Engaging Fathers in Parenting Programs

By December 2018, 100% of dads who were registered and attended “Hello Dad: Dads Matter” had improved access to a structured and evidence-based parenting program within Tresillian

Background:
1) Dads are left holding the baby when mums experience postnatal depression/anxiety or at risk of self-harm 2) Rate of depression in new dads is 10% 3) No Perinatal Screening for dads

Team members:
- Sponsor(s) (Guidance Team)
- Prof Robert Mills
- Prof Jenny Smit
- Prof Troy Treagar
- Project Team
- Project Leader – Lisiane Latouche
- QI Advisor – Marie Dickinson
- Consumer – Dads from Creating Links (program)
- Ashfield Infant’s Home- Alicia Olles
- Creating Link Ino- Hazel Tongs (collaborator)
- Tresillian- Jamille Abou Raad (facilitator)

Literature review:
- Prof Fletcher, The Dad Factor, 2016
- Prof Mark Dadds, Like Father Like Son, 2017
- Prof Fletcher & Prof Newman, The Conversation, 2018
- Dr Susan Haward-Belle, Stopping Family Violence, 2017
- www.blackdoginstitute.com
- www.beyondblue.com
- www.gidgetfoundation.com.au

Change Concept 1 - PDSA Cycle
1. PLAN YOUR CHANGE
   - Discard original Project Aim!
   - Re-design “scaled back” Project
   - Research Dads Groups
   - Establish Need
   - Partner with Creating Links (Hazels)
   - Recruit, referrals, program design
   - Data: Number of referrals; Number of participants

Change Concept 2 - PDSA Cycle
2. CARRY OUT YOUR CHANGE AND OBSERVE AND MEASURE
   - Facilitate Group Program
   - Review data & feedback
   - Monitor & Graph
   - Recommendation from dads shaped future Groups, fine-tuning co-design model
   - Monitor results
   - Trial different setting to improve data

Change Concept 3 - PDSA Cycle
3. ACT ON THE DATA
   - Partnered with Ashfield Infant’s Home
   - Much improved results
   - Review data
   - Review feedback
   - Discussion with Ashfield Infant’s Home to explore future groups

Overall Outcome of Project: 100% of dads who were registered and attended the program had improved access to a structured & evidence-based program

- Improvement in numbers by Group 6
- Consistently positive feedback on Self-Report Scale
- Opportunistic Mental Health Assessments of dads
- Positive Clinical Outcomes

Plans to sustain change:
- Tresillian CE will be meeting with Prof Fletcher to discuss SMS4Dads & father-inclusive practices
- Maintain discussion at senior level to promote father-inclusive practices
- Standardisation of Group Program within Tresillian
- Partnering with Ashfield Infants Home in delivering the program
- Documentation & presentation

Plans to spread & share change:
- Further integration of father-inclusive practices
- Explore concept of perinatal screening for dads
- Work towards changing the narrative about men & dads

Number of dads

Self-Report Scale

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