids, an online anti-spanking website. The mission of the website is to combine digital technology, social media, and the basic science of early child development to educate parents and caretakers about the risks and harms of hitting, and to encourage practical peaceful alternatives to aggressive and humiliating punishment.

This site provides resources for professionals, educators, social workers, foster parents, counselors, clinicians, advocates and activists to enhance their understanding of how race, power, and privilege impact the parenting practices of their clients and the institutional practices that result in racial disparities. Though this site is targeted to Black communities, given the prevalence and acceptance of spanking in American culture, the discussions and resources provided there will be useful to a wide and diverse audience.

One of the features on the www.sparethekids.com website is the "Ask Mother Wit" parenting advice blog. Readers needing advice on how to handle problem situations, can email Mother Wit. Selected questions and Mother Wit responses are then posted on the blog.

In addition to the parenting advice blog, Dr. Stacey Patton in collaboration with artist Aubrey Harding created a series of Mother Wit comics for the website that give wisdom and practical tips to help parents keep from turning a moment of frustration into a physical strike against their child's body.

Email: MotherWit@sparethekids.com
Website: <https://sparethekids.com/>

Strength in Families (Washington)

The Strength in Families program is an intensive parent engagement program for fathers under Washington DOC jurisdiction. The Strength in Families program begins up to nine months pre-release and continues up to six months or more after release. Program classes build knowledge and skills in the areas of healthy relationships with partners and co-parents, responsible and positive parenting, and effective communication. Family-focused case management, access to community resources, and one-on-one assistance with education and employment goals are offered to all participants in the program.

Strength in Families uses curriculum from the Parenting Inside Out and Walking the Line programs, meant to improve relationships and communication skills. The primary objective of the 12-week class is to help participants understand how they were parented, use the positive, eliminate the negative and communicate effectively. Participants receive individualized case management services to assist them in family engagement and planning for reentry to the community.

Website: www.doc.wa.gov/corrections/programs/strength-families.htm

Wings for LIFE (National)

Wings for LIFE (Life-skills Imparted to Families through Education) serves people impacted by incarceration by building relationships with families, probationers, and returning citizens after their release from prison. Through discussion, mentoring, empowerment, and support; Wings for LIFE teaches life skills, addresses the unique needs of family members, and strengthens families by helping them build Search Institute's "40 Developmental Assets." Wings for LIFE offers weekly educational programs program (both live and virtual) that connect community leaders and volunteers with family members of incarcerated individuals or probationers to share mutual experiences and learn critical life-skills.

Others Wings for LIFE initiatives include:

- Wings Family Prison Days - Events that unite families through music, food, and special activities
- Wings WORKS - A job training program for returning citizens
- Wings for LIFE International Liberia - training, education, and support for a Liberian program
- Education, resources, support, kids' activities, food, and hope are delivered to thousands of people every year
- Returning Citizens Collaboration meetings - Connect organizations, stakeholders, and partners to foster the development of programs, grants, and collaborative initiatives

Email: info@wingsforlifeinternational.org

Website: <https://wingsfli.com/>

Women in Recovery Program (Oklahoma)

Family & Children's Services Women in Recovery is an alternative-to-incarceration program for women facing lengthy prison terms due to addiction and trauma-related crimes which make them ineligible for other prison diversion programs such as Drug Court.

Women in Recovery works closely with the criminal justice system and other community partners to give its women the supervision they need, along with substance abuse counseling, mental health treatment, trauma treatment education, workforce training and family reunification to ensure they break the cycle of re-offending. The 14 to 18 month program provides its participants with court-related supervision and drug-testing, culinary training, case management, wellness programs, housing, and family therapy.

Website: www.fcsok.org/services/women-in-recovery

Parenting Skills Programs

Active Parenting 4th Edition (National)

Active Parenting 4th Edition has been adopted by some Departments of Corrections for use in joint classes with incarcerated fathers and their co-parents. Based on the psychological theories of Alfred Adler, the course emphasizes the importance of encouragement, nonviolent discipline, and authoritative (as opposed to autocratic or permissive) parenting. It is aimed at cultivating children's self-esteem, cooperation, and responsibility. Topics include recognizing the goals of behavior, natural and logical consequences, school success, power struggles, problem-solving skills, encouragement, and stimulating independence.

Advantages of the Active Parenting program include:

- Built-in flexibility: Active Parenting classes can be 1, 3, 4, or 6 sessions
- Engaging video available embedded in PowerPoint on Flash Drive or Streaming
- Step-by-step Leader's Guide makes it easy to lead a class
- Parent's Workbook contains activities and copies of the PowerPoint slides
- Optional "AP & You" mini-sessions help parents integrate the powerful communication skills in all facets of their lives

The revised and improved parenting program includes the essential Active Parenting model plus:

- How brain development affects children's behavior and decision-making
- Improved discipline and communication
- How to prevent future use of tobacco, alcohol, and other drugs
- Parenting a special-needs child
- 7 Smart Things you can do immediately for school success

Email: Michelle Collins, Educational Consultant, cservice@activeparenting.com
Website: <https://activeparenting.com/>

Attachment Parenting International (National)

Attachment Parenting International promotes parenting practices that create strong, healthy emotional bonds between children and their parents for life. Attachment Parenting International's educational material and training workshops are rooted in attachment theory that assert infants are born "hardwired" with strong needs to be nurtured and to remain physically close to the primary caregiver during the first few years of life. The child's emotional, physical, and neurological development is greatly enhanced when these basic needs are met consistently and appropriately. These needs can be summarized as proximity, protection, and predictability.

Attached at the Heart Parenting Program classes cover pregnancy, birth and planning for parenting, attachment, childcare, feeding, sleep, babywearing, discipline, balance, and more. Attached at the Heart Parenting Program classes can help the parent make important decisions for a healthy birth and early parenting, learn about normal child development, become more confident as a parent, learn how to manage stress, and make parenting decisions that always help you and your family flourish.

Email: info@attachmentparenting.org
Website: <https://www.attachmentparenting.org/>

B'More Reconnects (Maryland)

B'more Reconnects provides parenting education to parents in Baltimore detention centers as well as upon re-entry with a focus on navigating and strengthening the parent/child relationship. The program trains correctional officers on trauma-informed practices, child development, and parenting concepts in order to meet the needs of children and incarcerated parents. As a part of this work with correctional officers, B'more Reconnects examines visitation policies and practices to allow for meaningful parent-child connections during visitation, while maintaining safe practices. The project also strives to increase positive family outcomes by coordinating services for incarcerated parents upon re-entry; including educational and vocational support, healthcare, housing, and additional parenting support.

Website: <https://www.bmoreconnect.org/>

Common Sense Parenting (South Dakota)

Common Sense Parenting, a systematic guide to raising responsible kids, teaches skills to help parents build better families. Originally a product of Girls and Boys Town, Nebraska, the Common Sense Parenting curriculum was modified to meet the needs of offenders at the Federal Prison Camp in Yankton, South Dakota.

Topics covered in Common Sense Parenting are:

- Parents as Teachers
- Positive/Negative Consequences
- What Is Behavior?
- Effective Praise
- Preventive Teaching
- Corrective Teaching
- Staying Calm
- Teaching Self-Control
- Family Meetings
- What Is Discipline?

Topics added specifically for correctional inmates are Social Skills/Problem Solving, Relationship Building, and Putting It Together.

By taking the course, students learn how to reduce family stress, support success in school, enrich their relationships with their children, reduce problem behavior, diminish yelling and fighting, and increase parental confidence as well as the child's confidence.

Email: Karen Abbott, butchdl@vyn.midco.net
Website: <https://www.boystownpress.org/>

Dad's Coaching Clinic (Wisconsin)

Dads Coaching Clinic at the Marathon County Jail seeks to help dads acquire the skills necessary to move from mediocrity to extraordinary in their role as fathers. Great Hall of Fame coaches went through strategic preparation in order to be successful coaches. The same goes for successful dads — they must go through a preparation phase in order to establish a successful plan for raising their family.

Dads Coaching Clinic Leader Guide: Turning Dads into Great Dads is the core resource for the program. Dad's Coaching Clinic discusses the many roles a man has and how he is honor bound to be the role

model for his children and family. The program helps dads become great dads by sharing tools and skills essential for building an incredible family. The coaching clinic is divided into five dynamic sessions:

1. The Coach's Preparation
2. The Coach's Plan of Action
3. The Power of a Father's Love
4. "Managing" to Be an Effective Father
5. Hall of Fame Dad

This five-session clinic teaches men 16 points to enable them to build strong and lasting bonds with their wives and children — creating a rich legacy for generations to come. The tips include knowing yourself, establishing priorities, learning from mistakes, loving your wife, building a winning attitude, having rules with reason, and being a positive influence.

Email: Michael Wahl, eagle.wings.2@hotmail.com
Website: <https://www.barnesandnoble.com/w/dads-coaching-clinic-leader-guide-gph-gospel-publishing-house/1126081365>

Family Matters (National)

The Family Matters course, grounded in family systems and attachment theories, is designed to be used with people in prison. The course teaches participants communication skills and how to manage conflict, change destructive behavior patterns, and heal relationships. Family Matters focuses on connection with family members, particularly children, and parenting from prison. Participants are asked to work on improving family relationships through experiential exercises, role-plays, letter writing and phone calls.

The course is divided into four main units with two or three classes per unit:

- Family Systems introduces the strengths and challenges represented by different family cultures and ethnicity. It explains the importance of family history, cycle, rules and roles.
- Action and Reaction introduces the thinking and feeling brain and supports the concept of taking responsibility for positive action rather than being reactive to one's environment.
- Healing and Hope offers a way to break destructive patterns identified in the Family Systems unit using effective listening, gratitude and forgiveness skills.
- Precious Child focuses on how to nurture secure attachment and the importance of staying connected with family while in prison. It includes an extensive section on parenting from prison.

The Family Matters course is not copyrighted; material may be selected or adapted as needed. A free download of the Workbook & Leader's Manual is available.

Email: Linda G. Bell, Ph.D., lindagbell@gmail.com
David C. Bell, Ph.D., David@familylegacies.net
Website: <https://lindagbell.com/family-matters-course>

InsideOut Dad (National)

The National Fatherhood Initiative (NFI) developed the 12-week InsideOut Dad curriculum for incarcerated fathers consisting of 12 one-hour core sessions and 4 optional sessions. The curriculum includes 24 optional sessions that coordinate with the core topics. These sessions allow facilitators the flexibility to add to their program making InsideOut Dad ideal for use in both short and long-stay facilities.

Topics covered are:

- Being a Man: What Kind of Father and Husband/Partner Am I?

- Roles of Dad and Mom
- Co-Parenting & Communication: Parenting Differences, Ways to Communicate
- Feelings: Showing/Handling Feelings, Grief and Loss
- Men's Health: Stress and Anger, Physical Health, Body Image
- The Father's Role: Competitive/Non-competitive Fathering, Marriage Benefits
- Fathering from the Inside: Creating a Fathering Plan
- Children's Growth & Discipline: Goals, Self-Worth, Talking with Children, Morals, Values, Rewards and Punishment
- Optional Reentry Sessions: Fathering on the Outside, Responsibilities and Child Support, Visits Upon Release
- Optional Spirituality Session: Spirituality, Faith, and Fatherhood

NFI offers many fatherhood skill-building resources that can be adapted for Short-Stay Facilities. To shorten the 12-week program for use in jails or short-term facilities, the InsideOut Dad for Jails supplement that can be downloaded to consolidate the InsideOut Dad Program from 12 weeks to 6 or 8 weeks. Father Topics Collection for Non-Custodial Dads offers half or one-day workshops on fatherhood-related topics for transient populations or it can be broken up into shorter, one-hour sessions. The self-paced *InsideOut Dad Guide to Family Ties* helps fathers learn on their own.

Email: info@fatherhood.org
fathersource@fatherhood.org
 Website: <https://www.fatherhood.org/program-insideout-dad>

Learnovation Parenting Series (National)

Learnovation is a company that has developed products and delivered services which educate and empower people to enhance their lives. Among Learnovation's products are Pamphlet Series in the areas of: Workforce Readiness, Financial Literacy, Parenting, Reentry, Study Skills, Wellness & Nutrition, and Essential Life Skills.

Each topic area is comprised of several pamphlets that are easy to read and digest. The pamphlets are written at a 9th grade level and not overwhelming. The 12 pamphlets in the Parenting Series are:

- Life with Kids
- What to Expect as Kids Grow
- Being a Good Parent
- Talking and Connecting with Kids
- Discipline – Rules Are There for a Reason
- Conflict in the Family
- Kids and Divorce
- Single Parenting and Step Families
- Keeping Kids Healthy
- Kids and School
- When Your Kids Are in Trouble
- Finding Help in the Community

Email: Innovation@Learnovation.com
 Website: <https://www.learnovation.com/>

National Fatherhood Initiative (National)

National Fatherhood Initiative works to increase father involvement by equipping communities and human service organizations with father-inclusive training, fatherhood program curricula, facilitator and staff training, supporting resources and free technical assistance to help them serve fathers and their families. National Fatherhood Initiative gives tips and tools to help organizations to get started with father inclusion. NFI offers six core programs and gives information on selecting the program that is the right fit.

- 24:7 Dad A.M.
- 24:7 Dad P.M.
- 24:7 Dad Key Behavior Workshop
- ProFathering 15
- InsideOut Dad
- Understanding Dad

Each of these programs are described in other sections of this handbook.

Email: info@fatherhood.org
fathersource@fatherhood.org
Website: <https://www.fatherhood.org/>

Nebraska Correctional Center for Women (Nebraska)

Nebraska Correctional Center for Women is the diagnostic and evaluation center for all newly committed female inmates. During this program, inmates receive medical and mental health evaluations and learn about the various programming opportunities available to them during their term of incarceration.

Programs relating to parenting needs include:

- Common Sense Parenting - Provides parents techniques that build positive family relationships, preventing and correcting misbehavior, and using consequences to improve behavior
- Parenting 0-5 - Focuses on teaching cooperation, communication, and appropriate discipline
- Parenting 10 Greatest Gifts - Focuses on creating a family vision and plan to fulfill that vision
- Parenting 5-12 - Focuses on teaching cooperation, communication and appropriate discipline
- Parenting Teen - Focuses on teaching cooperation, communication and appropriate discipline
- Sixpence - Parenting program with inmates and child visits
- Understanding Birth - Teaches participants about healthy pregnancy and postpartum habits

Email: Mary Alley, mary.alley@nebraska.gov
Website: <https://corrections.nebraska.gov/facilities/nebraska-correctional-center-women>

Parenting Education in Jail (New York)

To help jail inmates become more effective parents, the Cornell Cooperative Extension of Tompkins County established the Parenting Education in Jail program to teach participants parenting skills in the areas of understanding children, helping children learn and thrive, using effective discipline, and managing personal stress.

The program consists of 12 educational modules designed to be used in classes of about two hours per week:

- Week 1: Parenting Roots & Styles
- Week 2: Family's Experience of Incarceration
- Week 3: Encouragement

- Week 4: Can Do
- Week 5: Shared Decision Making/Choices
- Week 6: Self-Control
- Week 7: Respecting Feelings
- Week 8: Handling Conflict
- Week 9: Helping Children Cope with Loss
- Week 10: Parallel and Cooperative Parenting
- Week 11: Parenting Concerns during Reentry
- Week 12: Creating a Parenting

Email: Jennifer Gray, jcg33@cornell.edu

Website: <https://ccetompkins.org/family/parenting-workshops/in-the-press>

Parenting Inside Out (Oregon)

Pathfinders seeks to improve outcomes for children whose parents are involved in the criminal justice system. One of the means Pathfinders uses to accomplish its mission is the Parenting Inside Out curriculum. The prison version of Parenting Inside Out is appropriate for both incarcerated mothers and fathers who are parenting from prison. The community version is appropriate for parents on parole or probation.

Parenting Inside Out is a cognitive-behavioral parent management skills training program. The Parenting Inside Out curriculum is available in four versions: Prison 90 – 90 hours of instruction, Prison 60 – 60 hours of instruction, Community – 48 hours of instruction, and Jail – 24 hours of instruction.

Topics covered in the Parenting Inside Out curricula include: communications skills, problem solving skills, emotion regulation (anger management), child development, nurturing children through reading and play, non-violent discipline techniques and positive reinforcement, adult development, and transitioning planning and family reintegration

The Parenting Inside Out program includes a complete curriculum manual with lesson plans and facilitation guides; the supplemental *Parenting Coach* manual; a CD with handouts, worksheets, graduation certificates, evaluation tools; and a three-day, comprehensive training program that ensures curriculum fidelity.

Email: PIO@thepathfindernetwork.org

Websites: <https://www.parentinginsideout.org/>

Parenting, Prison and Pups (New York)

The Parenting, Prison and Pups (PPP) program is provided to incarcerated women in jail to help them reinvest in their relationships with their children. Partnering with Hudson Valley Paws for a Cause and the Department of Corrections and utilizing Pace University students as teaching assistants, PPP builds on the Parenting Inside-Out Curriculum by enhancing it with Animal-Assisted Therapy. PPP provides a safe environment for parents to process trauma-based feelings, to support healthy bonds between incarcerated parents and their children, and to mend relationships with other family members, including relationships with their children's caregivers.

Therapy dogs are utilized in PPP in three ways: 1) Animal-Assisted Activity where class participants have free time to spend with the therapy dogs, 2) Emotional Support for participants as they come to terms

with their trauma-based pasts, and 3) Animal-Assisted Therapy where therapy dogs serve as examples for difficult concepts and lessons.

Recently, the Parenting, Prison & Pups Program expanded by adding Puppies on the Block which serves as a puppy fostering and initial canine training program with incarcerated women and men. Puppies are provided by a Hudson Valley rescue group to be fostered in the jail. Handlers can share important information with the puppies' adoptive family about their personality, likes and dislikes. Adoptive families can record videos that are shared with the handlers for them to learn about the puppies' forever homes.

Email: Dr. Kimberly Collica-Cox, Founder and Director, kcollicacox@pace.edu
Website: <https://ppp.blogs.pace.edu/>

Parents Apart (New York)

Parents Apart is a six-hour workshop offered for incarcerated men and women in the Tompkins County Jail through Cornell Cooperative Extension's Family and Community Development program. The workshop focuses on the emotional reactions of children and methods parents can use to make the transition easier for children.

Parents Apart class minimizes tension between parents when couples are separated or are experiencing high conflict. The Parents Apart curriculum helps parents and caregivers better understand how children of different ages experience the separation process and how to keep kids out of adult conflicts.

Workshops cover the emotional reaction of children to their parents' separation or divorce, good listening and conflict management skills to help children adjust after a separation, and avoidance of common pitfalls parents experience during separation. Also discussed are mediation and collaboration legal options open to families and legal resources that are available.

Email: Anna Steinkraus, Family and Community Development Program Coordinator, ams69@cornell.edu
Jennifer Gray, Family & Community Educator, jcg33@cornell.edu
Website: <https://ccetompkins.org/family/tompkins-families>

Parents Forever (Minnesota)

Parents Forever was developed by the University of Minnesota Extension's Center for Family Development as an educational program for parents experiencing a family transition such as divorce or separation. The Parents Forever curriculum reflects the belief that if parents engage in healthy self-care, parent-child relationships, and co-parenting relationships; their children will experience more positive outcomes after a divorce or separation.

By attending the Extension's 8-hour in-person or online Parents Forever course, parents will learn how each family member will be affected by the family transition. The Parents Forever course is organized into five main sessions.

- Parents Forever course introduction
- Taking care of yourself
- Taking care of your children
- Being successful with co-parenting
- Parents Forever course conclusion

Email: Kathleen A. Olson, Family Relations Specialist, KAOlson@umn.edu

Website: <https://extension.umn.edu/parenting-and-caregiving/divorce-and-other-family-transitions>

Parents on a Mission (National)

Parents on a Mission (POM) is a parent leadership program Richard Ramos authored years ago as a gang prevention resource. It has evolved to the general audience of parents around the country.

Parents on a Mission equips parents and parent mentors to win the love, respect, and loyalty of their children. When parents become stronger and more emotionally mature as individuals, they're more likely to nurture healthy relationships with their children. While most parenting programs and curriculums put a heavy emphasis on changing child behavior, POM focuses on the parent's personal and emotional growth. Parents on a Mission is a step-by-step parent leadership program helping parents to win the respect, love and loyalty of their children, so they can make a positive impact on their communities.

The key lessons taught in the Parents on a Mission curriculum are:

- How to become more emotionally stable and mature as a parent
- The proven principles of raising happy, healthy and productive children
- How to win the trust, loyalty, and respect of your children
- The proper role and use of child discipline
- How to become a strong, confident, loving leader in your home
- The three secrets to raising children who say "no" to negative peer pressure

The POM course is comprised of six audio modules and six hours of teaching: POM Orientation, Parental Personal Growth, Earning Respect for Parental Authority, Proper Use of Discipline, Community Building, and Trust and Loyalty.

A documentary about the Parents on a Mission program is available on YouTube in English with Spanish subtitles.

Email: Richard Ramos at richard@parentsonamission.org.
Website: <https://parentsonamission.org/>
YouTube: <https://youtu.be/rvmlNN36nJ0>

ProFathering15 (National)

ProFathering15 is a National Fatherhood Initiative program for all dads and father figures, regardless of their circumstances – expectant dads, experienced dads, stepfathers, adoptive fathers, or father figures. ProFathering15 takes the dads through 15 interactive, engaging topics, each in only 15 minutes. Each topic combines important information to learn with an inspirational video followed by questions to ask

ProFathering15 topics are: Family History, Being a Man and Dad, Handling Emotions, Grief and Loss, Your Health, You and Mom, Talking with Mom, Co-Parenting, Fathering Skills, Child Development, Child Discipline, Sexuality, Intimacy, Work-Family Balance, and Managing Money.

Website: <https://profathering.fatherhood.org/>

RealCare Parenting Program (National)

RealCare manufactures infant simulators which make it possible for people to practice caring for an infant 24 hours a day, seven days a week. RealCare Babies are crafted from soft vinyl and feature real

infant sounds to simulate a newborn infant from birth to three months old. RealCare Baby comes in seven ethnic groups and both male and female.

In addition to the normal infant simulators, RealityWorks offers these models: Preemie Baby, Shaken Baby Syndrome, Drug Affected, Fetal Alcohol Syndrome, Birth Defects and Disorders, and Common Childhood Illness.

During a simulation, the RealCare Baby requires a real infant's needs for care and support. The caregiver has to figure out what baby needs: feeding, burping, rocking, diapering. The caregiver wears a wireless ID to ensure accountability and RealCare Baby's computer tracks its care and safe handling. Detailed data is downloaded after the simulation, including exact times of missed care and mishandlings.

RealCare Curricula complements the use of infant simulations. All curricula include presentation slides, student activities, and pre- and post-assessments. Available curricula include: Basic Infant Care, Parenting, and Healthy Choices.

Email: Anne Brennan, Account Manager, Anne.Brennan@realityworks.com
Website: <https://www.realityworks.com/>

Teach Inside (National)

Jan Walker is a retired correctional teacher and author who has created a series of Teach Inside Activities that are designed to provide information to men and women who are inside prisons and jails. The lessons can be used as class or group activities or for individual study.

The Teach Inside Activities that are downloadable and printable from Jan Walker's website are:

- Talking to Children About Prison or Jail – explains how to tell children about your crime and incarceration at each stage of their development
- Child Custody & Dependency – provides information about children's care, child custody, legal guardianship, dependency, foster care and termination of parental rights
- Reparent Yourself – helps you set goals for choosing to change and reparent yourself by taking personal responsibility for your attitudes and rethinking your behaviors and choices
- Reuniting with Your Family and Community – discusses the realities of transitioning back into your family and community
- Reaching Out to Children and Family – shows how you can write stories and poems to explain your absence in words children understand and stay in touch with family and friends
- Visiting Inside: Keep it Positive – helps you plan for a positive visit to make it less stressful

Three supplements have been added to the Teach Inside program materials: Think About It (critical thinking), Family History and Patterns, and The Power of Story.

Email: Jan Walker, JanWalker@centurytel.net
Website: <https://www.janwalker-author.com/>

24/7 Dad Fatherhood Program (National)

Developed by the National Fatherhood Initiative; 24/7 Dad A.M. and 24/7 Dad P.M. teach men the characteristics they need to be good fathers 24 hours a day, 7 days a week. 24/7 Dad supports the growth and development of fathers and children as caring, compassionate people who treat themselves, others, and the environment with respect and dignity.

The 24/7 Dad AM and PM Programs consist of 12 group-based sessions that build on each other. Program Kits include everything needed to facilitate the program. Included are a Facilitator's Manual with program and session guides; 10 Fathering Handbooks with pocket cards; and a flash drive containing evaluation tools and worksheets, marketing resources, and videos. The programs have been made more engaging through the addition of more than 30 videos and 10 "Stories of Impact" to each program.

24/7 Dad AM focuses on key fathering topics: Family History, What It Means to Be a Man, Showing and Handling Feelings, Men's Health, Communication, The Father's Role, Discipline, Children's Growth, Getting Involved with your Children, and Working with Mom and Co-Parenting.

24/7 Dad PM covers more advanced fathering topics: Fathering and the 24/7 Dad; Boyhood to Manhood; Dealing with Anger; Knowing Myself (Self-Worth); Family Ties; Sex, Love, Relationships; Power and Control; Competition and Fathering; Improving My Communication Skills; and Fun with the Kids.

24:7 Dad Key Behaviors Workshop

Shorter than the 24:7 Dad A.M. and P.M. programs and with different content, 24:7 Dad Key Behaviors Workshop can be delivered in as little as 8 hours, or as a one-day workshop. The workshop introduces dads to 10 behaviors that are aligned with the five characteristics of a 24:7 Dad which are Self-Awareness, Caring for Self, Fathering Skills, Parenting Skills, and Relationship Skills. Two bonus behaviors help fathers develop and apply the first ten behaviors they learned.

Email: info@fatherhood.org
fathersource@fatherhood.org
Website: <https://www.fatherhood.org/>

TYRO Programs (Ohio)

TYRO programs are based on the Tijerina family's personal experience with welfare and incarceration. The courses are designed to equip men with the life skills they need to be responsible fathers, better communicators, reliable employees, and positive role models.

The TYRO Dads program uses cognitive restructuring and positive role-modeling to combat the root issues inherent in destructive or self-serving behavior patterns. Individuals are encouraged take responsibility for their actions and to act with honor and integrity. The TYRO Dads coursework provides people with a healthy model for becoming a responsible citizen and family member. Individuals who successfully complete the course have the ability to join a TYRO Alumni Community, a mentoring network that promotes accountability and positive behavior.

After completing TYRO Dads, participants may join with their partner in Couple Communication which focuses on strengthening relationships. In Couple Communication I, the couples learn 11 practical and effective talking and listening skills for better decision-making, conflict resolution, and anger management. Couple Communication II extends the use of skills taught in Couple Communication I to continue building a collaborative relationship, including managing anger more effectively.

Email: Bruce D. Purdy, Communications Specialist, Bruce.Purdy@theridgeproject.com
Website: <https://www.theridgeproject.com/>

Understanding Dad (National)

Understanding Dad is a unique National Fatherhood Initiative program that helps moms improve the relationships they have with fathers, for the benefit of their children. Understanding Dad raises

mothers' awareness about the importance of father involvement in the lives of their children. It helps mothers to reflect on how their own developmental histories continue to influence the relationships with the fathers of their children. It also teaches mothers communication skills to improve the partnership between them and the fathers of their children in raising their children (e.g. co-parenting when mothers and fathers are no longer together).

The Understanding Dad program is 8 sessions in length, at approximately 2 hours each. The program can be delivered in a group setting or one-on-one. The Program Guide in the Facilitator's Manual provides all necessary facilitator info to run the program successfully.

Topics covered include: My Life as a Mom; My Father's Impact; My Mother's Impact; Me and My Children's Father; The Impact on My Children; Patterns of Communication; Open, Safe Communication; and How to Listen.

Email: info@fatherhood.org

fathersource@fatherhood.org

Website: <https://www.fatherhood.org/program-understanding-dad>

Family Support Programs

Amachi Pittsburgh (Pennsylvania)

Amachi Pittsburgh seeks to empower, nurture, and protect those most vulnerable to the criminal justice system. They work to amplify the voices of youth & families; activate a community of support; and advance policy & practice to drive equity and justice.

Mentoring -

For a child with one or both parents incarcerated, the commitment and support of a mentor can help build confidence; improve school performance; and result in a lifetime of healthier choices. Mentors work with youth by challenging young people to excel academically and in extracurricular activities, helping young people improve their relationships with others, working alongside caregivers to reinforce a stable environment, and exposing young people to educational and cultural events and opportunities.

Ambassadors - Amachi Ambassadors is a specialized youth organizing, advocacy, and leadership development program for high school students impacted by parental incarceration. The objectives are for students themselves to lead efforts to raise awareness, concern, and responsive actions in schools and the community around children and families with incarcerated loved ones; dispel debilitating stigmas and prejudices related to familial incarceration; and improve institutions that directly affect their lives

Family Strengthening - Amachi Pittsburgh services are designed to help reduce trauma for children and families and increase healthy family functioning. Amachi Pittsburgh works with community partners to provide support services that include activities and workshops to strengthen the parent-child relationship; fun family outings; parenting classes and reunification support when parents are returning home from incarceration; case management support; and distribution of food, essential supplies, and resources.

Email: info@amachipgh.org

Website: <https://amachipgh.org>

Assisting Children of Prison Parents (Missouri)

Assisting Children of Prison Parents (ACOPP) strives to strength relationships between children and their incarcerated parents by opening lines of communication, transporting them to visit with their parents and providing creative-writing workshops. ACOPP engages children in tutoring, home-work sessions, study sessions, arts classes, physical activities, field trips, and other programs that afford the children opportunities to be successful while their parents are incarcerated.

Consistent lines of communication between the children and their incarcerated parents are maintained through letter writing and phone calls. ACOPP also facilitates monthly support groups for the guardians of the children to equip them with information and resources to deter recidivism after release.

Change for a Change is ACOPP's youth entrepreneurship program. Youth are partnered with a trained, qualified mentor. Together they scout for sponsors to aid each child in financing their academic and entrepreneurship career. The youth are taught how to work together to invest their money into collectively starting a small business.

ACOPP's Heard program is designed for children ages 7-16 to give them an unbiased platform to be heard without the fear of being judged, ridiculed or ignored. The children are encouraged to freely express themselves in a respectable and articulate manner. Each child is allowed to learn and grow at

their own rate and is carefully observed to pin point their natural talents. Then the children are carefully guided into activities that enhance their abilities, until their talent is developed into a skill.

Email: Hakee Mitchell, Founder and President, acopporg@gmail.com
Website: <https://acopp4change.org/>

Assisting Families of Inmates (Virginia)

Over the years, the mission of Assisting Families of Inmates (AFOI) has grown beyond a family visiting program to include other programming which works to prevent the breakdown of relationships among inmates and their families, provides referrals to community resources, and offers other vital services that help families cope with incarceration and prepare for release and reunification. To improve relationships among inmates and their families, AFOI has created Family Support Groups, the HEARTY Reentry program, a Family Seminar Series, and the Family Reunification House

AFOI's Milk and Cookies Children's Program serves elementary school students who have an incarcerated loved-one. Milk and Cookies uses a peer and a mentor support model to reduce the stigma children may feel by connecting them to others with similar circumstances and to build on feelings identification, coping and resiliency skills, and principles of inclusion.

The children's support group is guided by an established and evaluated core curriculum. Information and training are provided for parents, caregivers, school personnel and service providers on the unique needs of these children. Assistance is given to caregivers with resources that can help with financial, housing, transportation, employment and other concerns. Support for healthy family reunification and reintegration continues when the incarcerated parent is released.

On its website, Assisting Families of Inmates provides information to help families and caregivers cope with the stress and uncertainties of having a family member incarcerated. Information sheets available include: Coping Strategies; Frequently Asked Questions; Preparing a Child for a Prison Visit; and Visiting Tips Including Process, Policies and Dress Code.

Website: <https://www.afoi.org/>

Beloved Community (Louisiana)

Beloved Community's Victory is Ours Coalition is a school-based organization geared toward students who have been directly or indirectly affected by the criminal justice system. This program offers them education about the restorative justice process and criminal justice reform while empowering them with the tools necessary to redirect the 'School to Prison Pipeline' in their personal lives. Beloved Community provides mentoring, counseling, help with school reintegration, academic assistance, personal care assistance, and family mentoring and mediation.

Email: belovedcomjusticerestored@gmail.com
Website: <https://sites.google.com/view/belovedcomjusticerestored/>

Camp New Day U. P. (Michigan)

Camp New Day U. P. in Michigamme Township is a free one-week camp for kids aged 9-14 who have a parent or family member in jail or prison. Camp New Day's goal is to provide children of the incarcerated with a caring, safe, and healthy environment that promotes and nurtures self-worth. With focus on the child (and not incarceration), Camp New Day provides an atmosphere that emphasizes positive reinforcement, growth, and FUN.

Email: board@campnewdayup.com
Website: <https://campnewdayup.com>

Camp Reunite (Wisconsin)

Camp Reunite is a program that offers trauma-informed camp activities for kids ages 8-17 who have a parent incarcerated in the Wisconsin Correctional System. The mission of Camp Reunite is to provide hope, healing and resiliency by strengthening the bond between children and their incarcerated parent. Camp Reunite provides children with coping skills, conflict resolution strategies and increased resiliency. Through extended and meaningful visits to correctional institutions, children have the opportunity to reconnect with their incarcerated parent. Along with traditional recreational summer camp activities, Camp Reunite offers mental health promotion activities. At camp, Camp Reunite staff work to help each child find healthy ways to cope with separation from a parent and maintain strong relationships.

The program started at Taycheedah Correctional Institution as a week-long summer camp that helped kids cope with separation from their mother. It included two extended visits to see their incarcerated parent. A winter version of Camp Reunite was later added to the calendar and the program was expanded to a men's institution, Kettle Moraine Correctional Institution. During the Christmas season, Camp Reunite staff team with the Wisconsin DOC to deliver special holiday gifts to children at the two institutions.

Email: Kenzie Gonzalez, kgonzalez@hometownheroes.org
Website: <https://www.campreunite.org/>

Children Heard and Seen (United Kingdom)

Children Heard and Seen is a charity in the United Kingdom which provides support and interventions for children with a parent in prison. When a family gets in touch with Children Heard and Seen, specialized staff work with the family to create a tailored wraparound package of support. They work with the family to determine the developmental needs of each child, the nature of the parent's offence and the child's relationship with the imprisoned parent.

Children Heard and Seen offers:

- Tailored 1:1 Support Sessions - Sessions provide therapeutic activities to explore creativity and emotions, an opportunity to talk about fears relating to having a parent in prison, and help for children to understand the process of imprisonment.
- Volunteer Mentors - Responsible adults ensure that a child has the opportunity to try new things, access resources and develop life skills, while also acting as a positive role model.
- Peer Support and Activity Groups - Mentors provide support for a child over a period of six to twelve months. By speaking with other young people, children are able to share coping strategies and manage complex emotions surrounding their parent's imprisonment.
- Parenting Support - Support is provided parents including how to tell children they have a parent in prison, issues around contact and visits, and support around release.

Children Heard and Seen raises awareness surrounding experiences of parental imprisonment and encourages families impacted to have their voices heard. To give voice to the families on their website, Children Heard and Seen created a Hidden Voices blog where families can post their stories.

Children Heard and Seen has a range training packages available that can be delivered either face-to-face or online: Introduction to Parental Imprisonment, Children Heard and Seen Workbook, Safeguarding

Children with a Parent in Prison, Supporting Children with a Parent in Prison Who Have Witnessed Domestic Abuse, and Supporting Children with a Parent in Prison for Sexual Offences.

Email: info@childrenheardandseen.co.uk
Website: <https://childrenheardandseen.co.uk/>

Children of Incarcerated Parents Group Counseling Program (National)

Children of Incarcerated Parents is a 10-session small group counseling curriculum that offers students a chance to share ideas and support to each other through discussion and group activities related to a loved one being away due to incarceration. The 10 group sessions include: Introduction, Sharing, All Feelings are Okay, Coping Skills, Trusted Adults, In and Out of My Control, Self-Esteem, Optimism, Growth Mindset, and Closing Session.

This resource includes a 2-page “Offering Your Support” caregiver information guide that encourages honesty about the incarceration and a list of books for caregivers.

Website: <https://www.teacherspayteachers.com/Product/Children-of-Incarcerated-Parents-Group-Counseling-Program-Jail-Incarceration-4780016>

Children of Inmates (Florida)

Children of Inmates’ innovative approach interrupts intergenerational incarceration by working with the Florida DOC to identify children with incarcerated parents and provide wraparound case management and family reunification services. Children of Inmates reconnects children to their incarcerated parents, creates positive memories for children, and facilitates rebuilding lasting bonds for a lifetime. Three of Children of Inmates programs are:

Babies ‘N Brains - Babies ‘N Brains helps fathers and mothers understand the basics about brain development, get more involved in raising their children, and strengthen their bonding. More involved parents write letters to their children, call them at home, participate in video conferencing with their families, and are truly present during family visitations. A care coordination team facilitates home visits to assess each child’s developmental milestones. They work with the primary caregiver to access school and household functioning, reduce the child’s exposure to traumatic events, and link the family to social service and mental health providers.

Bonding Visits - Children of Inmates provides free quarterly Bonding Visits for children and their caregivers. At each Bonding Visit, children and their incarcerated parents sit together and read books or engage in activities to encourage conversations, laughter, and hugs. Since visitation and phone communication barriers exist, Children of Inmates has created video-conference visitations. The free 30-minute sessions are done via computer from Care Coordination Centers to the correctional institutions.

Hobby Time – Hobby Time supports children year-round with opportunities for self-exploration, learning, and fun in community hobby activities. Children of Inmates’ staff facilitate one-on-one and group activities where children can participate in athletic, artistic and other activities. Hobby activities provide the chance for bonding with other children who have experienced having a parent incarcerated. During down time at the hobby activities, staff work with children to make sure they have supplies and supports they need for school, food at home, medical care and other critical supports.

Email: info@childrenofinmates.org
Website: <https://www.childrenofinmates.org/>

Children of Promise-New York (New York)

Children of Promise is the only after school program and summer day camp in New York City specifically designed to meet the needs, interests, and concerns of children with a parent in prison.

Wellness Group - Children enrolled in the after-school program and their families are all eligible to receive therapeutic support services through the Children of Promise Wellness Group, which includes trauma-informed and evidence-based practices.

After-School Programming - Participating in the after-school program allows children to develop their intellectual, social, and emotional competencies. A typical day for scholars at Children of Promise may include receiving tutoring for extra help with reading, immersing themselves in a hands-on creative project led by a licensed art therapist, polishing math skills in the computer lab, playing a game of basketball with friends, and enjoying a nutritious snack and dinner.

Free Summer Camp - Children are able to spend the hot summers engaged in meaningful and fun activities. Each day children receive eight hours of enrichment programming centered on therapeutic services, educational services, physical education, art, leadership, recreational activities and weekly field trips.

Youth Action - A critical purpose of Youth Action is to prepare our scholars for life outside of school through activities that range from education, arts and culture to workshops tailored to developing skills such as professionalism, financial literacy, advocacy, organization, civic engagement as well as de-escalation and conflict resolution.

Family Engagement - In order to fully meet the needs of the children, staff engages families across the spectrum of Children of Promise's services. Caregivers are kept abreast of the progress children make from day to day in after school and through our mental health programs. Familial bonds are reinforced by connecting children and their families with their incarcerated loved ones. Family bonding is encouraged through personally written letters, pictures, and poems mailed out monthly.

Clinical Training Institute - The Institute's courses teach practitioners, teachers, service providers, and anyone else looking to learn more about the clinical and advocacy-focused practices around the treatment of parental incarceration as a primary childhood trauma.

Saturday Resource Center - Volunteers work 1:1 with students to complete homework, school assignments, literacy practice, and preparation for exams. Engagement activities and team-building activities are used as icebreakers to bond on a deeper level. Each session starts and ends with a restorative circle component where both students and volunteers set the tone for the program session.

Mentoring - Project D.R.E.A.M. (Developing Responsible, Excellent, and Awesome Minds) provides one-to-one mentoring to youth. Mentors take an interest in a child's aspirations, providing them with exposure to new experiences, opportunities for career exploration, and a fresh perspective on their futures.

Bond Beyond Bars - The holiday season can be especially challenging for children affected by parental separation due to incarceration. Bond Beyond Bars is an initiative designed to help children stay connected to their parents despite physical separation through letter writing support, JPay access, virtual visits, and in-person visits.

Email: info@cpnyc.org

Website: <https://www.cpnyc.org/>

Children with Incarcerated Parents Initiative (Connecticut)

Children with Incarcerated Parents (CIP) provides information that may be helpful to those with a loved one in a Connecticut correctional facility. Through the sharing of information and personal experiences, this website supports parents facing a prison sentence, those returning home from incarceration, their children, their children's caregiver, volunteers, those who work on behalf of children with a parent incarcerated, policymakers, advocates, and researchers.

Since its founding, the initiative has helped hundreds of children by providing counseling and outlets for artistic expression to help them gain a sense of mastery over the emotions evoked by a missing parent. They offer mentoring, in-home counseling, and a variety of children's programming.

One of the resources that CIP offers on its website is an interactive Children's Page that helps kids deal with the stigma of having a parent incarcerated and helps them maintain family relationships. On the Children's Page, kids can click on graphics to find information on prison, definitions to words they may have heard, and answers to questions they might have.

Email: Aileen Keays, Aileen.Keays@uconn.edu

Website: <https://www.ctcip.org/>

Circles of Support (Wisconsin)

Circles of Support helps individuals in the Neenah-Menasha, Appleton, Green Bay and Oshkosh areas successfully return to the community after incarceration in prison or jail. Through weekly meetings or individual contacts, volunteers from all walks of life meet with men and women who have been incarcerated to provide support and help to them in dealing with everyday challenges they face in returning to the community.

The meetings provide a caring family environment that is non-judgmental, trusting and respectful. Information about community resources is provided by the participants and volunteers. Discussions about challenges focus on individual strengths, problem-solving and exploring effective options. Participation is voluntary and there is no cost. Success is celebrated.

Email: circlescanhelp@gmail.com

Website: <https://esther-foxvalley.org/blog/20230726/circles-support-can-help>

Creating Lasting Family Connections (Kentucky)

The Council on Prevention and Education has developed Creating Lasting Family Connections (CLFC), an innovative curriculum to address substance abuse, mental health and family strengthening issues.

Creating Lasting Family Connections Program - The original CLFC is a structured curriculum for youth ages 9-17 and their parents, guardians, and other family members to provide a nurturing environment. Participating youth and adults improve their personal growth through increasing self-awareness, expression of feelings, interpersonal communication, and self-disclosure. The Creating Lasting Family Connections program consists of 6 modules. The three adult modules are: Developing Positive Parental Influences, Raising Resilient Youth, and Getting Real. The three youth modules are: Developing a Positive Response, Developing Independence, and Responsibility, and Getting Real.

Creating Lasting Family Connections Fatherhood Program: The CLFC Fatherhood Program increases skills that fathers or mothers facing the multiple challenging issues of physical or emotional

family separation, substance abuse, adverse childhood experiences, violence-related issues, and sexual health issues. The CLFC Fatherhood program promotes communication, refusal skills, emotional awareness, family strengthening skills, self-efficacy, family trust, and openness.

Creating Lasting Family Connections Marriage Enhancement Program – Marriage Enhancement Program addresses stresses within a marriage or relationship experiencing any form of physical or emotional separation. Couples develop skills to strengthen relationship skills, develop emotional awareness, uncover hidden dynamics in relationships, and meet each other's deepest emotional needs.

Email: Ted Strader, Executive Director, tstrader@sprynet.com
Website: <https://copes.org/>

Direct Assistance for Dads (Wisconsin)

The City of Milwaukee Health Department developed and implemented the Direct Assistance for Dads (DAD) Project, an intensive home visiting program for expectant and parenting fathers. Fathers who have recently been released from incarceration are one of the DAD Project's target populations.

The DAD program uses the Parents as Teachers home visiting model to provide support, identify potential childhood delays, and improve school readiness. DAD advocates for parents and provides fathers with tools and resources to strengthen parenting relationships and communication skills. Home visitors work with fathers and their families to support them, provide information on men's health and child development, and connect families with community and social services.

Email: David Comer, dacome@milwaukee.gov
Website: <https://www.city.milwaukee.gov/Health/Services-and-Programs/DAD>

Echoes of Incarceration (New York)

Echoes of Incarceration is an award-winning documentary initiative produced by youth who are directly impacted by the criminal justice system. The project provides hands-on video production and advocacy training for young adults, and creates documentaries and video journalism pieces told from the life experiences of the filmmakers themselves.

Echoes' training is comprised of three levels:

- Level 1: Summer Camp and School-Based Workshop - Involves filmmaking and advocacy training through school workshops and a 5-week summer camp which results in the creation of PSAs and short films for Echoes' Resiliency Film series
- Level 2: Junior Crew/Stakeholder Films - Is an 18-month video production and journalism training which results in short documentaries and training material for criminal justice stakeholders
- Level 3: Senior crew, Echoes Journalism Initiative - Works on ambitious, general audience documentaries and journalism stories

For six years, the Echoes project focused on the issue of parental incarceration looking at experiences of children ranging from the moment of a parent's arrest, the experience of caregivers, the experience of visiting parents in prison, and maintaining ongoing relationships with incarcerated parents. Documentaries created as part of the Children of the Incarcerated series include: *Echoes of Incarceration*, *Caring Through Struggle*, *Visiting: Through the Youth Lens*, *Resiliency Stories*, *The Visit: A Day with my Father at Sing Sing*, and *Parenting from Behind Bars and During Reentry*. The videos are described in the Video section of this handbook.

The Echoes Journalism Initiative creates youth reported stories on all the ways the criminal justice system interacts with young adults. From the school-to-prison pipeline, community policing, restorative justice projects, juvenile detention, to “raise the age” debates, the Journalism Initiative’s stories examine both scientific research and the experiences of youth as they intersect with the criminal justice system.

Email: [Jeremy Robins, Jeremy@ibisdocs.com](mailto:Jeremy@ibisdocs.com)
Website: <https://www.echoesofincarceration.org/>

Family Connection (South Dakota)

Family Connection operates a service called The Hospitality Suite and a program called Children’s Connection. The Hospitality Suite provides temporary shelter, emergency supplies, services and support to families with a loved one in prison in an effort to facilitate visitation and strengthen the family bond.

Children’s Connection works with the Sioux Falls School District to provide group counseling services to children with incarcerated family members in five middle schools and seven elementary schools. Children’s Connection provides free counseling for families coping with the stresses associated with imprisonment or reintegration into the family and society after imprisonment. Children’s Connection also has a library of documents designed for use by counselors to help children cope with the incarceration.

Email: info@sdfamilyconnection.org
Website: <https://sdfamilyconnection.org/home.html>

Fathers Incorporated (Georgia)

Fathers Incorporated seeks to engage, equip and empower a community network of fathers and families by encouraging them to engage in home literacy practices, such as shared book reading, that have a direct impact on children’s language and literacy development.

Home for the Holidays is one of Fathers Incorporated’s projects that is dedicated to creating meaningful holiday experiences for children who are separated from their fathers due to incarceration. This initiative is designed to bring joy and connection to these children, helping them feel seen, loved, and celebrated during the holidays.

Through our established partnerships with local correctional facilities, Fathers Incorporated identifies fathers who wish to provide a special holiday for their children. Each child selected receives gifts and holiday surprises on behalf of their father, making this season a memorable one despite the distance. Home for the Holidays provides these children with a holiday experience designed to foster connection, joy, and hope. Fathers Incorporated’s initiative helps maintain the emotional bond between fathers and children, providing a foundation of support that can carry families through difficult times.

Email: info@fathersincorporated.com
Website: <https://fathersincorporated.com>

Freedom Child Foundation (Texas)

The Freedom Child Foundation seeks to ensure that every child who wants to stay connected to their incarcerated parent, always has the means to do so by ensuring family connection through phone calls, letter writing, and visitation. The Freedom Child Foundation also provides therapy to adolescents who need restorative and therapeutic support during the traumatic time of their parents being incarcerated.

Email: info@freedomchildfoundation.org

Website: <https://www.freedomchildfoundation.org>

Gaining Empowerment in Middle School (Texas)

Gaining Empowerment in Middle School (GEMS) is a program of Cherish Our Children in Houston that empowers middle school students impacted by the incarceration of a family member by providing resources and tools for success at home, at school, and in their communities.

GEMS 3-prong approach includes:

- School - GEMS students come to a weekly class where an instructor helps them discover the tools to manage emotions, make healthy decisions, and focus on the future. Through exercises and discussion, they pick up the skills that lead to healthy social and emotional development.
- Family - GEMS provides support for the caregivers who often are struggling to make ends meet.
- Role-Models – GEMS provides role models to help a child grow into a healthy adult.

Email: info@cherishourchildren.org

Website: <https://www.cherishourchildren.org/>

Girl Scouts Beyond Bars (National)

Lessening the impact of parental separation is a primary goal of Girl Scouts Beyond Bars (GSBB). The program aims to foster the personal and social development of girls and their mothers through mother/daughter troop meetings at the correctional facility, girl-only troop meetings, council-wide activities, and in-prison enrichment activities for the incarcerated mothers.

The GSBB program relies heavily on volunteer advisors who act as mentors, teachers, counselors, and mediators. GSBB created a resource guide to assist Girl Scout councils in developing programs in their areas. *Beyond Bars: A Curriculum for Life* begins with a section that provides GSBB staff and volunteers with tips and tools to overcome some of the challenges that may arise throughout the course of the program. The *Beyond Bars* curriculum is divided into four sections: Building Healthy Relationships, Making Decisions, Understanding You, and Healthy You.

Email: Christine Brongniart, GSBB Project Manager, CBrongniart@girlscouts.org

Aabha Adhiya, GCBB Project Coordinator, AAdhiya@girlscouts.org

Website: Google ‘Girl Scouts Beyond Bars’ and select a link to a program near you

Girls for a Change (Virginia)

Girls for a Change was formed with the idea of empowering young women by inviting them to design, lead, fund and implement social change projects that tackle issues girls face in their own neighborhoods. Through Girls for a Change programs, not only do girls engage in social change projects, but in the process, they learn problem-solving skills, as well as what it means to change policy and create movements. Girls for a Change programs focus on leadership skills, goal-planning, financial literacy, building a network, exposure, community engagement, skill-building, sisterhood building, and socio-emotional learning among other things.

Girls for a Change programs are designed to provide consistent support to girls, from their youth into their young adulthood, and beyond. The programs include:

Girl Action Teams: Girl Action Teams are at the heart of Girls for a Change. Girl Action Teams are for girls in grades 6-12 to identify challenges in their communities, and design and implement creative solutions to address them as teams. Each group has two women coaches to guide and support the girls through the project. The teams support girls in fully developing their voices, abilities, and problem-solving

capacities to realize their full potential. They tackle social issues they feel passionate about, coming up with solutions with guidance from their coaches.

Girl Ambassador Program: Girl Ambassador Program is a four-year workforce development program for Black girls that teaches hybrid skills and prepares them for better paying jobs in technology and professional careers while building self-esteem and self-efficacy by ensuring positive images of Black girls. This program uses a tiered approach that supports paced learning/development from certified instructors with life experiences and proficiency in software and hardware. Girls are introduced to thought leaders and subject matter experts on job readiness, leadership, networking, and financial literacy in order to give them a head start on professional and entrepreneurial career pathways.

Immersion Lab: The Girls for a Change Immersion Lab helps high school and early college students to gain certifications, learn new skills, and get insights from experts in multiple fields and industries. The Immersion Lab equips young women with the tools and resources they need to thrive instead of merely survive by discovering skills and career paths they didn't know possible and/or becoming entrepreneurs.

Camp Diva Leadership Academy: Camp Diva is where Black girls build sisterhood and self-esteem and deepen scholarship outside the classroom. Girls discover themselves, the community and the power of sisterhood as they explore the world of being a girl in an empowering way.

Peer Advisors: Peer Advisors provide guidance, support, and mentorship to their peers in various settings, such as school, events, and Girls for a Change programs. Peer Advisors share their knowledge, experiences, and insights to help others navigate academic, personal, or professional challenges.

Email: Angela Patton, angela@girlsforachange.org
info@girlsforachange.org

Website: <https://girlsforachange.org/>

Kids-A-Part (Vermont)

Kids-A-Part is a program of the Lund Family Services organization that offers parenting services in correctional facilities and services to children and caregivers in the community. Kids-A-Part provides enhanced case coordination for mothers, children and caregivers through collaboration with school social workers, therapists, Department of Corrections personnel, and other services providers.

Kids-A-Part Parenting Program services at Chittenden Regional Correctional Facility include individualized support for pregnant and parenting women, phone calls and video visits to children and caregivers, group and individual Mother and Child visits, and therapeutic and educational activity groups.

Kids-A-Part Community Case Management efforts support children of incarcerated parents and their caregivers providing problem solving and flexible support for caregivers regarding accessing resources, navigating the criminal justice system and talking to children about parental incarceration.

Email: Jess Kell, Parenting Program Coordinator, jessk@lundvt.org
Geena Zick, Community Case Manager, geenaz@lundvt.org

Website: <https://lundvt.org/child-and-family-services/kids-a-part/>

KidsMates (National)

KidsMates is a national non-profit organization co-founded to promote resilience in the face of childhood adversity. KidsMates works to develop resilience in children facing parental incarceration by creating

awareness, sharing resources, and implementing initiatives that improve the health and well-being of children and communities

Focused on supporting children with incarcerated parents, KidsMates has donated 5,000 books, games, and movies to federal prison visiting rooms in 23 states. The nonprofit has since expanded to be an online resource for parents, children and educators, and the siblings have partnered with other organizations to educate the public about how best to cope with having an incarcerated parent, as well as push for criminal justice policy reforms.

Website: <https://www.kidsmates.org/>

Kidz2Leaders (Georgia)

Kidz2Leaders exists to break the cycle of incarceration by providing stability, opportunity and a Christian community for children of inmates. Kidz2Leaders programming includes week-long camps, year-round events and family retreats, customized family support, internships, and professional development. Once a child's application is accepted at Camp Hope, Kidz2Leaders commits to a ten-year program continuum designed to cultivate supportive relationships beginning with children at age eight and serving them and their families through young adulthood. The Kidz2Leaders offers four program platforms.

Camp Hope - Camp Hope is a week-long, overnight summer camp where kids hear the hope of the gospel, cultivate supportive relationships with counselors and peers, and build confidence in new skills. Every summer Kidz2Leaders offers two sessions of camp: Cornerstone Camp, providing an impactful summer camp experience for our younger campers, and Teen Leadership Camp, where our more experienced campers build leadership and teamwork skills.

Anchored2Hope - Anchored2Hope is a student and family support program, providing physical, emotional, and spiritual support to Camp Hope families and connecting them in a meaningful community. The program offerings include events such as Hope4Christmas, family weekend retreats and field trips.

Interns4Tomorrow - The Interns4Tomorrow program provides high school students with a year of college and career readiness training, paid internships at metro-Atlanta businesses, and scholarship opportunities.

Alumni Community - Kidz2Leaders does not end after high school graduation, but instead evolves into Kidz2Leaders Alumni Community that offers ongoing development, connection opportunities, and individual support to help alumni navigate post-secondary education and their chosen career path.

Email: Christina Cummins, Executive Director, christina.cummings@kidz2leaders.org
Website: <https://www.kidz2leaders.org/>

The Lullaby Project (Alaska)

Keys to Life is dedicated to empowering, creating, and strengthening an inclusive community through rich arts and cross-cultural experiences. Each year, Keys to Life continues to develop impactful projects that engage and uplift the community. One of these initiatives is the Lullaby Project

Lullabies are more than song; they are threads that reconnect and warmth that heals. The Lullaby Project uses music to strengthen the bond between parents and children, give voice to the hopes and dreams they have for their children, and imagine future possibilities. Each year the Lullaby Project brings musician mentors together with incarcerated parents to create a lullaby for children who cannot be with their parents. The process culminates with a personalized CD for each child with their parent's song, a

compilation CD with all the songs, and a public concert performed at Hiland Mountain Correctional Center. The Hiland Mountain Lullaby Project is the only lullaby program in the country that features a public concert set within a correctional center.

Website: <https://www.keystolifealaska.com/lullaby-project-main>

Make Your Own Family Changes School Counseling Game (National)

Make Your Own Family Changes School Counseling Game in both print and digital options covers the topics of children of incarcerated parents, divorce and loss and grief. Color and number-coded, this DIY counseling game acts as both a standalone therapeutic tool and as an auxiliary device to transform store-bought games into therapeutic interventions. Game card topics include: Children of Incarcerated Parents, Divorce, and Loss and Grief.

The *Make Your Own Family Changes School Counseling Game* can be used during individual counseling sessions, small groups, teletherapy, distance learning or lunch bunches. It can function as an assessment, the main activity, as an ice-breaker and rapport building conversation.

Website: <https://wholeheartedschoolcounseling.com/product/family-changes-counseling-games-divorce-grief-loss-incarceration-jail/>

New Hope Oklahoma (Oklahoma)

New Hope Oklahoma works to break the cycle of generational incarceration for youth experiencing the trauma of parental separation by activating and organizing community resources to provide after-school programs, summer camps, and community events to meet the social, emotional, educational, and healthy needs of youth and families.

New Hope summer camps provide children of prisoners the opportunity to have an exciting summer camp experience, develop self-confidence, and learn life skills as they interact with positive adults in a safe environment. Hope Heroes for ages 9-14 years is a sleep-away camp experience that includes swimming, canoeing, fishing, archery, hiking, games, sports, and arts and crafts. Hope Heroes Jr. for ages 5-8 years old is a day camp experience that includes field trips. New Hope holds Back to School Bash and Holiday Party community events to connect with caregivers and friends and to ensure youth head to school prepared and have gifts to share on their important days.

Email: admin@newhopeoklahoma.org
Website: <https://newhopeoklahoma.org/>

ParentLink (Missouri)

ParentLink is a service provided by the College of Education at the University of Missouri that works with grandparents, relatives, and non-relative loved ones providing a parenting role and safe homes for children when the parents cannot. ParentLink helps kinship caregivers to navigate barriers and access resources they need for themselves and the children in their care. Services to strengthen families of caregivers, grandparents, and foster parents include support groups, help lines, materials and videos.

Prison Parenting Corners is a ParentLink service that specifically reaches out to incarcerated parents. Prison Parenting Corners are located in the visiting areas at 21 correctional facilities in Missouri. The program helps offenders remain or become connected to their children and families throughout their time in prison. The corners are stocked with pamphlets that cover nine different topics that relate to both the

parent and child. The themes include basic child development, legal, education, substance abuse prevention, mental health, exercise and nutrition, safety, and special populations.

One item located at each Corner is the *Get Answers to Your Parenting Questions Big and Small* brochure, created by ParentLink, with information for incarcerated parents about staying connected with their children while in prison. The brochure has a tear-off card that incarcerated parents can fill out with a parenting question or concern and mail the card to ParentLink. ParentLink WarmLine Specialists are then able to customize responses, sending back research-based information to the parent.

Email: ParentLink@missouri.edu
Website: <https://cehd.missouri.edu/parentlink/>

Photo Patch Foundation (National)

Photo Patch Foundation endeavors to demystify what children of incarcerated parents face and need, as there is often a disconnect between what people suspect and reality. Photo Patch Foundation empowers these children with resources, tools, opportunities that kids are comfortable using.

The children that Photo Patch Foundation seeks to help would like to send pictures and letters to their parent, but are deterred by the tedious process of sending snail mail. Every month, Photo Patch Foundation asks children to upload letters and pictures that they would like to send to their parents. Photo Patch prints, packages, ships the mail on their behalf for free.

Email: Antoine Patton, Executive Director, antoine@photopatch.org
Website: <https://photopatch.org/>

POPS the Club (Several States)

POPS the Club supports youth impacted by incarceration and confronts the challenges they experience. Through arts-based programs, POPS creates a safe, empowering space for these youth, transforming stigma into hope and dignity so they can thrive academically, socially, and emotionally. In weekly club meetings, young people with loved ones in prison, jail and detention discover they are not alone.

The POPS curriculum focuses on self-expression (writing, drawing, photography, performance); self-healing (mindfulness); and community engagement (sharing questions and concerns, listening to speakers, speaking to middle schoolers, forums and others).

POPS the Club regularly publishes collections of the students' poetry, stories, essays, and artwork that were created by members of POPS clubs and its graduates and community partners. POPS students also publish newsletters and create films.

Email: Leticia Longoria-Navarro, llongoria-navarro@thepathfindernetwork.org
Victor Trillo, Program Coordinator, vtrillo@thepathfindernetwork.org
Amy Friedman, Executive Editor, afriedman@thepathfindernetwork.org
POPS@thepathfindernetwork.org
Website: <https://popsclubs.org/>

Prison Families Alliance (National)

Prison Families Alliance is committed to improving the lives of families and children who have loved ones in the criminal justice system. Adult Peer Support meetings are for adults who have or had loved ones in the carceral system. The support meetings are FREE and hosted via Zoom,

with in-person meetings in Nevada, Arizona, Maryland, and New York. These meetings are supportive and create a sense of community, designed to inform, support, and empower participants.

The Prison Families Alliance Youth Support Group supports youth affected by a loved one's incarceration. The Youth Group provides a safe environment for youth ages 7-17 to share with others in their age group who understand. The Youth Art Program provides a nurturing space for young individuals with incarcerated family members, fostering healing and connection through various art forms.

Website: <https://prisonfamiliesalliance.org/>

Project Avary (California)

Project Avary gives children a long-term community of support and belonging that inspires healing, dignity, and empowerment. Project Avary is a community of care and fun, where youth receive social-emotional support, leadership development and job training. Youth enter the program as young as age 8, move up through the ranks to become teen leaders and junior counselors. Project Avary's Bay Area Leadership Program is broken up into two sub-programs: the Explorer Program (ages 8-13) and the Junior Counselor Program (ages 14-18).

Explorer Program - Throughout the year, youth gather with the Avary Family at a summer camp and on outings tailored to teach and challenge. Summer camp provides children a safe place in nature for self-discovery, reflection, and connecting with the curative powers of the outdoors. The school-year program offers weekly weekend outings and retreats that strengthen connections to the Avary community, introduce children to a diversity of experiences and perspectives, build resilience and self-confidence, and develop basic social and life skills.

Junior Counselor Program - At age 14, teens go on a wilderness rite-of-passage backpacking trip to mark their transition to the Junior Counselor program. Summer camp and monthly outdoor and wilderness outings build community, leadership, and social and emotional skills. The Junior Counselor program, beginning at age 15, empowers teen leaders to guide and counsel younger children in both the Bay Area Explorer Program and the national Online Program.

One-on-One Mentoring Program - The Avary Mentor program helps to guide and awaken a young person to their potential. The mentor sees and respects the brilliance within the mentee, reflects it to the child, and supports the youth to claim and live their truth in life.

Group Mentoring Online - Youth ages 8-18 from anywhere in the country can connect with the Project Avary Community through the National Group Mentoring Program for children with incarcerated parents. The online program consists of 6 weekly community sessions which are held using the Zoom video conferencing platform. After completing the 6-week program, youth may apply to return for subsequent sessions or apply for the teen leadership program.

Email: info@projectavary.org
Kellene VanBrackle, Program Director, kellene@projectavary.org
Eli Fox, Outreach Manager, eli@projectavary.org
Website: <https://www.projectavary.org>

Put Me In! (National)

Put Me In!'s mission is to increase access to sports for children of incarcerated parents. Put Me In! provides recurring financial aid grants to children of incarcerated parents to support their participation in athletics. Annual grants begin while the child is in middle school and support continues through high school. The financial aid helps cover the costs of equipment and registration fees.

Targeted long-term outcomes for the children are increased self-esteem, increased personal resilience, and unlocking the positive mental and physical health benefits derived from participation in sports.

Email: hello@putmein.org
Website: <https://putmein.org/>

Rainbows for All Children (National)

Rainbows for All Children is a free Tower of Refuge peer support group for children 3-18 who have lost a loved one as a result of death, divorce, incarceration, deportation, military deployment, or any other life-altering, traumatic event. Rainbows for All Children seeks to create a community that connects children with the support they need to navigate grief and heal from loss.

Rainbows' programs emphasize facilitator role modeling, instilling an atmosphere of mutual respect, and encouraging respectful behaviors between participants. Through first-hand observation, facilitators can recognize an individual child's challenges and emotions and encourage them to develop positive, healthy responses. As mentors, they aim to help children think about the grieving process, understand reasons for their feelings and behaviors, and adopt appropriate responses.

Rainbows for All Children has specially designed curricula for pre-school, K-8, and high school-aged youth. The programs empower children to develop and strengthen problem-solving skills; prevent destructive behaviors such as involvement with gangs, alcohol and substance abuse; improve school attendance and academic performance; alleviate depression and anxiety; and enhance communications between children and their families and peers.

Email: Paula Carter, Paula.Carter@rainbows.org
Website: <https://rainbows.org/resources/incarceration/>

Save Kids of Incarcerated Parents (SKIP) (National)

Save Kids of Incarcerated Parents (SKIP) provides support services to children ("Skippers") of incarcerated parents and their families to maintain family ties and to break the cycle of incarceration. They do so by informing the community at large of the underlying problems of children with incarcerated parents and increasing family awareness of community services that are available to them.

SKIP programs help "Skippers" to become self-reliant and responsible adults by giving them hope and options for the future, enabling them to become productive citizens. SKIP programs can be administered quickly as a stand-alone or fully integrated within other community programs.

Services provided by SKIP are "Kids Helping Kids" - Peer Mentors, Social Education & Enrichment, Career Development, and Counseling and Coaching. Examples of SKIP programs available at some state chapters are:

- SKIP Saturday - These sessions are hosted by community leaders to provide information about community services, self-help programs, and local resources for the children and their families.
- WRAPS - The WRAPS program provides computer-based tutoring in Writing, Reading, Arithmetic, Performance and Social Skills and Science.

- KATATer - For one full week in the summer, teens develop and improve socio-academic skills. The acronym for KATATer is Kindness, Assertiveness, Responsibility, Abstinence, Tolerance, Empathy and Respect.
- SKIP-TOGRAPHY - A 6-Week photography program for teens includes outings to various locations for photo shoots.

Email: skipincnat@comcast.net

Website: <https://www.skipinc.org/>

Scaling Walls a Note at a Time (SWAN) (Pennsylvania)

The SWAN program (Scaling Walls a Note at a Time) is a music & support group for children affected by parental incarceration. The school-aged children in receive free music lessons, ensemble training, performance opportunities, and mentoring from local music teachers.

SWAN offers:

- Instruments (new & used) provided by community members and donations
- Free weekly private or group lessons are taught by qualified music instructors
- Participation in community performances throughout the year
- One-on-one progress check-in with a professional music instructor and program director
- Placement in music ensembles to learn to perform together
- One-on-one and group mentoring during lessons and performances

SWAN also offers a Summer Camp that provides music instruction, enrichment classes, and mentoring and the Rising Stars Music Program that combines the power, joy, and beauty of music-making with immediate access to mental health counseling and mentoring.

Email: info@swan4kids.org

Website: <https://swan4kids.org/>

ScholarCHIPS (Washington DC)

Growing up, Yasmine Arrington's father was in and out of prison and in and out of her life. While applying for college scholarships, Yasmine noticed that there weren't scholarships in her region specifically for teens who had incarcerated parents. So, when she was 16, she created ScholarCHIPS – with CHIPS as an acronym for Children of Incarcerated Parents – to help young people like herself with scholarships, mentoring and a network of support.

In addition to scholarships, ScholarCHIPS scholars are provided with brand-new laptops. ScholarCHIPS also has Mentorship, Advocacy, and Mental Health and Wellness programs and a Scholar Emergency Fund to support scholars when unexpected challenges that come up.

Email: scholarchipsfund@gmail.com

Website: www.scholarchipsfund.org

See Us, Support Us (National)

See Us, Support Us is a national Osborne Association initiative that seeks to create and expand spaces where children can safely talk about what they are going through and address the challenges they face. See Us, Support Us believes that a powerful way to promote its message is through social media. By sharing tweets, posts, resources, stories, etc. on Twitter, Facebook, and Instagram; children of

incarcerated parents can increase their visibility and support. Content using children's artwork, poems, photos, and ideas are especially effective. See Us, Support Us has a Social Media Guide to show the children how to share their art and accomplishments on social media.

The See Us, Support Us network also provides links to resources that support children's educational success and wellbeing from early childhood through college. The of resources are grouped into categories: Youth Resources, Reentry Resources, Healthcare Providers Resources, Educators Resources, and Family Resources. The resources include tip sheets, guides, pamphlets, articles, books, fact sheets, videos, websites, podcasts, blogs, webinars, posters, and toolkits on how to increase visibility and support for children of incarcerated parents in school.

Website: www.susu-osborne.org
<https://www.osborneny.org/>

Sesame Street Workshop: Little Children, Big Challenges: Incarceration (National)

Sesame Workshop has created a bilingual initiative, Little Children, Big Challenges: Incarceration. The project offers tools to help caregivers with young children (ages 3–8) navigate some of the transitions and challenges that a parent's incarceration can bring and help the children develop skills for resilience. The Little Children, Big Challenges: Incarceration initiative has created resources specifically for service providers to help them guide the caregivers and children through the changes they encounter.

Little Children, Big Challenges: Incarceration is designed to:

- support, comfort, and reduce anxiety, sadness, and confusion that young children may experience during the incarceration of a parent
- provide at-home caregivers with strategies, tips, and age-appropriate language they can use to help communicate with their children about incarceration
- inform incarcerated parents that they can parent from anywhere, and provide them with simple parenting tips highlighting the importance of communication

The materials created by Sesame Street Workshop include a series of videos, articles and printables to help parents comfort children and guide them through difficult moments just by talking.

- Workshops - Taking Care of Yourself, Helping Kids Stay Connected, Coping with Incarceration
- Videos - What Is Incarceration?; Visiting a Parent in Prison; You're Not Alone, Talking about Feelings
- Articles - Ask Me Anything; Something to Count On; Little Children, Big Feelings; Staying Connected
- Printables - Sticking to Routines; Talk Together, Read Together; In My Family Storybook; Singing During Prison Visits
- Interactives - Art Maker, Draw It Out!

Email: Communities@sesame.org
YouTube: www.YouTube.com/SesameStreet
Facebook: www.Facebook.com/SesameStreetInCommunities
Website: <https://sesameworkshop.org/topics/incarceration/>

Shine for Kids (Australia)

Shine for Kids' programs are designed to strengthen the child-parent relationship and help children build resilience and have a healthy future. Shine for Kids provides services to support children and young people from infancy to adulthood. Their range of programs includes:

Supported Visits – Trained staff help families arrange visits, navigate the system, and ensure time spent with a parent in custody is positive and child friendly.

Child and Parents Days - Shine for Kids staff supervise children and facilitate a positive and child-focused experience. A range of age-appropriate activities for young children through to teenagers and a meal to share together provide opportunities for connection.

Family Centers - Shine for Kids Family Centers provide a welcoming, calm space for families to drop in before or after visiting their loved one and get information about support available to them while their children can play with activities and toys provided.

Rise Mentoring Program - The program is designed to support children's emotional and social well-being and encourage positive engagement with their school community. Rise involves a series of structured activities that provide students with the tools they need to become resilient, confident, and future-focused young people.

Stand As One - A young person is matched with a dedicated and trained mentor. The mentor and young person meet regularly, fostering stability and trust. The young person also receives support with practical life skills, such as enrolling in education and training, getting a Medicare card, and looking for work and housing when they are released.

Storytime - Storytime comforts children and connects them with their parent in custody by providing a voice recording of their parent reading to them that they can listen to along with the storybook.

Belonging to Family - Belonging to Family is a culturally appropriate program for incarcerated Aboriginal and Torres Strait Islander moms and dads and their families.

Stay Together, Play Together - Stay Together, Play Together is a supported playgroup that provides high-quality play experiences to support the vital child-parent connection. Regular facilitated playgroups give moms and dads in custody the time, activities, resources, and support they need to strengthen their relationships with their children and build parenting skills.

Bringing Up Great Kids - Modules cover children's brain development, emotional development, communication techniques, and understanding their children's behavior. A skilled facilitator supports parents to reflect on their own childhoods and what has influenced their parenting.

Family Support - Families are connected with a Family Support worker who works with them before and after a parent's incarceration. Support can include parenting and relationship guidance, help finding housing, help accessing health and medical services, help with budgeting and managing households, support accessing employment, food relief, and connecting families with a parent in custody.

Website <https://shineforkids.org.au>

Unlocked Project (Maryland)

The UnLocked Project is a team of University of Maryland students that offers a safe space for children of incarcerated parents to create open conversations to lessen the stigma that they face. The organization's aim is to raise awareness for children of incarcerated parents in order to support their well-being and mental health by providing them with a local support group and a hub of resources.

The UnLocked Project provides:

- Resources - A collection of articles, videos, and resources that helps navigate the challenges of having an incarcerated parent
- Peer Support - The Unlocked Project's support network offers a safe space for teens to connect with other peers, providing a sense of community and understanding
- Interviews - Unlocked Project staff interview children of incarcerated parents and other stakeholders to learn about their experience and resilience

Email: Anna Tovchigrechko, atovchig@terpmail.umd.edu
Website: <http://www.unlockedproject.org/>

We Got Us Now (National)

We Got Us Now is built by and led by children and young adults impacted by parental incarceration. Its mission is to engage, educate, elevate and empower this historically invisible population to ensure their voices are at the forefront of strategic initiatives, practices and policies that will help to keep their families connected, create fair sentencing, and end mass incarceration.

We Got Us Now was established to ensure that children who have experienced having parents in correctional facilities are the collective authors of their personal narratives. We Got Us Now works to eliminate the trauma, stigma, shame of parental incarceration, and mechanisms that continue to harm children of incarcerated parents.

To achieve these goals, We Got Us Now has established the We Got Us Now Leadership Program that is a 3-year initiative to actively engage directly-impacted daughters and sons of incarcerated parents from across the country and develop them into "actionists" to address three specific areas: Keep Families Connected, Create Fair Sentencing and End Mass Incarceration.

We Got Us Now also holds a 7-week Keep Families Connected campaign from Mother's Day through Father's Day with weekly and special edition virtual activations, supports bills to change visiting policies, and supports for children and families of aging incarcerated parents.

Website: <https://www.wegotusnow.org/>

Willy the Plumber Scholarship Program (Utah)

The Willy the Plumber Scholarship program was established by former Utah inmate Karl (Willy) Winsness to help children of current and former Utah inmates pay for college expenses. This scholarship is awarded to a student who has a parent or guardian that is incarcerated for two years or more, or the parent has done 3 or more years in the past 7 years. Students must be from Utah and provide an essay detailing their family situation.

Email: Karl Winsness, kwwinsness54@hotmail.com
Website: <https://my.suu.edu/scholarships/public/2042>

WriteAPrisoner.com (National)

WriteAPrisoner.com is a social website dedicated to positive change for inmates, where pen-pals can offer friendship and encouragement; family members can reconnect; employers can provide job opportunities; and the public can provide education resources, counseling, housing options to inmates. WriteAPrisoner.com encourages people to communicate with inmates to transcend the walls, to promote rehabilitation, to restore dignity, and to champion human rights.

Among the WriteAPrisoner.com's programs provided to incarcerated parents and their families are:

- The Children of Inmates Scholarship Fund and the Children as Victims Scholarship Fund award annual scholarships to students who are pursuing a college education
- *Self-Help Guide for Inmates: Flourishing Through Adversity* book promotes self-responsibility and self-betterment
- Welcome Home Kits provided free of charge that contain various items for recently released inmates who likely have nothing to start with

Website: <https://writeaprisoner.com/>

Youth Leadership Academy Summer Camp (Massachusetts)

Since its inception in 2019, the primary focus of the Youth Leadership Academy has been children with incarcerated parents and families who live in economically challenged neighborhoods around Hampden County. The Youth Leadership Academy summer day camp serves approximately 100-120 children per week, ages 7-12 years old. It is free of charge and operates Monday through Friday for six weeks,

Skilled staff and group leaders are chosen for their maturity, leadership, personalities, and experience. The trained staff represent positive role models for children. Their focus is to provide children a reasonable degree of conformity to assist them to develop self-control, self-direction, self-esteem and a conscious guide to their actions. To accomplish this, the Academy employs three basic principles: 1) Rules: Standards of acceptable conduct and modifying undesirable behavior, 2) Consistency: Providing the children with the rules of the club and supplying staff that reinforce those rules fairly and regularly, and 3) Rewards: Reinforce desirable behaviors.

Email: salvatore.demaio@SDH.state.ma.us

Website: <https://hcsoma.org/public-information/youth-leadership-academy-summer-camp/>

Child Mentoring Programs

Boys & Girls Clubs of America Native Services (National)

The Boys & Girls Clubs of America's (BGCA) has been active for 26 years in Native Lands and is the nation's largest youth service provider for Native youth, with a network of nearly 200 Boys & Girls Clubs that serve over 86,000 youth from 100 different American Indian, Alaska Native, American Samoan and Hawaiian Tribal communities.

These Clubs integrate culture into activities to provide Native youth with ongoing relationships with caring adult professionals, a safe place to learn and grow, life-enhancing programs, character development experiences, and hope and opportunity. Mentoring in Native communities reinforces trust and confidence between mentors and mentees and allows for an impactful relationship.

To help those interested in working with Native American youth, the Boys & Girls Clubs of America has published the *National Native American Mentoring Program Guide*. This manual provides information about the importance of mentoring for Native communities and recommendations for implementing mentoring programming for Native youth. It includes recommendations for the design of such programs, with worksheets for organizations to use during the planning process to help them set goals and objectives, incorporate safe mentor recruitment procedures, train mentors, etc. The guide also addresses important considerations, including evaluation and marketing for the program, communicating with families about program expectations, and supporting matches in communicating effectively. It features an Appendix with template materials, including mentor training pre- and post-surveys, caregiver surveys, mentor and mentee application materials, reference check forms, etc.

In addition to the *National Native American Mentoring Program Guide*, BGCA Native Services offers a variety of publications: Native Mentoring Media Toolkit, Tribal Relations Toolbox, History of Native Clubs Timeline, BGCA Best Practices: Mentoring Native Youth, and Native Mentoring.

Email: BGCA Native Services, bgcans@bgca.org
Websites: <https://nationalmentoringresourcecenter.org/>
<https://naclubs.org/>

Central Oregon Partnerships for Youth (Oregon)

The Central Oregon Partnerships for Youth (COPY) connects children of incarcerated parents with adult mentors to establish a positive and healthy bond with an adult outside of the child's home. COPY staff interview both prospective volunteers and children about their skills, interests, activities, and backgrounds. Some mentors become involved with academic assistance, helping with reading or writing skills. Other relationships focus on children engaging in new opportunities like sports, cultural activities, or just talking over pizza.

Program staff assist volunteers in establishing relationship goals, working through challenges, and setting up additional community resources. All of these volunteers are required to attend an initial six-hour training class that addresses program policies, the impact incarceration has on children and families, and how to establish and maintain a mentoring relationship.

Email: COPY@deschutes.org
Website: <https://sheriff.deschutes.org/jail/copy-program/>

Connecting through Literacy Incarcerated Parents, their Children and Caregivers (CLICC) (Connecticut)

Connecting through Literacy Incarcerated Parents, their Children and Caregivers (CLICC) uses mentoring and literacy activities to strengthen communication and deepen bonds between children and their incarcerated parents. Children ages 5-17 who have a parent in a participating Connecticut Department of Correction prison are eligible to enroll in the CLICC program with the caregiver's permission. To enroll, each child picks 6 books he or she would like to read. The incarcerated mom or dad receives the same 6 books. If the child finishes the first 6 books before the end of the CLICC program, more books can be ordered. Everything is free of charge.

CLICC is a one-year program. Each child and parent in the CLICC program meet with a separate mentor on a weekly basis for one year. The CLICC-trained parent mentors meet with parents in prison, either individually or in a group. CLICC-trained child mentors meet one-to-one with a child at a site in the community that is convenient for the child, such as a local library or afterschool program. The parent and child read approximately one book per month. With mentor support, they complete literacy exercises connecting the books to their lives through letters to each other. The books also can be discussed during phone calls and in-person visits.

Mentor/child pairs meet for one continuous year to establish trusting relationships. Mentors meet with parents for approximately six months pre-release. As the parents transition out of prison, these same mentors meet with them for another six months post-release to offer support and referrals to counseling and other community services for parents and their children as requested.

Email: Joy L. Haenlein, Executive Director, jhaenlein@gmail.com
info@connectingfamilies.org
Website: <https://www.connectingfamilies.org/>

Cornerstone Kids Mentoring Program (Louisiana)

Cornerstone Kids Mentoring Program provides free family bus rides to prisons through its Bus Project and mentorship to children whose parents are in prison or jail. Cornerstone Kids volunteers mentor children ages 4-18 who have at least one parent in prison or jail to provide support and encouragement. Through one-on-one activities and group meetings, mentors promote trust, confidence, enthusiasm, personal growth, and positive thinking.

Website: <https://www.ccano.org/cornerstone/>

Daughters Beyond Incarceration (Louisiana)

Daughters Beyond Incarceration supports and elevates the unheard voices of Black girls with incarcerated parents. Through mentorship and programming, Daughters Beyond Incarceration aims to ensure young people do not feel alone in the isolating emotional experience of having a parent who is incarcerated.

Daughter Beyond Incarceration's vision is for every daughter with an incarcerated parent to live a healthy, stable life and have a strong, positive relationship with her parent during and after incarceration. Daughters Beyond Incarceration is dedicated to breaking the cycle of poverty and crime by advocating for girls with incarcerated parents and building strong parent-to-child relationships.

Email: info@dbinola.org
Website: <https://dbinola.org/>

Mentor (National)

The Mentor was created to expand that opportunity for young people by building a youth mentoring movement and serving as the go-to resource on quality mentoring. Services provided by Mentor are:

- Resource Library - This is a collection of resources and publications produced by Mentor, its affiliates, and collaborators over the past 25 years.
- Webinars - The Collaborative Mentoring Webinar Series focuses on strengthening mentoring practices, sharing new resources, and helping the field put research into practice.
- National Mentoring Resource Center - The National Mentoring Resource Center improves the quality and effectiveness of mentoring programs and relationships by supporting practitioners to more deeply incorporate evidence-based practices into their work.
- *Elements of Effective Practice for Mentoring* - Mentor's cornerstone publication details standards for creating and sustaining quality youth mentoring programs and impactful relationships.
- National Quality Mentoring System - The National Quality Mentoring System creates recognized standards and procedures for the operation of high-quality mentoring.
- Shaping Equitable System - Mentor is committed to driving that change from the ground up by centering and prioritizing quality relationships in the workforce and education systems.

Email: info@mentoring.org
Website: <https://www.mentoring.org/>

Mentoring Children of Prisoners (Virginia)

The Mentoring Children of Prisoners is program of Seton Youth Services of Virginia Beach that matches a youth, ages 4-18, with a trained adult mentor who meets with the youth on a weekly basis. Mentors and mentees engage in recreational, educational, or cultural activities. Seton Youth Shelters provides emergency shelters, street outreach, and counseling for youth, free of charge.

Email: Charlesa Day, cday@setonyouthservices.org
Website: <https://setonyouthservices.org/mentoring/>

National Mentoring Resource Center (National)

The National Mentoring Resource Center is the nation's premier source of mentoring tools, training materials, technical assistance, research summaries, and other information for youth mentoring programs. Youth mentoring programs can use the Center to strengthen their services by:

- Applying for no-cost training and technical assistance, including customized coaching to enhance your program and troubleshoot challenges using evidence-based practices
- Accessing high-quality program implementation resources, including tools, program curricula, and training materials
- Learning about what works in mentoring through evidence reviews on the effectiveness of program models, practices, and services for specific populations of mentees

Through the National Mentoring Resource Center's website, you can access research publications, E-newsletters, reviews of relevant practices, blog posts, webinars, implementation resources, and technical assistance. Resources for mentoring programs that can be accessed on the National Mentoring Resource Center website include: Mentor Guides and Handouts, Mentor Training Resources, Program Management Resources, Program Policies and Procedures, Recruitment and Marketing Tools, and Resources for Mentees and Families.

Email: nmrc@mentoring.org
Website: <https://nationalmentoringresourcecenter.org/>

Rhode Island Sponsoring Education (RISE) (Rhode Island)

Founded by two doctors who were working with addicted and incarcerated women and wanted to find a way to break the cycle of poverty, unemployment, drug addiction and sexual abuse, RISE provides scholarships and mentoring to children of currently and formerly incarcerated parents

The Scholarship Program gives motivated students displaying leadership potential who have been accepted to a private or parochial high school financial support as well as a mentor. The Mentoring Program matches healthy adults with children aged 7 through high school and supports their consistent monthly engagement through cultural and recreational group activities. RISE has also created opportunities such as tutoring, SAT preparation, Saturday Enrichment activities, and Summer Programs.

Email: Kaitlin Della Grotta, Executive Director, kdellagrotta@riseonline.org
Website: <https://www.riseonline.org/>

Seedling Mentor Program (Texas)

Seedling mitigates the impact of parental incarceration on children through school-based mentoring. Seedling recruits volunteers from the community, matches them with eligible children and offers ongoing support to both children and mentors. Mentors and mentees in designated schools are matched through a multi-step process. Once the orientation is complete and their work with their student begins, experienced professional staff members provide ongoing training and support.

Seedling mentors meet once a week with their mentees for 30-45 minutes at school during the student's lunch break for one academic year or more. Depending on the child's age, a mentor might color with them, read to them, create a craft, play a game, or simply spend the time talking.

Email: Dan Leal, Chief Executive Officer, dan@seedlingmentors.org
Connie Howe, Chief Programs Officer, chowe@seedlingmentors.org
info@seedlingmentors.org
Website: <https://www.seedlingmentors.org/>

U.S. Dream Academy (National)

The U.S. Dream Academy helps children impacted by parental incarceration reach for their dreams through academic, social, and values enrichment. The U.S. Dream Academy provides a mentoring experience for youth to build character, skills and dreams in a safe out of school time environment.

U.S. Dream Academy Learning Centers are located in under-invested neighborhoods where young people are growing up amidst high rates of poverty and often higher than average rates of crime. U.S. Dream Academy programs engage young people in active learning through one-on-one mentoring, tutoring, hands-on STEM activities, exciting field trips and cloud-based, tailored literacy support. The U.S. Dream Academy extends a special invitation for children to receive a Virtual Mentor which enables the child to live anywhere in the United States and still participate in the virtual mentoring program.

DreamCommUnity has been established for teens who have a parent in prison. DreamCommUnity is a safe space for teens to share, learn and receive tools that will guide them empower their future. This online community is designed to equip teens to find their voice, build social connections, identify their emotions and to discover the purpose within them.

Email: info@usdreamacademy.org
Website: <https://www.usdreamacademy.org/>

Prison Nurseries

Baby and Mother Bonding Initiative (BAMBI) (Texas)

The Baby and Mother Bonding Initiative (BAMBI) is a bonding program for eligible inmates who are pregnant at reception and deliver during their incarceration. The mothers must deliver their children while they are inmates and must be eligible for release within a year. They cannot have any felony or immigration detainers or have a history of violence or sex crimes. Mothers must go through detailed mental health screening processes.

BAMBI allows inmate mothers and their newborns time to form a healthy attachment in a secure setting. The mother receives child development education, life skills, infant first aid and CPR, nutrition, peer recovery, cognitive skills, anger management and family reunification sessions. Additional programming may include substance abuse education and GED classes.

The BAMBI Program will allow the mother and infant to bond in the residential facility for up to 12 months. Both will release from the facility once she has completed her sentence, assisted by an individualized transitional release plan that will be developed during their stay.

Website: <https://www.tdcj.texas.gov/divisions/rpd/bambi.html>

Community Participant Mother Program (California)

The Community Participant Mother Program provides an opportunity for pregnant women and mothers with one or more children, six years of age or younger, the opportunity to be housed with their children in a supervised facility away from the institution setting. The program provides a safe, stable, and stimulating environment for both the mother and the child, utilizing the least restrictive alternative to incarceration consistent with the needs for public safety.

The mothers are screened extensively for behavior and mental health issues. They cannot be convicted of a violent offense. The incarcerated women who are chosen for the program can give birth to a child and spend as much as six years caring for the child in a 24-bed facility.

The primary focus of the Community Participant Mother Program is to reunite mothers with their children and re-integrate them back into society as productive citizens by providing a safe, stable, wholesome and stimulating environment. Pregnant and parenting mothers and their children under six years of age are provided programs and support services to assist in developing the skills necessary to become a functioning, self-sufficient family. Individual Treatment Plans are developed for both the mother and child to foster development and personal growth. Program services focus on trauma-informed substance abuse prevention, parenting and educational skills.

Website: <https://www.cdcr.ca.gov/rehabilitation/pre-release-community-programs/cmpmp/>

Minnesota Prison Doula Project (Minnesota)

The Minnesota Prison Doula Project provides pregnancy and parenting support to women incarcerated in the state prison and county correctional facilities throughout Minnesota. The Doula Project provides birth support from trained doulas, as well as group-based and individual education and support. The goal is to nurture healthy relationships and increase parenting confidence and skills. Moms in Minnesota Prison

Doula Project learn about prenatal development, the birth process, self-care, stress management, child development, and maintaining relationships during incarceration. Components of the program include:

- Doula Care - Emotional, physical & informational support during the birthing year through a relationship with a trained birth professional
- Pregnancy & Beyond Group - Weekly prenatal and early parenting education and support group for incarcerated mothers in their birthing year
- Mothering Inside Group - Weekly parenting education and support group for incarcerated mothers
- Parenting Inside Out - Weekly parenting education and support group for incarcerated parents
- One-on-one Counseling - Individual supportive peer counseling for incarcerated parents
- Supportive Visitation - One-hour parent-child contact visits held within correctional facilities to provide an opportunity to practice parenting skills, maintain connections and repair emotional trauma for children

Email: Rebecca Shlafer, Shlaf002@umn.edu
Erica Gerrity, Doula and Project Director, EEGerrity@gmail.com
Website: <https://www.mnprisondoulaproject.org/>

Motherhood Beyond Bars (Georgia)

Motherhood Beyond Bars ensures a healthy start for infants born to incarcerated women by providing a network of comprehensive support for mothers and caregivers. Motherhood Beyond Bars' programs support and strengthen families with the goal of long-term, healthy reunification.

Infant and Caregiver Support - Motherhood Beyond Bars provides critical resources, infant supplies, and ongoing support to caregivers and infants. When a pregnant woman enters the prison system, Motherhood Beyond Bars takes proactive steps to establish contact with the mothers, ensuring they know they are not alone and their child will receive the care and support they need.

Motherhood Beyond Bars communicates with caregivers before the baby's birth, understanding their concerns and ensuring they have access to resources that help prepare them to welcome a newborn into their home. Motherhood Beyond Bars provides caregivers with a Begin Box when the baby arrives containing essential items for a newborn's care. Motherhood Beyond Bars collaborates with state agencies, legal organizations, and nonprofits to ensure access to resources like clothing, formula, guardianship paperwork assistance, and social services.

Reentry and Reunification - Motherhood Beyond Bars is dedicated to supporting incarcerated mothers and their children by fostering healthy reunification and providing the necessary education and support for successful reentry into society. From the moment Motherhood Beyond Bars engages with pregnant women in prison, a plan for a successful reentry and lasting reunification is started. Motherhood Beyond Bars facilitates healthy communication between caregivers and mothers; provides funds for phone calls, video visits, and emails between caregivers and incarcerated mothers; and contributes to strong, stable families by providing parenting education, vocational training, counseling, and ongoing support.

Email: amy@motherhoodbeyond.org
Website: <https://www.motherhoodbeyond.org/>

New Expectations Group Home (Delaware)

New Expectations allows women who are pregnant or have recently given birth to receive intensive treatment and avoid incarceration while living in a group home overseen by the Delaware Department of

Corrections and Connections Community Support Program. The program offers a nursery setting in a group home for pregnant women and young mothers convicted of crimes.

The women who are able to enter the program are placed on probation, rather than being sentenced to prison. No woman with a history of violence or crimes against children can be involved. Women entering the program are interviewed and undergo mental health or behavioral assessments to determine their individual treatment plan.

The treatment program lasts a minimum of 6 months and up to 6 months after the baby is born. Women participate in individual and group counseling, attend first time mother classes, and receive prenatal care. Participants attend groups in-house with guest speakers and staff with a focus on topics such as: relapse/addiction, coping skills, stress management and anger, co-occurring disorders and health, birth/child plans, children born into families with addiction, and impact on children during incarceration.

Website: https://www.rsat-tta.com/pdfs/DE_RSAT_Compendum_11-20

Residential Parenting Program (Washington)

In an effort to be proactive in its support of the early childhood development of infants, the Washington's Correction Center for women has created the unique Residential Parenting Program that reshapes the lives of incarcerated mothers and their babies. This program allows women with sentences of 30 months or less, who come to prison pregnant, to keep their newborns by their side. The mother and baby pair share a room during her sentence and have the support of volunteer doulas and inmate caregivers. Mothers are encouraged to create routines and schedules that provide a sense of stability for both themselves and their babies. The major emphasis of the program is to get the child ready for transition with the mother into work release so there will be no separation.

Participants are required to get involved in pre-and-postnatal programs, such as parenting skills, child development, self-care and self-esteem, positive discipline, nutrition and family life skills. The mothers work with facility staff to develop a case plan to structure their various commitments to accommodate the needs of their children by utilizing the child development center and approved inmate caregivers.

Helping to support the mothers are Puget Sound Early Head Start educators who care for the babies in the child development center while the mothers are on work assignments or in school and University of Washington faculty and graduate students who support the new mothers through the Partnership for Healthy Parenting program.

Website: <https://www.doc.wa.gov/news/2023/08232023.htm>

U.S. Bureau of Prisons Programs (National)

The U.S. Bureau of Prisons offers two programs to assist these mothers before, during, and after childbirth. To qualify for the programs, the woman must be convicted of a low-level crime, be in the last three months of pregnancy when sentenced and have less than five years on their sentence. The programs are Mothers and Infants Together (MINT) and the Residential Parenting Program (RPP).

The MINT Program is a community residential program that aims to assist offenders during the last two months of pregnancy. Eligible inmates are transferred to a Residential Reentry Center and reside there with their child for at least three months after birth to bond with their children before returning to the institution to complete their sentence. MINT locations include Phoenix, AZ; Tallahassee, FL; Springfield, IL; Fort Worth, TX; and Hillsboro, WV.

RPP is offered to pregnant inmates through the Washington Department of Corrections. RPP allows minimum security inmates with a sentence of less than 30 months the opportunity to reside with their babies after birth in a supervised environment for up to 30 months. During this time, the mothers also receive a variety of services such as mental health, medical care, vocational training, and child care. After 30 months, inmates are released to their home residence if their sentences have been completed, or placed in home confinement if they meet the statutory requirements for home confinement.

Websites: https://www.bop.gov/inmates/custody_and_care/female_offenders.jsp
https://www.bop.gov/policy/progstat/5200_007_cn.pdf

Parent/Child Book Reading Programs

Books Beyond (Rhode Island)

To help strengthen the bond between inmates and their children through books, the federal Reading Is Fundamental program, Reach Out and Read Rhode Island, and the Rhode Island Department of Corrections teamed to establish the Books Beyond program. Under the guidance of the volunteers, inmates choose new, age-appropriate books for their children, read and record the books onto CDs, and then mail the books and CDs home for the children to keep. The incarcerated parents are able to provide messages of love, reassurance, and connection to their children. The books and recordings that may be re-read and replayed over and over, giving the children constant reminder of their mothers and fathers.

Email: Ken Findlay, Professional Services Coordinator, Ken.Findlay@doc.ri.gov
Website: <https://doc.ri.gov/programs-services/institutional-programming/books-beyond>

Children's Literacy Foundation (New Hampshire and Vermont)

The Children's Literacy Foundation (CLiF) nurtures a love of reading and writing among children throughout New Hampshire and Vermont. CLiF's motto is "Opening Books, Opening Minds, Opening Doors." Through 16 free programs, CLiF serves young readers and writers who have the greatest needs, including children in shelters or low-income housing, children of prison inmates, refugee children, migrant children, children from low-income families, children in Head Start, children in communities undergoing severe economic challenges, and many other at-risk youth.

CLiF's Children of Incarcerated Adults program helps incarcerated adults stay connected with their children through literacy. CLiF has provided children's literacy programs and parent seminars to 17 facilities in New Hampshire and Vermont. CLiF's Storybook Program provides these opportunities for incarcerated parents and their children:

- A CLiF representative visits the prison or jail to meet with the children of inmates and their families, delivers new books, tells stories, and talks about the joys of words and reading. The presenter performs interactive storytelling, talks about the books being donated to the family visiting room, and reads aloud from some of them.
- CLiF donates new, high-quality children's books for a library in each facility's family visiting room for use by children on family visiting days or read aloud to the children.
- CLiF provides book giveaways where parents choose brand-new books to send home as gifts or children select new books on visiting days to take home and keep.
- A CLiF representative visits the prison or jail to conduct literacy seminars with inmates who are parents on the importance of reading with their children and how to make reading with children fun and easy, even if an inmate has low literacy skills.
- CLiF makes audio recordings of incarcerated parents reading to their children, so they can share stories from afar.

Email: Laura Rice, Executive Director, laura@clifonline.org
Jana Brown, Program Manager, Jana@clifonline.org
Website: <https://clifonline.org/>

The Imagination Library (Washington)

The Washington Department of Corrections has joined with the Imagination Library of Washington, a partner of Dolly Parton's Imagination Library, to design a program to help incarcerated parents to bond with their kids when they visit. The Imagination Library, located in the visitation room at the Stafford

Creek Corrections Center in Aberdeen, helps foster the relationship between a child and their incarcerated parent during a visit. Every month, children's books are mailed out at no cost in an effort to turn difficult times into a learning opportunity.

Email: info@imaginationlibrarywashington.org
Website: <https://imaginationlibrary.com/>

Literacy Link (Wisconsin)

University of Wisconsin-Madison Division of Extension established a project called The Literacy Link to engage justice-involved children and their families in literacy activities and develop language-rich learning spaces at county jails. The Literacy Link project approach builds reading, communicating, and listening abilities with young children. The emphasis is on building relationships and spontaneous engagement between children and their parents and caregivers through literacy.

Literacy Link partners with jails, criminal justice organizations, libraries, and others to provide educational programs, support services, evaluation tools, curriculum, and books. Among the services provided by Literacy Link are:

- TeleStory – TeleStory is a free video visiting program that provides a safe, child-friendly space at a local library for children to connect over video with a parent in jail.
- Making Reading Memories – Parents are video recorded reading a book to their child. The video and the book are sent to the child and their caregiver, allowing children to watch and read along with their parents anytime. To help them feel prepared and comfortable while being recorded, parents first participate in a one-hour workshop Read and Connect.
- Physical Space Changes – The Literacy Link and community partners work to enhance visiting spaces to create a more child-sensitive environment that promotes literacy and learning.
- Parent Education and Support – Dialogic Reading and Coaching Workshops are online and in-person workshops for caregivers that encourage active literacy practices. Visitation Lobbies provide interactive resources for caregivers and children while waiting. Electronic Tablets allow parenting and family strengthening materials to be uploaded onto facility tablets for incarcerated parents to use. The Parenting Inside Out program is offered in the jails.

Email: Ronda Nicole Davis, Justice Involved Families Specialist, ronda.davis@wisc.edu
theliteracylink@extension.wisc.edu
Website: <https://theliteracylink.extension.wisc.edu/>

Oklahoma Messages Project (Oklahoma)

Oklahoma Messages Project operates a prevention and literacy program that makes positive differences in kids' lives and helps mitigate the damage of incarceration. By filming parents in prison reading books to their children, the Oklahoma Messages Project helps improve the parent-child relationship; boost literacy; and improve the child's social, emotional, and educational outcomes. The Oklahoma Messages Project has expanded to all of the 17 public prisons in Oklahoma.

Each year, a team of Oklahoma Messages volunteers visits prisons across Oklahoma for several months before Christmas, Mother's Day and Father's Day, and films parents reading books to their children and sharing personal messages. They send the completed videos, along with the books to the children in care of their guardians. The videos and books provide each child with a positive, loving message, and allows them to read a bedtime story with Mom or Dad each night.

The Oklahoma Messages Project uses a three-step process. First, they train their team of volunteers to prepare them for visiting prisons and show them how to coach the incarcerated parents while they read books to their children on video. Next, the incarcerated parents are filmed while reading books to their children and sharing positive messages. Finally, the books and DVD's are mailed to around 1,000 children before Christmas and 1,000 children for Mother's Day and Father's Day.

Website: <https://okmessagesproject.org/>

Parents Sharing Books Program (Wisconsin)

Literacy Chippewa Valley is a community-based literacy organization that offers adults the opportunity to gain the skills they need to make a better life for themselves and their families. With the assistance of volunteer tutors, Literacy Chippewa Valley offers a variety of educational classes at Chippewa, Dunn, and Eau Claire County Jails. The Parents Sharing Books Program enables students to select a book for their child. Volunteers record the student reading the book, then package the book along with a CD and send it to the child for Christmas.

Email: Info@literacycv.org

Website: <https://www.literacychippewavalley.org/programs>

Read-to-Me (Indiana)

The Read-to-Me literacy program, a cooperative effort between the Indiana State Library Development Office and the state's correctional facility libraries, enables incarcerated parents an opportunity to share the joys of reading with their children. The program educates parents to become their child's first teacher and instructs parents in the use of children's books to teach the children in their lives.

Offenders work with the facility librarians, teachers, other facility employees, or volunteers to record the books they select. They complete a Family History Survey that addresses their reading experiences. The recorded books and surveys are returned to the Library Development Office. A letter acknowledging the collaboration between the State Library and the correctional facility is sent to the child.

Website: <https://www.in.gov/library/icb/RTM/>

Read to the Children: Promoting Family Literacy in Colorado's Prisons (Colorado)

The Read to the Children: Promoting Family Literacy in Colorado's Prisons program is a partnership between the Colorado State Library's Institutional Library Development and the Colorado Department of Corrections Libraries. The program, available at all 22 Department of Corrections facility libraries, helps offenders stay involved in their children's lives by encouraging their children to read. The Read to the Children program has allowed offenders in Colorado's state prisons to send young family members a book accompanied by a recording of the offender reading it.

Website: <https://www.coloradovirtuallibrary.org/contact-us/>

Reading Is Fundamental (National)

Reading Is Fundamental (RIF) provides books and resources for families, educators, and literacy advocates to create a culture of reading in the classroom and at home. Reading Is Fundamental provides free books and literacy resources to parents in prison and their children.

A variety of family literacy and parent education activities support communication between prison and home.

- Books for Ownership - RIF's flagship reading program, enables children to select new, age-appropriate books to take home and own, creating a continuous focus on reading.
- Read for Success - Read for Success is a kindergarten to 3rd grade supplemental reading program designed to improve reading proficiency and encourage a passion for reading by providing book collections for classroom, read-alouds, instructional resources for educators, and books for students to choose and take home.
- Book Fund - RIF's Book Fund provides schools, community groups and other youth-serving entities the opportunity to purchase high-quality, affordable books for the children they serve.
- Skybrary - Skybrary is RIF's digital library for children ages 2 -9 featuring hundreds of digital books across multiple subject areas, each with optional narration and real-world video field trips.
- Literacy Central - Literacy Central can be used to organize favorite titles and resources, share and create book lists, and download support materials. The Literacy Central App allows the user to quickly access over 10,000 literacy resources.

Website: <https://www.rif.org/>

Start with a Story (California)

Start with a Story, a project of the Alameda County Library, delivers story times, free books, and family literacy activities to children who visit their parents at two Alameda County Jails. Volunteers staff a table with a wide selection of books catering to a range of ages and interests. Each child visiting the table may choose a book to keep. Volunteers often read to the children. Start with A Story helps youngsters improve their reading skills, become more interested in reading, and learn more about library services and programs.

Email: info@aclf.org

Website: <https://www.aclf2.org/>

Story Chain (Ohio)

Story Chain was created with the mission, "Turning Pages . . . Turning Lives." They help parents do what parents have always done to comfort and nurture their children — read them bedtime stories, using their own voices to love, reassure, and encourage them from miles away.

Story Chain volunteers provide inmates with children's books, help them train their voice, and provide the parent with recording devices to read the stories aloud at no cost to the family. The recording is then edited and downloaded on an MP3 player for the child and the caregiver to receive. Usually the exchange happens at the local library nearest to the caregiver.

Email: Jonathan Platt, jplatt.storychain@gmail.com

Website: <https://story-chain.org/>

Storybook Dads (United Kingdom)

Storybook Dads is a book reading project that works in approximately 100 UK prisons, including women's prisons (as Storybook Mums) and young offender institutes. Storybook Dads also works in a small number of Secure Training Centers and Secure Hospitals.

The incarcerated parent is recorded on a CD or DVD. Prisoners that have been trained to be “editors” use software to remove mistakes and background noises and then add music and sound effects to enhance the stories. The CD or DVD is then sent to the child.

Other activities provided by Storybook Dads to involve incarcerated parents in their children’s lines are:

- Photo Frames - Photo Frames can be made in a workshop or in-cell. The dad can decorate a photo mount using stickers, glittery letters or colored pens. A photo of Dad is then taken and put in the frame to be sent home.
- Height Charts - Height Charts enable Dad/Mom to play an active part in life at home. They can personalize the Height Chart by using stickers, glittery letters or colored pens.
- Challenge Charts - Challenge Charts come with a few pre-written challenges and several spaces for Mom/Dad to create more, specific to the family situation. The child can then tick off which challenges they achieve and gain a reward.
- Swaps – The same pack of activity sheets are delivered to the parent and the child at home. Once complete, the parents and their children then 'swap' their sheets so they can learn interesting and fun stuff about each other.

Website: <https://www.storybookdads.org.uk/>

Walls to Bridges Project (California)

The Walls to Bridges Project sees the mailing of books as an opportunity to help children still feel loved and connected to their incarcerated loved ones. The Walls to Bridges team will mail a book to a child “from” their incarcerated loved one with permission of the guardian. Once the Walls to Bridges team has the relevant information (the age, reading level, gender and address), they find an age-appropriate and reading-level-appropriate book to send. The books themselves are high quality, like-new book donations that are collected from individuals, schools and libraries.

Email: wallstobridges@gmail.com

Website: <https://www.wallstobridgesproject.org>

Women's Storybook Project (Texas)

Women’s Storybook Project is a special program that helps incarcerated mothers do what moms have always done to comfort and nurture their children — read them bedtime stories, using their own voices to love, reassure, and encourage them from miles away. Storybook Project builds relationships between mothers behind bars and their children on the outside through turning pages and turning lives. Women’s Storybook Project helps these mothers record stories and messages of love for their children and then mails the recordings along with the books so the children can hear their mother’s voice and know that she is thinking of them. Every Women’s Storybook Project volunteer must complete mandatory volunteer training and periodic refresher sessions as required.

Mothers earn their way into the Storybook program through good behavior. Once a month, for six months, they meet with volunteers to choose and record a book for each of their children between the ages of 0 and 14. Mothers can reapply for the program as long as they qualify.

Email: Jill Gonzalez, Executive Director, jill@storybookproject.org
info@storybookproject.org

Website: <https://storybookproject.org/>

Handbooks for Incarcerated Parents and their Families

Arizona Family Members Behind Bars: Difficult Questions Children Ask . . . And Answers That Can Help

Arizona's Children Association and the Pima Prevention Partnership's AZ STARS

Arizona Family Members Behind Bars is a caregiver's guide to Arizona's criminal justice system from arrest to release. This resource manual guides caregivers in helping children understand and cope with the impact of having a parent or other loved one arrested and imprisoned.

Website: <https://www.superiorcourt.maricopa.gov/AdultProbation/docs/QuestionsKidsAsk.pdf>

Caregiver and Child Community Resources Guide (2024)

Lab for Family Wellbeing & Justice at the University of Wisconsin-Madison Sandra Rosenbaum School of Social Work

With the generous support of the Wisconsin Child Abuse & Neglect Prevention Board and in partnership with the Wisconsin Department of Corrections, the Lab for Family Wellbeing & Justice at the University of Wisconsin-Madison Sandra Rosenbaum School of Social Work has created the *Caregiver and Child Community Resources* guide. The guide lists select county and community resources for every Wisconsin county and tribal nation to help families identify resources and supports when caring for and raising a child.

Example topics covered include parenting classes, family resource centers, and childcare options. We hope that incarcerated parents and caregivers at home will find it useful. Please feel free to use and distribute the *Caregiver and Child Community Resources* guide.

Email: Pajarita Charles, paja.charles@wisc.edu.

Website: <https://storage.googleapis.com/production-sitebuilder-v1-0-5/005/344005/f7764Blz/5735c1a43e2140ba928abf88e91394e1?fileName=Caregiver%20&%20Child%20Community%20Resources%202024%20Final.pdf>

Guide for Incarcerated Parents Who Have Children in the Child Welfare System (2015)

U.S. Department of Health and Human Services, Office of the Administration for Children and Families

Developed for parents who have a child in the child welfare system during their incarceration, this guide helps these parents work with the child welfare system to stay in touch with their children and stay involved in decisions about their children's well-being. In addition to important information on steps required by the child welfare system for reunification or having children return home to their family after foster care, this guide includes sections on: Child Welfare Stages, What to Do if Your Child Is in the Child Welfare System, What to Include in a Letter or Conversation with Your Child's Social Worker, Other Information that May Apply to You, Information on Termination of Parental Rights, Who Can Help?, and State Child Welfare Agency Contact Information.

Website: <https://youth.gov/feature-article/guide-incarcerated-parents-child-welfare-system>

Handbook for Family and Friends of Inmates (2020)

North Carolina Department of Corrections

Incarceration is often a difficult time not only for the offenders, but also for their family and friends. The separation and understanding the rules and regulations that govern prisons operated by the state of North Carolina can be overwhelming for family and friends. This handbook contains general information about the North Carolina prison system will help during this difficult time.

Website: <https://www.dac.nc.gov/divisions-and-sections/prisons/handbook-family-and-friends-offenders>

Louisiana Informational Handbook for Caregivers of Children with Incarcerated Parents (2021)

Louisiana Department of Public Safety and Corrections

In order to help caregivers and incarcerated parents, the Louisiana Department of Public Safety and Corrections created an informational handbook to offer helpful tips, resources, and strategies to support children with incarcerated parents. It is the Department's hope that with the tips and resources found in this handbook, caregivers and children with incarcerated parents can thrive amidst the challenges of having a parent incarcerated.

Topics covered in the Informational Handbook include:

- Why Maintain Relationships? - Benefits for Children, Benefits for Incarcerated Parents
- Co-Parenting - Communication Tips, Budgeting Tips, Parenting Tips, Practicing Self-Care
- Stress Points in the Criminal Justice System
- Supporting Children - Common Emotional & Behavioral Responses, Tips to Help Children Cope
- Answering Children's Questions
- Communicating with a Parent in Prison
- Visiting a Parent in Prison - Preparing for the Visit, After the Visit
- Resources - Government Services, Community Organizations, Books

Email: Isabel Jones, Isabel.Jones@LA.gov

Website: <https://doc.louisiana.gov/wp-content/uploads/2021/04/FINAL-DRAFT-Informational-Handbook-for-Caregivers-of-Children-with-Parents-in-Prison-3-30-2021.pdf>

Mapping Your Future: A Guide for Successful Reentry, National Edition (2024)

Education Justice Project at the College of Education of Illinois at Urbana-Champaign

One of the chapters covered in *Mapping Your Future: A Guide for Successful Reentry, National Edition* is "Preparing for Reunification." This chapter covers the topics of Staying Close to Loved Ones While in Prison, Preparing for Reunification, and Preparing to Reunite with Children. To eventually make reunion smoother, it advises incarcerated parents to try to maintain open lines of communication through letters and phone calls, listen to the concerns of all involved, talk ahead of time, learn to compromise, and never be afraid to ask for patience. The handbook contains suggestions that an incarcerated parent can use to parent from prison, show commitment, and prepare for regaining custody of his/her kids are:

A few things the parent can do to make the reunification process with the family easier are: read books and attend classes about parenting, get counseling or therapy, take some time to do things for yourself, and talk to other parents, especially those who have spent time in prison.

The “Legal Matters” chapter of *Mapping Your Future* covers the topics child custody, foster care, reinstating parental rights, and child support.

The Education Justice Project has made *Mapping Your Future* available in English and Spanish.

Email: reentry@educationjustice.net

Website: <https://reentryillinois.net/>

Parenting from Prison: A Co-Parenting Guide for Divorced and Separated Parents (2016)

David Schramm and Christina Pucci, Missouri Department of Human Development and Family Science

Posted on the University of Missouri Extension website, this guide describes how divorce is a stressful process for families and one parent being incarcerated further complicates communication, custody arrangements, child support and relationship maintenance. Although the incarcerated parents are physically separated from their children, they can still be involved in making decisions on issues concerning their children.

Topics covered in the *Co-Parenting Guide* include:

- Effects of divorce on children, caregivers and incarcerated parents
- Co-parental communication
- How to answer children's questions
- Visitation
- Tips for families with an incarcerated parent
- Creative and fun activities to help incarcerated parents with long-distance parenting
- Co-parenting tips for custodial parents
- Reuniting with children and re-entering society

Website: <https://extension.missouri.edu/publications/gh6615>

Parenting from Prison: A Handbook for Incarcerated Parents

Foreverfamily

Foreverfamily works to inspire children with a parent in prison to become successful and to strengthen the bonds between the children and their incarcerated parents. To help parents can find support services, stay connected with their children, learn tips and techniques to parent successfully while incarcerated, and stay on track to a productive life, Foreverfamily offers a manual, *Parenting from Prison: A Handbook for Incarcerated Parents*, free of charge to prisoners incarcerated in Georgia's prisons.

Email: Camilla Paul, CEO, camillapaul@foreverfam.org

Marketa Harris, Director, Community Engagement, mharris@foreverfam.org

Website: <https://www.foreverfam.org/>

Prison Fellowship Frequently Asked Questions

Prison Fellowship

To help volunteers prepare for working with the families of incarcerated parents and gain insight into the problems children face when a parent goes to prison, Prison Fellowship has prepared a list of Frequently Asked Questions about the children of prisoners. Prison Fellowship encourages organizations to download these Frequently Asked Questions and print, save, or share the pages with others.

Website: <https://www.prisonfellowship.org/resources/training-resources/family/ministry-basics/faqs-about-children-of-prisoners/>

Project WHAT! Resource Guide for Teens with a Parent in Prison or Jail

Community Works West

Project WHAT! (We're Here and Talking) is a Community Works West program in Oakland, California led by youth who have had a parent incarcerated. The goal of Project What! is to create a community that encourages children with incarcerated parents to use their voice, pride, and power. The *Project WHAT! Resource Guide for Teens with a Parent in Prison or Jail* answers common questions that children have when a parent is incarcerated. It has an entire section that explains complex jail and prison visiting procedures in plain language.

Email: info@communityworkswest.org
Website: <https://communityworkswest.org/our-work/youth-power/>

Reaching Beyond Bars: A Handbook for Parents Incarcerated in Wisconsin and their Families (2017)

Jerry Bednarowski, Correctional Education Association-Wisconsin

The *Reaching Beyond Bars* handbook is designed to help incarcerated parents, the caregivers, and their children cope with incarceration and strengthen the bonds between incarcerated parents and their children. By using the advice and information in this handbook, incarcerated parents, their children and caregivers will find ways "Reach Beyond Bars" maintain family relationships.

Sections of this handbook are: Co-Parenting, Supporting the Children, Helping Children Stay Connected, Encouraging Your Children's Education, Family Finances, Returning Home, and Help for Incarcerated Parents and Caregivers

Contact: Jerry Bednarowski, CEA-Wisconsin Board, JerryBednarowski@new.rr.com
Website: <https://www.ceawisconsin.org/>

Staying Connected and Staying Strong: A Handbook for Families and Friends of Those Incarcerated in Minnesota State Correctional Facilities (2023)

Minnesota Department of Corrections

This handbook is designed to assist families and friends of prisoners understand the Minnesota correctional system. Sections of this handbook are: Facilities Location and Information, Classification Levels, Staff Organization, Programming, Property, Finances, Contacting Your Loved One, and Visiting.

Website: www.mn.gov/doc/assets/Friends%20and%20Family%20handbook%202023_tcm1089-584839.pdf

Stronger Together Handbooks

Osborne Association of New York

Osborne Association of New York issued a series of three handbooks focused on the experiences and needs of children with an incarcerated parent. Included in the Stronger Together handbooks are:

- Volume 1 describes the feelings and behaviors that are common when a parent is incarcerated, as well as what parents and caregivers can do to support children and prevent or minimize negative responses.
- Volume 2 focuses on the importance of maintaining parent-child relationships, how to navigate the criminal justice system and the power of communication between a child and his incarcerated parent.
- Volume 3 is an entirely new volume specifically for non-parent caregivers that provides essential information for any caregiver caring for children with an incarcerated parent.

The Stronger Together handbooks may be downloaded Free. Much of what is in these volumes is applicable for any state and locality in the United States. Those from states other than New York may contact the Osborne Association about adapting the New York-specific sections of Volume 2 or most of Volume 3 to your state or locality.

Website: <https://www.osborneny.org/stronger-together-handbooks>

Texas Children of Incarcerated Parents Caregiver Guides

Theresa Moran, Texas Children of Incarcerated Parents Project

These two volumes are for parents, caregivers, social workers, teachers, clergy, mentoring programs or any other organization that seeks to provide support to these children. *Stronger Together Volume I* strengthens the user's understanding of children's feelings and responses which will strengthen the ability to effectively respond to children's needs. *Stronger Together, Volume II: Maintaining and Strengthening Family Ties for Children of Incarcerated Parents, from Arrest to Release* discusses why and how to maintain parent-child relationships and provides Texas resources.

Email: tifa@tifa.org

Website: <http://tifa.org/public-documents/>

Books and Reports on Incarcerated Parents and their Families

Because of the huge number of books on incarcerated parents and their families, the books included in this section have been limited to those published in the last ten years. If you would like to explore books that have been published before 2014, you may check out the booklists on these websites:

- National Resource Center on Children and Families of the Incarcerated
<https://nrccfi.camden.rutgers.edu/resources/library/>
- National Responsible Fatherhood Clearinghouse
<https://www.fatherhood.gov/>

All Rise for The Honorable Perry T. Cook

Leslie Connor

All Rise for The Honorable Perry T. Cook gives a glimpse into the lives of children with incarcerated parents and into the lives of inmates in a minimum-security prison. The themes of this realistic fiction are: parent in prison, social issues, friendship, family relationships, and adoption and foster care.

The focus skills for this lit log are: using text to draw inferences; summarizing; describing characters, settings, and events, using text to determine the meaning of words and phrases, and determining point of view. This lit log can be used for reading instruction (literature circle, novel study, guided reading, read aloud) or for professional development (for staff and volunteers at schools, after school programs, residential treatment programs, minimum security prisons, and foster and adoption agencies).

Website: <https://www.amazon.com/All-Rise-Honorable-Perry-Cook/dp/0062333461>

Children in Prison: Six Profiles Before, During and After Incarceration

Jerome Gold

With almost 330,000 children in America who are in prison, in a detention center, on probation or parole, or otherwise under the control of the criminal justice system; these children are often left out of the conversation. *Children in Prison: Six Profiles Before, During and After Incarceration* chronicles the experiences of six young people in Ash Meadow in Washington State.

Written from the perspective of a prison rehabilitation counselor, this book provides a firsthand account of these children's lives during and after their stay. These accounts show how domestic violence, inequality and poor adult-modeling influence the decisions that children make later in life.

Website: <https://www.amazon.com/Children-Prison-Profiles-Before-Incarceration/dp/1476677417>

Children with Incarcerated Mothers: Separation. Loss, and Reunification

Julie Poehlmann-Tynan and Danielle Dallaire

This book presents studies that examine new data on:

- The benefits of a prison doula program for mothers and newborns

- How children cope with separation from their mothers during and following incarceration
- Differences in recidivism between mothers and nonmothers following release
- Alternatives to incarceration for women in residential drug treatment and how community supervision mandates can contribute to or extend mother-child separation

The final chapter integrates the studies and summarizes implications for policy and practice.

Website: <https://www.amazon.com/Children-Incarcerated-Mothers-Reunification-SpringerBriefs/dp/303067598X>

Contemporary Research and Analysis on the Children of Prisoners: Invisible Children

Liz Gordon, Editor

The papers in this collection reflect contemporary research and analysis on the children of prisoners. Topics covered in the papers include: 12 guiding principles' for working with children and families, how babies and young children react to parental imprisonment, children who are resilient, women's stories, expanding knowledge and inspiring change for the children of prisoners, and supporting families where a parent has been convicted of a sexual offence.

Website: <https://www.cambridgescholars.com/product/978-1-5275-0359-5>

Embracing Your Story

Alisa Smedley

Embracing Your Story is being used in literacy and life skills classes in correctional facilities in three states. *Embracing Your Story* is an honest depiction of a child experiencing the emotional, spiritual, and financial toll that poverty and parental incarceration exacts. Coach Smedley's moving stories illustrate the lesson her mother taught her that "tomorrow is your sacred armor against the hopelessness of today." Tomorrow holds your destiny. That is why surviving the obstacles of today is imperative.

Embracing Your Story is a blueprint for how to survive hardships. In ten short chapters, Coach Smedley shares stories, lessons learned, and provocative questions to ponder for those who are trying to do better in life. Instructors find that the essays often serve as "door openers" for students to share experiences and feelings with their children.

In addition to the book, Coach Smedley also offers a free online teacher site with supplemental materials for classroom use, and will join your class via Zoom to answer student questions. After students are released, they are invited to join a public book club on Facebook.

Email: beinspired@coachsmedley.com
 Website: <https://www.amazon.com/Embracing-Your-Story-Build-Hardships/dp/1953755003>

Enhanced Visits Model

Pajarita Charles, Julie Poehlmann, Margaret Kerr, Sarah Jensen and Kaitlyn Pritzl

This article describes an intervention called the Enhanced Visits Model that provides support to families including ensuring they have technology to connect remotely with incarcerated parents, free or low-cost

video visits, and visit coaching for parents and caregivers to support relationships with children. The support is intended to decrease barriers to traditional visits, but not replace in-person visiting.

During video visits, children interacted with their incarcerated parents in creative ways such as showing toys, playing games, singing, reading, and doing homework together. The virtual visits also allowed incarcerated parents to be virtually present at key times in their children's lives, including mealtimes, bedtimes, holidays, and daily routines.

Website: <https://csgjusticecenter.org/publications/strengthening-and-maintaining-family-connections-best-practices-for-child-friendly-video-visiting>

First Chance: How Kids with Nothing Can Change Everything

Robert Carr and Dirk Johnson

This book examines the challenges facing kids who have endured foster care or the incarceration of a mother and their triumphs against all odds. The young people themselves are frequently hesitant to talk about their lives, burdened with a sense of shame, even though they are blameless. Philanthropist Robert O. Carr turned the focus of his college scholarship program, Give Something Back, on these often forgotten and neglected kids. As their stories reveal, they have the smarts and drive to compete with peers from more comfortable backgrounds. The author argues that these young people can draw on their special and painful insights to forge powerful change, provided society acknowledges them — and extends a first chance.

Website: <https://www.amazon.com/First-Chance-Nothing-Change-Everything/dp/0252042999>

The Freedom of Routine

Linda Armas,

Incarceration breaks up families, creating unstable environments for kids that can have lasting effects on their development and well-being. Children with incarcerated parents face many challenges. Often, they may have moved homes, changed schools, and been separated from siblings. Many children will have feelings of shame about their parents' incarceration and they may feel isolated from others. As a result, the children suffer more emotional problems and lower school success than their peers. Like all children, they need a source of support and stability.

This book offers strategies for designing a routine that enhances family function and relationships. Parents and caregivers of children with incarcerated family members will find particular value in learning to design routines for promoting positive behaviors.

Email: Linda Armas, linda@prepareparents.com
Website: <https://prepareparents.com/>
<https://www.amazon.com/Freedom-Routine-Priorities-Nurturing-Relationships/dp/1544711859>

Handbook on Children with Incarcerated Parents

J. Mark Eddy and Julie Poehlmann-Tynan

The handbook examines family life, health, and educational issues that often arise for the millions of children whose parents are in prison or jail. It details how these youth are more likely to exhibit behavior

problems such as aggression, substance abuse, learning difficulties, mental health concerns, and physical health issues. It also examines resilience and how children and families thrive even in the face of multiple challenges related to parental incarceration.

Topics featured in this handbook include:

- Findings from the Fragile Families and Child Wellbeing Study
- How parental incarceration contributes to racial and ethnic disparities and inequality
- Parent-child visits when parents are incarcerated in prison or jail
- Approaches to empowering incarcerated parents of color and their families
- International advances for incarcerated parents and their children

Email: Julie Poehlmann-Tynan, poehlmann@waisman.wisc.edu
Website: <https://link.springer.com/book/10.1007/978-3-030-16707-3>

How Do I Help This Kid Adjust to What Real Life Is for Them?

Andrew Axelson, Kelly Kelleher, Deena Chisolm, and Samantha Boch

The researchers' study sought to obtain a snapshot of the experiences and recommendations of youth service providers who work with youth exposed to parental incarceration. Provider experiences working with children exposed to parental incarceration are grouped by the phase of incarceration of the parent: upon arrest, during incarceration, and upon re-entry into the community. Three primary themes were identified for the child for each phase of incarceration: justice contact needs, social and economic needs, and communication needs.

Email: Samantha Boch, samantha.boch@nationwidechildrens.org
Website: <https://www.sciencedirect.com/science/article/abs/pii/S0190740919312952>

Life Inside

Marshall Project

In June 2019, the Marshall Project's website ran a special *Life Inside* series of essays about fathers and incarceration. The essays in the series included:

- Father and Son, Next Door Neighbors in Prison
- My First Father-Daughter Dance Was in the Prison Gym
- I Thought I Knew My Father, Then I Met Him in Prison
- My Cellie Was the Father I Never Had
- After Prison, I Became a Better Dad

Website: <https://www.themarshallproject.org/>

Model Practices for Parents in Prisons and Jails: Reducing Barriers to Family Connections

Bureau of Justice Assistance, National Institute of Corrections, Urban Institute and Community Works West

Model Practices for Parents in Prisons and Jails details model family-friendly practices designed to help correctional agencies reduce barriers to parent-child contact and help mitigate the harmful effects of a parent's incarceration on children and families. To accomplish this objective, it is suggested that

correctional administrators: (1) consider that children need and want to have a relationship with their incarcerated parents and vice versa; (2) allow incarcerated parents to take responsibility for their children; and (3) provide opportunities for families to communicate, interact, and bond. By implementing the practices outlined in this guide, it is thought that administrators will reduce the stress and confusion children experience when their parent is incarcerated, while maximizing safety and security in the facility.

Topics covered in the guide include: Partnership Building, Training and Core Competencies, Intake and Assessment, Family Notification and Information Provision, Classes and Groups, Visitor Lobbies, Visiting, Parent-Child Communication, Caregiver Support, and Family-Focused Reentry.

Email: Bryce Peterson, BPeterson@urban.org

Lindsey Cramer, LCramer@urban.org

Website: <https://nicic.gov/resources/nic-library/all-library-items/model-practices-parents-prisons-and-jails-reducing-barriers>

Parent to Parent: Raising Children from Prison

William J. Patterson

Parent to Parent: Raising Children from Prison details the painful and real emotions a parent experiences while incarcerated and separated from his children. The book explains how an incarcerated parent must find and explore themselves before they can be beneficial to their children. It involves the personal sharing of the author's story, and how he used many resources including self-reflection and self-examination to overcome the many past hurts he experienced.

The author discusses the importance of maintaining mental and physical health and how to achieve it. In other chapters, he discusses the difference between discipline and punishment, and the importance of communication, healing, forgiveness, and love. Techniques and ideas for how parents can be actively involved with their children while incarcerated are offered.

Website: <https://www.amazon.com/Parent-Raising-Children-Prison/dp/1952159105>

Parents on a Mission: How Parents Can Win the Competition for the Heart, Mind, and Loyalty of Their Children

Richard R. Ramos

Overcoming the obstacles of barrio youth gangs, drugs and violence, Richard R. Ramos has devoted his career to serving high-risk youth and families. To that end, Richard founded the Latino Coalition for Community Leadership whose purpose is to find, fund, form, and feature nonprofits in marginalized communities meeting the needs of individuals and families. In addition, Richard is founder of "Parents on a Mission" (POM), a parent leadership program developing parent mentors that teach parents how to build healthy relationships with their children. POM has been adopted by school districts, nonprofits, and correctional facilities.

The message of *Parents on a Mission* is that every parent must understand is that they are in a daily competition for the heart, mind, and loyalty of your children. If you don't understand that — or are unaware of that — you're not even in the game.

Email: Richard Ramos, richar@parentsonamission.org

Website: <https://parentsonamission.org/>

Piplo Productions

Chandra Ghosh Ippen, Erich Ippen, Jr. and Raiden Ippen

Piplo Productions was established to make the world a little better by using story, clinical psychology, and cute characters to help children and families connect and recover after stressful or traumatic events. Piplo has created a series of books that acknowledge how negative events impact a child's development and relationships and how to insure the child's life is not defined by them.

When parents and other important caregivers face challenges related to mental illness or addiction, children need the help of grown-ups within and outside their families to know that they can talk about tough times and good times, better understand why their parent may not be around, and keep good memories alive.

The Piplo team has developed free resources to accompany each book and has translated many of most of the materials into several different languages.

Website: <https://piploproductions.com>

POPS the Club Anthologies

POPS the Club

POPS the Club, a nonprofit serving youth impacted by the Pain of the Prison System, offers a sacred space where those with incarcerated loved ones can connect with each other, creating a supportive and open-hearted community. Students draw, paint, write, photograph, talk, listen, and share their stories, untangling the web of shame, stigma, and sorrow these young people too often face.

The young artists and poets from POPS the Club, have created eight volumes of their works that brim with hope and curiosity. The works in the POPS the Club Anthologies are searing, straightforward, sensitive, and sometimes startling in its wisdom and honesty. The anthologies speak of their success and of all they have to teach us.

Website: <https://popsclubs.org/pops-books/>

The Power of Fatherhood Education in Corrections and Reentry

National Fatherhood Initiative

The National Fatherhood Initiative has created four eBooks to help professionals serving fathers in various settings. They downloaded free at: www.fatherhood.org/fatherhood/4-ebooks-to-serve-fathers.

One of the eBooks, *The Power of Fatherhood Education in Corrections and Reentry*, is designed for professionals who work with fathers in corrections and reentry settings. Information included is:

- The Problem for America's Children
- The Case for Fatherhood in Corrections and Reentry
- How to Rehabilitate and Address Criminogenic Needs
- How to Maintain Facility Safety and Order
- Planning for Reentry
- Reducing Recidivism
- The Solution for America's Children
- Evidence-Based Fatherhood Programming

- Creating Sustainable Programs
- Programs in Jails and Short-Term Stay Facilities

Website: <https://www.fatherhood.org/corrections-reentry-ebook>

The Prisoner's Kid: My Journey to Freedom

Sherelle Hogan

Sherelle Hogan has authored a sad, funny and upsetting autobiography that shares a story of an urban American youth who struggled to cope with the life-altering effects of America's mass incarceration. A childhood punctuated with both parents being incarcerated, Sherelle found herself in a life of psychological imprisonment that was equivalent to what her parents were coping with. Often, she experienced haunting feelings of being unwanted and thoughts of suicide. This compelling and inspiring story undeniably engulfs emotions. In sharing life's darkest moments and the ability to find light through darkness, *The Prisoners' Kid* is a truly a survivor's story of triumph that will inspire others to free themselves from entities that often imprison the mind, body, soul, and spirit.

Website: <https://www.sherellehogan.com/product-page/the-prisoners-kid-my-journey-to-freedom>

Reentry Myth Buster: Children of Incarcerated Parents Series

The Federal Interagency Reentry Council National Re-entry Resource Center launched the *Reentry Myth Buster* series of fact sheets intended to clarify federal policies that effect formerly incarcerated individuals and their families. Each fact sheet includes a detailed explanation correcting the myth and refers the reader to agencies and websites that can provide more information and answer specific questions.

Website: https://www.csqjusticecenter.org/wp-content/uploads/2021/02/REENTRY_MYTHBUSTERS.pdf

The Shadow System: Mass Incarceration and the American Family

Sylvia Harvey

Sylvia A. Harvey follows the fears, challenges, and small victories of three families struggling to live within the confines of a brutal system. In Florida, a young father tries to maintain a relationship with his daughter despite a sentence of life without parole. In Kentucky, where the opioid epidemic has led to the increased incarceration of women, one mother fights for custody of her children. In Mississippi, a wife steels herself for her husband's thirty-ninth year in prison and does her best to keep their sons close.

Website: <https://www.amazon.com/Shadow-System-Incarceration-American-Family/dp/1568588801>

A Shared Sentence: The Devastating Toll of Parental Incarceration on Kids, Families and Communities

The Annie E. Casey Foundation

But while states spend heavily on corrections, few resources exist to support those left behind. *A Shared Sentence* offers commonsense proposals to address the increased poverty and stress children of incarcerated parents experience. In this report, you will learn:

- How children of the incarcerated face unique challenges and stresses
- How incarceration destabilizes families
- Strategies to connect parents who have returned to the community with pathways to employment
- How communities with a sizable portion of residents behind bars are economically burdened and lack resources to support families appropriately
- The disproportionate impact of incarceration on children and families of color
- Promising practices across the country that are supporting children and families during and after incarceration

Website: <https://www.aecf.org/resources/a-shared-sentence>

Slugg: A Boy's Life in the Age of Mass Incarceration

Tony Lewis, Jr. and K. L. Reeves

Slugg is a blueprint for survival and a demonstration of the power of love, sacrifice, and service. The son of a Kingpin and the prince of a close-knit crime family, Tony Lewis Jr.'s life took a dramatic turn after his father's arrest, from a life of stability and riches to one of chaos and poverty. How does one make it in America, battling the breakdown of families, the plague of premature death and the hopelessness of being reviled, isolated, and forgotten? Tony Lewis' astonishing journey answers these questions and offers a close look at the familial residue of America's historic program of mass incarceration.

Website: <https://www.amazon.com/Slugg-Boys-Life-Mass-Incarceration/dp/1521308780>

Social Revolution; Black Children of Incarcerated Parents Speak to Power

Babiyyad M. Muhammad, Ph.D,

For nearly two decades, Babiyyad M. Muhammad, Ph.D, has dedicated her career to challenging the stigma surrounding children of incarcerated parents. As an associate professor at Howard University, Muhammad's research focuses on highlighting the resilience and success of these children — many of whom go on to earn advanced degrees, hold public office, and become leaders in their communities. *Social Revolution; Black Children of Incarcerated Parents Speak to Power* is an anthology showcasing stories of individuals who have defied societal expectations.

Website: <https://www.amazon.com/Black-Children-Incarcerated-Parents-Speak/dp/>

Somebody's Daughter

Ashley C. Ford

Somebody's Daughter is the story of a childhood defined by the looming absence of her incarcerated father. The memoir steps into the world of growing up as a poor Black girl in Indiana with a family fragmented by incarceration, exploring how isolating and complex such a childhood can be. As Ashley battles her body and her environment, she embarks on a powerful journey to find the threads between who she is and what she was born into, and the complicated familial love that often binds them.

Website: <https://www.amazon.com/Somebodys-Daughter-Ashley-C-Ford/dp/1250305977>

Spare the Kids: Why Whupping Children Won't Save Black America

Dr. Stacey Patton

The author explores the deeply embedded practice of corporal punishment for Black children, both within and outside of the home. Dr. Patton weaves together race, religion, history, popular culture, science, policing, psychology, and personal testimonies and connects what happens at home to what happens in the streets in a way that is thought-provoking, unforgettable, and deeply sobering. She draws on decades of research and interviews with adults who suffered corporal punishment during their childhood and traces the history of spanking to European parenting styles that were eventually passed on to Black American slaves. She advocates fiercely against hitting children in any way, as well as the embrace of such parenting tools within Black culture.

Website: <https://sparethekids.com/>

Strengthening and Maintaining Family Connections: Best Practices for Child-Friendly Video Visiting

Megan Pfeiffer, Valerie Carpico, and Ann Adalist-Estrin

Although in-person visiting is the most effective way for incarcerated parents to maintain and strengthen family relationships, barriers may limit these family connections during parental incarceration. Video visiting is one way to maintain regular and frequent contact in addition to in-person visiting. In this brief, 12 best practices for supplementing in-person visiting with video visiting options are shared:

Website: <https://csgjusticecenter.org/publications/strengthening-and-maintaining-family-connections-best-practices-for-child-friendly-video-visiting/>

The Teen Guide to Living with Incarcerated Parents: A Self-Help Book for Coping During an Age of Mass Incarceration

Anyé Young

At 16 years of age, Anyé Young, a high school senior in Maryland, offers a glimpse into her life as a teenager coping with life while her father is serving a prison sentence for theft. Anyé shares personal stories along with tips and tricks she's learned while coping with the challenges of life away from her father and in a single-parent home. She aims to inspire children who have parents in prison and wants them to know that they can overcome the shame and embarrassment they may feel. She also aims to help the single parents and extended family members gain a better understanding of the challenges their children face. Anyé offers her book as a guide for teenagers like her who are determined to succeed in life no matter the circumstances.

Website: <https://www.amazon.com/Teen-Guide-Living-Incarcerated-Parents/dp/1543938159>

Unlocking Minds in Lockup: Prison Education Opens Doors

Jan Walker

In *Unlocking Minds in Lockup*, Jan Walker uses the power of story to give insight into how women and men who spent time in prison learn, think and prepare for release to their communities as contributing adults and involved parents. *Unlocking Minds in Lockup* contains several chapters that specifically address parenting issues. Chapter titles include: Moms in Prison Parenting Classes, Moms Facing

Termination of Parental Rights, Teaching Inmates the Meaning of Discipline, Inmates Reparenting Themselves, The Parenting Experiment, Family Matters, Parenting from a Distance, and Rebuilding Families.

Email: Jan Walker, JanWalker@centurytel.net
Website: <https://www.amazon.com/Unlocking-Minds-Lockup-Prison-Education/dp/0990310256>

When Are You Coming Home? : How Young Children Cope When a Parent Goes to Jail

Hilary Cuthrell, Luke Muentner and Julie Poehlmann

When Are You Coming Home? helps answer questions about how young ones fare when a parent is incarcerated. The book presents research on children's stress, family relationships, health, home environments, and visit experiences through the eyes of the children and families. The book takes a humanizing, social justice-oriented approach to the topic, with presentation of case studies that bring children's experiences to life. The chapters provide evidence regarding the paramount need to support children and their families before, during, and after a parent's incarceration.

Website: <https://www.amazon.com/When-Are-You-Coming-Home/dp/1978825706>

When Parents Are Incarcerated: Interdisciplinary Research and Interventions to Support Children

Christopher Wildeman, Anna Haskins and Julie Poehlmann, Editors

This volume provides an authoritative, multidisciplinary analysis of how parental incarceration affects children and what can be done to help them. Sociologists and demographers, developmental psychologists and family scientists, criminologists and practitioners bring a wide array of tools for studying the children of incarcerated adults.

Website: <https://www.apa.org/pubs/books/4318152>

Zero to Three Journal

The March 2020 issue, of the *Zero to Three Journal*, "Trauma and Resilience in Young Children: Effects and Experiences of Parental Incarceration," focused on infants and toddlers with incarcerated mothers and fathers. This issue of the Journal draws attention to the millions of children in the United States who have experienced parental incarceration and its consequences, and invites readers to consider how one can help. The Table of Contents includes:

- Promoting Resilience with Children Impacted by Parental Incarceration
- "No One Has Ever Asked Me if I'm a Dad.": Supporting Families in the Context of Incarceration
- Parent-Child Separation Due to Incarceration: Assessment, Diagnosis, and Treatment
- Reuniting Young Children with Their Incarcerated Parents
- Exploring Early Care and Education Policy for Young Children of Incarcerated Parents

Website: <https://www.zerotothree.org/resources/zero-to-three-journal/trauma-and-resilience-in-young-children-effects-and-experiences-of-parental-incarceration/>

Books for Children and Teens

Because of the huge number of books for children and teens with an incarcerated parent, the books included in this section have been limited to those published in the last ten years. If you would like to explore books that have been published before 2014, you may check out the booklists on these websites:

- Family Connections Center <https://chhs.unh.edu/family-connections-center/resources>
- National Resource Center on Children and Families of the Incarcerated
<https://nrccfi.camden.rutgers.edu/resources/library/>
- National Responsible Fatherhood Clearinghouse
<https://www.fatherhood.gov/>
- New York Initiatives for Children of Incarcerated Parents (Osborne Association)
https://www.osborneny.org/assets/files/2020_10_2_NYCIP-Book-List.pdf
- We Got Us Now <https://www.wegotusnow.org/library>

Advice to 9th Graders

Amy Friedman, Editor

Early in this volume of poetry, essays, stories, and wisdom created by the youth of The PATHfinder Club and POPS the Club, Tamira Shany advises readers that we have just two options: “Take pride and fail or endure and succeed.” Advice for 9th Graders beautifully illustrates, the best course is to find a way to express yourself without fear of judgment. These young people, whose lives have been impacted by incarceration, have found a sense of comfort. The anthology resounds with sage advice and poetry; with buoyant joy, sharp insights, and unstoppable energy.

Website: <https://popsclubs.org/pops-books/>

All I Ever Wanted . . . Stories of Children of the Incarcerated

Erika Duncan

In this book ten children with incarcerated parents respond to the need for connection and breaking out of the stigma and silence, while proudly and hopefully speaking each young person's truth. They are a testimony to the human spirit, which cannot be broken, and an invitation to all of us to truly listen to the voices of this too often invisible population.

Website: <https://www.amazon.com/Ever-Wanted-Stories-Children-Incarcerated/dp/0989353311>

Almost Like Visiting

Shannon Ellis, Author and Katrina Tapper, Illustrator

Almost Like Visiting aims to express feelings and emotions children with an incarcerated parent may experience before, during and after visiting their parent in prison. The book primarily focuses on video visiting. This book is a great resource for the population experiencing an incarcerated loved one and also serves to provide valuable information to their peers.

Website: <https://www.amazon.com/Almost-Like-Visiting-Shannon-Ellis/dp/1532763727>

Anna's Test

Whitney Quinn Hollins, Author and Kiki Kitty, Illustrator

Anna is an awesome student who looks forward to her spelling test each week so she can show her parents. Her dad is especially proud of her. When she goes to visit her dad in prison, Anna can't wait to share the good news with him! Written and illustrated by directly impacted individuals, *Anna's Test* is a book that fosters conversation and allows children with incarcerated parents to see themselves represented in literature. Aiming to decrease secrecy and stigma and highlight the goodness of these families, *Anna's Test* focuses on positive family dynamics, despite obstacles.

Website: <https://www.amazon.com/Annas-Test-Whitney-Quinn-Hollins/dp/1072977753>

But Why Is Daddy in Prison?

Erika Ruiz

A child suffers from having a mother, father or loved one taken away by imprisonment. During these rough times, it is important to explain to the children that anyone can make a mistake, and some mistakes have serious consequences, but that working together to heal those mistakes can make things right. Children need to be taught that a parent's mistakes or those of someone they love don't necessarily make them bad.

Website: <https://www.amazon.com/But-Daddy-Prison-Erika-Ruiz/dp/1733151605>

Clarissa's Disappointment: And Resources for Families, Teachers and Counselors of Children of Incarcerated Parents

Megan Sullivan, Author and Daniel Jay, Illustrator

Clarissa Pettaway has waited five years for her father to come home from prison. When the day finally arrives, her mother makes a special dinner. Soon, however, Clarissa discovers it isn't all that easy for people who have been incarcerated to rejoin their families and reenter society. Clarissa has to learn to cope with the reality of her father being out of prison, and all of the confusing, conflicting emotions it creates in her. Two books in one, *Clarissa's Disappointment* combines a moving children's story with resources to assist the families, teachers and counselors of children of incarcerated parents.

Website: <https://www.amazon.com/Clarissas-Disappointment-Resources-Counselors-Incarcerated/dp/0986159751>

Daddy's Time Out

Jeremy Gregg, Author and Christian McGowan, Illustrator

Daddy's Time Out uses the metaphor of a 'time out' to explain to a child why their father is in prison or jail. The book comforts children affected by their parent's incarceration without triggering negative feelings about themselves, their incarcerated parent, or the adults who are raising them.

Website: <https://www.amazon.com/Daddys-Time-Out-Jeremy-Gregg/dp/1733453504>

A Day I'll Never Forget

Dana L. Cunningham

In *A Day I'll Never Forget*, Javon's world is turned upside down when his father suddenly goes to jail. He is devastated and has no idea what he will do without his father. Javon eventually discovers that although he is separated from his father, he can maintain his relationship with him. This touching story is ideal for children ages 10 and younger and would benefit any adult who works with children who have been affected by the incarceration of a loved one. The narrative and accompanying discussion questions paves the way for grade school children to apply the coping strategies suggested.

Website: <https://www.amazon.com/Day-III-Never-Forget/dp/1518847587>

Dear Dad: Love, Nelson

Margarett McBride, author and David Wilkerson, illustrator

Dear Dad: Love, Nelson offers a glimpse into the reality of parental incarceration. The children's book covers the impact of incarceration on children with compassion and a plot line that is entirely age-appropriate for young audiences. The book is written through a series of letters from Nelson, an elementary school-aged son, to his incarcerated father that span from when his father is detained and awaiting trial through to the beginning of his incarceration. The end of the book contains a three-page spread on how to write a letter to an incarcerated individual, a reading guide for thinking and talking about the story, and a final resource guide for adults.

Website: <https://www.amazon.com/Dear-Dad-Nelson-Incarcerated-Father/dp/1631986813>

Deena Misses Her Mom

Jonae Haynesworth, Jesse Holmes, Layonnie Jones, and Kahliya Ruffin

Deena has been getting angry, acts out in school and keeps getting in trouble. Everyone is surprised because she used to be very calm, but that was before her mother went to jail. Her dad, her grandma, and her best friend Josey all do their best to help her out, but Deena doesn't want to talk about it. Will a day at the carnival with her Dad help her open up?

Website: <https://www.amazon.com/Deena-Misses-Her-Books-Teens/dp/1945434074>

Deuce's First Step: Re building One Piece at a Time

Louis L. Reed

Deuce's First Step tells the inspiring story of a young boy navigating his father's absence. With the help of his best friend Scarlett and the support of "The First Step Program," Deuce discovers that even when life feels broken, it can be rebuilt — one small step at a time. As Deuce builds a model bridge, he learns the importance of resilience, connection, and finding strength in the face of tough challenges.

Inspired by the resilience of children with incarcerated parents, Deuce's First Step offers families, caregivers, and educators a compassionate way to discuss complex emotions. With its heartfelt story and beautiful illustrations, this unique resource empowers children ages 6–10 to navigate tough conversations, fostering growth, hope, and healing—one piece at a time.

Website: https://books.google.com/books/about/Deuce_s_First_Step.html?id=afAyEQAAQBAJ

Everyone Makes Mistakes: Living with My Daddy in Jail

Madison Strempek

Take a heartwarming journey with 10-year-old author, Madison Strempek, as she candidly depicts her life experience of living with her father in jail. Through her eyes, you will live the heartbreak of her life changing news, discover how she survives with her embarrassing secret, and ultimately finds strength in understanding everyone makes mistakes. It's truly a story of perseverance, forgiveness, and love. She skillfully helps the reader maneuver through difficult times by providing opportunities to reflect with blank pages of doodle space, letter writing ideas, and helping the readers find their inner champion. Madison's personal story is not only valuable for kids living with a parent in jail, but also brings great insight to parents, doctors, social workers, psychologists, judges, lawyers, inmates, law enforcement, friends, and family that support children with incarcerated parents.

Website: <https://www.amazon.com/Everyone-Makes-Mistakes-Living-Daddy/dp/0692559299>

Far Apart, Close in Heart: Being a Family When a Loved One Is Incarcerated

Becky Birtha, Author and Maja Kastelic, Illustrator

Kids can have all kinds of feelings and questions when a parent is incarcerated. Rafael is embarrassed. Rashid is angry. Yen wonders if it's her fault. This sensitive picture book illustrates a range of situations children may face with moms or dads behind bars, while reassuring them they are not alone.

Website: <https://www.amazon.com/Far-Apart-Close-Heart-Incarcerated/dp/0807512753>

Harbor Me

Jacqueline Woodson

It all starts when six kids have to meet for a weekly chat — by themselves, with no adults to listen in. There, in the room they soon dub the ARTT Room (short for "A Room to Talk"), they discover it's safe to talk about what's bothering them — everything from Esteban's father's deportation and Haley's father's incarceration to Amari's fears of racial profiling and Ashton's adjustment to his changing family fortunes. When the six are together, they can express the feelings and fears they have to hide from the rest of the world. And together, they can grow braver and more ready for the rest of their lives.

Website: <https://www.amazon.com/Harbor-Me-Jacqueline-Woodson/dp/0399252525>

Hazelnut Days

Emmanuel Bourdier, Author and Zau, Illustrator

Hazelnut Days describes one boy's brief weekly visit with his father in prison. Here's a man who gets angry, but beneath that surface is much to admire, if only you take the time to look. This picture book explores the inner life of a boy who struggles to love a father who can be difficult to love at times. Though they may only have brief visits together, it's clear they love each other.

Website: <https://www.amazon.com/Hazelnut-Days-Emmanuel-Bourdier/dp/9888341545>

How Mommy Found Her Way Home

Annette Dominguez, Author, Candace Paulucci, Author and Sheila Luther, Illustrator

How Mommy Found Her Way Home is a touching and poignant story told by a young girl about the tragedy and hope she feels because her mother is in prison. Lily's life is a composite of the children of incarcerated mothers we worked with for more than 30 years, says Ms. Dominguez.

Website: <https://www.seednhope.com>

An Inmate's Daughter

Jan Walker

The author captured all of the fundamental psychological crises that children of incarcerated parents struggle with every day, and she did it in a context of typical early adolescent development. It is a gripping story of a young teen whose father is in prison and whose mother insists that it be kept a secret. It brings a new and compassionate view of families in this kind of challenging situation.

Email: Jan Walker, JanWalker@centurytel.net

Website: <https://www.amazon.com/Inmates-Daughter-Jan-Walker/dp/0971416192>

Kennedy's Big Visit

Daphne Brooks

Kennedy's Big Visit is the poignant children's story about a father and daughter bond that is unbreakable, despite their unique challenges. Little Kennedy is so excited to visit her father again. Kennedy's mother finds something pretty for her to wear. Finally, they are ready to take the long car ride to visit her daddy! When Kennedy arrives at the big building, she knows she cannot run around or talk loudly. When she sees her father, she is happy and sad all at once. Happy because she loves her daddy, but sad because she knows her visit will come to an end soon and she will have to say goodbye. Even though she knows her father must be punished for his bad choices, Kennedy hopes that one day, God will answer her prayers and bring him home to her again.

Website: <https://www.amazon.com/Kennedys-Big-Visit-Daphne-Brooks/dp/148081783X>

Missing Daddy

Marianne Kaba, Author and Bria Royal, Illustrator

A little girl who misses her father because he's away in prison shares how his absence affects different parts of her life. Her greatest excitement is the days when she gets to visit her beloved father. With gorgeous illustrations throughout, this book illuminates the heartaches of dealing with missing a parent.

Website: <https://www.amazon.com/Missing-Daddy-Mariame-Kaba/dp/1642590363>

My Brother Is Away

Sara Greenwood, Author and Luisa Uribe, Illustrator

In this moving picture book, a young girl reflects on the emotions and challenges of growing up with a brother who is incarcerated. With her older brother in prison, a young girl copes with the confusing feelings his absence creates. At times she remembers the way her brother would carry her on his

shoulders or how he would make up stories to tell her at bedtime. Other times she feels angry and wants to fly so far away that she can forget what happened. When her Mama and Daddy take her on the 500-mile journey to visit him, the girl is excited but also nervous. But the nerves turn to joy when she sees him — everything is different, but everything is the same too. Her brother is not home, but his love hasn't changed. With words that are gentle and reassuring, this picture book will help young readers with similar stories feel less alone and give other readers a window into the struggles some children face.

Website: <https://www.amazon.com/My-Brother-Away-Sara-Greenwood/dp/0593127161>

My Dad's Gone Away

Andrew Krakouer and Jacqueline Dinan

Australian Rules Footballer Andrew Krakouer and a former foster parent Jacqueline Dinan have collaborated on a book written to spark important conversations between children and trusted adults. It provides a gentle way for children to process their feelings of missing an incarcerated parent, while also navigating the stigma and social marginalization that can come with it. The book follows Tarah, a primary-aged girl, and highlights the importance of communication and resilience. While the subject matter can be sad, the book gently takes readers along the journey with Tarah, including her making new friendships and finding support in nature with her dog.

Website: <https://www.amazon.com/Dads-Gone-Away-Andrew-Krakouer-ebook/dp/B0D2MFD71J>

My Daddy's in Jail

Anthony Curcio

My Daddy's in Jail is a story of two bears who have a father in prison. Written by an ex-con this awesome book is with an inspiring message: "You are loved and you will get through this." Many incarcerated parents leave behind unanswered questions with their children: What is jail? Why did this happen? Is it my fault? Is my daddy (or mommy) bad? Do they love me?

Website: <https://www.amazon.com/My-Daddys-Jail-Anthony-Curcio/dp/0692470433>

Our Moms (Living with Incarcerated Parents)

Q. Futrell, Author and Clarissa Ferguson, Illustrator

Meet Michael, Paul, Jennifer and Anne! All children are different in many ways, but all have one thing in common, their moms are in prison. Parental Incarceration affects children in many ways. This book will serve as a conversation starter for such a sensitive issue that impacts nearly 3 million children in the US.

Website: <https://www.amazon.com/Our-Moms-Living-Incarcerated-Parents/dp/0692525580>

The Prison Alphabet: An Educational Coloring Book for Children of Incarcerated Parents

Bahivyah Muhammad and Muntaquim Muhammad

When a parent is incarcerated it can be very difficult to explain that to a child. This unique coloring book serves as a conversation starter between adults who plan to talk about parental incarceration with affected children. *The Prison Alphabet* allows each letter of the alphabet to serve as a topic of

discussion. By using the letters of the alphabet, this book is a child-friendly approach to helping young children begin to understand what is going on behind bars with their parent or family member.

Website: <https://www.amazon.com/Prison-Alphabet-Educational-Coloring-Incarcerated/dp/1939509092>

Ruby on the Outside

Nora Baskins

Eleven-year-old Ruby Danes is about to start middle school, and only her aunt knows her deepest, darkest, secret: her mother is in prison. Then Margalit Tipps moves into Ruby's condo complex, and the two immediately hit it off. Ruby thinks she's found her first true-blue friend — but can she tell Margalit the truth about her mom? Maybe not. Because it turns out that Margalit's family history seems closely connected to the very event that put her mother in prison, and if Ruby comes clean, she could lose everything she cares about most.

Website: <https://www.norabaskin.com/books/middle-grade/ruby-on-the-outside/>

Seen & Heard: 100 Poems by Parents & Children Affected by Imprisonment

Lucy Baldwin, Author and Ben Raikes, Editor

This collection of poems and drawings by parents and children affected by imprisonment in the UK and abroad addresses the thoughts, feelings and beliefs of the authors as they express themselves concerning their emotions and experiences. The poems seek to emphasize the sense of loss, deprivation and isolation involved. They also show resilience — and how enforced separation impacts every day of the writer's life.

Website: <https://www.amazon.com/Seen-Heard-Children-Affected-Imprisonment-ebook/dp/B07QD1K4LH>

Sing, Sing, Midnight!

Emily Ridge, Author, Illustrator and R. B. Pollock, Jr, Illustrator

Maya is one of the nearly two million American children with an incarcerated parent, and she has a question for her Daddy. "Who takes care of you?" A simple question with an unexpected answer. *Sing, Sing, Midnight!* celebrates finding your voice, singing out loud, taking care of one another, and family resilience.

Website: <https://www.amazon.com/Sing-Midnight-Emily-Ridge-Gallagher/dp/1533246106>

Stardust: We Always Share the Same Sky

Ivana Mlinac, Author, and Porsche Tiavale, Illustrator

A girl whose mom lives far away sends her a letter with a magic gift inside. But the true magic was inside the girl - all she had to do was believe. Stardust explores the emotions that come with having a parent in prison and not being able to see them on a regular basis. While the girl and her mom cannot see each other, they find a unique way to feel connected through the sky and stars, which creates a sense of safety and love that allows the girl to focus on positive memories she has of her mum.

Website: <https://www.goodreads.com/book/show/52804624-stardust>

To the Earth and Back

Lora Faris, Author and Sian James, Illustrator

To the Earth and Back is a children's book based on the stories of mothers in the Motherhood Beyond Bars program of Georgia. Inspired by interviews with both formerly and currently incarcerated women, *To the Earth and Back* was based on the experiences of women who were separated from their children directly after birth. *To the Earth and Back* depicts the struggle of separation in a way that's appropriate for children while presenting parents with an empathetic message that all parents can understand.

Website: <https://www.motherhoodbeyond.org/our-book>

Visiting Day

Jacqueline Woodson, Author and James Ransome, Illustrator

In this moving picture book, a young girl and her grandmother prepare for a very special day -- the one day a month they get to visit the girl's father in prison. As the little girl and her grandmother get ready, her father, who adores her, is getting ready, too, and readers get to join the community of families who make the trip together, as well as the triumphant reunion between father and child.

Website: <https://www.amazon.com/Visiting-Day-Jacqueline-Woodson/dp/0147516080>

Welcome Home: Mommy Gets Out Today

Jamatha Williams Watson

When Bernice and her favorite cousin, Malaika meet Bernice's mother for the first time; the girls shared similar emotions while forcing themselves to understand society, familial and gender issues. Written primarily for students in grades 1st through 3rd, this story aids youth who are experiencing the return of a parent who has been incarcerated.

Website: <https://www.amazon.com/Welcome-Home-Mommy-Gets-Today/dp/1514312131>

When I Visit My Daddy We Dance

Ramona Lofton Wright, Josiah Jonathan-Howell Webber, and John Howard Webber III

This is a book of hope and encouragement for children with parents that are incarcerated, guilty or innocent. The whole world may seem dysfunctional at times, so don't be surprised if it knocks at your door one day. Be prepared to endure and look to the future with hope, patience and love. You may even want to do a happy dance, every time you overcome an obstacle or receive an unexpected blessing.

Website: <https://www.amazon.com/When-Visit-My-Daddy-Dance/dp/1503397807>

When Someone Loves You So, So Much: Coping with a Parent Who Is Incarcerated

Nancy M. Baranski

If your child is struggling to cope with a parent who is incarcerated, you are not alone. Nancy Baranski created this book in hopes that children can read it, have something they can relate to, find positive ways to cope with their feelings, and know that there is always light at the end of the tunnel.

Website: <https://www.amazon.com/When-Someone-Loves-You-Much/dp/B086LBSNDP>

Videos on Incarcerated Parents and their Families

Because of the large number of videos on incarcerated parents and their families, the videos included in this section have been limited to those filmed in the last ten years. If you would like to explore videos that have been filmed before 2014, you may check out the video lists on these websites:

- National Resource Center on Children and Families of the Incarcerated
<https://nrccfi.camden.rutgers.edu/resources/library/>
- National Responsible Fatherhood Clearinghouse
<https://www.fatherhood.gov/>

Apart

Jennifer Redfearn, Red Antelope Films

This documentary follows of three women in an Ohio jail who have struggled with being incarcerated and motherhood. While fighting harsh sentences, fines, and emotional trauma these women try their best to create new lives for themselves and their family. This documentary shows how the children and families involved view these women for their past choices and just how hard it is to escape the stigma that follows. The children shared a multitude of emotions in regards to their mother's incarceration. Some felt resentment while others felt sadness, overall, the children's voices are extremely important.

Apart is available for virtual and in-person community screenings, as well as Q&As with the film's participants and experts.

Email: lillie@representjustice.org
Website: <https://www.apartthemovie.com/>

Caring Through Struggle: Caregivers of Children with Incarcerated Parents

Echoes of Incarceration Project

As part of the Echoes of Incarceration Project, young filmmakers with incarcerated parents set out to understand some of the hidden consequences of our nations approach to imprisonment. In this first film, the crew journeyed to understand their childhoods being brought up by grandparents and the issues caregivers face when raising a child with an incarcerated parent. It involved tough questions, and some surprising realizations when a crew member realizes he has more in common with the grandmothers than he expected.

Website: <https://nrccfi.camden.rutgers.edu/resources/podcasts-videos/>

Children with Incarcerated Parents

Wisconsin Channel

On the Wisconsin Channel, Julie Poehlmann, a professor in the School of Human Ecology at UW-Madison, explains in detail how to safeguard children and prevent trauma when a parent is incarcerated. Poehlmann also speaks on avoiding trauma when it comes to police interactions taking place in front of the child. She speaks about the importance of visitations and their impact the well-being of the child.

Website: <https://pbswisconsin.org/watch/university-place/children-with-incarcerated-parents-cpkp0q/>

DADication Documentary Series

National Responsible Fatherhood Clearinghouse

The DADication documentary series features fathers who appeared in the National Responsible Fatherhood Clearinghouse's PSAs and includes additional testimony fatherhood practitioners. Each short documentary emphasizes how essential fathers are to the lives of their children, illustrates the impact of growing up without a father, provides examples of fathers overcoming numerous barriers to be present for their kids, and demonstrates how fathers and their children are flourishing as a result. Be ready to shed a tear as you hear their stories. Discussion guides for the documentaries are available.

Website: <https://www.fatherhood.gov/dadication>

Daughters

Natalie Rae

A moving portrait of empathy and forgiveness, *Daughters* traces an eight-year documentary journey by filmmaker Natalie Rae and social change advocate Angela Patton. The film intimately follows Aubrey, Santana, Raziah, and Ja'Ana as they prepare for a momentous Daddy Daughter Dance with their incarcerated fathers.

Speaking openly about their aspirations, dreams, and the emotional toll of their fathers' absence, compounded by the constraints of virtual visits, these girls reveal a profound wisdom and resilience beyond their years. As they navigate heartbreak, anger, and uncertainty, they seize a precious opportunity to forge connections.

Website: <https://girlsforachange.org/daughters/>

Echoes of Incarceration documentary series

Echoes of Incarceration

The Echoes of Incarceration Journalism Initiative creates first-person stories produced by youth who are directly impacted by the criminal justice system. Included in the Children of Incarceration documentary series are:

- *Echoes of Incarceration* - This first film from the Echoes project introduces viewers to the world of four young people with incarcerated parents in all their joy, pain, and resilience.
- *Caring Through Struggle* - Youth filmmakers explore the hidden issues faced by grandparents and caregivers raising children with incarcerated parents. Included is a 12-minute extra chapter for social workers.
- *Visiting: Through the Youth Lens* - This film digs into the challenges, sorrows, and incredible joys of visiting a parent in prison.
- *Resiliency Stories* - This series collects short documentary success stories about artists and activists who have had a parent in prison, and what it took for them to find their voice.
- *The Visit: A Day with My Father at Sing Sing* - In this powerful film, 11 year-old Kharon explores his complex emotions that lead him to bring a camera to Sing Sing to ask his father all the questions he's always wanted to ask.
- *Parenting from Behind Bars and During Reentry* - This film explores the complex, challenging, but vitally important role that parents can play in their children's lives from behind bars.

Echoes of Incarceration gives free DVDS to prisons, colleges, and conferences across the country.

Email: Jeremy Robins, Jeremy@ibisdocs.com
Website: <https://www.echoesofincarceration.org/>

Family Embraced Tool Kit

Prison Fellowship Ministries

Family Embraced is a tool kit developed by Angel Tree to help churches take that next step of investment in the lives of prisoners' children, their caregivers, and their incarcerated parents. It includes a creative combination of videos, facilitated small-group discussions, and group activities that makes it easy to use and flexible. There are eight sessions, which can be covered sequentially or in a pick-and choose fashion as best fits a church's needs and interests.

Website: <https://www.prisonfellowship.org/resources/angel-tree/family-embraced/>

Family Ties

Pittsburgh Child Guidance Foundation

A candid conversation with fathers in jail and after release, this film presents the importance of family and the pain of separation — told through the words of seven men, their families, and the Warden of the Allegheny County Pennsylvania Jail.

Website: <https://pittsburghchildguidancefoundation.org/>

Jacinta

Jessica Earnshaw, Lunamax film

The documentary *Jacinta* focuses on the impact of addiction and incarceration on an entire family. The film crew goes to Maine and follows Jacinta bringing awareness to what the path of recovery can truly look like. An entire family plagued by the grips of incarceration provides first hand experiences on how it has impacted their economic situation, mental state, and even the way they view love. This documentary shows Jacinta's struggles within the criminal justice system as well as the hurdles she faces as a returning citizen recovering from addiction. Her story is the reality for many women and mothers within the jail system. Jacinta's ten-year-old daughter provides first hand experiences of how his mother's incarceration has impacted her own self-esteem and their mother/daughter relationship.

Website: <https://jacintafilm.com/>

Mothers of Bedford

Jenifer McShane

Mothers of Bedford, a feature-length documentary, follows five women incarcerated in the Bedford Hills Correctional Facility in New York and looks at their lives through the lens of motherhood. The film provides audiences with unprecedented access to this community of women and seeks to move the national conversation about incarceration to a new level. It explores the effects of a long-term prison sentence on the mother-child relationship.

Email: Jenifer McShane, mothersofbedfordoutreach@gmail.com
Website: <https://www.mothersofbedford.com/>

Run for His Life

Transform Films

At first glance, Repeter 'Pete' Monsanto lives a glamorous life as a celebrity photographer. But look deeper and you will see a man with father-sized hole in his life. When he was just six years old, Pete's father, Peter Monsanto, was arrested and convicted of racketeering and sentenced to life without parole. For 32 years, Pete and his father have worked to maintain a long-distance relationship, mostly by weekly phone conversations. Since his incarceration, Pete Sr. has maintained a disciplined routine, keeping mind and body strong and trying to be a positive force in his son's life in spite of his criminal past and its consequences.

Website: <https://socialpresskit.com/run-for-his-life>

A Sentence Apart

Community Works West in Oakland, California interrupts and heals the far-reaching impact of incarceration and violence by empowering individuals, families and communities through programs in jails and community, youth-led advocacy efforts, and public exhibits and performances. *A Sentence Apart* is a 12-minute DVD that features two youth from Project WHAT! and a grandmother as they cope with a family member in prison.

Email: info@communityworkswest.org

Website: <https://communityworkswest.org/our-work/youth-power/>

Support through Separation - Coping with the Physical and Emotional Separation . . . for the Birthing Person

University of Minnesota

Autumn Mason, a Peer and Re-entry Support Specialist for justice-impacted mothers, discussed her experiences of birth and motherhood while incarcerated. Raelene Baker of the Minnesota Doula Project shared her work facilitating childbirth education and attending births of those incarcerated at Minnesota's only state prison for women. The panel was moderated by Dr. Rebecca Shlafer.

This is the first of a four-part webinar series focused on "Support through Separation: Coping with the Physical and Emotional Separation" for the caregiver in community, the birthing person and baby during incarceration, and for the birthing person and baby during reunification.

Website: <https://mch.umn.edu/71321jiwcwebinar/>

Time

Garrett Bradley, Director
Concordia Studios

Time is a documentary film based on the actual events surrounding Sybil and Robert Richardson's incarceration. The documentary follows Sybil's fight to release her husband, while also shining a spotlight on how her children were impacted by these events. Sybil and Robert's three boys describe what it was like growing up during this era in Louisiana and how their parents' incarceration has impacted them in their adulthood.

Website: <https://concordia.studio/time/>

Tre Maison Dasan: Life with a Parent in Prison through the Eyes of their Sons

Denali Tiller, PBS Independent Lens

Tre Maison Dasan is an intimate portrait of three boys growing up, each with a parent in prison. Told through the child's perspective, the film is an exploration of relationships and separation, masculinity, and coming of age in America when a parent is behind bars. The film documents the pressure, stigma, and trauma they face due to the absence of a parent, as well as their resilience and moments of joy.

Also available on their website are two viewing guides, *Classroom and Prison* and *Re-entry*, that have been designed to supply facilitators with suggested guidelines for leading discussions around the issues presented and critical information on how to best work with children of incarcerated parents and their families. The website also has a page for Social Engagement to help empower kids to communicate with their parents and caregivers, improve support systems for families, and begin therapeutic healing for incarcerated and formerly incarcerated people that can strengthen family bonds.

Website: <https://www.tremaisondasan.com/contact>

Wake Me Up When My Father's Home Again

Voices of Children

Writer Felix Latham believes that his song, "Wake Me Up When My Father's Home Again," will help incarcerated parents imagine what their children are feeling. He believes that song can help not only to parents on the street, but also to those who are incarcerated have a change of heart. Sung by his daughters, Kiyah, Khadijah, Kendra, and Khaleigha Latham, the song is a message to help children by reaching out to parents that are making choices that could take them away from their children.

Email: voiceofchildrenthelatham@gmail.com

Website: <https://www.youtube.com/watch?v=MbS-31aNZH0>

Podcasts, Blogs and Newsletters

Anywhere Dads

University of Wisconsin-Madison Division of Extension's Human Development and Relationships Institute

Anywhere Dads is a podcast about parenting for incarcerated fathers and their families, featuring the voices of fathers who are incarcerated. Each of the eleven episodes features an interview with an expert on the topic:

1. Fatherhood – Dr. Alvin Thomas, professor at the University of Wisconsin-Madison
2. The Parent – Richard Hines-Norwood, a formerly incarcerated father and manager with Parenting Inside Out, a national, evidence-based program for incarcerated parents
3. The Child – Dr. Rebecca Shlafer, a professor from the University of Minnesota
4. Effective Communication: Letters and Calls – Dr. Cynthia Burnson, a senior researcher at the non-profit Evident Change
5. Effective Communication: Visitation – Dr. Hilary Cuthrell, director of the Family Connections Program at the National Institute of Corrections
6. Technology and Your Child – Dr. Anne Clarkson, an outreach specialist with the University of Wisconsin-Madison Extension
7. Effective Problem-Solving – Dr. Robert Nix, a professor from the University of Wisconsin-Madison
8. Bonding Through Play and Reading – Dr. Amy Wagner, Executive Director of the University of Wisconsin-Madison School of Human Ecology Child Development Lab
9. Cherishing Your Child – Dr. Margaret Kerr, a professor from the University of Wisconsin-Madison,
10. Family Relationships – Dr. Paja Charles, a professor from the University of Wisconsin-Madison
11. Going Home: Your Children and You – Anthony Cooper, Vice President of Strategic Partnerships at Nehemiah Center for Urban Leadership Development

Website: <https://parenting.extension.wisc.edu/anywhere-dads/>

Daily Strength Families of Prisoners Support Group

Sharecare

Daily Strength is a website that serves as a social network centered on support groups, where users provide one another with emotional support by discussing their struggles and successes with each other. The Daily Strength site contains over 500 online communities that deal with different medical conditions or life challenges. One of the online communities is the Families of Prisoners Support Group.

The Families of Prisoners Support community is dedicated to families that have been disrupted by prison. Having a loved one incarcerated comes with its own unique challenges that require support and understanding. Families of prisoners are encouraged to join the group to find others who know what they are going through, and to seek advice or share their experiences.

Website: <https://www.dailystrength.org/group/families-of-prisoners>

If You Only Knew

US Dream Academy

The US Dream Academy partnered with Tatem Entertainment to create a unique podcast designed for young people by young people that strives to deepen the understanding of parental incarceration and poverty and to help heal, educate, and advocate for change in their community. In the podcast, Green Bay Packer star Kenny Clark, whose father was incarcerated when he was nine, is interviewed. Clark expressed how the 55-year sentence of his father completely changed the dynamic of his family. Through visitations and phone conversations Kenny Clark Sr. made sure to maintain a constant relationship with all of his children.

Website: <https://www.usdreamacademy.org/>

Inside Out: Keeping Loved Ones Informed

Louisiana Department of Public Safety and Corrections

This quarterly newsletter is designed specifically for friends and family members of people in the Louisiana prison system. The goal of this newsletter is to enhance communication channels between the DOC and loved ones of people in the Louisiana prison system by providing pertinent and helpful information on an ongoing basis.

Website: <https://doc.louisiana.gov/public-programs-resources/>

Kids with Incarcerated Parents blog

Julie Poehlmann-Tynan, PhD

Julie Poehlmann-Tynan, PhD has been studying children and families affected by parental incarceration since she received her first National Institutes of Health grant in 2001. In 2016, Julie started a blog focusing on Kids with Incarcerated Parents that features information for parents and caregivers, professionals, and students. On this blog, she posts recent findings from her lab, links to her colleague's research and interventions, and discussions of issues that she presents in her graduate seminar.

Email: Julie Poehlmann-Tynan, poehlmann@waisman.wisc.edu

Website: <https://kidswithincarceratedparents.com/>

Parenting Connection newsletter

Editor: Jerry Bednarowski

This newsletter for parenting educators, community-based organizations, and volunteers working with correctional students is published bi-monthly by Correctional Education Association-Wisconsin. Each issue highlights innovative parenting skills programs, parent/child reading projects, family support and mentoring programs, community resources, teaching methods, and special projects. All Parenting Connection newsletters are posted on the www.ceawisconsin.org and www.ceanational.org websites.

Email: Jerry Bednarowski, JerryBednarowski@new.rr.com

Website: <https://www.ceawisconsin.org/>

A Relationship Behind Bars

Eden Alonso-Rivera

Eden Alonso-Rivera, a 16-year-old junior at Grandville High School in Grandville, Michigan, opened her bedside drawer and pulled out something precious: A bundle of letters and sketches her father had sent from jail. The two are no longer in touch. For Eden, these letters aren't just from her father; they *are* her father. She took the small bundle to school — itself a remarkable act, since she'd kept the letters secret from all but her mother — and then did something even more remarkable, she made a podcast about letting go of the father she barely knows. Eden not only submitted her podcast for NPR's Student Podcast Challenge, she beat out nearly 2,000 other entries, taking this year's grand prize.

Website: <https://www.npr.org/2024/10/14/nx-s1-5108634/parental-incarceration-father-podcast>

We Got Us Now Podcasts

We Got Us Now

We Got Us Now is a national advocacy organization built by, led by and about children and young adults impacted by parental incarceration with the mission to Engage, Educate, Elevate & Empower the historically invisible population. Through the use of digital narratives, the podcasts ensure their voices are at the forefront of strategic initiatives, practices and policies that will help to keep families connected, create fair sentencing and end mass incarceration.

Website: <https://www.wegotusnow.org/>