

Get Your Mind Right: Feasibility of a mental health intervention for African American fathers in North Omaha

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Purpose

- Using the Community-Based Participatory Research approach, determine the feasibility of a cognitive behavior therapy (CBT) mental health intervention embedded in a parenting program.

Aims

- Aim 1:** To examine the process of implementing a mental health intervention, using individual and group Cognitive Behavior Therapy, embedded into Fathers for a Lifetime, an existing parenting program for fathers.
- Aim 2:** To assess the mental health status and daily functioning of fathers.

Future Direction

- Preliminary data will be used to:
 - Improve intervention implementation
 - Pilot test the intervention for effectiveness
 - Examine the scalability of the intervention.
- Attempt to secure extramural funding from one of the following sources:
 - Omaha Community Foundation
 - Sherwood Foundation Urban Community Partnerships
 - The National Institute of Mental Health
 - The National Institute on Minority Health and Health Disparities.

Background

- Urban African American (AA) fathers are **1.5 times** more likely to have **depressive symptoms than the general population.**
- AA fathers have disproportionate rates of comorbid anxiety and substance use.
- AA fathers are more likely to experience:
 - High unemployment levels
 - Discrimination
 - Poverty
 - Disruptions in family functioning (e.g. separations).
- Parental distress is linked to adverse child mental health outcomes.
 - Fathers who experience mental illness may have **impairments in parenting practices**
 - Inadequate parenting increases risk of mental illness and poor functioning in children.
- Mental health status of AA's are underreported in many behavioral surveys
- Barriers to AAs' use of mental health services include:
 - Fear of disclosing personal information
 - Fear of being perceived as 'weak' by community
 - Negative perceptions or experiences with formal mental health providers
- AAs prefer to seek psychological advice from informal supports.

Approach

- Intervention (Table 1) will utilize CBT to:
 - Focus on resolution of current problems
 - Identify distorted or unhelpful thinking patterns
 - Recognize and change inaccurate beliefs
 - Relate to others in more positive ways
- Participants in the intervention arm will receive:
 - 12-weekly, one-hour sessions of the 'Fathers for a Lifetime' (FFL) program with curriculum topics broken into three categories: 1) **personal responsibility**, 2) **responsibility to your child**, and 3) **responsibility to your family and community**
 - 12 weekly, one-hour, group CBT sessions
 - Three, one-hour, one-on-one therapy sessions
- Inclusion criteria:**
 - Self identify as AA
 - A father
 - 19 years and older
 - Reside within the zip codes of 68104, 68110, 68111, 68112, or 68131.

Table 1: Intervention description

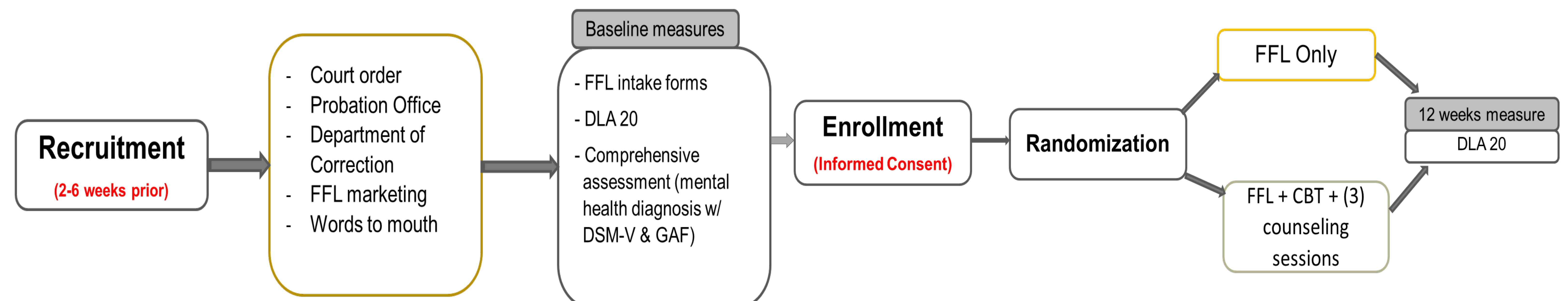
Arms	Assigned Interventions
Comparison group: FFL only Time: 1 hour	<ul style="list-style-type: none"> Standard 12-week program curriculum for Fathers For a Lifetime: 1 hour
Intervention group: FFL + CBT Time: 5 hours	<ul style="list-style-type: none"> Standard 12-week program curriculum for Fathers For a Lifetime: 1 hour Group CBT: 1 hour (after FFL session/same day) Three one-on-one independent therapy sessions during the 12 weeks: 1 hour each (3 hours total)

Contact Information

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Data Collection Process



ACKNOWLEDGEMENTS: The project described is supported by the National Institute of General Medical Sciences, **1U54GM115458**, which funds the Great Plains IDeA-CTR Network. The content is solely the responsibility of the authors and does not necessarily represent the official views of the NIH