

# Welcome!

We are so glad you are here!

We will get started shortly.  
In the meantime, we invite you to  
intentionally enter this space.



Silence your cell  
phone



Stretch



Close the door



Take a few deep  
breaths



Close browser  
windows



Emotionally release  
your to-do list



Check your audio  
and video



Take a bio break

# Co-Parenting Learning Academy

THURSDAY, MARCH 16, 2023  
3:00PM — 4:30PM ET

*THE HEALTHY START TA & SUPPORT CENTER IS OPERATED BY THE NATIONAL INSTITUTE FOR CHILDREN'S HEALTH QUALITY (NICHQ). THIS PROJECT IS SUPPORTED BY THE HEALTH RESOURCES AND SERVICES ADMINISTRATION (HRSA) OF THE U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES (HHS) UNDER GRANT NUMBER 1 UF5MC327500100 SUPPORTING HEALTHY START PERFORMANCE PROJECT.*

NICHQ  
National Institute for  
Children's Health Quality

HEALTHY  
start  
TA & SUPPORT CENTER





# Agenda

**Housekeeping & Learning  
Academy Overview**

**Danisha Charles**  
HEALTHY START TA &  
SUPPORT CENTER (TASC)

**Session 1 Overview**

**Dr. Jeffery Johnson**  
NATIONAL PARTNERSHIP FOR  
COMMUNITY LEADERSHIP  
(NPCL)

**Minnesota's Co-Parent  
Court: A Model for  
Integrating  
Comprehensive Parenting  
Services with Child  
Support Establishment**

**Guy Bowling**  
GUY BOWLING ENTERPRISES;  
FATHER PROJECT

**Q&A**

**ALL**

**Wrap-up**

**Danisha Charles**  
TASC





THIS SESSION IS BEING RECORDED.



ALL PARTICIPANTS ARE MUTED UPON ENTRY. WE ASK THAT YOU REMAIN MUTED TO LIMIT BACKGROUND NOISE.



PARTICIPANTS ARE ENCOURAGED TO SHARE COMMENTS AND ASK QUESTIONS USING THE CHAT BOX.





# Learning Academy Overview

**Danisha Charles**

HEALTHY START TA & SUPPORT CENTER

*Co-PARENTING LEARNING ACADEMY  
HOSTED BY THE HEALTHY START TA & SUPPORT CENTER AT NICHQ*

**NICHQ**  
National Institute for  
Children's Health Quality

**HEALTHY  
start**  
TA & SUPPORT CENTER

# Healthy Start Learning Academies

HEALTHY START LEARNING ACADEMIES PROVIDE AN OPPORTUNITY FOR HS GRANTEES TO PARTICIPATE IN CURRICULUM-BASED COURSES ON SPECIFIC TOPICS ASSOCIATED WITH THE FOUR HS APPROACHES AND 19 HS BENCHMARKS. LEARNING ACADEMIES BUILD HS STAFF KNOWLEDGE AND PREPARE THEM TO APPLY THEIR LEARNINGS TO THEIR HS PROGRAM'S DAY-TO-DAY ACTIVITIES.

# Learning Academy Structure

- Monthly virtual sessions
- Required readings
- Group presentations
- All sessions will be posted on EPIC in an e-learning format for those who cannot attend the live sessions



# Co-Parenting Learning Academy

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## Goal:

The goal of the Learning Academy is to examine the breadth and depth of social welfare policy in the 20th and 21st centuries while exploring the policies and practices that have influenced the focus on mothers and children and have excluded fathers from family support systems, and redefining “co-parenting” as it has been integrated into current MCH practices.

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# Co-Parenting Learning Academy Schedule

Session	Time & Date
Session #1	February 16, 3-4:30 pm ET
Session #2	March 16, 3-4:30 pm ET
Session #3	April 20, 3-4:30 pm ET
Session #4	May 18, 3-4:30 pm ET

CO-PARENTING LEARNING ACADEMY  
HOSTED BY THE HEALTHY START TA & SUPPORT CENTER AT NICHQ



# Co-Parenting Learning Academy Session Topics

Session	Topic
Session 1	<b>Overview NPCL Co-Parenting Curriculum and Co-Parenting Models</b>
Session 2	<b>Co-Parenting Among Unmarried Parents: A Case Study</b>
Session 3	<b>Working with Mothers: Community-Based Perspectives</b>
Session 4	<b>Co-Parenting Research and Policy Perspectives</b>





# Welcome

**Danisha Charles**

HEALTHY START TA & SUPPORT CENTER

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# Co-Parenting Learning Academy Deans



***Dr. Jeffery Johnson***

CEO & PRESIDENT,  
NATIONAL PARTNERSHIP FOR COMMUNITY LEADERSHIP  
(NPCL)



# Session 1 Overview

**Dr. Jeffery Johnson**

NATIONAL PARTNERSHIP FOR COMMUNITY LEADERSHIP  
(NPCL)

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# Co-Parenting Learning Academy Session 2

A COMMUNITY BASED APPROACH TO CO-PARENTING:  
A CASE STUDY

Dr. J's Foundational Points



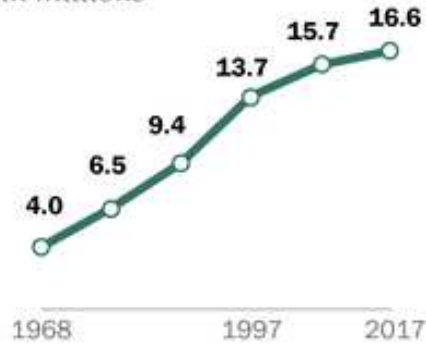
# CO-PARENTING GLOSSARY OF TERMS FOR SESSION 2

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- **Co-Parenting-** Co-Parenting describes a parenting situation where the parents are not in a marriage, cohabitation, or romantic relationship with one another”.
- **Sole Physical Custody** - involves one parent having physical custody of the child or children. The other parent, or “non-custodial” parent, only exercises physical custody over the child when visitation rights are involved.
- **Co-Parenting Agreement** - is an agreement between two consenting adults regarding the collective raising of one of the parent's biological or adopted child. This sort of parenting contract outlines the goals and rules regarding how the two will contribute to childcare.
- **Co-Parenting v. Joint Custody** - **Two terms that seem interchangeable but are not joint custody and co-parenting.** The difference is one is a legal term, while the other is a parenting style chosen amongst divorced/separated parents. One can have joint custody, but not co-parent.
- **Parenting Time Agreement** - A parenting agreement (or parenting plan) is a written document that you and your ex-spouse create together to outline how you will handle the care of your children after your divorce. Creating an agreement helps both parents understand what the other expects of them and can alleviate conflict that often comes with separation.

**Since 1968, a fourfold increase in the number of unmarried parents**

*All unmarried U.S. parents, in millions*



Note: "Parents" are all U.S. parents living with at least one child younger than 18.

Source: Pew Research Center analysis of Current Population Survey March Supplement (IPUMS).  
"The Changing Profile of Unmarried Parents"

PEW RESEARCH CENTER

# WHY CO-PARENTING?

- Seventy percent of black children are born outside of marriage, living in single parent households, and substantial number are poor
- This issue is particularly acute among low-income never-married parents

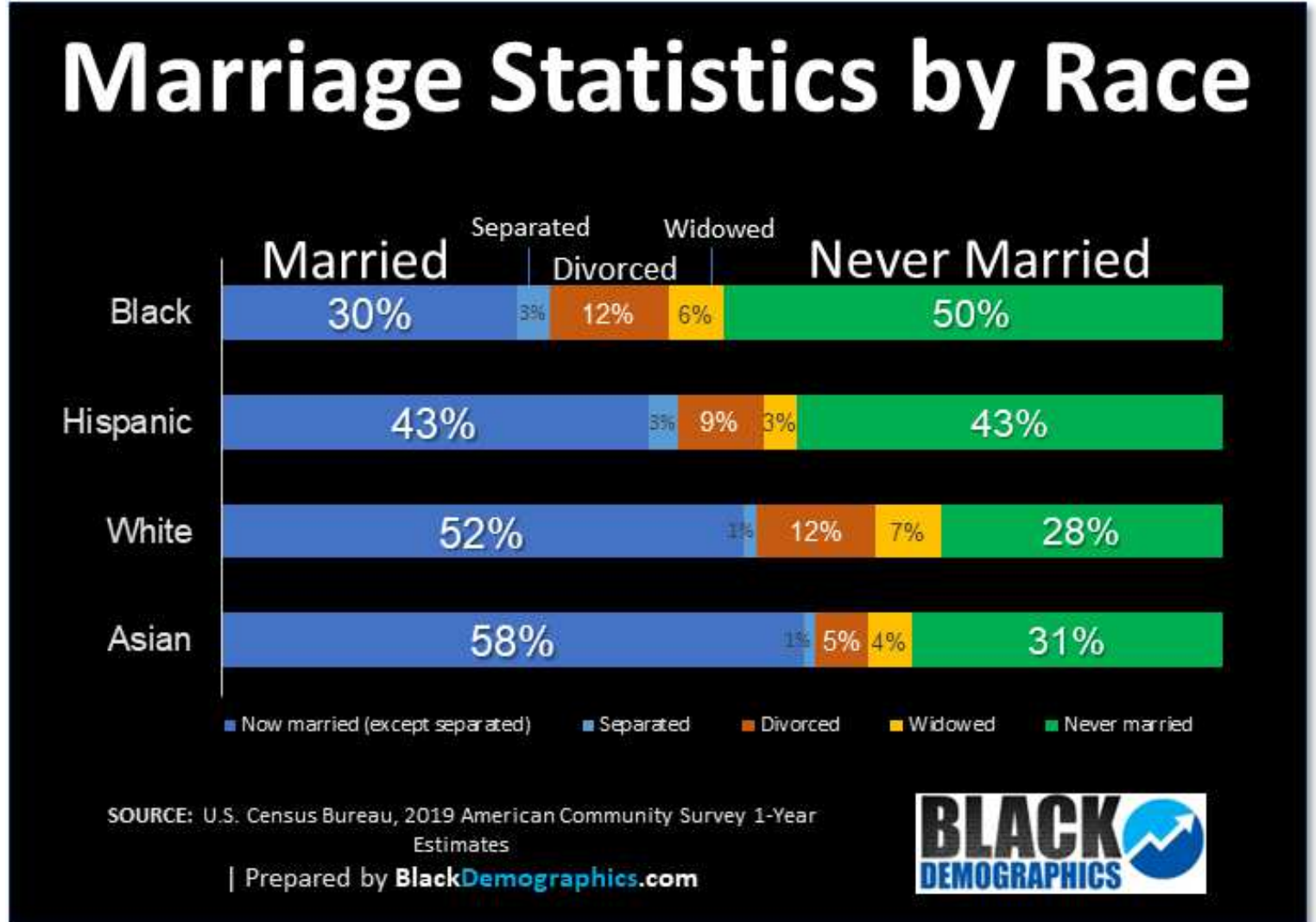
## DATA PROVIDED BY KIDSCOUNT

# Children in single-parent families by race in the United States

Location	Race	Data Type	2019
United States	American Indian	Number	341,000
		Percent	52%
	Asian and Pacific Islander	Number	549,000
		Percent	15%
	<b>Black or African American</b>	<b>Number</b>	<b>5,988,000</b>
		<b>Percent</b>	<b>64%</b>
	Hispanic or Latino	Number	7,339,000
		Percent	42%
	Non-Hispanic White	Number	8,479,000
		Percent	24%
	Two or more races	Number	1,923,000
		Percent	40%
	Total	Number	23,756,000
		Percent	34%



# Marriage Statistics by Race



# WHY CO-PARENTING?

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- Child development research on the role of fathers has shown the importance of dads and how they influence children, including self-control, cognitive growth, and social and emotional competence.

# WHY CO-PARENTING?

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- ❑ An analysis of over 100 studies on parent-child relationships found that having a loving and nurturing father was as important for a child's happiness, well-being, and social and academic success as having a loving and nurturing mother.





# Today's Guest Speaker



**Guy Bowling**

PRESIDENT, GUY BOWLING ENTERPRISES  
DIRECTOR, FATHER PROJECT

# Minnesota's Co-Parent Court: A Model for Integrating Comprehensive Parenting Services with Child Support Establishment

# Why is Co-Parenting Beneficial?

Parents agree on the rules and support each other's decisions

Children learn parental authority is not arbitrary

Children are not subjected to inconsistent discipline





# Why is Co-Parenting Beneficial?

Children internalize social norms and moral values

Children observe the modeling of interpersonal skills like communication, respect, and compromise

Co-parenting fosters  
non-resident fathers'  
involvement



# ACEs-Adverse Childhood Experiences

1. Emotional abuse
2. Physical abuse
3. Sexual abuse
4. Emotional neglect
5. Physical neglect



# ACEs-Adverse Childhood Experiences

- 6. Mother treated violently
- 7. Household substance abuse
- 8. Household mental illness
- 9. Incarcerated household member



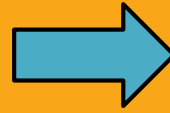


# ACEs-Adverse Childhood Experiences

## 10. Parental separation or divorce



## Increased ACEs

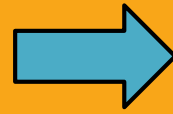


## Increased Risk

- Alcoholism and alcohol abuse
- Chronic obstructive pulmonary disease (COPD)
- Depression
- Fetal death

- Risk for intimate partner violence
- Multiple sexual partners
- Sexually transmitted infections (STIs)
- Smoking

## Increased ACEs



## Increased Risk

- Health-related quality of life
- Illicit drug use
- Ischemic heart disease (IHD)
- Liver disease

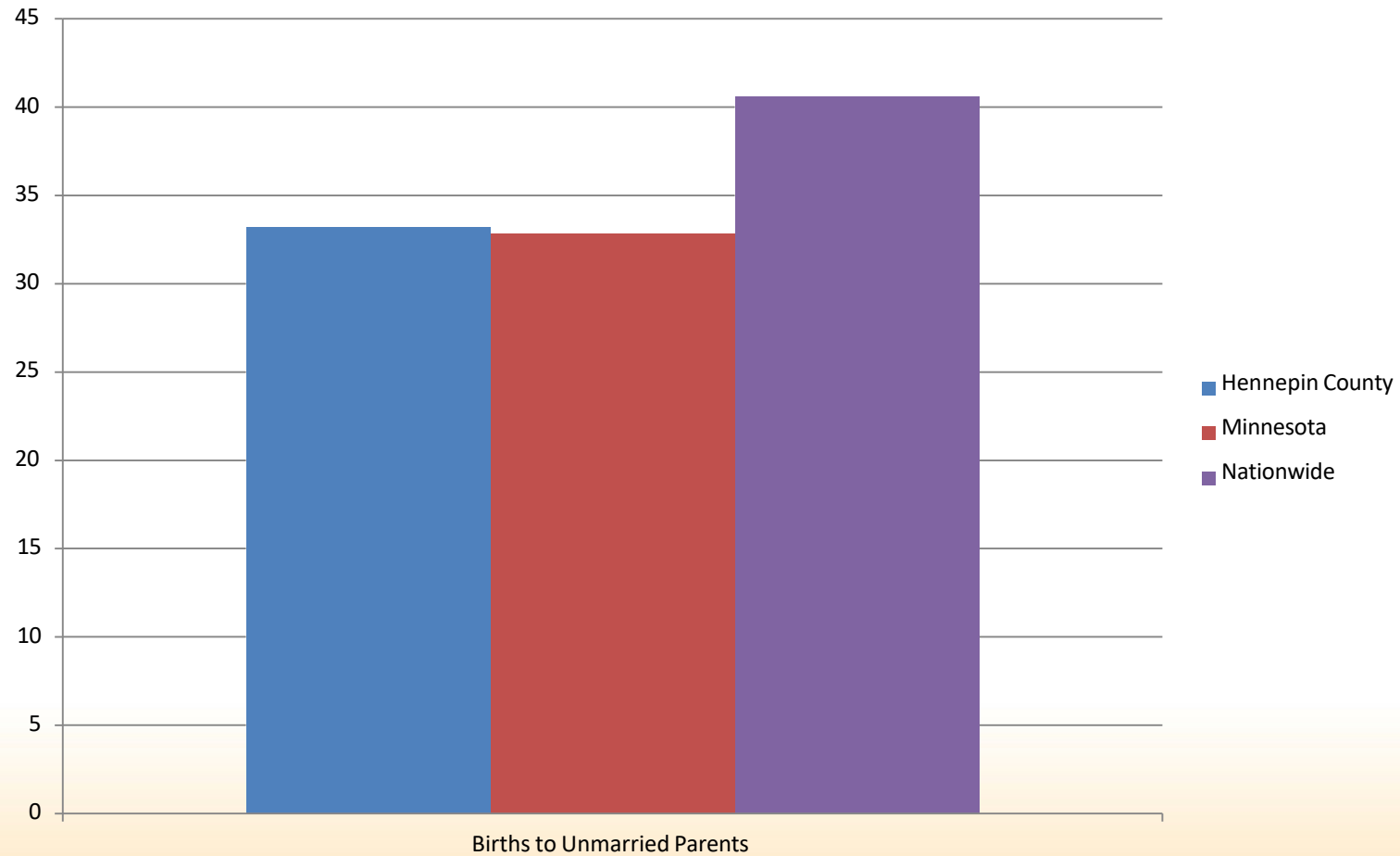
- Suicide attempts
- Unintended pregnancies
- Early initiation of smoking
- Early initiation of sexual activity
- Adolescent pregnancy



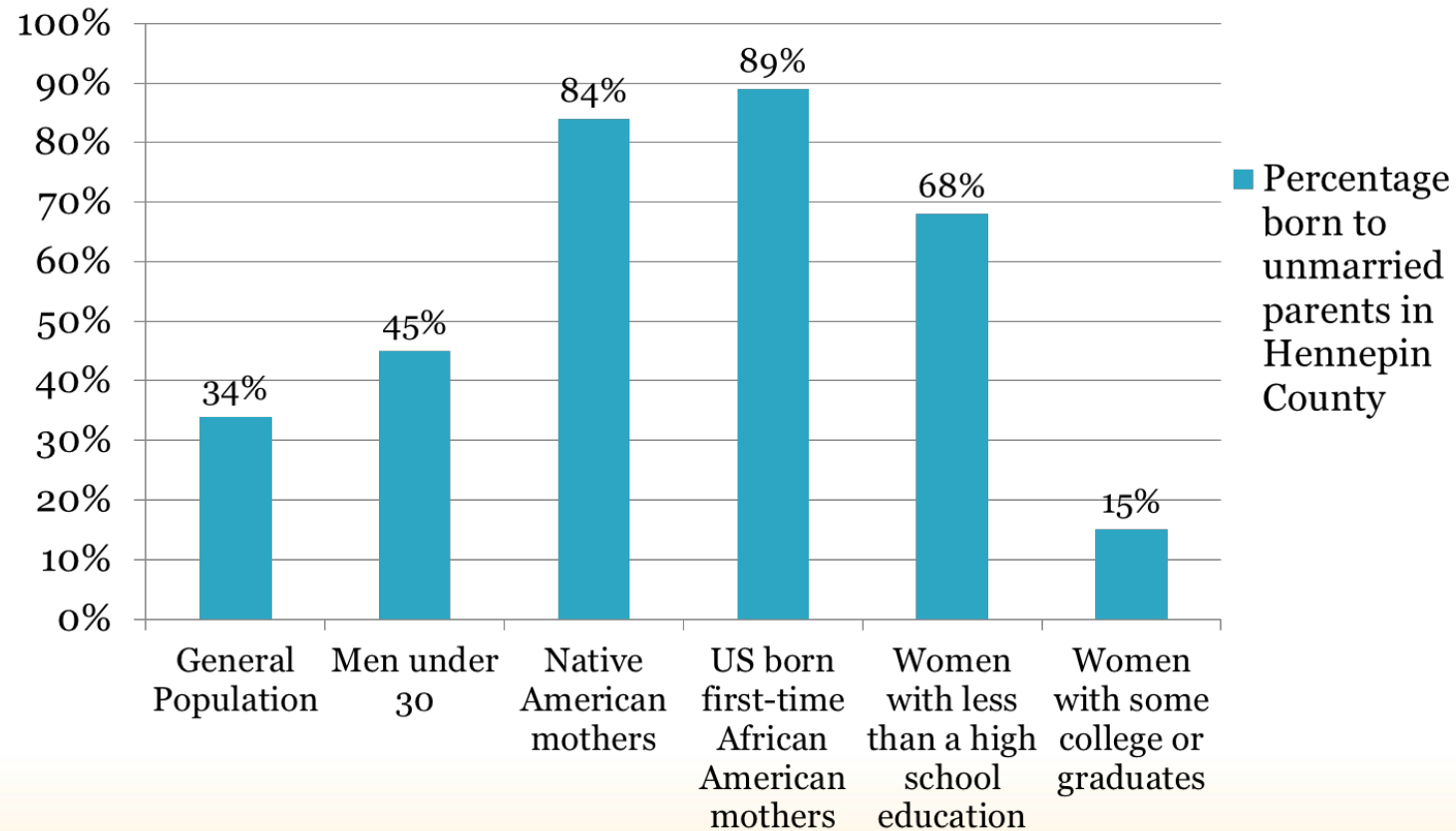
# Risks to Children: Quitting School and Teenage Pregnancy

Parents	Percentage of Children Who Drop out of High School by Parent Status	Percentage of Daughters Experiencing Teenage Pregnancy by Parent Status
Married Parents	13%	11%
Divorced Parents	31%	33%
Never Married Parents	37%	37%

# Children Born to Unmarried Parents in 2012



# The percentage of children born to unmarried parents varies significantly for certain groups





# Relationship Stability:

## Unmarried Parent Contact as a Function of a Child's Age

Child's Age	Married	Cohabiting	Romantically Involved	Friends	No Contact
Birth	0%	50%	32%	8%	10%
Age 5	17%	19%	3%	20%	42%

# Child Connection: Contact With Children by Non-Resident Fathers

	Regular Contact	Limited Contact	No Contact by Father
Age 1	62%	26%	13%
Age 3	47%	24%	29%
Age 5	43%	20%	37%

# Mission of Co-Parent Court

To create a model for paternity establishment that supports co-parenting to improve the social, emotional, and financial outcomes for children, families, and communities.





# Project Elements

- Intake assessment and domestic violence screening conducted in court by Family Court Navigators.
- Referral to the “Together We Can” education program for single parents designed by the University of Minnesota Extension Service and taught at NorthPoint Health and Wellness Center.
- Couples with domestic abuse issues referred for appropriate Co-Parent Education and counseling.



# Project Elements

- Mothers with social services needs referred for case management to the Gateway Project at NorthPoint.
- Fathers with social service needs referred for case management to the FATHER Project (a division of Goodwill/Easter Seals) and the African American Men Project.
- Following completion of the classes, mediation and family group conferencing services by the Legal Rights Center provided for couples unable to agree on a parenting plan.



## Participant Profile

Predominantly *African American*: 74%

Highly *unemployed*: 54%

Fairly *educated*: 84% have at least a HS diploma or GED

Most have *never been married*: 90%

Most have only *one child with their co-parent*: 77%; However, majority of parents have *more than one child under 18*



## What parents are saying:

“I just want to say thank you to you guys...Co-Parent Court changed my life...it changed everything for me...without this program my life would be very different.”

He said that CPC has helped him become the dad that he always wanted to be-and now he wants to take the classes again with his youngest child's mother because they were so helpful.



EXTENSION CENTER FOR FAMILY DEVELOPMENT  
UNIVERSITY OF MINNESOTA | EXTENSION

## Co-Parent Court: A Problem Solving Court to Establish Paternity, Support Families and Strengthen Communities

**Year Three Report:  
Submitted November 15, 2013**

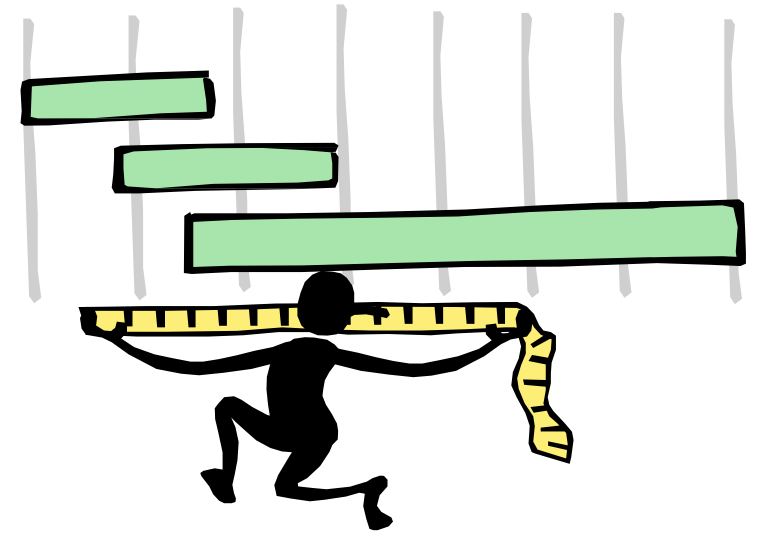
Mary S. Marczak, Shonda M. Craft, Alisha M. Hardman, Emily H. Becher,  
Ebony L. Ruhland, Matthew C. Miller, Kangting Ji,  
Dylan L. Galos, and Kate R. Demulling

# Measuring Program Effects

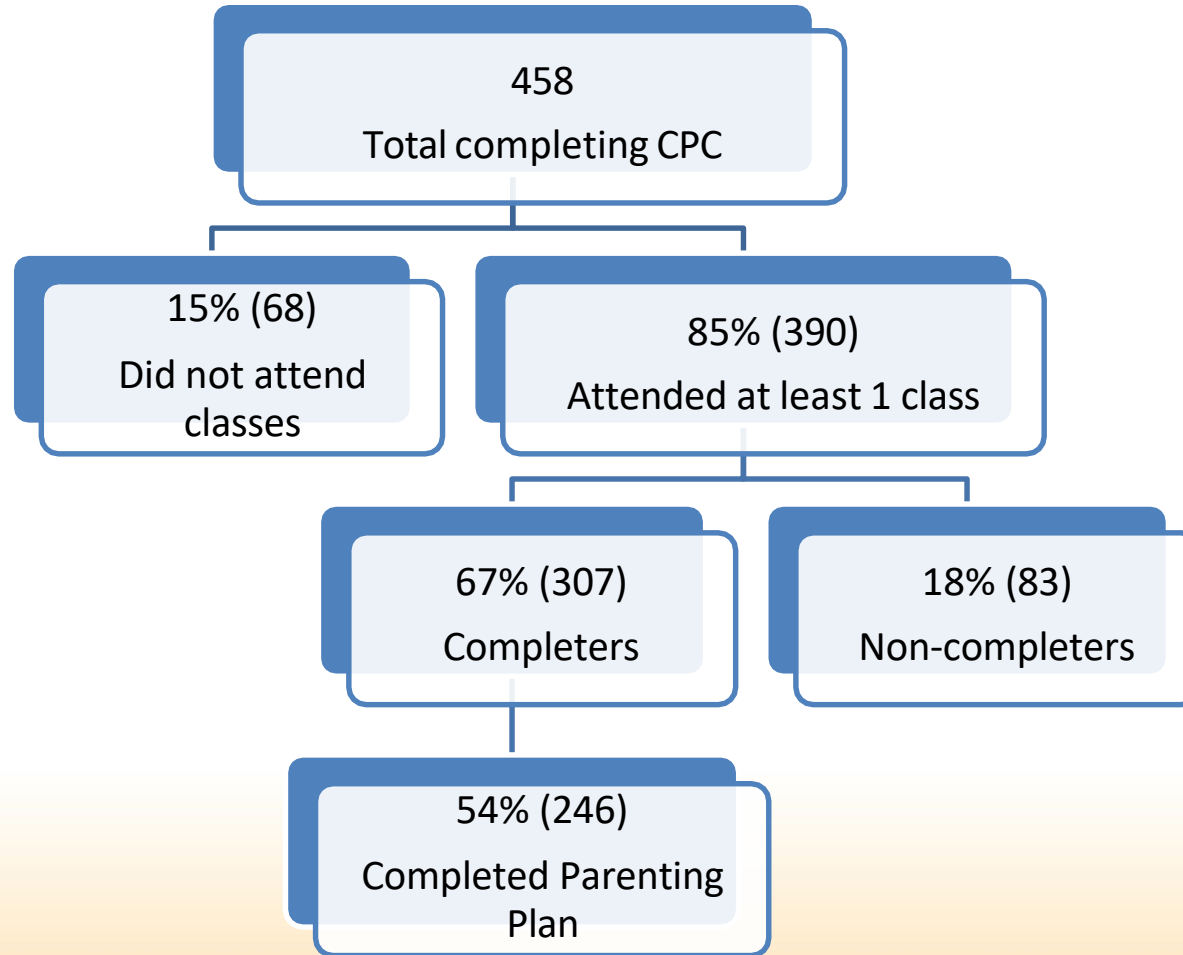
Parents randomly assigned into intervention (co-parent court) or control (paternity calendar as usual) group

Parents complete pre-surveys; then post- surveys following completion of intervention (varied)

Follow up surveys and face to face interviews  
6-12 months after completion of post-surveys



# Completing Co-Parenting Workshops





# Percentage of total child support paid from what was owed

	Child support amount owed	Child support amount paid	Total % paid
Control Group	\$140,157.59	\$97,202.17	69.35%
Total Intervention Group (IG)	\$276,004.65	\$200,893.38	72.8%
IG where moms completed intervention	\$159,903	\$130,853.79	81.8%
IG where dads completed intervention	\$120,569.34	\$103,112.79	85.5%
IG when both mom and dad (with shared child) completed intervention	\$83,139	\$72,148.73	86.78%

## Parent Involvement

“Interviews with parents (in both control and intervention) indicate that overall, unmarried parents have a strong desire to be involved in the lives of their children.”



## Co-Parenting Relationships

“...63% of Intervention mothers reported experiencing a positive change in the co- parenting relationship as opposed to 36% of control mothers.”

“...intervention mothers reported an increase of 59 hours per month on average, while control mothers reported an average increase of 24 hours per month.”

# Father's Role

“...69% of intervention fathers who completed the program reported change in the positive direction regarding the important role fathers play in their child's life as compared to 31% of control fathers.”

- “One of the most interesting messages from this third year report is the ‘sense of optimism’ demonstrated by the intervention fathers who have completed the program.”





## Mutual Regard

“The biggest surprise in these initial interviews was the overall level of positive and respectful emotionality between some of the co-parents. We did hear anger from some participants, but **more participants spoke with empathy, compassion and respect for their co-parents**, even when the co-parenting relationship was not the best.”

## Mutual Regard

“This theme of wanting more supports for fathers in order for them to be engaged fathers was repeated by multiple mothers, both in control and intervention.”



# Overview of Workshops

- Gender specific classes
- Offer 4 x 3 hour classes (12 hours)
- Between 5-9 participants in each
- Female / male team of co-facilitators

# Overview of Workshops

- Build a relationship with participants
- Address safety and healthy relationships
- Target skills for co-parenting
- Deal with the issues parents bring to class / check-in
- Referral to other services





## Session 1

Introduction—What is Co-Parenting

Getting started on creating a healthy future for our child

## Session 2

Building a strong co-parenting relationship

Communication, conflict, and stress

## Session 3

Healthy relationships

Child support and budgeting

## Session 4

Parenting plan, gatekeeping: controlling your child's environment

Looking to the future

# Recurrent Issues

- Mistrust
  - Courts
  - Other Parent
- Multiple partner fertility
- Gatekeeping

# Challenges

- Attendance
- Scheduling conflicts with work and school
- Untreated mental health issues
- Addiction

# Suggestions

- Light meals
- Childcare
- Transportation
- Early communication
- Care (reminder) calls
- Frequent breaks



# Parenting Plans

- Document created by co-parents and recognized and adopted by the court as a court order
- Completed after completion of workshops

# Parenting Plan



**GIVING YOUR CHILD  
THE BEST OF BOTH PARENTS**

# Parenting Plan

## Cooperation



**We agree we will communicate by:** (check all that apply)

- ☐ Telephone
- ☐ Texting
- ☐ E-mail
- ☐ Communicating through (name person here): \_\_\_\_\_

**We agree we will answer communication from the other parent:**

- ☐ Within \_\_\_\_\_ hours

**We may also communicate by:** (check any that apply)

- ☐ Regular meetings at the following times and places: \_\_\_\_\_

- ☐ A joint calendar
- ☐ A parenting notebook
- ☐ Other: \_\_\_\_\_

**We agree to help the other parent in their parenting by:** (check all that apply)

- ☐ To not say negative things about the other parent in front of our child.
- ☐ Suggest that others do not say negative things about the other parent in front of our child.
- ☐ To not make negative comments about the other parent on Twitter, Facebook or other places that could be read by our child.
- ☐ Communicate directly with each other. For example, we will not ask our child to be a messenger or a spy.
- ☐ Keep consistent rules and routines for our child. For example, this might include rules and routines about homework, bed-time, discipline, television, computer or phone restrictions, and chores.

## Medical Care

**We agree major decisions about our child's medical care will be made by** (check one box):

- ☐ Both parents
- ☐ Parent \_\_\_\_\_

**We understand that one of us can make emergency medical treatment decisions for our child without waiting for the agreement of the other parent. Please fill in the blank for each of the following statements.**

**We agree** \_\_\_\_\_ **will be the main person to schedule medical appointments.**

**We agree** \_\_\_\_\_ **will be the main person to attend appointments.**

**We agree** to share our child's health and medical information by (that is phone, text, email, or another way): \_\_\_\_\_.

**We agree** to give medical care information to each other within \_\_\_\_\_ hours or \_\_\_\_\_ days.

**We agree** to immediately speak to the other parent in case of an emergency. If there is a serious medical problem, we agree to speak with each other within \_\_\_\_\_ hours.

**We also agree** (check all that apply):

- ☐ To make sure we both have our child's medical card and information.
- ☐ Other: \_\_\_\_\_

**We agree on a different plan for our child's medical and dental care. It is:**

\_\_\_\_\_  
\_\_\_\_\_

The Parenting Plan template is available in PDF format on [www.co-parentcourt.org](http://www.co-parentcourt.org)

# Parenting Plans

- Graduated system of support
  - Parents complete parenting plan without assistance
  - Parents complete parenting plan with help from other navigators
  - Parents use mediation to complete parenting plan (LRC or Rose)
- User friendly
  - 8<sup>th</sup> grade reading level
  - Graphics
  - Examples

# The Mothers of Co-Parent Court



## Year 3 Report

### Social Service Needs Identified at Intake:

Social Service Needs	Moms	Dads	TOTAL
Education	42	49	91
Employment	65	74	139
Food	17	2	19
Housing	65	26	91
Medical Care	14	8	22
Other	20	32	52
<i>No services identified</i>	63	61	124

# Numbers Served

- 51
- Totally awesome!

## What has been successful?

- Being available and accessible
- Having “good” resources at hand
- Developing a relationship with the mothers
- Providing supportive services
  - Gift cards
  - Transportation
  - An ear to listen... 😊

# Challenges for Mothers

- Housing
- Finding employment
- Reliable daycare
- Relationship with the non-custodial parent *after* workshops are complete
- Financial problems

# Rose's Challenges

- Keeping up with address and phone number changes



# Results

- Employment
- Housing
- College enrollment
- Cordial relationship with non-custodial parent and family
- Trust and confidence in themselves and CPC staff

## Lessons for Child Access and Visitation Services

1. Parents respond to personal relationships.
2. Some fathers can't be engaged, but most want to be involved in their children's lives.
3. Most fathers will participate in a supportive program.



## Lessons for Access and Visitation Services

4. Most mothers want involvement and support from fathers.
5. With help, even parents who are not on good terms can work together for their child.
6. Lower income parents need supportive services for themselves as well as co- parenting support.
7. Our community strongly supports co-parenting services and positive father engagement.

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<http://www.co.hennepin.mn.us/portal/site/HCIInternet/menuitem.3f94db53874f9b6f68ce1e10b1466498/?vgnnextoid=e0118d91d26dd010VgnVCM1000000f094689RCRD>; Hamilton, Bradly; Martin, Joyce; Ventura, Stephanie, *Births: Preliminary Data for 2007*, National Vital Statistics Reports, Vol 57, No. 12,3 (March 2009). Found online at:  
[http://www.cdc.gov/nchs/data/nvsr/nvsr57/nvsr57\\_12/pdf](http://www.cdc.gov/nchs/data/nvsr/nvsr57/nvsr57_12/pdf)
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- xi. Carlson, M.J. *supra*, 472-474
- xii. Carlson M.J., McLanahan S.S., Brooks-Gunn J., *The importance of the Coparental Relationship for Nonresident Fathers' Ties to Children*. *Journal of Marriage and Family* 67, 1196-1212 (December 2005)
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- xvi. Carlson, M.J. & Honas, R.S., *Coparenting in Fragile Families*, 10 (September 2009). Found online at <http://indeas.repec.org/p/pri/crcwel/1188.html>
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- xviii. 15-16, 19.
- xix. Amato, *supra*, at 83-84.
- xx. From the Centers for Disease Control. Prevalence of Individual Adverse Childhood Experiences. Found online at: <http://www.cdc.gov/ace/prevalence.htm>
- xxi. Co-Parent Court Year Three Report, November 15, 2013. Marczak, M., Craft, S., Hardman, A., Becher, E., Ruhland, E., Miller, M., Ji, K., Galos, D., Demulling, K.
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# Q&A

# Homework Review

# Satisfaction Survey

*YOUR FEEDBACK IS EXTREMELY VALUABLE AND WILL HELP  
ENSURE OUR OFFERINGS MEET YOUR SUPPORT NEEDS!*

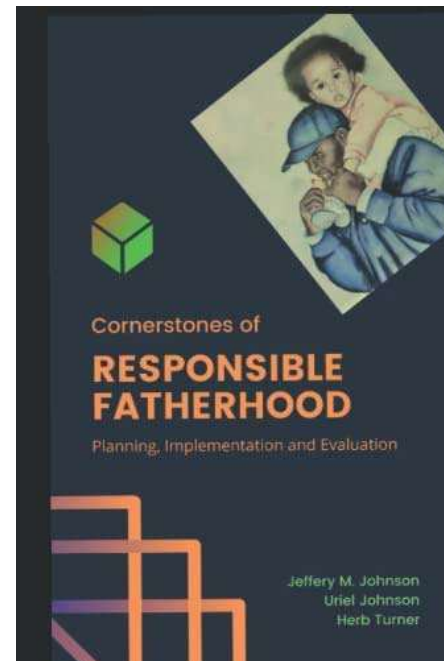


# Cornerstones of Responsible Fatherhood: Planning, Implementation, and Evaluation

By: Jeffery Johnson, Uriel Johnson, and Herb Turner

The TA & Support Center is pleased to provide one copy of this book to each Healthy Start grantee that attend **majority** of the Co-Parenting Learning Academy.

To request a copy, please complete the request form by following the link in the chat box or scanning the QR code.





# Next Co-Parenting Learning Academy: Working with Mothers: Community-Based Perspectives

THURSDAY, APRIL 20

3:00PM — 4:30PM ET

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*CO-PARENTING LEARNING ACADEMY  
HOSTED BY THE HEALTHY START TA & SUPPORT CENTER AT NICHQ*



A photograph of a baby with arms raised, split vertically. The left half shows the baby against a bright, blurred outdoor background, wearing a dark blue shirt with white polka dots. The right half shows the same baby against a solid orange background, wearing a brown shirt with white polka dots. The text 'Thank you !' is overlaid on the right side.

# Thank you !

Co-PARENTING LEARNING ACADEMY  
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