

Triple P and ethnic diversity in the Netherlands

Findings from a qualitative research project

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Marjolijn Distelbrink (Verwey-Jonker Institute)

i.c.w. Cecile Winkelman, Trees Pels

Context of the research project

■ Knowledge Lab Ten Plus (2009-now)

- Improving parenting support for (less educated) migrant parents in and around Amsterdam

- Research, practice, education

- 'Triple P Diverse' (Evaluation of Triple P level 3 and 4)

- Articulation of bottom up initiatives aimed at migrants

- Connecting informal and formal support structures

- Improving cultural sensitivity of future professionals

Practical context: Amsterdam

- More than half of the young population of non-western background (Moroccan, Turkish, Caribbean, other)
- Triple P the largest parenting program (level 1-5)
- Triple P Teens available since a few years
- Netherlands: migrant parents have questions on parenting (within the migration context); are less reached by preventive parenting programmes
- Migrant youth score relatively high on problem behavior

Triple P Diverse (2009-2012): main questions

- Signals from professionals: doubts about applicability of Triple P to non-western target groups; little research
- *How well suited is Triple P for supporting parents of non-Western descent in Amsterdam?*
- *To what extent are parents reached and retained by Triple P (level 2-4)?*
- *How do they evaluate the support (level 3-4)?*
- *What adaptations are necessary to reach and retain non-Dutch parents according to parents and professionals (level 3-4)?*

Triple P Diverse (2009-2012): methods

- Starting point: international review of literature
- Analysis of enrollment and population data
- Semi-structured interviews with 54 parents (mainly non-western)
- Semi-structured interviews with 53 Triple P professionals (one third non-western)
- Products: book, articles, chapters in books, practical brochure, short film (www.kenniswerkplaats-tienplus.nl) in Dutch
- English article (in print/digital)

Results: review of literature (2012)

- Search in international databases, TPI website, English/Dutch
- International articles: 8 included (4 RCT's)
- Australia, Japan, China
- Mainly Asian parents, relatively highly educated
- Often small sample size

- Positive effects of Triple P, not in all domains
- Parenting strategies/delivery acceptable
- Adaptations made to enroll/retain parents (use of key figures, language, media)

Results: enrollment of migrant parents in Triple P (2010)

- A small subgroup of the Amsterdam population is reached with Triple P
 - Mainly level 2, mainly parents of toddlers
 - Registration of ethnic background incomplete
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- Positive outcome: ethnic minority parents are reached accordingly to their share in the population of Amsterdam (Triple P level 3-5; young children)

Results: evaluation by parents (1)

- Positive experiences with Triple P (mainly group sessions, partly in own language)
- Personal referral important
- Learned: being consistent, other ways of communicating with children, feeling of competence, use of compliments
- Suitable to other parents of non-western descent



Results: evaluation by parents and professionals (2)

But:

- Not suitable to ALL parents, because of the large accent on speech/reading and pace of the course
- More reflection needed on themes like parenting within the Dutch context, role division between fathers and mothers, gender specific parenting
- The program is not accessible to specific subgroups of parents (low educated, not fluent in Dutch, not used to reflect on their parental role)

Solutions from professional practice

- Investing in recruitment of parents; e.g. cooperation with informal initiatives as a bridge to formal support, investing in personal contacts
- Investing in intercultural competences of professionals
- Recruiting professionals from minority backgrounds
- Flexibility (Extra sessions, stacking, more time for exchanging experiences)
- Use of translated (and visual) material/delivery in native language, use of role play

Questions?

www.kenniswerkplaats-tienplus.nl

mdistelbrink@verwey-jonker.nl

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