



InsideOut **DAD**[®]

FOURTH EDITION

PITCH KIT

**National
Fatherhood
Initiative[®]**

InsideOut DAD[®]

FOURTH EDITION

PITCH KIT

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I. Introduction

Greetings from National Fatherhood Initiative®! Thank you for your interest in the InsideOut Dad® program. InsideOut Dad® is the nation's most widely used evidence-based program designed specifically for incarcerated fathers. It is used in more federal, state, and local corrections systems and facilities—and in transitional facilities—than any other fathering program. Further, it develops fathers pro-fathering knowledge, attitudes, and skills.

Over the years we have received many questions and requests related to the program, so we decided to put it all in one kit that you can use to pitch this program to your boss, board, or funder. In this “Pitch Kit,” you will find everything you need to “make the case” for running (or funding) InsideOut Dad® in your organization or setting.

We did our best to answer every question you might have, but if we missed something, please feel free to contact us. We're here to assist you any time!

Sincerely,
National Fatherhood Initiative® Staff
P: 301.948.0599 | Email: fathersource@fatherhood.org

InsideOut Dad® Overview

National Fatherhood Initiative®(NFI) developed the first edition of InsideOut Dad® in 2005 to address a gap in quality fatherhood programs with proven effectiveness that help incarcerated fathers while incarcerated (on the inside) and, for those who will be released, prepare them to reenter the lives of their children and families (on the outside). NFI revised and released the second edition of the program in 2012 and the third edition in 2018. NFI released this fourth edition in 2026. To create each new edition, NFI integrated feedback from program facilitators, fathers participating in the program, and independent program evaluations. NFI also integrated the latest research on behavior change and tools that enhance the program's delivery.

Approach and Theoretical Foundation

InsideOut Dad® is a cognitive-behavioral program. Cognitive-behavioral programs have emerged as some of the most successful in helping inmates adopt behaviors that benefit them, others, and society, and that help them avoid returning to incarceration post-release. A cognitive-behavioral program is built on the simple idea that how we think directly shapes how we feel and how we ultimately act as parents. Instead of just focusing on changing a surface-level habit, this approach helps fathers identify the “hidden” thoughts or beliefs that might be triggering their reactions during stressful moments. By spotting these patterns, fathers can learn to pause and replace old, automatic responses with new, healthier ways of interacting with their families. InsideOut Dad® gives fathers the hands-on skills to handle challenges differently than they have in the past. Ultimately, this approach empowers men to move away from reacting on autopilot and instead choose actions that reflect the kind of fathers they truly want to be.

In addition to a cognitive-behavioral approach, InsideOut Dad® draws on several behavior-change theories that include: Social Learning Theory, the Theory of Planned Behavior, and the Stages of Change.

Hundreds of federal, state, and local correctional facilities—and transitional programs run by community-based organizations—use this life-changing program. It is an effective tool for preparing fathers to reenter society and may help lower recidivism rates.

Evidence-Base

InsideOut Dad® has been proven through independent evaluations to increase family contact and develop pro-fathering knowledge, attitudes, and skills. See page 10 of this kit for a list of evaluations and links to the studies.

Program Delivery

Delivered in a group setting by a facilitator(s). You can also modify it for delivery in a one-on-one setting. Facilitator training is available.

Number of Sessions

12 core sessions + 6 optional reentry sessions.

InsideOut Dad® Logic Model

The most effective intervention programs, regardless of what they seek to address, have a logical underpinning that explains how they work. **Logic models** are a common tool used by developers of programs to describe how programs work. Although the basic components of logic models vary somewhat, they all describe what goes “in” to a program and what comes “out” of it.

The InsideOut Dad® program is no exception. The logic model to the right describes how NFI designed the program to work.

Use the logic model to increase your understanding of what the program addresses (problem), how the program works (inputs/activities and outputs), and what it should produce (outcomes) so you can effectively communicate about it to your colleagues, funders, and evaluators.

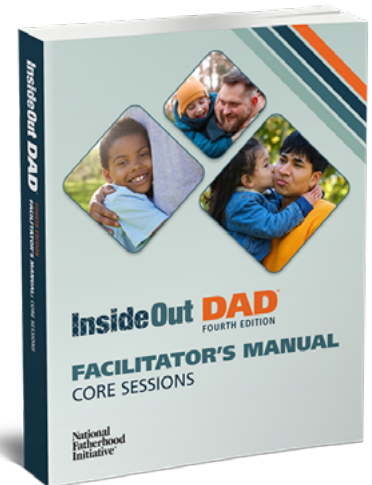
InsideOut DAD[®] LOGIC MODEL



InsideOut Dad® Session Topics, Facilitator's Kit Components, and Pricing

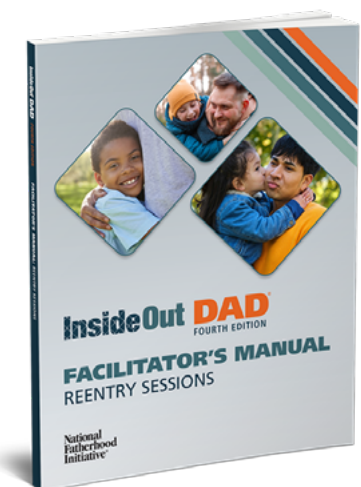
InsideOut Dad® has 12, two-hour Core Sessions with an optional preparation session:

- (Optional) Preparing for InsideOut Dad®
- Introduction
- Family History and the InsideOut Dad
- What It Means to Be a Man
- Showing and Handling Feelings
- Men's Health
- Fathering from the Inside
- Communication
- The Father's Role
- Children's Growth
- Disciplining Children
- Working with Mom and Co-Parenting
- Change and Impact



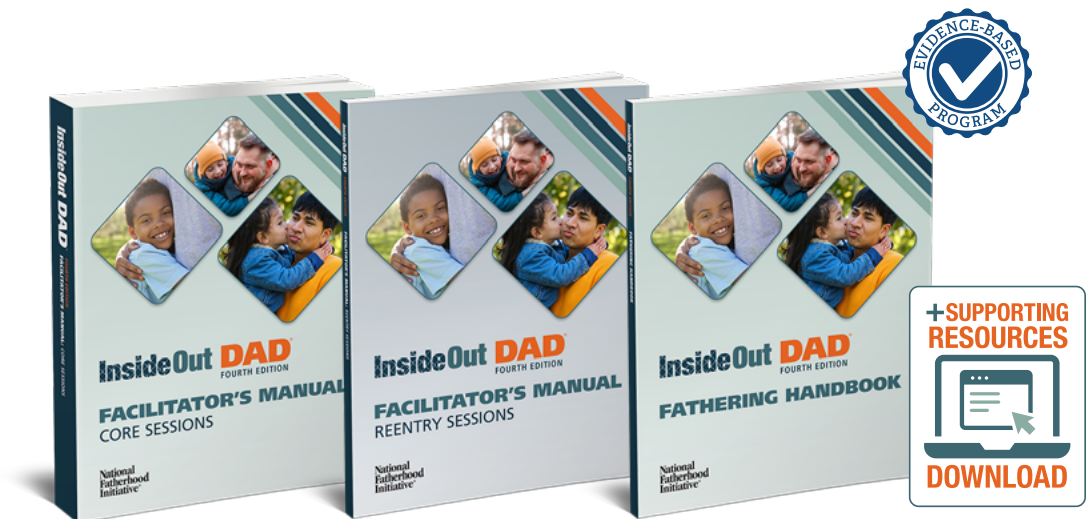
InsideOut Dad® also has 6 Optional Reentry Sessions:

- Fathering on the Outside
- Responsibilities and Child Support
- Visits Upon Release
- Communication Patterns
- Safe Communication
- Money Management



The InsideOut Dad® Facilitator's Kit includes:

- **1 - InsideOut Dad® Facilitator's Manual: Core Sessions** complete with information about the program's history, theoretical foundation, implementation tactics, reentry focus, and guided information for facilitating each session.
- **1 - InsideOut Dad® Facilitator's Manual: Optional Reentry Sessions** covering topics specific to challenges fathers may face upon reentry.
- **1 - InsideOut Dad® Fathering Handbook** for use as a reference for what you will provide the dads in your groups. (Additional fathering handbooks in both English and Spanish are available for purchase).
- **(1) InsideOut® Support Resources Packet (download)** includes a new optional PowerPoint® slide deck, new optional videos, handouts in English and Spanish, optional preparation session, Certificate of Completion, and much more!
- **Facilitator On-Boarding Support Series**
- **NFI-Hosted Quarterly Facilitator Connection Meetings (Virtual)**
- **Ongoing Free Technical Assistance from NFI's Program Success Director and other NFI Staff**



InsideOut Dad® Complete Program Kit

IOD4-KIT - \$949 per Kit

Extra InsideOut Dad® Fathering Handbooks

IOD4-HBK-EN - \$13.99 each (English)

IOD4-HBK-SP - \$13.99 each (Spanish)

Optional DVD with optional Session Videos

For facilities that need to use a standard DVD player with television setup.

IOD4-DVD - \$14.99 each

InsideOut Dad® FAQ's

How many sessions are in InsideOut Dad®? InsideOut Dad® consists of 12, two-hour core sessions and 6 optional reentry sessions.

How is InsideOut Dad® delivered? InsideOut Dad® is most often delivered in a group-based setting, but you can also modify it for delivery in a one-on-one setting.

Can a female facilitator effectively deliver InsideOut Dad®? Absolutely! In fact, we recommend considering a male-female pair to share the facilitation of the group when possible. What matters most is the facilitator's ability to prepare effectively and engage the group.

Who is InsideOut Dad® appropriate for? InsideOut Dad® is appropriate for incarcerated fathers who differ in characteristics, such as their age, children's age, marital status, custody status, and the quality of the relationship with their co-parent.

Is InsideOut Dad® culturally-sensitive/relevant/multi-cultural? InsideOut Dad® can be used with fathers of different cultures, races, ethnicities, and religions. The program is flexible so that it can be customized to meet dads' needs and characteristics.

What are the ongoing costs for implementing InsideOut Dad®? InsideOut Dad® is a very affordable program to sustain. Handbooks for each father cost only \$13.99 each*.

Do facilitators need specific qualifications, credentials, or certifications to deliver InsideOut Dad®? No. NFI does not require that facilitators have specific qualifications, credentials, or certifications. Anyone with a heart for supporting fathers may facilitate the program.

Is there a facilitator training requirement? No. However, NFI recommends training. We have several training options to help facilitators effectively implement the program: live webinar training, custom, online on-demand training, and in-person training at your organization. NFI also offers a Master Trainer option by request.

Does NFI provide any other assistance with running the program? NFI offers basic technical assistance at no cost and more in-depth assistance for a fee. Please contact us to discuss your needs; we would be happy to work with you.

* At the time of this writing.

InsideOut Dad® Evaluations, Samples, and Fidelity Resources

InsideOut Dad® Outcomes:

The InsideOut Dad® program, has been evaluated with the following outcomes:

- **Increased pro-fathering knowledge, attitudes, skills, and self-efficacy** (Block et al., 2014).
- **Increased father-child contact during and after incarceration** (Block et al., 2014; Turner et al., 2021).
- **Decreased parental conflict between fathers and their co-parents** (Turner et al., 2021).
- **Improved fathers' overall well-being** (Turner et al., 2021).

InsideOut Dad® Program Sample Pages:

Download Here:

<https://135704.fs1.hubspotusercontent-na1.net/hubfs/135704/Program%20Assets/InsideOut%20Dad/InsideOut-Dad-4th-Sample.pdf>

Implementing InsideOut Dad® with Fidelity:

Download Here:

<https://135704.fs1.hubspotusercontent-na1.net/hubfs/135704/Program%20Assets/InsideOut%20Dad/IOD-4th-Edition-Fidelity-Guide.pdf>

InsideOut Dad® Fidelity Checklists:

Download Here:

<https://135704.fs1.hubspotusercontent-na1.net/hubfs/135704/Program%20Assets/InsideOut%20Dad/IOD-4th-Fidelity-Checklist-combo.pdf>

InsideOut DAD®

Now in its Fourth Edition!

Just When You Thought It Couldn't Get Any Better...

New videos. Streamlined facilitator's manuals. Even more engaging learning experiences. Discover what's new in our flagship curriculum for incarcerated fathers.

Since 2005, InsideOut Dad® has improved thousands of incarcerated fathers' lives. It's been a catalyst for helping these fathers establish, strengthen, and maintain relationships with their children and families pre- and post-release.

This evidence-based curriculum builds the attitudes, knowledge, and practical fathering skills that give incarcerated fathers the confidence they need to succeed in their most important role—being an involved, responsible, and committed dad.

Engaging core sessions combine improved interactive activities, new videos, and research-based guidances to help fathers grow as dads before release. Optional reentry sessions prepare them to navigate relationships, responsibilities, and challenges after release.

Join the hundreds of jails, prisons, and reentry programs nationwide using InsideOut Dad® to help fathers build stronger connections with their children and prepare for successful family and community reintegration.

Facilitator's Kit

\$949

IOD4-KIT

Fathering Handbooks

(English and Spanish)
Purchased Separately

\$13⁹⁹ ea. IOD4-HBK



CURRICULUM AT-A-GLANCE

Program Structure:

- ▶ 12 Core Sessions*
- ▶ 6 Optional Reentry Sessions

*Can be customized for shorter stay facilities with complementary companion guide

The Facilitator's Kit Includes:

- ▶ Facilitator's Manual: Core Sessions
- ▶ Facilitator's Manual: Optional Reentry Sessions
- ▶ 1 Fathering Handbook for reference
- ▶ Supporting resources via download:
 - New optional videos (English and with Spanish captions)
 - New optional PowerPoint® slide deck
 - Optional Introductory Session
 - Handouts in English & Spanish
 - Certificate of Completion
 - And Much More!



All books are Bound to Meet Maximum Security Standards

What's New?

Fourth Edition of **InsideOut DAD**[®]



Facilitator session scripts!

We restructured the Core and Reentry Session Guides with scripts that make content delivery easier, faster, and more impactful. These scripts help experienced facilitators sharpen their delivery while enabling new facilitators to learn the program quickly and confidently.



New optional, engaging Core Session videos!

We added professionally produced, optional videos to engage and motivate dads at the start of each Core Session. Shown during the Welcome and Warm-Up activity, these videos preview what dads will learn while making sessions easier and more enjoyable to facilitate. We also replaced the outdated *Xavier's Story* motivational video with the newer *Taz & Dani* video!



Improved flow of activities!

We identified and closed gaps in program activities by clarifying procedures, adding missing content, and incorporating facilitators' tips directly into activities as essential guidance rather than optional considerations. Improvements also include making the Closing, Comments, and Evaluation activities that conclude each session easier to facilitate.



Reflection in between Core Sessions!

Between Core Sessions, facilitators assign fathers reflection time to reinforce learning and deepen their understanding of session content. Fathers then share their reflections at the start of the next session.



New participant centering procedure.

We added an evidence-informed practice in the Welcome and Warm-Up Activity of every Core and Reentry Session that centers fathers and puts them in a ready-to-learn mindset. Fathers can also use this practice anytime they need to center (calm) themselves outside of the program.



Sources for evidence-based and evidence-informed content!

Facilitators asked for even more sources supporting the program's content. The Core and Reentry Session Guides integrate more data sources. We also added new tips and guidance on communication, healthy relationships, creative ways to help fathers connect with their children and families, and more.



Improved Fathering Handbook!

We added content to the handbook reinforcing new tips and guidance. We also redesigned it to eliminate clutter and make better use of space.



New optional PowerPoint[®] slide deck for Core Sessions!

We added an optional slide deck to reinforce some of the most critical program content in the Core Sessions while including just enough to engage dads visually but not distract them from engaging with each other or the facilitator.



Improved Fathering Survey!

Based on feedback from facilitators, we revised questions for clarity in this helpful evaluation tool.



Additional design improvements!

We streamlined the Core and Reentry Session Guides, reducing clutter and making the new scripts easier to identify. We also replaced the easy-to-lose flash drive with a dedicated web page featuring updated supporting resources, including session handouts and program fidelity tools. Access them online or download them to your computer or shared drive before entering the facility.

Facilitator Training Available!

- On-demand in our Academy
- Public webinar training
- Custom webinar or in-person training for organizations

Visit www.fatherhood.org/solutions/staff-training to learn more and register!