

## Strength in Families is a resource for parents and their children

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*“Our children don't need us to be superheroes. They don't need us to be perfect. They do need us to be present. They need us to show up and give it our best shot, no matter what else is going on in our lives. They need us to show them – not just with words, but with deeds – that they, those kids, are always our first priority.”*  
– President Barack Obama, June 21st, 2010

### **Mission:**

*“To partner with reentering parents in the development of skills and knowledge that focus on positive parenting, healthy relationships and economic stability in order for parents to create safe, stable and nurturing environments for children and families.”*

### **Vision:**

*“We envision children living safely at home, having positive relationships with parents and care-providers, and being supported by families who have the skills and access to resources and services needed to thrive.”*

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## How to apply for Strength in Families

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Eligible incarcerated individuals may request an application from facility staff in their housing unit.

Family members or friends of incarcerated parents can communicate via email with program staff at:

[StrengthInFamilies@doc1.wa.gov](mailto:StrengthInFamilies@doc1.wa.gov)

or visit our website at:

[www.doc.wa.gov/corrections/programs](http://www.doc.wa.gov/corrections/programs)



## Strength in Families

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*Strength in Families (SIF) is an intensive parenting program for incarcerated fathers focused on positive parenting, healthy relationships, and economic stability and upward mobility.*



## What is it all about?

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Research shows that children do better when their fathers are present and a positive influence in their lives. Children with involved, loving dads are more likely to do well in school, have healthy self-esteem, show empathy and pro-social behavior, and avoid high-risk behaviors like drug use, missing school and committing crime.

The Strength in Families program originated in 2015 under the **Responsible Fatherhood** reentry grant from the Administration for Children and Families. Grant funding ended in 2020 and the Washington State Department of Corrections continues to provide this program, supporting reentering fathers.

The **Strength in Families** program focuses on building skills and knowledge in the following three key areas:

- ◆ Healthy Relationships with Partners and Co-Parents
- ◆ Responsible and Positive Parenting
- ◆ Healthy Communication skills

## Program participants receive...

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**SIF Classes**-Participants will take classes pre-release: ***Parenting Inside Out and Walking the Line.***



**Case Management** - Each participant will be assigned to a Case Manager who will begin partnering with them and their families in the facility. Participants releasing to King, Pierce, Thurston, Mason, Lewis, Kitsap, Grays Harbor, Pacific, Cowlitz, Clark, Wahkiakum, and Skamania Counties will continue to receive SIF Case Management services post-Transfer/release. Case Managers will work with the participant to identify their personal and family strengths and challenges as well as provide connections to community resources for all participants.



## Who's Eligible?

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- ◆ Must be a biological father, guardian, expectant father, adoptive father, or stepfather of a minor child.
- ◆ Cannot have any current or past criminal adult convictions against a child.
- ◆ Approximately 12-48 months from release or transfer to an alternative confinement program.

## Where is Strength in Families offered?

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SIF is offered in the following male facilities:

- ◆ Washington Corrections Center (WCC)
- ◆ Stafford Creek Corrections Center (SCCC)
- ◆ Cedar Creek Corrections Center (CCCC)
- ◆ Reentry Centers in SIF-supported counties.

## Additional Information

- ◆ This program is voluntary.
- ◆ Participants do not receive reduced sentences.
- ◆ Participants do not need to be in a partner relationship or have contact with their children to be eligible.
- ◆ Family reunification support may be available.
- ◆ Participation will not exclude consideration for GRE, CPA or Reentry Center.

