

HIPS/25/13 - Healthy Dads Healthy Kids: Implementation Study

People in prison often have poorer health and wellbeing. Many people in prison are dads, whose children are at higher risk of poor health, doing less well at school and getting into trouble. Strengthening family bonds can improve the mental health and wellbeing of dads and their children, and support dads to rebuild their life after prison.

In an earlier study we worked with the Scottish Prison Service to adapt and pilot a programme in prisons for dads and their children. The programme, known as Healthy Dads Healthy Kids-Prisons (HDHK-P), combines educational sessions for dads, fun and energetic sessions for dads with their children, and a family meal. Initial findings are very positive. We want to do another study to learn about how to extend HDHK-P to new prisons in Scotland and how to keep HDHK-P running long-term, so more families can benefit.

We will work with the Scottish Prison Service to identify problems that might prevent HDHK-P from being widely taken up and kept going in Scottish prisons, and try to find solutions. We will then check how HDHK-P is being delivered in different prisons, and get feedback from staff, dads and families. We will also speak to people in other countries to see if HDHK-P can run elsewhere.

We will write papers and give talks on our findings to decision makers, the public, academics and people in prison and their families in the UK and other countries.