



A Man Alone:

Increasing the wellbeing of fathers, father figures, and family members
in women's substance use disorder treatment



META HOUSE
RECLAIMING WOMEN'S LIVES

META HOUSE

*Ending the generational cycle of addiction by
healing women & strengthening families*

Agenda

- Overview of Meta House programming
- Overview of the Father Involvement Specialist (FIS) Program
- FIS procedures
- Screening tools
- Specific services

Learning Objectives

- Describe the process used by Meta House to increase involvement of fathers, father figures, and extended family members
- Identify screening tools used to assess needs of family members impacted by SUDs
- Identify Evidence Based interventions used to support family members impacted by SUDs.

Our Approach

- Meta House is a **gender specific** treatment program for those who identify as women struggling with substance use disorders and often co-occurring mental health concerns
- More than 80% of our clients report a history of abuse. For that reason, we ensure that we are **trauma informed** and **strength based** in all that we do.
- ~75% of the women we treat are mothers. It is critical to the long-term success of our clients and their families that we are **family centered** in our approach.
- Addiction is a disease. Meta House incorporates **evidence-based** therapeutic practices in our work to ensure that our clients have the tools to build a strong recovery program.



A Snapshot

Residential Treatment

- 35 beds for women
- 15 beds for our clients' children 12 and under

Outpatient Treatment

- Tailored to meet women where they are in recovery
- Services offered Monday through Friday

Recovery Housing Community

- 15 apartment units for families led by women in early recovery
- 10 shared apartment units for single women in early recovery



Across our continuum of care...

For over 55 years, our program has evolved to meet the unique needs of women in our programs.

Services

- 1:1 and Group Therapy for SUD
- Ability to address co-occurring mental health concerns
- Child & Family (& Child Care)
- Peer Support
- Vocation & Education (& Literacy Lab)
- Case Management
- Connection Medication Assisted Treatment
- Experiential Therapies



Specialized Services for Pregnant Women

Meta House served 125 women who were either pregnant or had a baby under the age of one in 2019

- Nutrition, breastfeeding, sleep health
- Connection to prenatal care
- Transportation to medical appointments
- Parenting classes (focus on prenatal/newborn needs)
- Connection to community resources
- Medical team coordination of MAT and NICU services

"The most important thing for me was giving my baby a fair shot at a healthy life. [Getting into] treatment was that opportunity for my daughter. I was in a safe, supported and very structured environment that helped me stay clean. I learned how to properly care for a newborn in every aspect. That made all the difference."



Meta House Residential Pregnant and Postpartum Services
(current PPW SAMHSA grant started in Oct. 2017)

FAMILY SUPPORT SERVICES



At Meta House, we provide additional care to our women who are pregnant or postpartum by supporting the supportive people in their lives through referrals to services. We understand the road to recovery takes a team and through Fatherhood Involvement Specialist (FIS) services we can provide additional tools to bring lives back together.



In 2014, MH hired its first Father Involvement Specialist (FIS) to provide outreach and services to supportive people in the client's life.

Policy

The FIS role is to help the supportive people of the women recover from the effects of substance use. This is done by helping them become involved in the women's activities at Meta House (MH). Also, to provide a positive recovery support team for the women.

The women's supportive person must be at least 18 years of age.

The PPW Child and Family Therapist will collect a list of women's supportive people during their intake process. The therapist will email the list to the Director of Child and Family Services (DCFS), other PPW team members (including the FIS).

The FIS will meet with the women to get confidential Releases of Information (ROI) signed for each supportive person they list to have permission to contact them.

The FIS will contact each supportive person that has a signed ROI. THE FIS will start engagement with family members using Motivational Interviewing (MI) techniques.

If contact is made, and the supportive person agrees to FIS services, FIS will start the intake process either in person or over the phone/virtually.

- a. Informed Consent –signed by supportive person
- b. Client Rights
- c. Rules and Guidelines –MH smoke free facility.

If the supportive person agrees to complete an assessment, they will get a \$10 gift card as an incentive for participating in the assessment. The assessment will include:

- d. The Family Support Services Assessment Instrument (Demographics, Substance use/Treatment, Mental Health Treatment, Medical History, Income and Employment, and Legal).
- e. Fetal Alcohol Spectrum Disorders (FASDs) Prescreen – a positive screen is forwarded for further assessment
- f. Screening, Brief Intervention and Referral to Treatment (SBIRT) is a comprehensive, integrated, public health approach to the delivery of early intervention and treatment services. Based on how the client scores, will determine if additional alcohol and/or drug treatment is recommended.

Based on the results of the assessment, the FIS will complete a service plan with each supportive person if they are in agreement.

The FIS will review the service plan with the supportive person every 30 days.

The FIS will connect the supportive person to any needed services identified as part of the assessment and service plan.

The FIS is fully trained in Motivational Interviewing (MI)

Concern: (In client's words)

Long Term Goals: Client reports increase in individual and family well-being.

Short Term Goals: Participates in screenings and services.

- Interventions:**
- Referral to AODA services
 - Referral to education services
 - Referral to employment services
 - Referral to medical services
 - Referral to behavioral health/trauma services
 - Referral to smoking cessation
 - Referral to housing services
 - Referral to benefits (W2, food stamps, disability, VA)
 - Referral to legal services
 - Referral to Nuturing Fathers
 - Referral to Celebrating Families!
 - Referral to Mom, Daddy, & Me
 - Individual meetings
 - Consultation with team
 - FASD pre-screen
 - SBIRT
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Stages of Change						
Monthly Progress to Goal:						
Date of Review:						
Client/Staff Initials:						

 Client Date

 Clinical Supervisor Date

 Provider Date

 Medical Director Date

List of Common Services FIS can assist the supportive person with

- Job Readiness/ Employment
- Educational Support
- Child Support Assistance
- Driver's License Recovery
- Mobile Legal Clinic
- Healthcare/ Insurance

FIS Outreach

- Milwaukee Fatherhood Initiatives – Fatherhood Summit
- Various other father and family resources in the community

Conducted by MH staff (in person or virtually)

Nurturing Fathers Program - 13-week, evidenced-based training course is designed to teach parenting and nurturing skills to men. Each class provides proven, effective skills for healthy family relationships and child development. (FIS co-facilitation)

Recovery Nights - for women, children, fathers/father figures/partners, and other family members with the purpose of providing an opportunity for engaging family members of the women and children while providing resources and education. The Family Night events include a meal, recreational activities, raffles, and information on various resources.

Celebrating Families! -13-week skill building evidence-based educational program for children and their parents/caregivers, helping them to be healthy, responsible, and addiction free. (FIS co-facilitation)

Mommy Daddy and Me - 6 –weeks group for mothers, fathers, and their children 0-3 which features coaching in age-appropriate activities, focus on parent/child interactions, and play activities from a trauma-informed perspective. (FIS co-facilitation)

FIS will also work with the rest of the women's team to provide coordinated care.

Discharge from a program will happen when the supportive person:

- no longer has a need.
- the woman is no longer active at MH.
- if the supportive person requests the services to be terminated
- if the supportive person cannot be located, refuses services, becomes deceased, poses a safety risk, or has a serious rule infraction.

PPW FIRST Goals Related To FIS Programming

Goal 6: Increase the number of fathers reunited or reunified with their children

Goal 8: Increase the number of individualized service plans that include involvement of fathers, partners, and other family members

Goal 12: Increase father-child relationship/attachment

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