

# Implementing evidence-based programs within Indigenous child welfare services

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## Background

- Currently in Queensland (Australia) Indigenous children make up 6.5% of the population however they account for 37% of the children in child protection care.
- Within Indigenous families, parenting problems are often coupled with other forms of adversity that can have adverse effects on children, create early onset behavior problems and contribute to the intergenerational cycle of general problem behaviors.
- Evidence-based parenting interventions are shown to be the most effective way to reduce moderate to high levels of child behavior problems and reduce child abuse and maltreatment.
- Historically, professionals working in the area of child welfare and child safety are less likely to use evidence-based interventions.
- Professional training systems, like Triple P, that incorporate active skills training methods are well accepted and show a large increase in skills for conducting parent consultations. However, even well accepted programs that enhance a professional's self-efficacy are not always implemented after training.
- Few studies have focused on the factors that contribute to program implementation and long-term sustainment.

## Aims and Hypotheses

This study explores the dissemination of Triple P using a partnership model framework to provide a supportive system for professionals delivering their first evidence-based parenting intervention. The aim is to evaluate factors that predict Triple P implementation in Aboriginal and Torres Strait Islander child protection services with parents at risk of child maltreatment. It is hypothesized that:

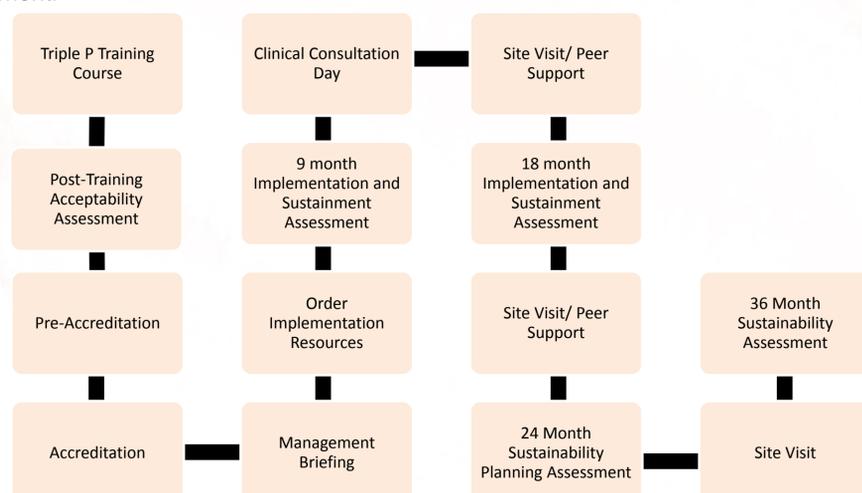
- Triple P training will increase practitioners' confidence and skills when working with parents of children who have emotional and behavioral problems.
- Practitioners will find Triple P parenting strategies to be acceptable and culturally appropriate.

Factors impacting implementation (program use) are hypothesized to be:

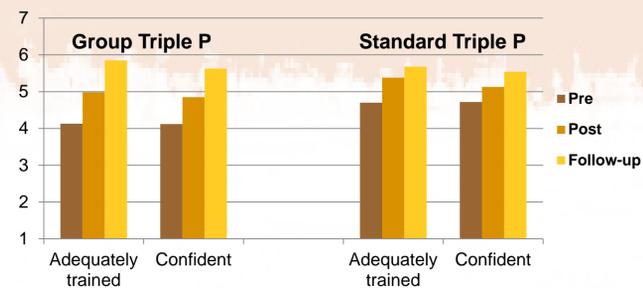
- 1) workplace climate (team culture, goals, focus on work, cohesion and unity, management)
- 2) training appropriateness (training pace, resources and examples)
- 3) program perceptions (program appeal, benefits and costs, program required)
- 4) partnership support (support from partners who provide training, technical assistance and other resources including extra peer support)

## Method

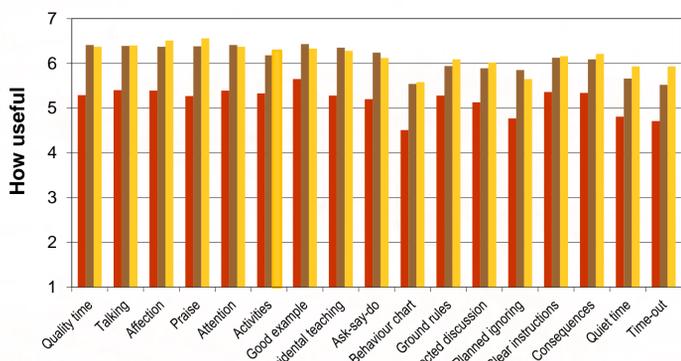
Participants: 59 Indigenous family support staff and managers working in 11 Queensland Aboriginal and Torres Strait Islander child protection and family support services were trained in Primary Care, Group and Standard Triple P. Professionals were recruited by the Queensland Aboriginal and Torres Strait Islander Child Protection Peak. To be eligible, the family support worker must be a trained and accredited in Triple P, and able to use Triple P in their workplace. Triple P was framed as a prevention mechanism for families to reduce the likelihood of the family entering into the child protection system and prevent out-of-home placement.



## Results



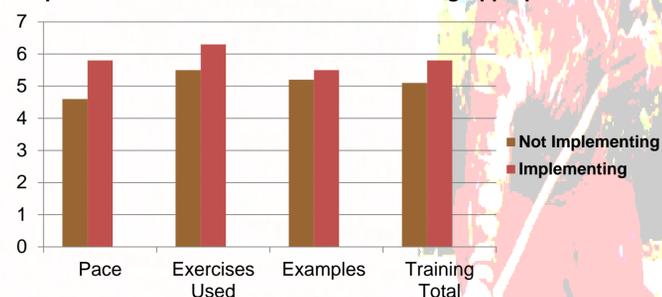
After Triple P training, Indigenous professionals felt more adequately trained and confident in their skills to deliver parent consultations.



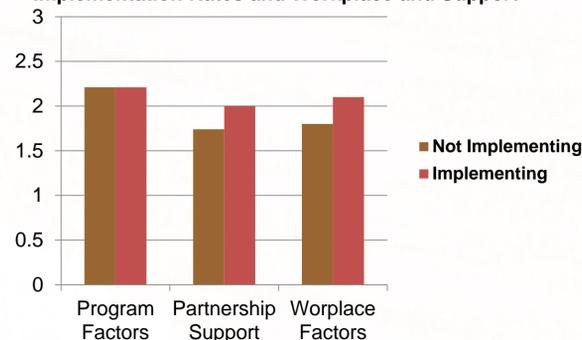
Compared to culturally and linguistically diverse (CALD) professionals, Triple P trained Indigenous professionals rate Triple P parenting strategies as more useful.

Professionals implementing Triple P at 9 months had higher acceptability ratings for training pace, exercises, and culturally appropriate examples used during training compared to those who were not implementing.

### Implementation Rates and Perceived Training Appropriateness



### Implementation Rates and Workplace and Support



Professionals implementing Triple P at 18 months had higher scores for perceived partnership support and workplace factors compared to non-implementers. A direct logistic regression indicated the strongest predictor for program implementation at 18 months was peer support, recording an odds ratio of 6.5.

## Conclusion

Preliminary analysis shows that Triple P training increases practitioners' confidence, and they find the parent strategies acceptable. However, few professionals implemented the program within 9 months of training. Professionals' perception of training pace, exercises and examples used during training may impact early implementation. The odds ratio for peer support, indicates that respondents who were implementing Triple P at 18 months post training were over 6 times more likely to report receiving peer support compared to those who did not implement the program. Also, professionals that are implementing have higher mean scores for partnership support and workplace factors. These results indicate that, peer support is an important consideration in program dissemination. Training appropriateness, partnership support and workplace factors should be taken into consideration.

## Acknowledgments

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