

Presentation title:

## Building healthy family relationships through a prison parenting intervention to promote parenting, and prevent child ill-health and parental recidivism

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**Background:** Children of incarcerated parents run a high risk for poor health and delinquency where positive parenting comprises an essential protective factor. The For Our Children's Sake (FOCS) intervention for incarcerated parents in Sweden aims to support parenting and healthy child development. This study aimed to explore the effects of the FOCS intervention on outcomes related to parenting and criminality and reports on the parallel process evaluations. **Methods:** The controlled study was carried out during 2019-2020 in 15 prisons with 91 parents throughout Sweden. The primary outcome (child-parent relationship quality) and secondary outcomes (criminal attitude, interest in treatment programmes) were measured through parent-report at baseline (T0), after intervention (T1), and at three-months follow-up (T2). Group differences over time and at each time point were explored using mixed-model regression. The process evaluations included questionnaires and semi-structured interviews to explore perceptions of delivering and participating in FOCS as perceived by parents (n=58), group leaders (n=23), and correctional inspectors (n=12). **Results:** Favourable intervention effects over time were found for relationship quality, explained by a higher intervention group score at T2, for parental interest in prison-delivered treatments at T2, and over time for criminal attitude, also explained by a significant group difference at T2. Parents, group leaders, and correctional inspectors voiced a great need for a child and parenting focused intervention in prison, but identified barriers to implementation in relation to organisational factors such as lack of resources and priorities. **Conclusions:** The effects of FOCS suggests that a parenting intervention for incarcerated parents has the potential to influence both parenting and outcomes related to a criminality. Barriers related to organisational factors should be considered in order to make FOCS sustainable in Swedish prisons.