The Journey from Evidence to Scale-up of Parenting interventions

A case of REAL Fathers in Uganda
The magnitude of the problem is the significant

**Violence Against Children**

*3 in 4* Ugandans reported experiencing emotional, physical, or sexual violence before age 18  
(Ministry of Gender Labor and Social Development, 2018)

**Intimate Partner Violence**

*56%* of ever-married Ugandan women reported ever experiencing emotional, physical, or sexual intimate partner violence in their current or recent relationship  
(DHS, 2016)

**Family Planning**

*39%* of currently married women age 15-49 use a modern form of contraception.  
In Karamoja, this figure is *7%*; in North Central Uganda, it is *42%*  
(DHS, 2016)
What do intimate partner and child violence have in common?

- Overlapping risk factors
- Rooted in social and gender norms
- Co-occurrence
- Similar health outcomes
REAL Fathers mentoring program

14 points of contact over 7 months with each young father:
• 5 individual sessions
• 2 couples sessions
• 7 group sessions

Community posters
• Images and emotion-based messages to catalyze reflection

Community celebrations
REAL Fathers

Elders mentor young fathers as they learn new skills and engage communities to support these changes.
1. Fatherhood: Reflect on what the young father wants for his children and what kind of father he wants to be
2. Tips & Tricks to Being a REAL Father: To learn and practice child communication and positive (nonviolent) discipline skills
3. Family Dreams: To reflect on how alcohol abuse would be an obstacle to achieving their goals and discuss options to manage pressures that lead to alcohol abuse
4. Loving My Family: To give the father the skills he needs to build and maintain a mutually respectful relationship with his wife
5. Communication: To help the couple learn and practice communication and dialogue
6. Parenting: To help the couple discuss and agree on parenting goals, styles and commitments
7. Family planning: To help the couple get information on child spacing and benefits of modern family planning methods
1. Surveys per site (Northern Uganda, Karamoja)
   - 300 intervention young fathers
   - 300 control young fathers

2. Life History Interviews with 10 Fathers in each site

3. In-depth Interviews with 10 Wives/Partners in each site

Figure 1: Evaluation Design Per Study Site (Northern Uganda and Karamoja)

*This represents the sample size per study site; a total of 1,200 young fathers were recruited across both sites.
## Participant Characteristics

<table>
<thead>
<tr>
<th></th>
<th>Northern Uganda</th>
<th></th>
<th>Karamoja</th>
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<tbody>
<tr>
<td></td>
<td>Int.</td>
<td>Control</td>
<td>Int.</td>
<td>Control</td>
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<tr>
<td>Mean age</td>
<td>23</td>
<td>22</td>
<td>23</td>
<td>23</td>
</tr>
<tr>
<td>Some or complete primary education</td>
<td>56.8</td>
<td>61.1</td>
<td>29.2</td>
<td>27.4</td>
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<tr>
<td>Employed as farmer</td>
<td>89.3</td>
<td>94.4</td>
<td>91.2</td>
<td>90.6</td>
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<tr>
<td>Witnessed domestic violence as child</td>
<td>70.1</td>
<td>64.4</td>
<td>70.4</td>
<td>74.7</td>
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<tr>
<td>Experienced physical violence as child</td>
<td>87</td>
<td>86.1</td>
<td>76.9</td>
<td>72.2</td>
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</tbody>
</table>
Baseline: Some or frequent IPV

Northern Uganda:
- REAL Fathers: 20.4%
- Control Group: 18.8%

Karamoja:
- REAL Fathers: 45.6%
- Control Group: 30.5%
Fewer **REAL Fathers** report use of IPV at endline and one year later

<table>
<thead>
<tr>
<th></th>
<th>REAL KARAMOJA</th>
<th>REAL NORTHERN UGANDA</th>
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<tbody>
<tr>
<td></td>
<td>Baseline</td>
<td>Endline</td>
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<tr>
<td><strong>REAL</strong></td>
<td>45.6%</td>
<td>11.6%</td>
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<tr>
<td><strong>Control</strong></td>
<td>30.5%</td>
<td>29.8%</td>
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</tbody>
</table>
Harsh punishment of young children is common at baseline

- **REAL Fathers in Northern Uganda**: 25%
- **Control Group in Northern Uganda**: 22.4%
- **REAL Fathers in Karamoja**: 21.8%
- **Control Group in Karamoja**: 14.7%
Fewer **REAL Fathers** report frequent physical harsh punishment at endline and one year later.

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<thead>
<tr>
<th></th>
<th>REAL</th>
<th>Control</th>
<th>Baseline</th>
<th>Endline</th>
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</thead>
<tbody>
<tr>
<td><strong>KARAMOJA</strong></td>
<td></td>
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<td>21.8%</td>
<td>5.5%</td>
<td>13.4%</td>
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<td></td>
<td></td>
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<td>17.7%</td>
<td>18%</td>
<td>30.4%</td>
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<tr>
<td><strong>NORTHERN UGANDA</strong></td>
<td></td>
<td></td>
<td>25%</td>
<td>10.1%</td>
<td>8.5%</td>
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<td></td>
<td></td>
<td></td>
<td>22.4%</td>
<td>21.6%</td>
<td>26.4%</td>
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</tbody>
</table>
At baseline, fathers report frequent use of positive parenting strategies.

- Northern Uganda
  - REAL Fathers: 65.6%
  - Control Group: 64%
- Karamoja
  - REAL Fathers: 62.6%
  - Control Group: 61.8%
REAL Fathers more frequently use positive parenting practices at endline and one year later

<table>
<thead>
<tr>
<th>REAL</th>
<th>KARAMOJA</th>
<th>Control</th>
<th>Baseline</th>
<th>Endline</th>
<th>One Year Later</th>
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<tr>
<td></td>
<td></td>
<td></td>
<td>62.6%</td>
<td>81.5%</td>
<td>75.0%</td>
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<td></td>
<td></td>
<td></td>
<td>68.1%</td>
<td>70.1%</td>
<td>57.6%</td>
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<table>
<thead>
<tr>
<th>REAL</th>
<th>NORTHERN UGANDA</th>
<th>Control</th>
<th>Baseline</th>
<th>Endline</th>
<th>One Year Later</th>
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<td></td>
<td>65.6%</td>
<td>84.4%</td>
<td>79.9%</td>
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<td></td>
<td></td>
<td></td>
<td>64%</td>
<td>73.5%</td>
<td>70.8%</td>
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</table>
Baseline: Family Planning

Northern Uganda:
- REAL Fathers: 58.1%
- Control Group: 64.7%

Karamoja:
- REAL Fathers: 12.9%
- Control Group: 18.8%
Northern Uganda **REAL Fathers** report use of family planning at endline and one year later.

<table>
<thead>
<tr>
<th>Category</th>
<th>REAL</th>
<th>Baseline</th>
<th>Endline</th>
<th>One Year Later</th>
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</thead>
<tbody>
<tr>
<td><strong>KARAMOJA</strong></td>
<td>Baseline</td>
<td>12.9%</td>
<td>-</td>
<td>38.0%</td>
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<tr>
<td></td>
<td>Endline</td>
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<tr>
<td></td>
<td>One Year Later</td>
<td>35.8%</td>
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</tr>
<tr>
<td><strong>Control</strong></td>
<td>Baseline</td>
<td>18.8%</td>
<td>-</td>
<td>35.8%</td>
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<tr>
<td></td>
<td>Endline</td>
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<tr>
<td></td>
<td>One Year Later</td>
<td>35.8%</td>
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<tr>
<td><strong>NORTHERN UGANDA</strong></td>
<td>Baseline</td>
<td>58.1%</td>
<td>-</td>
<td>66.2%</td>
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<td></td>
<td>Endline</td>
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<td></td>
<td>One Year Later</td>
<td>55.2%</td>
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<tr>
<td><strong>Control</strong></td>
<td>Baseline</td>
<td>64.7%</td>
<td>-</td>
<td>55.2%</td>
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<tr>
<td></td>
<td>Endline</td>
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<tr>
<td></td>
<td>One Year Later</td>
<td>55.2%</td>
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REAL Fathers prevents frequent harsh punishment, and IPV, and elevates positive parenting, father’s confidence in parenting and increases likelihood of using Family planning methods (modern contraceptives)

This change was sustained one year after the interventions.
What next?

Scaling up Real Fathers through integration with ECD programs
scale and sustain for impact.

- Institutionalize via government ECD programs
- Establish resource teams to support scale up
- Build evidence on “how to” scale

- Expansion in Northern Uganda and Karamoja
- Adapt and test outside of Uganda
- Develop adaptation manual
Scale-up plan: Description

Environment

High rates of IPV/VAC/W
Gender Inequity
COVID-19
Political violence

The Innovation
REAL Fathers

The Resource Team
• National ministries (lead by Gov’t)
• CSOs/NGOs
• Donors
• Development Orgs
• Community leaders
• REAL Experts
• IIDC (MEAL)
• UCSD researchers

User Organizations
• CSOs in each region
• Development orgs (potentially)
• District local governments

Scale-up Strategy

Monitoring & Evaluation
Cost & resource mobilization
Organizational Processes
Dissemination & Advocacy
Process and Progress

Building local capacity to scale
- Landscape mapping
- Advocacy and constituency building with gov’t and CSO
- Scale-up and HCD workshops
- Scale-up strategy crystalized

Horizontal scale-up
- Trained CSOs & selected mentors
- Implement pilots (6 districts)
- Document learning from pilots

Vertical scale-up
- Mapped areas for ECD integration
- Integrate into priority areas
- Materials integrated within ECD and approved by gov’t

Documenting learning
- Benchmark setting
- Monitoring benchmarks & partner convening
- Dissemination and learning

Mobilize resources to sustain scale
- Mobilize resources for scale-up Technical Assistance
- Mobilize resources for ECD and REAL (Horizontal Scale-up)

Legend:
Green = complete; Yellow = in progress; Red = not yet achieved
REAL Fathers + ECD
Scale-up Strategy

REAL Fathers + ECD Mentor
Training Manual

REAL Fathers + ECD Mentor
Home Visit and Group Meeting Protocol
Phased Geographic Scale Up
Lessons

- **Government led scale-up** is a long process but allows for aligning and embedding of evidence based interventions in government programs which can make interventions sustainable.

- The **multi-sectoral impact** the REAL Fathers portends made it easy to get approval and buy in from various government departments and ministries.

- Models that are **light, community driven and easily contextualized** like REAL Fathers have greater community acceptance, have a strong potential for scalability.
Thank you!

real fathers.
a journey from innovation to integration.

The Learning Partner