# GOOD DADS 2.0

# CUSTOMER GUIDE



GOOD DADS

GOODDADS.COM
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This Customer Guide is designed to support grantwriters and program designers at father-focused organizations across the U.S. who want to be more effective in the ways they serve dads. Crafted by the Good Dads team, this Guide is meant to help you as you articulate the benefits of ***Good Dads* 2.0** in grant narratives, contracts and other applications.

Our curriculum, developed in 2021–2022, equips fathers, step-fathers, grandfathers and father-figures with the tools they need to be Good Dads.

After years of serving men in a mid-size city in the Midwest, Good Dads leaders observed a need for a responsible fatherhood curriculum that **(1)** was relevant and topical for fathers with children of varying age-ranges, from newborns to young adults; **(2)** used examples and scenarios germane to the lived experiences of men in urban, rural and intermediate communities; and **(3)** took into account the nuances of fatherhood in the twenty-first century without shying away from the hurdles that at-risk fathers face in becoming the Good Dad their children need.



# Who is Good Dads 2.0 for?

***Good Dads* 2.0**, Good Dads' flagship evidence-based course, is appropriate for fathers (as well as step-dads, grandfathers and father-figures) of any background who have children of any age. It is designed to be especially relevant to fathers with histories of incarceration and addiction.

Good Dads created the curriculum with the express intent to reach dads who face persistent poverty in urban, rural or intermediate environments.

The course is intended to reach "at-risk" fathers and is particularly effective for non-custodial dads with open child support cases—and especially those with past child support issues.

The course is also effective for a variety of dads who may face other barriers to becoming responsible fathers.



# ABOUT GOOD DADS

Good Dads is a 501(c)3 nonprofit headquartered in Springfield, MO, with chapters throughout the state. We encourage ***all*** fathers through inspiration, resources and events to help them be the best fathers they can be.

The Good Dads **mission** is to inspire, resource and encourage ***all*** fathers to be more involved in the lives of their children.

Good Dads aims to **build better communities** by promoting engaged fatherhood. We believe the three key ingredients for a great place to live are safe neighborhoods, strong schools and robust economies. But a community without engaged fathers can't hope to have any of these!



# About the Curriculum

***Good Dads* 2.0** is a 15-lesson curriculum designed to encourage fathers and father-figures to explore a variety of important fatherhood skills, including values, discipline and correction, masculinity, role models, stress and anger management, child development milestones, conflict resolution, support networks and much more.

After more than 30 years as a marriage and family therapist, Good Dads founder and director Jennifer L. Baker, PsyD, observed a shocking lack of contemporary, high-quality and intersectional programs aimed at uplifting and educating dads. Dr. Baker and her team developed ***Good Dads* 2.0** in Springfield, MO, to fill this gap.

The course guides participants through a variety of important fatherhood topics through meaningful and thought-provoking questions, multimedia expert testimonials and educational activities.

**"If the only tool you have is a hammer, then everything in the world looks like a nail."**

*This phrase means that we tend to use the tools we have on hand rather than figuring out what tool we **should** be using. But wise builders make sure they are employing the right tool for the job every time. Likewise, dads need a reliable set of parenting tools to build safe, stable homes with their families.* **Good Dads 2.0** *equips fathers with the tools they need — and provides the right ways to use those tools.*



# Program Delivery

## Structure

***Good Dads* 2.0** comprises 15 modules. Each module is designed to be delivered in 90 minutes. Most Good Dads classes take place once a week.

Later modules build on knowledge and ideas from earlier modules, and as such, the program is intended to be delivered in chronological order.

## Class Size

Facilitators can expect to lead class sizes that average 12–15 participants. Good Dads recommends capping classes at 25 participants, depending on classroom seating capacity.

## Facilitators

Good Dads encourages facilitators to work in pairs to deliver course materials. It is recommended that facilitator pairings may consist of one male and one female OR two males.

## Class Times and Meals

To accommodate the work schedules of employed dads, many Good Dads classes take place in the evening and begin with a communal meal. We find that, when dads share a meal, they feel greater camaraderie and trust with their fellow participants and with their class facilitators.

## Activities

Some course activities require men to get up from their seats and participate in hands-on activities. For that reason, we recommend classroom sizes be large enough to accommodate movement. Alternatively, you may also use a adjacent space, like a hallway, to complete activities, or outdoor space when weather allows.

## Classroom Setup

Classrooms must be equipped with a television or projector that can play Contractor Clips.

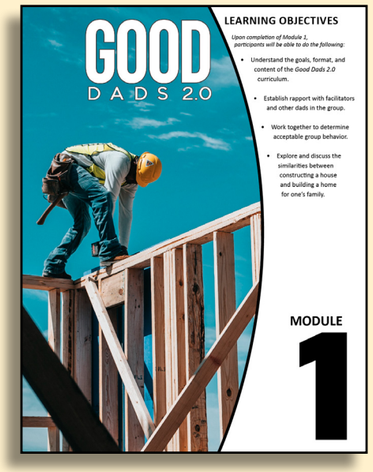
We recommend seating class participants in groups, as opposed to individual desks.

Every seat should have room to write at a table or desk.

## Recommended Preparation and Materials

- Binders for participants
- Name cards
- Chart paper or white board
- Pens and pencils
- Markers and highlighters
- Audio/visual needs: Computer, TV, HDMI cable, flash drive, speakers
- Copy paper
- Playing cards
- Candy for tables (optional)

# Facilitator Guides

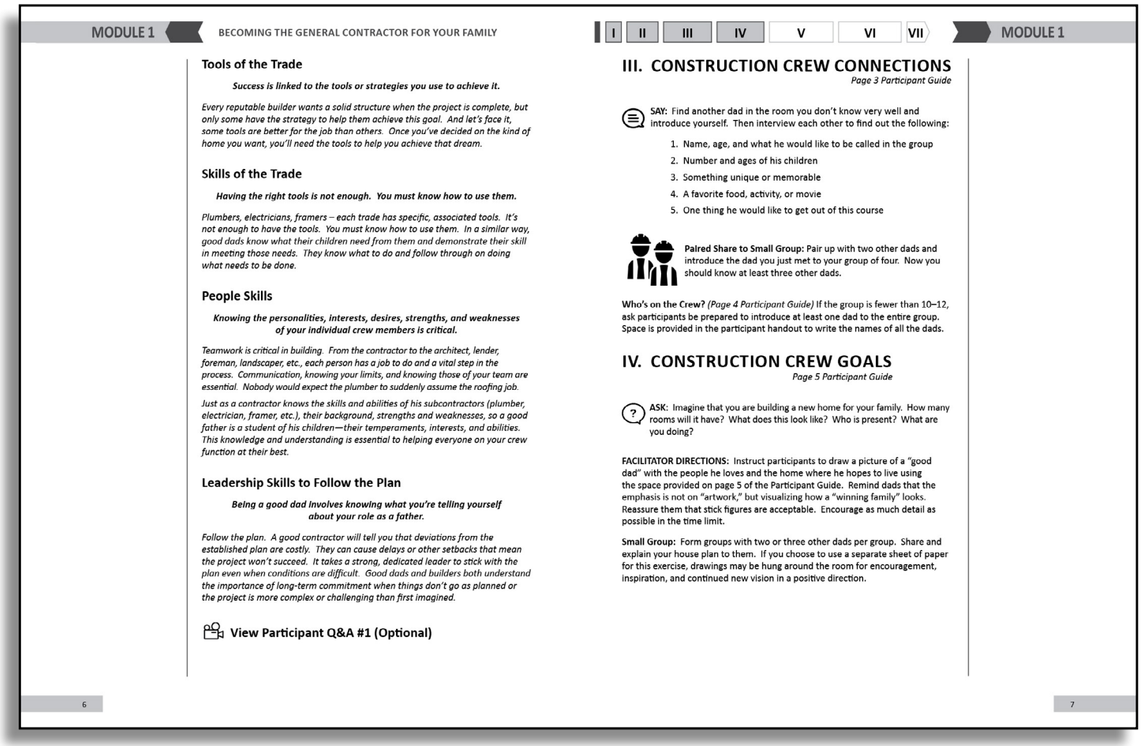



Each set of ***Good Dads* 2.0** comes with a Facilitator Guide. Facilitators use the Facilitator Guide for step-by-step instructions and best practices for leading a Good Dads class. The Facilitator Guide comprises 15 sections, one for each ***Good Dads* 2.0** module.

Guides include wide margins for note-taking, instructions for preparing and executing class activities, sample speaking text, alternate instructions for groups of varying needs, and other tips for running your Good Dads class smoothly.

Download a Facilitator Guide sample at this link, or by going to *gooddads.com/good-dads-2-0/* and clicking on the "Download Facilitator Sample" button.

***Above:*** *Front cover of Module 1* • ***Below:*** *A two-page spread of Good Dads 2.0 Facilitator Guide.*



MODULE 1 BECOMING THE GENERAL CONTRACTOR FOR YOUR FAMILY

### Tools of the Trade

***Success is linked to the tools or strategies you use to achieve it.***

*Every reputable builder wants a solid structure when the project is complete, but only some have the strategy to help them achieve this goal. And let's face it, some tools are better for the job than others. Once you've decided on the kind of home you want, you'll need the tools to help you achieve that dream.*

### Skills of the Trade

***Having the right tools is not enough. You must know how to use them.***

*Plumbers, electricians, framers – each trade has specific, associated tools. It's not enough to have the tools. You must know how to use them. In a similar way, good dads know what their children need from them and demonstrate their skill in meeting those needs. They know what to do and follow through on doing what needs to be done.*

### People Skills

***Knowing the personalities, interests, desires, strengths, and weaknesses of your individual crew members is critical.***

*Teamwork is critical in building. From the contractor to the architect, lender, foreman, landscaper, etc., each person has a job to do and a vital step in the process. Communication, knowing your limits, and knowing those of your team are essential. Nobody would expect the plumber to suddenly assume the roofing job.*

*Just as a contractor knows the skills and abilities of his subcontractors (plumber, electrician, framer, etc.), their background, strengths and weaknesses, so a good father is a student of his children—their temperaments, interests, and abilities. This knowledge and understanding is essential to helping everyone on your crew function at their best.*

### Leadership Skills to Follow the Plan

***Being a good dad involves knowing what you're telling yourself about your role as a father.***

*Follow the plan. A good contractor will tell you that deviations from the established plan are costly. They can cause delays or other setbacks that mean the project won't succeed. It takes a strong, dedicated leader to stick with the plan even when conditions are difficult. Good dads and builders both understand the importance of long-term commitment when things don't go as planned or the project is more complex or challenging than first imagined.*

**View Participant Q&A #1 (Optional)**

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I II III IV V VI VII MODULE 1

## III. CONSTRUCTION CREW CONNECTIONS

*Page 3 Participant Guide*

**SAY:** Find another dad in the room you don't know very well and introduce yourself. Then interview each other to find out the following:

1. Name, age, and what he would like to be called in the group
2. Number and ages of his children
3. Something unique or memorable
4. A favorite food, activity, or movie
5. One thing he would like to get out of this course

**Paired Share to Small Group:** Pair up with two other dads and introduce the dad you just met to your group of four. Now you should know at least three other dads.

**Who's on the Crew?** *(Page 4 Participant Guide)* If the group is fewer than 10–12, ask participants be prepared to introduce at least one dad to the entire group. Space is provided in the participant handout to write the names of all the dads.

## IV. CONSTRUCTION CREW GOALS

*Page 5 Participant Guide*

**ASK:** Imagine that you are building a new home for your family. How many rooms will it have? What does this look like? Who is present? What are you doing?

**FACILITATOR DIRECTIONS:** Instruct participants to draw a picture of a "good dad" with the people he loves and the home where he hopes to live using the space provided on page 5 of the Participant Guide. Remind dads that the emphasis is not on "artwork," but visualizing how a "winning family" looks. Reassure them that stick figures are acceptable. Encourage as much detail as possible in the time limit.

**Small Group:** Form groups with two or three other dads per group. Share and explain your house plan to them. If you choose to use a separate sheet of paper for this exercise, drawings may be hung around the room for encouragement, inspiration, and continued new vision in a positive direction.

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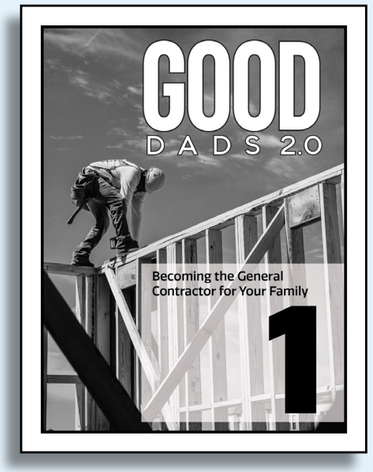
Pg. 6

# Participant Guides

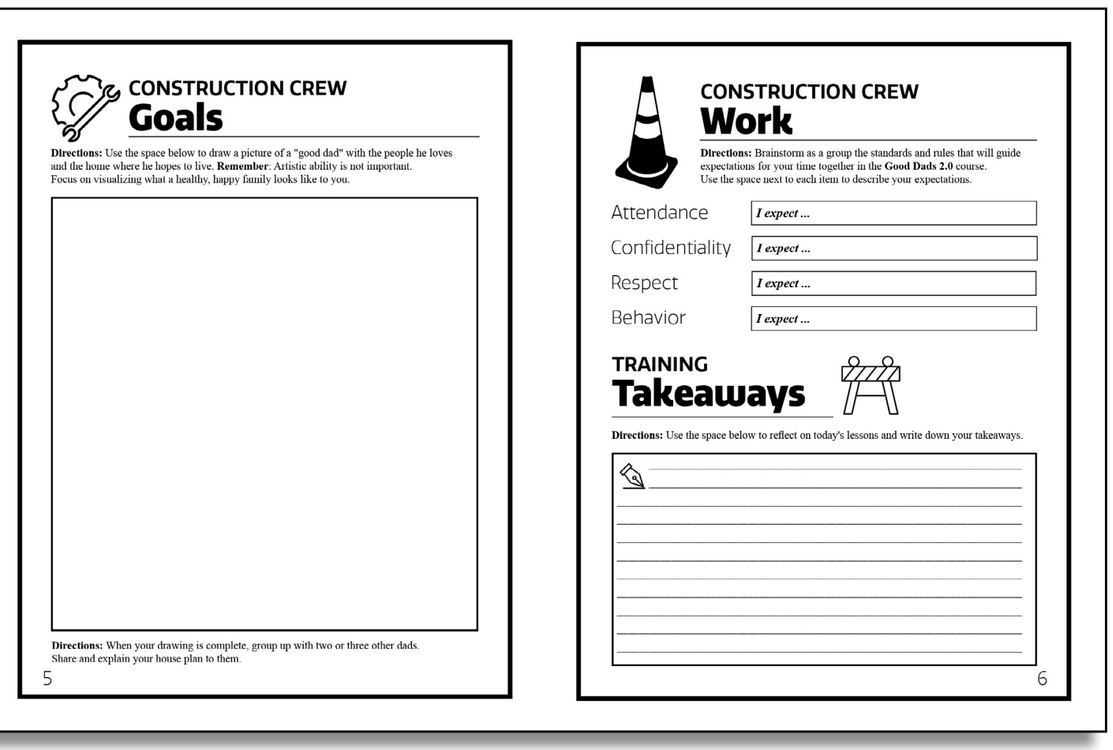



The most important part of ***Good Dads* 2.0** is the Participant Guide. These are eight-page booklets that participant dads, clients of the program, use when they come to class. Good Dads deliberately designed 15 separate module booklets to make a cost-efficient product: Should a participant enroll in the program and attend only one or two classes, the rest of the Participant Guides haven't gone to waste.

Men use the Participant Guides to write key takeaways from the lesson, record advice, draw pictures, check boxes, etc. The contents of the Participant Guides remains private to the clients.

Download a Participant Guide sample at this link, or by going to *gooddads.com/good-dads-2-0/* and clicking on the "Download Participant Sample" button.

***Above:*** *Front cover of Module 1* • ***Below:*** *A two-page spread of Good Dads 2.0 Participant Guide.*



## CONSTRUCTION CREW
## Goals

**Directions:** Use the space below to draw a picture of a "good dad" with the people he loves and the home where he hopes to live. **Remember**: Artistic ability is not important. Focus on visualizing what a healthy, happy family looks like to you.

**Directions:** When your drawing is complete, group up with two or three other dads. Share and explain your house plan to them.

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## CONSTRUCTION CREW
## Work

**Directions:** Brainstorm as a group the standards and rules that will guide expectations for your time together in the **Good Dads 2.0** course. Use the space next to each item to describe your expectations.

| | |
|---|---|
| Attendance | *I expect ...* |
| Confidentiality | *I expect ...* |
| Respect | *I expect ...* |
| Behavior | *I expect ...* |

## TRAINING
## Takeaways

**Directions:** Use the space below to reflect on today's lessons and write down your takeaways.

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# Good Dads 2.0 Video Components

In today's media-driven world, video is king. We connect to people we see in films and television shows. When we hear words from people who are like us, we tend to listen. That's why Good Dads prioritized modern, high-quality and professionally produced video content to accompany printed materials.

***Good Dads* 2.0** customers receive a link to an unlisted YouTube playlist provided with their curriculum purchase. An external flash drive provided is in the event that your class site has unreliable wi-fi.

The program contains two sets of video components:

## CONTRACTOR CLIPS



## PARTICIPANT Q&A VIDEOS




Contractor Clips serve as conversation starters and introduce the main objectives of the module. Your participants will be encouraged to draw a through-line between the construction metaphor and the real-life fatherhood applications of the lesson.

Good Dads uses real tradesmen dads for each Contractor Clip: They are not actors, and the videos are not scripted.

Start each class session with a Contractor Clip. Each is approximately 2-4 minutes in duration.

See an example Contractor Clip at this link.

This supplemental resource is optional. We find the Participant Q&A videos are most useful in reluctant classes that need extra motivation to speak up and discuss the module's lesson. We recommend playing these videos after the first activity in each module, but the videos could be played at any point in the lesson..

Each clip is approximately 2–4 minutes in duration.

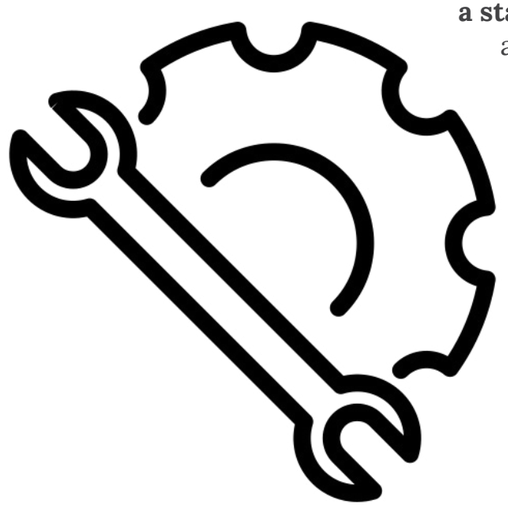
Good Dads aimed to capture a diversity of voices from real-life, relatable dads who participated in and/or facilitated ***Good Dads* 2.0** classes. They are not actors, and the videos are not scripted.





## A NOTE ON OUR CONSTRUCTION ANALOGY

***Good Dads* 2.0** employs an extended home-building/construction metaphor throughout the curriculum. Good Dads finds this analogy is relatable and practical for blue-collar fathers because many of the men we serve are from working-class backgrounds.



Participants learn the skills and strategies for fathers at any stage of life by **comparing being a good dad to building a stable home.** From pouring a level foundation and ensuring sure the cornerstones are square to installing secure locks and nurturing beautiful landscaping, it's easy to see how many of the things we value in safe houses are comparable to what men and their children need in safe homes. Indeed, home building and construction is an apt analogy for raising a family.

We believe the class equips fathers with what they need to build a solid family foundation, much like a contractor on a construction site.

# Sample Grant Rationale

**Here's what you can say to justify your choice to use the *Good Dads 2.0* course. Please feel free to adapt or edit this text to fit your needs.**

- ***Good Dads* 2.0** was developed by Good Dads staff, including a licensed clinical psychologist and marriage and family therapist, filling a need for a father-focused program that catered to a diverse group of dads, step-dads and father-figures whose children span from newborns to adulthood.
- ***Good Dads* 2.0** is effective for all fathers but was especially designed for at-risk dads who may have histories of incarceration and/or addiction.
- The curriculum uses a home-building/construction analogy that is relatable and practical for blue-collar fathers.
- The evidence-based course has served dads from diverse backgrounds and is applicable in a variety of settings, including urban, rural, and intermediate areas.
- The course is easy to use in a variety of class sizes and includes alternate activities for groups with varying needs.
- The curriculum covers myriad topics important to the twenty-first century dad, including stress and anger management, conflict resolution, child development milestones, values, role models, commitment, leadership, safety, confidence, and more.
- The program contains 15 modules, each designed to be delivered in approximately 90 minutes.

## TARGET OUTCOMES

By adopting the ***Good Dads* 2.0** course, we intend to do the following for clients:

- Provide information about the child support system
- Increase the amount of child support paid
- Increase the frequency of child support payments
- Provide information about child development milestones
- Increase the likelihood that participants accept the value of responsible fatherhood
- Provide information on the benefits of responsible fatherhood to children
- Provide training relevant to healthy communication and conflict resolution with one's children, the mother of one's children and others
- Increase the likelihood that participants feel pride and confidence in themselves
- Provide training on stress and anger management
- Decrease self-reported anxiety and depressive symptoms
- Reduce risk for harmful behaviors



# Lesson Descriptions & Objectives

**15** MODULES

**90** -MINUTE CLASS

**22.5** CONTENT HOURS

## BY THE END OF EACH MODULE, PARTICIPANTS WILL BE ABLE TO...

### MODULE 1 • Becoming the General Contractor for Your Family

- Understand the goals, format, and content of the ***Good Dads* 2.0** curriculum.
- Establish rapport with facilitators and other dads in the group.
- Work together to determine acceptable group behavior.
- Explore and discuss the similarities between constructing a house and building a home for one's family.

### MODULE 2 • Site and Building Plans: Your Family's Foundation

- Recognize that a family, like any successful building project, needs a plan with measurements and standards to ensure success.
- Explain why standards matter to building and to families.
- Define "value" and describe the relationship between values and standards.
- Identify personal values important to a safe, stable, and happy home.
- Explain how and why values change as one matures.
- Explain how the values of a parent might influence a child's wellbeing.

### MODULE 3 • Becoming a Great Builder

- Recognize and describe the impact of childhood role models.
- Reflect on the influence of various role models from childhood on current beliefs and behavior as a father.
- Reflect on the impact of father absence as a child on one's ability to father well as an adult.

## MODULE 4 • Reputations and Stereotypes

- Explain how stereotypes influence how we think about ourselves and others.
- Identify personal biases and assess their accuracy.
- Analyze situations where stereotypes may play a role
- Explain ways to overcome stereotypes levied by others.

## MODULE 5 • Sizing Up the Situation

- Evaluate various scenarios and identify the challenges that might interfere with building a strong, safe, and stable family.
- Analyze and evaluate various scenarios to determine which father has the best chance for creating a safe and stable home for their children.
- Consider their potential for being a good dad by identifying their strengths, the barriers they face, and realistic ways to overcome their challenges.

## MODULE 6 • Communicating Well With Your Crew

- Define and describe the essential elements of good communication.
- Explain why feedback is important to clear communication.
- Identify problems that can occur with poor listening.
- Practice and demonstrate what it means to be a good listener.
- Demonstrate the ability to listen well and ask clarifying questions.

## MODULE 7 • Handling Trouble on the Building Site

- Explain why conflict is a natural part of life.
- Explain why conflict with and among peers can be managed in positive ways.
- Identify and explain personal anger styles.
- Recognize cues when one is becoming angry.
- Explain and demonstrate ways of resolving conflict with children without threatening words or actions.



## MODULE 8 • Managing Stress on the Building Site

- Explain the concept behind Adverse Childhood Experiences and their relationship to trauma.
- Identify potential sources of stress and brainstorm possible coping strategies.
- Evaluate both positive and negative ways of handling stress.
- Evaluate ways stress with their child's mother impacts them and their children.
- Recognize potential communication styles and explain ways of handling them.
- Explain the importance of a support network and its connection to a strong, stable home.
- Examine situations where a father needs additional help, and diagnose which type of help is required.
- Identify and demonstrate appropriate ways to ask for help.

## MODULE 9 • Making the Best Decisions Possible with Help from Others

- Explain the importance of knowing when to ask and where to go when help is needed.
- Evaluate various parenting choices and explain their potential consequences to their children in uncertain or ambiguous situations.
- Analyze various parenting scenarios and determine appropriate resources or persons to help them make a difficult parenting decision.

## MODULE 10 • Tools to Support the Solo Contractor

- Describe and discuss challenges faced as a single-parent.
- Identify strategies that improve a dad's ability to care for his child when he is on his own.
- Recognize the importance of pre-planning for time with one's child.
- Describe ways to respectfully interact with his child's mother or other caretaker about potential concerns related to time with him.
- Begin to identify and describe age- and context-appropriate ways to deal with child misbehavior.

## MODULE 11 • Space for Today's Family

- Describe how being a father in the 21st century differs from being a father in the past.
- Identify and analyze various family structures and consider what might work best for them at this time.
- Identify areas where healthy boundaries are needed to protect their children from potentially damaging or dangerous circumstances.
- Identify various factors related to constructing and maintaining a safe and stable home for one's family.

## MODULE 12 • Homes Where Children Grow Best

- Describe factors that help a child thrive and grow.
- Evaluate their knowledge of their own children.
- Discuss the unique ways a father can influence their children's development.
- Plan and prepare a strategy to learn more about ways to encourage the growth and well-being of their children.

## MODULE 13 • Building Self-Confidence

- Define and describe the importance of self-confidence.
- Identify parenting strategies help to encouraging the development of self-confidence in one's child.
- Explain the relationship between work (chores) and self-confidence.
- Identify age-appropriate, household tasks (chores) for children.
- Demonstrate ability to deliver a positive, well-timed affirmation.
- Explain why a parent's over-reaction to a child's misbehavior interferes with a child's ability to learn from his mistakes.



## MODULE 14 • Planning for Family Fun

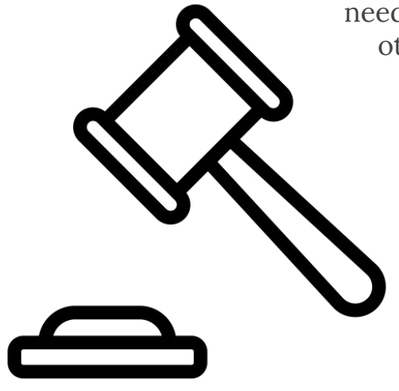
- Explain the importance of play to child development and well-being.
- List a number of playtime activities using varying amounts of time and resources.
- Identify the positives and negatives of competition for a child's play.
- Describe ways to provide positive encouragement to a child involved in an athletic activity.

## MODULE 15 • Understanding the Child Support System

- Explain the Child Support System and laws in their area.
- Discuss some of the history, importance, and justification for the child support system.
- Identify ways to work best within the child support system to benefit their children and protect themselves legally.

### A NOTE ON MODULE 15

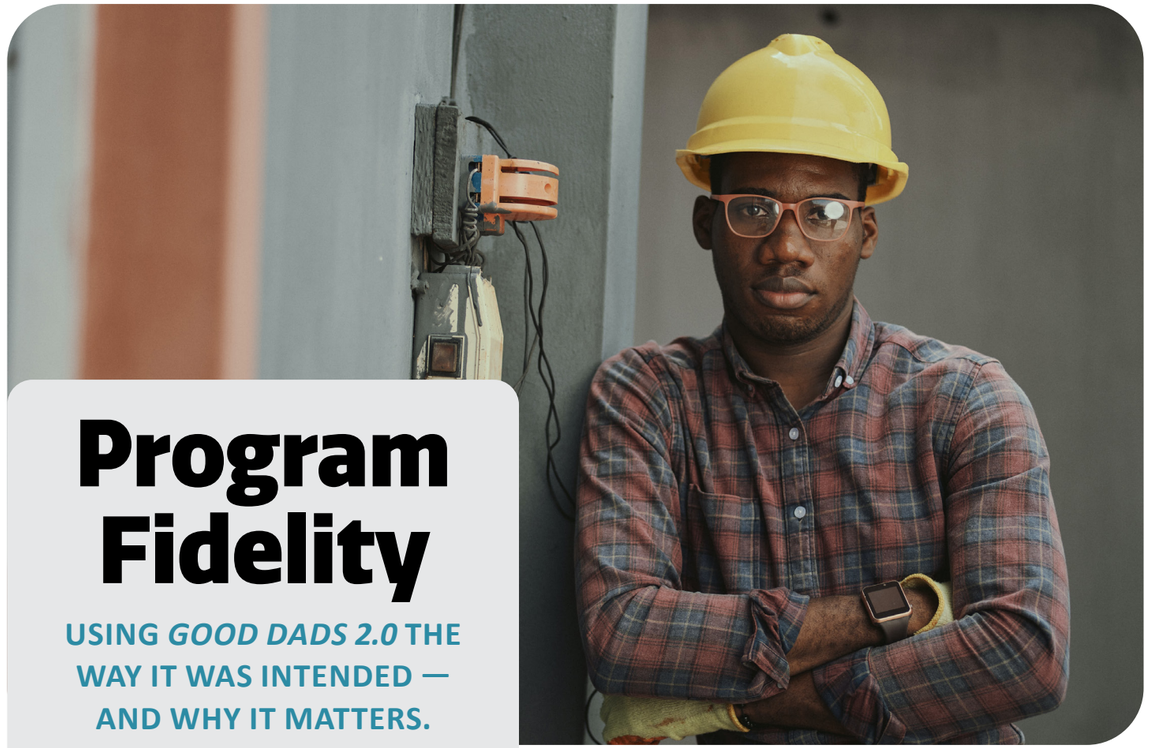
**Module 15, "Understanding the Child Support System,"** was developed in coordination with a Child Support Specialist from Missouri's Family Support Division, and as such, is intended to be delivered in collaboratively by Good Dads facilitators and representatives from child support agencies.



The module uses research relevant to Missouri and may need to be adjusted to fit the needs of participants in other states.

Module 15, unlike the remaining modules in this course, can be delivered out of order. Leaders may choose to facilitate Module 15 at any time during the program.

Good Dads recommends establishing and maintaining a collaborative relationship with your local Family Support Division office to best serve your program participants with open child support cases.



# Program Fidelity

**USING *GOOD DADS 2.0* THE WAY IT WAS INTENDED — AND WHY IT MATTERS.**

As a Good Dads customer, you are expected to use ***Good Dads* 2.0** the way it was intended, including:

- Provide a Participant Guide to each participant
- Offer a safe and comfortable classroom space
- Watch the required Contractor Clips
- Deliver the Modules in chronological order
- Deliver the Module activities as instructed
- Limit outside visitors to class
- In general, be attuned to the needs of your participants, especially those who require extra guidance

**Dosage:** Good Dads has identified a number of positive outcomes associated with the ***Good Dads* 2.0** program. In general, customers can expect to experience many of the same identified outcomes **only when they deliver the curriculum in the way it was intended.**

Good Dads will not monitor or mandate what customers do with the course after purchase, although we expect those using ***Good Dads* 2.0** to adhere to the curriculum.

If you are providing the complete ***Good Dads* 2.0** curriculum, or utilizing segments of the curriculum, you must call it ***Good Dads* 2.0** in all materials, including advertising, handouts, etc. You may wish to have an overall title for your program that is tuned to reaching the participants you are trying to reach. In that case, please acknowledge clearly in the text that you are using ***Good Dads* 2.0**. If you plan to modify portions of the course to fit your program's needs, reach out to Good Dads' staff so we can understand your needs.



# Evidence

**Quantitative Survey:** In 2023, Missouri State University Emeriti Professors Dr. Bradley J. Fisher and Dr. Gloria J. Galanes conducted a formal assessment of ***Good Dads* 2.0.** They disseminated a survey to a cohort of Good Dads participants in 2022 that was "designed to capture what these participants gained about various aspects of fatherhood, including communication patterns, conflict resolution, dealing with stress, help-seeking, and attitudes about fatherhood." Participants were asked to rank their attitudes on a scale of 1 (strongly disagree) to 7 (strongly agree) on a series of statements, including:

**"GOOD DADS HELPED ME UNDERSTAND THE BENEFITS OF ACCEPTING FATHERHOOD TO MY CHILDREN."**
*MEAN: 6.71 OUT OF 7*

**"GOOD DADS INCREASED MY AWARENESS OF HOW I INFLUENCE MY CHILDREN."**
*MEAN: 6.66 OUT OF 7*

**"GOOD DADS TAUGHT ME TO UNDERSTAND WHAT CHILDREN NEED AT DIFFERENT STAGES OF THEIR DEVELOPMENT."**
*MEAN: 6.55 OUT OF 7*

**"GOOD DADS HELPED ME LEARN HOW TO COMMUNICATE BETTER WITH MY FAMILY."**
*MEAN: 6.54 OUT OF 7*

**"GOOD DADS TAUGHT ME WHAT TO DO TO MEET THE CHALLENGES OF ACCEPTING FATHERHOOD."**
*MEAN: 6.54 OUT OF 7*

**"GOOD DADS HELPED ME UNDERSTAND AGE-APPROPRIATE WAYS TO DEAL WITH MY CHILD'S BEHAVIOR."**
*MEAN: 6.53 OUT OF 7*

# Evidence (Cont'd)



## KEY TEXT FOR EVIDENCE OF EFFICACY

**Here's what you can say to demonstrate why *Good Dads 2.0* is the right choice. Please feel free to adapt or edit this text to fit your needs.**

- A 2022 assessment of the ***Good Dads 2.0*** curriculum found participants experienced positive outcomes, including the benefit of accepting fatherhood to their children and increased awareness of how fathers influence their children. Participants further reported an increased awareness of parenting skills and healthy communication strategies.
- Program participants contributed more than **$3.5 million** to their child support cases in Missouri between 2018 and 2023, reflecting a more than **300% return on the state's $1,087,000 investment.**
- In general, fathers who understand their role in the family, and those who accept the importance of responsible fatherhood to their children, are more likely to contribute to their child support cases on time—and pay more, on average, than dads who are not participants in responsible fatherhood programs. These men are, in general, less likely to commit crimes or recidivate.
- Men who participate in the ***Good Dads 2.0*** course are more likely to be positively involved in their children's lives.
- **Sustainability:** The Good Dads model creates a groundswell of grassroots support in a community. This means that the program, when used in conjunction with ***Good Dads Great Communities***, can continue to be effective should grant funding cease.



# Evaluating Your Program

## DATA CHECKLIST FOR YOUR GOOD DADS PROGRAM

**Use this sample checklist as you consider what data you intend to collect about class participants when they enroll in your Good Dads program.**

### PARTICIPANT INFO

- Participant name
- Participant contact information
- Birth date
- Employment information
- Ethnicity
- SSN
- Driver's license
- SS benefits

### FAMILY INFO

- Marital status
- Household size
- Child(ren)'s name(s)
- Child(ren)'s age(s)
- The quality of the participant's relationship(s) with his child(ren)
- Number of open child support cases and monthly amount owed

### OTHER DATA

- Contact information for participant's case manager, probation/parole officer, etc.
- Participant's goals for the future, e.g., custody/visitation, education/employment, housing/transportation
- Participant's ACE score

### PERFORMANCE TIP!

Take care to monitor the dollars your participants contribute to their child support cases. This figure is important because many may not have been paying child support before enrolling in your program. Additionally, Good Dads recommends conducting a one-on-one review at course completion (with a participant and his case manager) to discuss how the course may have impacted his behaviors and attitudes towards fatherhood. Together, these metrics tell a powerful story about the efficacy of your Good Dads program.

Interested in learning more about best practices for demonstrating program fidelity? Good Dads is happy to provide customers with its enrollment questionnaires, knowledge and attitude assessments, pre-tests, post-tests, ACE questionnaires, Anxiety and Depression Inventories, and more. Contact us at **info@gooddads.com** and **(417) 501-8867** for more information.

# Participant Materials Costs




*Purchase* **Good Dads 2.0** *in one of our convenient and competitively priced bundles, summarized below.*

**Reminder**: *See page 7 of this guide for a Participant Guide overview.*

*Download a Participant Guide sample at this link, or by going to* **gooddads.com/good-dads-2-0/** *and clicking on the "Download Participant Sample" button.*

| Ultimate Contractor Bundle | Handyman Bundle | Backyard Builder Kit |
|---|---|---|
| **$500** BEST DEAL! | **$325** | **$30** |
| Twenty sets of ***Good Dads 2.0*** Participant Guides (15 modules). | Ten sets of ***Good Dads 2.0*** Participant Guides (15 modules) | One set of ***Good Dads 2.0*** Participant Guides (15 modules).<br><br>Budget $2 per à la carte module. |

***Please add 7% to the materials price to account for shipping in your line-item budgets.***




## WHAT ABOUT FACILITATOR GUIDES?

***Good Dads 2.0*** Facilitator Guides cannot be purchased by themselves; they are included in the cost of **Facilitator Training**, detailed on the following page. To maintain the highest possible delivery quality of the evidence-based program to participants, Good Dads maintains a strict policy to sell this course only to those who have completed facilitator training to Good Dads' satisfaction.



# Training Options

## YOU COME TO US

***How much will it cost to send one or more people to training?***

Customers may choose to bring their staff to Missouri to attend a Good Dads' **Training Camp.** Good Dads hosts three-day training events twice a year in Springfield, MO, and as needed in Kansas City and Columbia, MO.

We will provide the following for training camp participants:

- Breakfast, lunch, refreshments and snacks are included.
- Facilitator Guide and Activity supplies are included in registration.

### Associated Costs for You

- Overnight lodging for 2-3 nights
- Travel and per diem (evening meal, hotel, etc.)
- $575 per individual facilitator
  - $2,870 for 5 facilitators (5th is half-price)
  - $5,175 for 10 facilitators (10th is free)

## WE COME TO YOU

In some cases, it may be more cost effective for us to come to you. Following are some important considerations in this decision:

- Training groups with 15 or fewer participants require 2 master facilitators
  - Travel, lodging, $500/day facilitator cost, per diem for meals, etc. ($8,000—$10,000) This can vary considerably based on distance, mode of travel and cost of lodging.
- Training groups with 16 or more participants require 3 master facilitators
  - ($12,000—$15,000)

***Other Costs Associated with Hosting a Training:***

**Fixed Cost:** Registration rates for facilitator trainees (see above).

**Variable Costs:** These vary from region to region and some services may be donated.

- Meals and refreshments of Training Camp attendees and Good Dads staff
- Activity supplies, e.g., markers, pens, binders, sticky notes, chart paper, etc.
- Shipping for materials (if needed)
- Rental costs for classroom/ conference room (if applicable)

Regardless of the Training option you choose, skilled Good Dads presenters go through the ***Good Dads 2.0*** course one lesson at a time to equip trainees with everything they need to know to effectively facilitate the curriculum.

**Training Materials** are included in the cost of training. You'll receive the full Facilitator Guide and flash drives containing Facilitator Guide digital files, all Contractor Clip videos, and all Participant Q&A videos.



# Tailored Support

When you choose ***Good Dads* 2.0** as the catalyst for your community's responsible fatherhood efforts, you'll be entitled to individualized support and other resources from Good Dads to ensure your program's success.

Included in the price of the curriculum, grantees can redeem **three hours of consultation from Good Dads curriculum experts** within 180 days of the curriculum purchase (tracked by Good Dads). These can be flexibly conducted via your preferred means of support, e.g., virtual meetings, phone calls, video conferences, etc. These meetings offer real-time answers to your questions and are designed to improve upon the skills your facilitators acquired during the Good Dads Training Camp.

Need more than three hours? Good Dads can offer more time to provide advice, guidance and best practices to help your team problem-solve and best serve your clients, **billed at $100 per hour**. We're here to support you on a variety of topics, such as curriculum integrity, class attendance and incentives, activity delivery, research, assessments and surveys, formal evaluations, progress reports, child support pay/no pay tracking, and much more.



# Sample Budget

Use the tables below as your jumping-off point for justifying the costs of the ***Good Dads* 2.0** program.

| SENDING FACILITATORS TO TRAINING | COST |
|---|---|
| **Mandatory 3-day Facilitator Training** | |
| *Registration*<br>Five registrants (4 @ $575 and 1 @ $287.50) | **$2,870.00** |
| *Travel*<br>Two vehicles traveling 500 miles round-trip @ $0.67 | **$670.00** |
| *Lodging*<br>Five rooms for 3 nights @ $200/night | **$3,000.00** |
| *Per Diem*<br>$15/day for 3 days for 5 registrants = $450 | **$225.00** |
| **Total cost to send five people to a Training Camp in Springfield:** | **$6,765.00** |

| COST OF OPERATING A GOOD DADS CLASS | COST |
|---|---|
| **Participant Materials, Class Supplies and Meals** | |
| *Participant Guides*<br>Five bundles @ $500, plus 7% for shipping (if needed) | **$5,350.00** |
| *Class Supplies*<br>(including copy paper, pens, colored pencils and markers, chart paper, sticky notes, etc.) | **$250.00** |
| *Meals*<br>Assuming class size of 15 participants, class length of 15 weeks, and $6 per person per meal (meals may be donated) | **$8,910.00** |
| **Total cost to host 15-week Good Dads classes for 100 participants:** | **$14,510.00** |

| ADDITIONAL EXPENSES | COST |
|---|---|
| **Continued Consultation and Support (optional as needed)**<br>Three hours of Continued Consultation and Tailored Support are included in the price of training. *This option is not applicable to Good Dads Chapters.* | **$100.00/hour** |

# CHOOSE US

*for your next Healthy Marriage & Responsible Fatherhood grant*



*Helping Kids & Communities One Dad at a Time*

GOOD DADS

## ABOUT GOOD DADS

Good Dads is a leading father-focused nonprofit with a mission to inspire, resource and encourage all fathers to be more involved in the lives of their children. It serves at-risk fathers through ***Good Dads 2.0***, a 15-week evidence based curriculum that explores a variety of important dad skills, such as stress and anger management, role models, conflict resolution, child development milestones and more.

## SAMPLE RATIONALE

- ***Good Dads 2.0*** was developed in 2021 by Good Dads staff, including a licensed clinical psychologist and marriage and family therapist, filling a need for a father-focused program that catered to a diverse group of dads, step-dads and father-figures whose children span from newborns to adulthood.
- The curriculum employs an extended home-building/construction analogy that is relatable and practical for blue-collar fathers.
- The evidence-based course has served dads from diverse backgrounds and is applicable in a variety of settings, including rural, urban and intermediate areas.
- The course is easy to use in a variety of class sizes and includes alternate activities for groups with varying needs.
- ***Good Dads 2.0*** is effective for all fathers but was especially designed for at-risk dads who may have histories of incarceration and/or addiction.

## THE IMPACT YOU'LL MAKE

Two Missouri State University emeriti professors formally assessed the ***Good Dads 2.0*** course in 2022. They found participants experienced positive outcomes, including the benefit of accepting fatherhood to their children, increased awareness of how fathers influence their children. Participants further reported an increased awareness of parenting skills and healthy communication strategies.

## Costs

- ***Good Dads 2.0*** facilitators are required to attend a three-day training hosted by Good Dads before they can lead classes. Attend training at the Good Dads headquarters in Springfield, MO, or choose to bring Good Dads staff to your location, for an additional cost.
- Good Dads staff is here to answer questions and offer tailored technical assistance under the program's costs.
- **Sustainability:** The Good Dads model is proven effective even without grant funding.

For prices and purchasing options, please visit our website at **gooddads.com/good-dads-2-0**

**For more information, reach out to Good Dads:**
(417) 501-8867
info@gooddads.com