



Paternal Health Literacy in Camden



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 Academic Preceptors: *Thomas J. Wall, MD, Cooper University Healthcare*
 Community Preceptors: *Andre Llewellyn, MS*

COMMUNITY PARTNER



Center for Family Services:

The Framing Fatherhood program under the Center Family Services provides services to young Camden County fathers or father figures trying to take a more active role in their children's lives. Through the course of 8 weeks, fathers are given the opportunity to develop goals that will help them achieve their personal and professional lives. The program entails powerful training experiences: effective parenting strategies, financial literacy, work readiness training, job searching & placement assistance, relationship-building skills, and resume writing.

For more information: <https://www.centerffs.org/our-services/family-support-prevention/framing-fatherhood>

BACKGROUND/CONTEXT

Numerous studies highlight the importance of fatherhood involvement in a child's life. In Camden, and many other places, this proves to be a challenge as other barriers such as financial stress, food insecurity and even toxic masculinity take priority. As a result many of these men are unable to be present, with some in halfway houses or shelters. Programs and efforts geared towards this population with complex needs can help remedy this gap and even break cycles of generational trauma – all while bringing families together.

PROJECT

The student intern participated in the Framing Fatherhood program over the summer. The intern implemented a men's health workshop that addressed the most prominent diseases affecting men. This workshop included symptom recognition of fatal conditions, ways to address the risk factors as they related to social determinants of health, and techniques for patients to advocate for themselves. In addition to increasing client education, the intern implemented an on-site health screening that allowed clients access to non-invasive measurement such as vitals and a screening survey for the intake period to identify new clients who lacked healthcare access and literacy. This was accompanied by a resource guide aimed to increase the fathers' ability to access satisfactory primary care, oral care, and mental health resources.

ACCOMPLISHMENTS / CHALLENGES / JOYS

Men's Health Screener

- Overall, how would you rate your health?:
 - Excellent
 - Good
 - Fair
 - Poor
- In the last year have you gotten (select all that apply):
 - A Wellness Physical
 - A Dental Checkup
 - Access to a Therapist
 - Access to Addiction Resources
 - A Blood Test (CBC)
- In the last 30 days how many days have you exercised:
 - 0 days
 - 5-7 days
 - 8-15 days
 - 16-24 days
- In the past 30 days have you smoked:
 - Yes
 - No
 - Yes, but currently trying to stop
 - Yes, but currently do not intend to stop
- Have any of your close relatives had heart disease, diabetes, and/or cancer before the age of 60?:
 - Yes
 - No
 - Unsure
 Please list which: _____
- In the past 30 days have you experienced:
 - Difficulty falling asleep
 - Difficulty staying asleep
 - Excessive worrying or feelings of anxiousness
 - Excessive irritability
 - A Lack of Motivation to complete daily tasks
 - A Lack of Appetite



Accomplishments/Joys

- Health screening services provided to 15 individuals
- Implementation of comprehensive health intake survey
- Peer mentoring / community collaboration

Challenges

- Outreach and consistent community turnout
- Staffing resources

The Role of Fatherhood in Health

- Healthy Habits**
As a strong role model you can teach your kids to care about their health.
- Strong Support System**
Conversations about mental health lets children be open about theirs
- Bonding Opportunities**
Talking a walk or getting/making healthy food with you child can be a great bonding opportunity!
- Stronger Relationships**
Poor mental or physical health can create stress and lead to residual stress in relationships

The healthier you are...
The more you can be there for yourself and for your children.

CAMDEN RESOURCE LIST

- Cooper Rowan Clinic
 - a. Free services for uninsured and/or undocumented persons over age 16
L. (856) 628-5777
- Camden Mobile Health Van
 - a. Free or low-cost services depending on individual circumstances
L. 856-968-2320
- CamCare
 - a. Primary healthcare, dental, and behavioral services based on sliding discount model
L. 856-543-2400
- CEED (Cancer Screening Services)
 - a. Free cancer screening services for uninsured/underinsured persons
i. Cooper (CEED) (856) 968-7523 or 968-7525
ii. Virtua (CEED) 1-888-VIRUA-3 (888-847-8823)
- Crisis Hotlines
 - a. Camden County's CRISIS Center
L. 856-428-4357
 - b. National suicide hotline
L. 988
 - c. New Jersey Hope Line
L. 855-654-6735
- Health Screenings
 - a. Diabetes and Cardiovascular Health Screenings
L. 856-374-5127
- Immunizations
 - a. Free Childhood and Adult Vaccinations
i. Bellmawr Location: 856-931-2700
ii. Camden Location: 856-225-5128
- Project Smiles Dental Clinic
 - a. Free Restorative and Preventative Dental Services
L. 856-964-6771

REFLECTION

“When starting my summer with the Framing Fatherhood program, I was unsure what to expect, but after the completion of the program I can truly say it has changed the way I perceive community health; I strive to implement the lessons I have learned in my future practice of medicine. The program itself was focused on providing fathers and male caregivers the tools to strengthen their relationships with their children all while facing various challenges. Working with the team to accomplish this goal I had the opportunity to see the various components that go into treating a person, whether that be addressing their emotional needs, food insecurity, or safe housing. I felt privileged that the fathers and facilitator team welcomed me into the group sessions where they showed up as their most vulnerable selves dedicated to breaking their cycles of generational trauma. Building relationships with the clients showed me the value of longitudinal care and also the importance of active listening in supporting someone as they face challenges. As I continue my journey with medicine, I aspire to care not only for the disease or condition but the whole person.”