

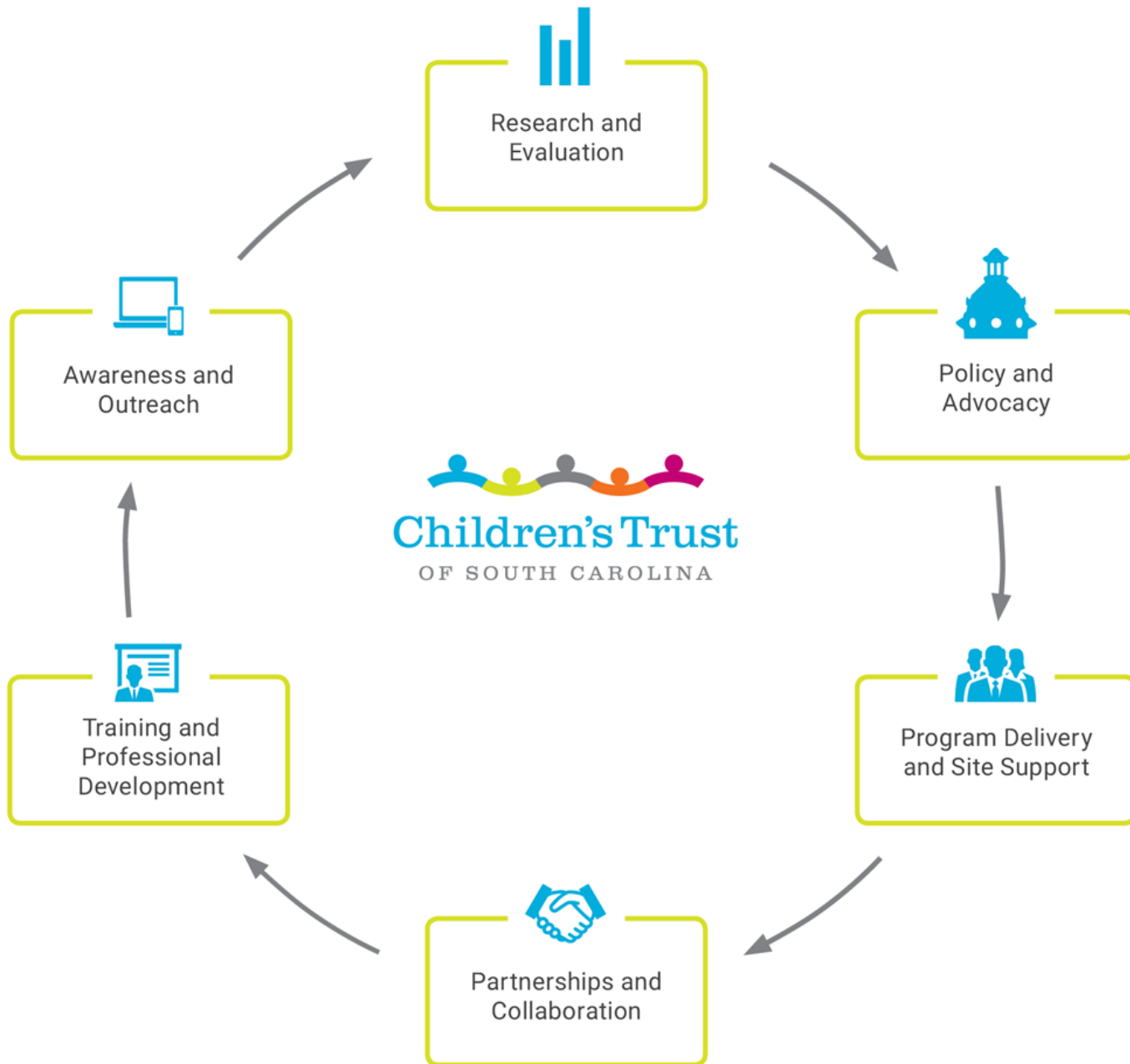
Triple P – Positive Parenting Program®

Abygail Wilson, MHA

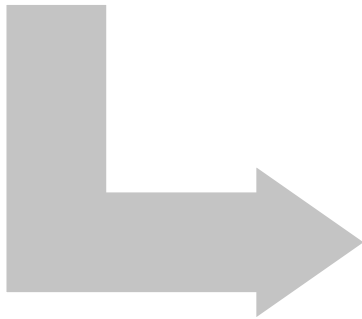
Positive Parenting Program Coordinator
Children's Trust of South Carolina

Objectives

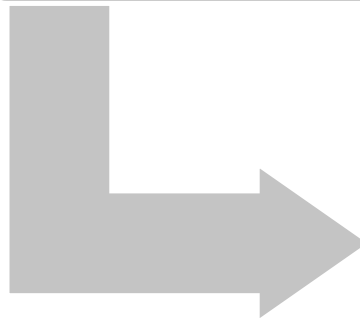
- Overview of Children's Trust
- History of Triple P
- Triple P System
- Implementation in South Carolina



Multiple
Different
Curricula



Sites
Delivering
Triple P



Support
Training
for Triple P

Why Triple P?

Evidence-
Based

Flexibility

Fit in Service
Array

Preventative
Aspect

Strengths-
Based
Approach

Sustainability

What is Triple P?

The Triple P – Positive Parenting Program[®] is a system of evidence-based education and support for parents and caregivers of children and adolescents.

Tailored support for every family

Supported by extensive research base

Improves parenting skills and confidence

HOME
↓ CORRECTIVE DISCIPLINE
↓ STRESS

HOSPITAL
↓ ER VISITS

HOME
↑ EFFECTIVE PARENTING
↑ CHILD BEHAVIOR
↑ SELF REGULATION

WORKPLACE
↓ STRESS

FLEXIBLE PARENT SUPPORT OPTIONS

COMMUNITY COLLABORATION

PEDIATRIC CLINIC
↓ CASES
↑ HEALTH

TAILORED FOR EACH COMMUNITY

MULTIPLE ACCESS POINTS

DESTIGMATIZES PARENTING SUPPORT

JUVENILE JUSTICE
↓ CASES
↑ OUTCOMES

SCHOOL
↑ READY TO LEARN

AVAILABLE FOR EVERY PARENT

EXISTING WORKERS DELIVER

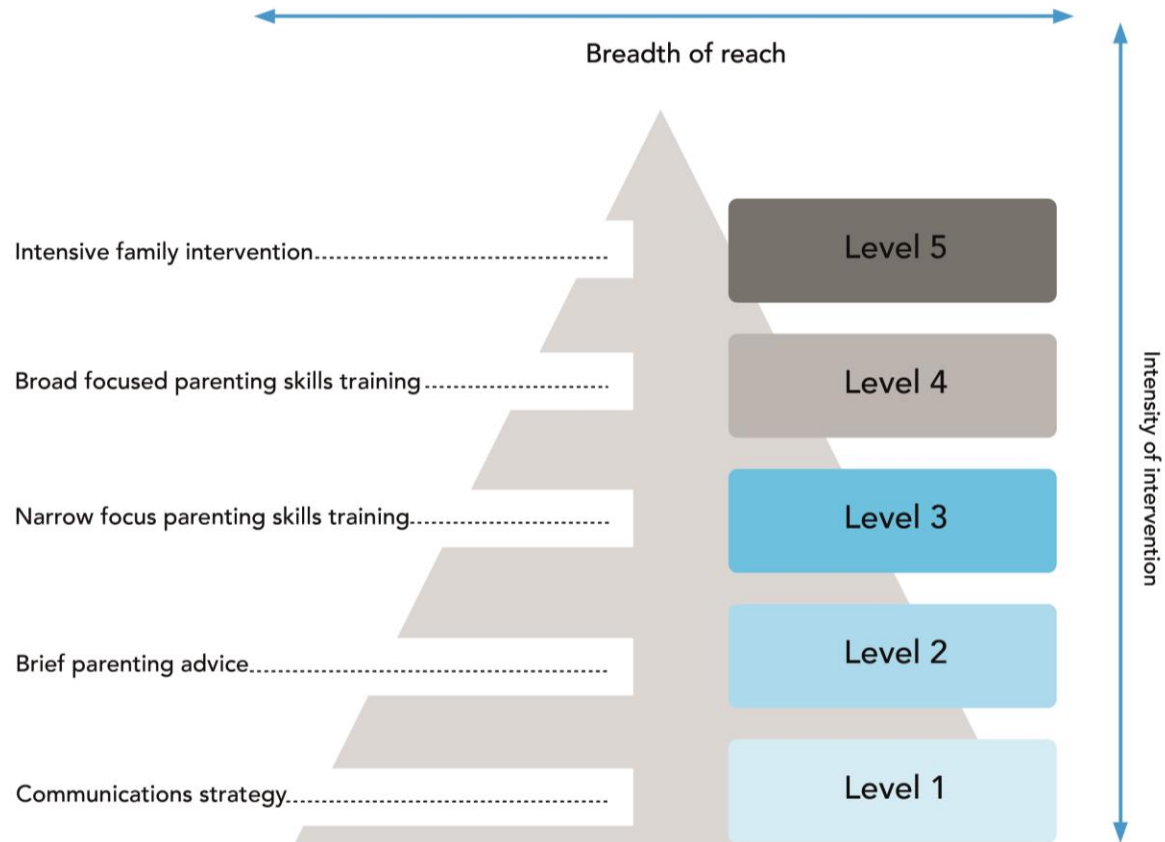
CHILD WELFARE
↓ CASES
↑ OUTCOMES

Welcome to Triple P
Equipping Parents = Thriving Communities

Triple P is for Every Parent

- For parents of children 0-16 years.
- Families with a range of needs, including:
 - Normal developmental concerns.
 - Internalizing and externalizing disorders.
 - Developmental delays.
 - Separation or divorce.
 - Overweight/obese children.
- Families from many cultures, socio-economic groups, and different family structures.

Triple P system



5 Principles of Positive Parenting

Guiding
themes for 17
Core
Parenting
Skills

- Ensuring a safe, engaging environment.
- Creating a positive learning environment.
- Using assertive discipline.
- Having realistic expectations.
- Taking care of yourself as a parent.

Parent Learning

- Modeling strategies.
- Role-playing strategies with feedback.
- Watching videos.
- Performing self-reflection and goal setting.

Parent Driven

- Parents select the most problematic behaviors and the strategies to address them.
- Strategies are scaled according to age of child/adolescent.
- Practitioners serve as “consultants” in a cooperative approach with parents on interventions.



Level 1 – Universal Triple P

- A media strategy to reach out to families, normalize the concept of seeking help, and make them aware of Triple P assistance
 - Television and Radio clips
 - Parenting articles and other print resources
- Stay Positive - a tailored communications campaign
 - Website with syndicated and local content to generate referrals or publicize events
 - Brochures, flyers, posters, etc.

Level 2 – Selected Triple P

- A ‘light touch’ intervention approach
- Selected Seminars
 - 1½-2 hour seminars for large groups of parents
 - General guidance provided for promoting a child’s healthy development and well-being
- Brief Primary Care
 - Consists of one brief contact with a parent to provide basic information and often a referral to a higher level



Level 2 – Selected Triple P

Parents of Children 0-12:

- The Power of Positive Parenting
- Raising Confident, Competent Children
- Raising Resilient Children

Parents of Youth ages 12-16:

- Raising Responsible Teenagers
- Raising Competent Teenagers
- Getting Teenagers Connected

Level 3 – Primary Care and Discussion Groups

- Primary Care
 - Brief, flexible parent consultation targeting families of children with mild to moderate behavioral difficulties.
 - Typically provided to parents in 4 individual sessions (15-30 minutes in duration)
 - Includes active skills training for parents
- Discussion Groups
 - Presentation of tips for parents around a common concern (e.g., disobedience, going shopping with a preschooler)
 - Delivered in one 2-hour session to small groups of parents (8-12)
 - Parents develop their own tailored plan for future management of the concern
 - Possible follow-up with parents via telephone

Level 4 – Standard and Group Triple P

- A moderately intensive parent program for moderate to severe behavioral or emotional difficulties
- Can also be used as a primary prevention strategy to promote positive development
- Multiple formats of delivery
 - Standard - 10 individual sessions
 - Group - 8 sessions (5 sessions of 2 hours each and 3 individual phone consultations for each participating family)
 - Online – 8 modules accessed via the web
 - Self-Directed – self-help workbook

Level 5 – Enhanced, Pathways and Family Transitions

Enhanced

- An intensive individually-tailored program (3-11 sessions) for families with child behavioral problems and family dysfunction

Pathways

- Addresses parental anger and parent explanations for their children's behavior as well as their own behavior

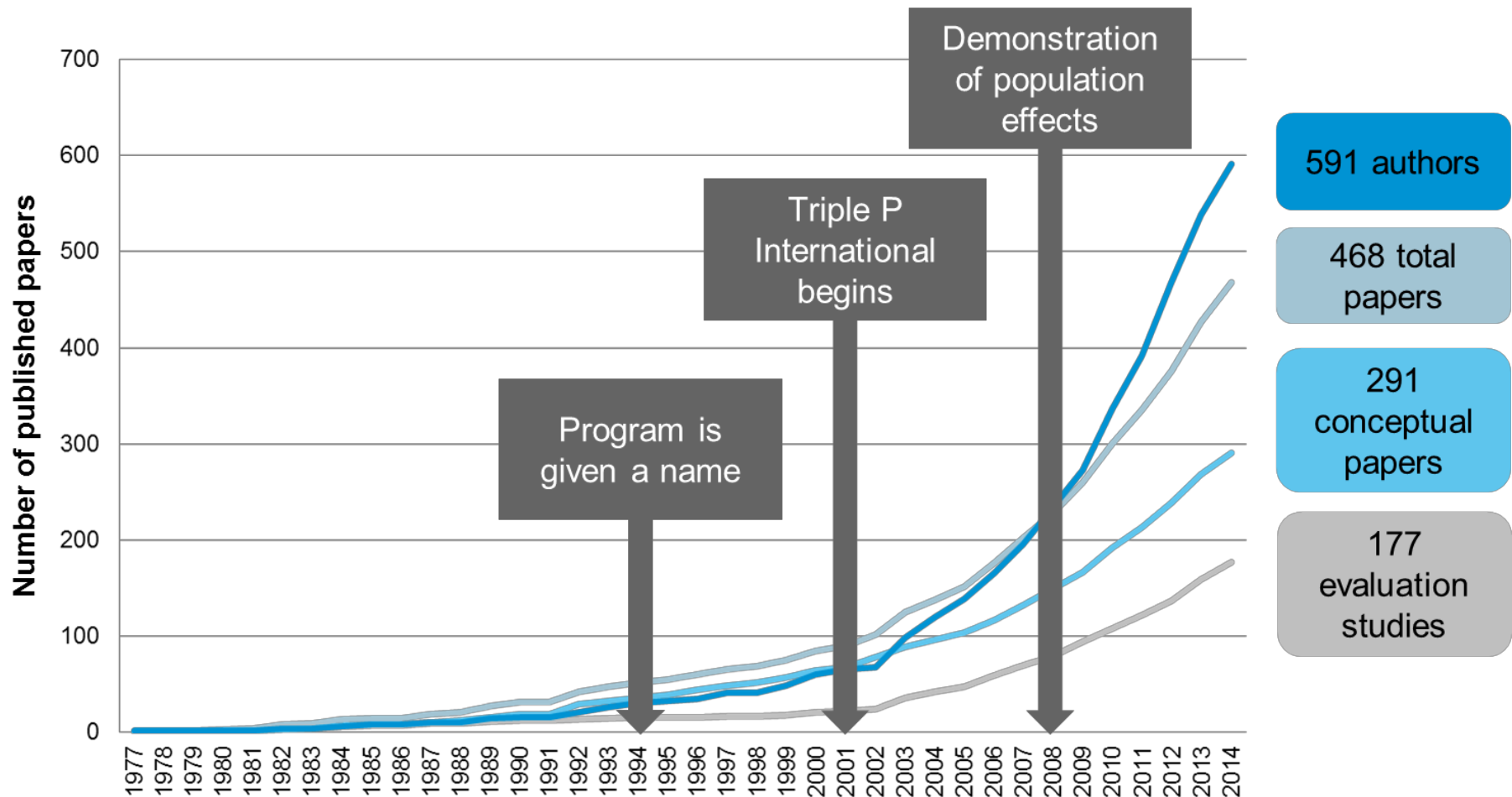
Family Transitions

- Delivered to parents who are experiencing personal distress from separation or divorce, which is impacting or complicating the task of parenting:

Who Practices Triple P?

- Triple P programs are usually offered by:
 - Healthcare providers
 - Behavioral health providers
 - Educators
 - Child care providers
 - Social service providers
 - Faith-based organizations
 - Other public and private sector agency staff

170 Evaluation Studies and growing...



Evidence-based Practice Acknowledgements

- California Evidence-Based Clearinghouse for Child Welfare
<http://www.cebc4cw.org/program/triple-p-positive-parenting-program/>
- National Registry of Evidence Based Practices (SAMHSA)
<http://nrepp.samhsa.gov/ViewIntervention.aspx?id=1>
- Blueprints for Violence Prevention
<http://www.colorado.edu/cspv/blueprints/promisingprograms/BPP10.html>
- Office of Justice Programs; Crime Solutions
<http://crimesolutions.gov>
- Child Trends
www.childtrends.org
- Association for Behavioral and Cognitive Therapies (ABCT): SCCAP List of Empirically Supported Treatments
www.abct.org/sccap
- Coalition for Evidence-Based Policy
<http://evidencebasedprograms.org/wordpress/>

Large and small scale implementations

Flexible delivery options continued:

- Population-level or community implementation
- Multiple cross-sector agencies involved in delivery

Triple P Provider Training

Agency
Based

A model training curriculum for agencies:

- Training (max. 20 attendees)
- Pre-accreditation workshop
- Accreditation
- Clinical and Implementation supports

Week	1	2	3	4	5	6	7	8	9	10
Activity										
	Triple P Training					Pre-Accreditation		Accreditation		

Implementation Support

Open
Enrollment

Open enrollment events are scheduled periodically for groups smaller than 20.

Who Practices Triple P in South Carolina?

- Individuals
- Organizations
- County-wide initiatives

For more information...

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