

Cover page

E-Portfolio

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Contents

The contents of my E-portfolio will be firstly my 300-word summary of my chosen article “A focus in fathers in child mental health interventions” followed by a link to my video presentation talking about the skills needed to work in mental health on the next page in task 2, continuing to my academic poster in task 3, created as a group with Shannon and Ozzy. On the next page is Task 3 part 2, which includes my 150-word reflection on working as a group and how I feel it went, any issues we faced etc. This is followed by photographic evidence of communication between our group within screenshots and photos of us working and lastly references for all tasks on the last page.

Task One

A focus in fathers in child mental health interventions – written summary 300 words

(Tully.L et al.,2022) stated that excuses to why fathers don't participate in treatments for child mental health are too common.

Engagement of fathers have said to be under presented as mental health issues arise during childhood (Kessler et al.,2015) fathers need to attend these interventions to prevent future issues. Evidence on child mental health relies on parents making changes in the family environment, decreasing harsh parenting strategies, increasing quality time together and strengthening the relationship between parent and child (Tully, Hawes, Dadds.,2021).

Participants in evidence-based interventions are mainly mothers, with only 20% of fathers enrolling (Fletcher et al.,2011). Fathers are more likely to attend if they feel needed. If involved the benefits are improving the intervention for the child especially with conduct problems (Lundahl et al.,2008) when both are present it helps information be obtained, they can both improve their co-parenting and relationship with the child together and study family history issues (Tully, Hawes &Dadds.,2021).

There could be barriers why fathers can't make it to interventions such as transport issues, childcare, time management. In order to work around these, Interventions need to be flexible and have a range of delivery options. Lack of father involvement meant one third of practitioners reported low confidence in how to engage properly (Tully et al.,2018). A direct approach will help understand the barriers and see how they can work flexibly.

To conduct a good intervention, practitioners need to identify who forms part of the core parenting and understand complex family structures (Lechowicz et al.,2019) which occurs early to give the best support, overcoming couple conflict will also improve attendance (Burn et al., 2019).

Practitioners found that those who perceived their organisation to be supportive of father involvement were six times more likely to attend again (Tully et al., 2017). The way forward is need for both parents to have engagement as it can benefit the child's interventions and help the father connect with the child. Practitioners believe that both should be prioritised and should be more involved in research.

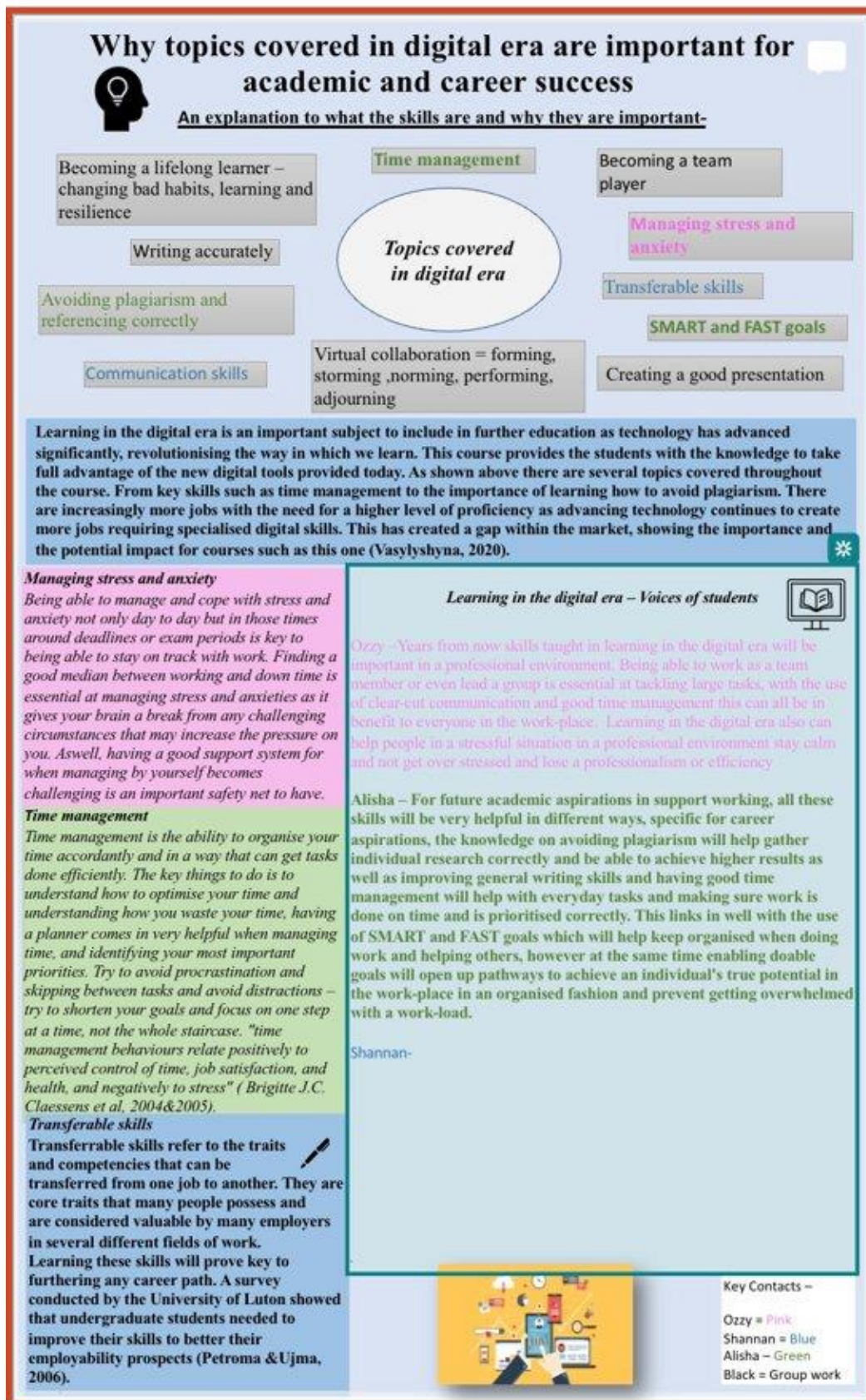
Reference

Tully.L et al (2022, June) A focus on fathers in child mental health interventions, 1 – 7

Video presentation explaining skills needed/that are important to work in the field of mental health, video link provided below.

[5 Minute presentation on mental health skills](#)

Task Three - Academic poster

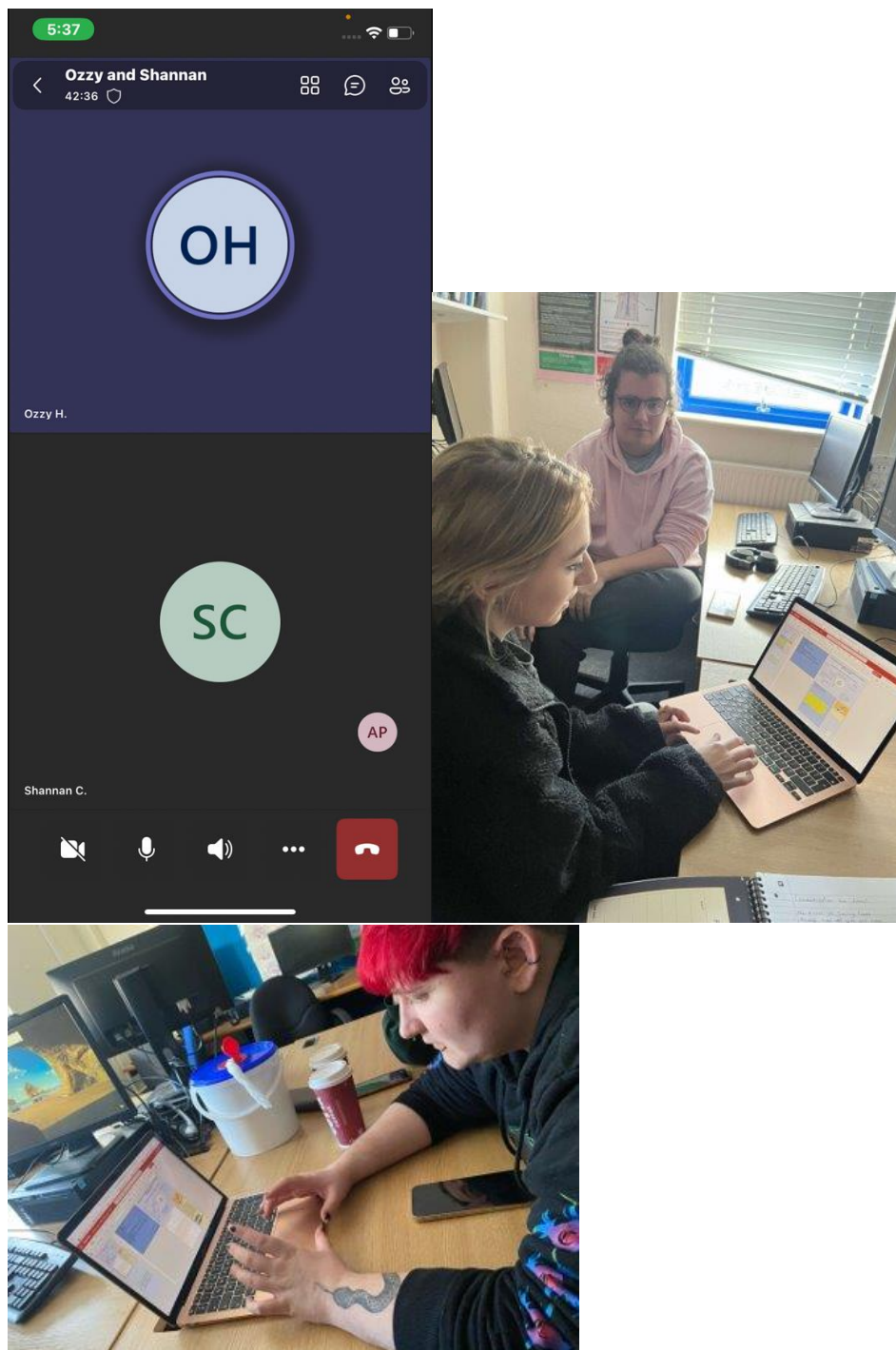


To reflect on the contribution to the poster, I found it difficult to work all together and working at the same time was a struggle, as a group member moved back away for Christmas, communication was limited. We found that we worked a lot better when we were together rather than doing pieces digitally over a call, or one doing more than the other, I'd

say this is down to everyone not fully understanding the task and the means of how it was meant to work between us, especially working together for the first time we had to work out what was the best way as everyone's learning techniques are different, however with calls and meet up's we all got a clearer idea of what each of our contributions needed to be, especially that everyone happy with what was being done, for it to be a fair group academic poster.

Task Three – part 3

Evidence of team communication



References from all tasks

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