March 2013

A Message from the Executive Director - Morgan Streeter

It’s our 10th Birthday!

The Minnesota Fathers & Families Network is celebrating its tenth year in the important work of supporting healthy communities, healthy fathers, and healthy families. In the decade since a few dedicated visionaries founded MFFN, a lot has happened for fathers and families across our state.

MFFN has accomplished much and has helped Minnesota become a leader in programming and services that help fathers and families. MFFN has had both a direct and indirect impact over the years. We’ve educated many practitioners and direct service providers, we’ve helped agencies and organizations assess their "father friendliness" and take steps to do more to recognize and welcome fathers, we’ve helped influence policies and voice where we can still improve.

We have also seen the product of our work in many ways. One small but important example is how visitation with children of inmates have improved. The Department of Corrections understands that the stronger you build the connection outside of its walls, the less likely it is that someone will reoffend and be back behind those walls. Child support offices have also taken the lead in working with fathers and supporting them in making their payments versus just being a collections agency. They provide numerous programs that help the non-custodial parents (ncp) meet their financial expectations, breaking down one barrier that may have prevented the ncp being more involved with their children.

There is still more work to be done in bringing various agencies and service providers from being “father aware” to “father inclusive”. We will continue to support those programs in improving the lives of Minnesota children by making policy changes.

Throughout the year, MFFN will be celebrating it anniversary and will be honoring the Champions of Fatherhood. We’ll be gathering, sharing, telling stories about how our collective efforts have changed the lives of many. Join us in recognizing others. Look back at accomplishments and focus on the future. Watch for information about MFFN programming and other opportunities coming soon.

MFFN Membership

The Minnesota Fathers & Families Network is dedicated to supporting effective programs to enhance the responsible involvement of fathers in the lives of children, families and the community. As a professional development and networking organization, MFFN will help you to strengthen your work, learn from others around the state, and build the field of fatherhood and family services practitioners.
Membership Levels

Friend of Fathers
Join us at no charge to be a part of our listserv and receive e-newsletters, announcements or updates. (Training discounts offered with paid memberships). Existing and previous memberships will become a “Friend of Fathers status in 2013.

Fatherhood Ally: Individual paid membership
$50 and above (includes toolkit, annual meeting invitation, voting privileges, and discount to 2014 Annual Summit)

Fatherhood Advocate: Individual paid membership
$100 and above (includes toolkit, annual meeting invitation, voting privileges, and discount to 2014 Annual Summit and other MFFN offered trainings)

Organizational Fatherhood Advocate: Organizational paid membership
$200 (includes one toolkit, annual meeting invitation, voting privileges for up to 5 staff members and discount to 2014 Annual Summit and other MFFN offered trainings for up to 5 staff members).

With a paid membership, receive the new MFFN toolkit pictured below.

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Featured Agency:
Southside Community Health Services (SCHS) provides high quality, affordable, accessible and comprehensive health care. SCHS has two medical clinics (located in South Minneapolis and St. Croix) and one building that encompasses the administration, dental and vision clinics in South Minneapolis. SCHS also has a dental unit that is an extension of the dental clinic and provides services off site. Link to their website: http://www.southsidechs.org/. They have a medical mobile unit called the “Q”mmunity Mobile Unit. “Q” for quality and quickly, “mmunity” represents immunizations, health and that the unit is for the community. The versatile mobile unit is designed to have the unique ability, capability and capacity to best adjust to address the needs of the community. Link to the following website for additional information on their outreach: http://qmmunityoutreach.shutterfly.com/.

Southside Community Health Services is one of seven recipients of the 2012 Commissioner's Circle of Excellence Awards. Link: http://mn.gov/dhs/

Conferences or Events of Interest:

MCFR Conference
"Improving the Future for Families: Building Resilience and Managing Stress" and features Dr.
Amit Sood, Director of Research and Practice at the Mayo Clinic Complementary and Integrative Medicine Program. The conference is being held May 8, 2013 at the Wellstone Center, St. Paul. Link to the website for additional information
http://www.mcfr.net/conferences.htm

**Goodwill/Easter Seals MN event**
Goodwill/Easter Seals MN recognizes the urgent need facing military and veterans as they reintegrate into our community after serving our country. Many soldiers return home with physical and psychological wounds that affect their ability to find meaningful work and adapt to life outside of the military.

Keynote speaker Colonel David W. Sutherland, US Army-retired, will introduce a collaborative community approach to support service members and their families. In his final three years of his 29-year career, Colonel Sutherland served as Special Assistant to the Chairman of the Joint Chiefs of Staff with a principal focus on warrior and family support.

Please join us for a community listening and planning session that will include military, veterans, their families, health care, faith community, employers, service providers, and community leaders. We will review the resources currently available to veterans in Central Minnesota and identify potential gaps. The event is March 13, 2013 at the St. Cloud River's Edge Convention Center. See attached flyer for additional information: Flyer - Easter Seals - Col Suth - St Cloud FINAL.pdf

**Supporting Children of the National Guard and Reserve Institute TM(GRI)**
The Military Child Education CoalitionR (MCECR) a nonprofit organization addressing the educational needs of children in military families, presents the training. The institute focuses on information needed to raise community awareness about the issues faced by children when a parent is deployed. Through a combination of direct instruction, group work and interactive activities, participants develop strategies and the framework of an Action Plan to support the "suddenly military" children. Log on to: http://www.militarychild.org/

- May 15-16, 2013 - St. Cloud

**Father Project Presentation - Brainerd**

Founded in 1999, the FATHER Project became a program of Goodwill/Easter seals in 2004. Since then, the FATHER Project has served hundreds of fathers in the community through its extensive network of collaborative Partners. The holistic service model includes intensive case management, parenting groups, child support services, father and family activities, leadership development and employment services. You are invited to attend a community meeting on March 22nd in Brainerd. More information in the attached flyer: FATHER Project - Brainerd.doc

**Resources of Interest**
PTSD (Post-Traumatic Stress Disorder) symptoms are associated with a higher risk of divorce. Therefore, family support agencies should enhance their services for returning soldiers that screen positive for PTSD, according to a recent report titled: "Home Front, Post-Deployment Mental Health and Divorces." It was prepared for the Department of Defense by the RAND Center for Military Health Policy Research. Link to the report: Post Deployment Mental Health and Divorces paper.pdf

Men's Therapy Group - Catholic Charities
Steven Roecklein, Men's Group Therapist, is holding a Men's Therapy Group through Catholic Charities. This therapy group for men will deal with:
-Issues of anxiety (e.g., feelings of stress, worry, insecurity, tension, anger, fear and guilt) and
-Problems of depression (e.g., low motivation, lack of interest in daily activities, loss of sleep and appetite, tiredness, hopelessness, agitation, loneliness and self-defeating thoughts.
More information on the attached flyer: MensGroupFlyer 9-12.pdf or contact Steven Roecklein at 612-388-3588.

Minnesota Fathers & Families Network would like to help promote your event or conference by sending it in our monthly e-newsletter. Send information to info@mnfathers.org. We will make every effort to include the information and apologize in advance if your event or conference is missed.

MFFN Change of Address:

Minnesota Fathers & Families Network
3109 West 50th Street #134
Minneapolis, MN 55410-2102

Like us on Facebook: http://www.facebook.com/pages/Minnesota-Fathers-Families-Network/250703460987

Send us your photos and/or stories of you or someone you know being a father to Sarah Cheesman scheesman@mnfathers.org. We would love to put those on our website. If you send something to us, you are authorizing us to share it with our members or put it on our website.