

FOR IMMEDIATE RELEASE

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GRANT AWARD TO BENEFIT INCARCERATED DADS

PITTSBURGH, PA—Dads in the Allegheny County Jail who want to improve their relationships with their children and families will directly benefit from a recent grant awarded by the Urban Affairs Foundation to the Parental Stress Center (PSC).

The grant will fund 4 sessions (10 weekly classes each) of Anger Management Support Groups. About 10 men, from different pods in the jail, will have the opportunity to voluntarily participate in each seasonal group. Groups are led by a PSC trained, professional anger management counselor, who helps the men to better understand their negative reactions and how it impacts the overall quality of their family life. The facilitator closely tracks individual needs and responses, inside and outside of the jail, suggesting alternate ways to handle stress in times of difficulty and conflict.

"It's a private and intimate time for the men. A space where you can talk about your problems and reconsider how you handle your emotions at home", reports Barry Canada, the Parental Stress Center's group coordinator of the Anger Management Program at the Jail. "Besides", says Canada with a twinkle in his eye... "it's the one place where you can count on having a captive audience!"

With growing numbers of men imprisoned in the jail, the ratio of fathers residing there has also increased. Many of the men are separated or divorced before they enter the jail, many more have children inside and outside of wedlock. One thing they share in common though, is an overwhelming love and regard for their family, and a desire to improve their relationships with their children.

Calvin A. Lightfoot, Warden of the Allegheny County Jail, also holds a position on the Board of Directors at the Parental Stress Center. "These men greatly benefit from social service professionals working in the jail. They often have problems when they arrive here that can only be overcome with professional attention and support. When they return to their families they need to have improved chances of success, the support that the Parental Stress Center provides can act as the catalyst that strengthens and ensures their success at home."

"Anger is an emotion that can easily get out of hand. It's a natural response that, when out of control, has the potential of hurting those who are around us, sometimes it even hurts the ones that we love the most", states Dan Krikston, M.S.W./L.S.W. and professional consultant and trainer at the Parental Stress Center. "Rest assured, that there are well-studied and proven curriculums and modalities that can alleviate these negative responses. It only takes time, attention, dedication and a true desire to overcome your problems and better your relationships, to get a handle on this potentially dangerous and explosive emotion."

"The grant that we received from the Urban Affairs Foundation Committee of the United Jewish Federation will give us an added infusion of capital and concern for families who have already undergone great stresses and disruption due to the effects of having loved ones imprisoned and involved in the criminal system." suggests Timothy Snyder, Executive Director at the Parental Stress Center.

Anger Management Groups and classes are provided throughout the year by the Parental Stress Center. PSC is a 25-year-old nonprofit organization dedicated to alleviating child abuse and neglect through solution-focused support groups, strength-based counseling and family-centered parenting education classes. Any family in need of support in times of stress should contact the Parental Stress Center at 381-4800, or visit our website at www.trfn.org/parentalstress to learn more about our family-centered programs and support services.