What is Triple P?
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Triple P Canada, Trainers
Agenda

• The Need
• Triple P System overview
  - What is Triple P?
  - How was it developed?
  - What are the different levels of Triple P intervention?
  - What outcomes can be expected?
  - Who benefits from Triple P?
  - Is Triple P effective across cultures?
  - Why the public health approach?
• The Triple P Implementation Framework
Meet Thomas
Percentage of children with social, emotional or behavioural problems

20% clinical

80% non-clinical
Parental influence is pervasive

Parental influence

- Language and communication skills
- Social skills
- Emotion regulation skills
- Skills for coping with adversity
- School achievement
- Physical health and wellbeing
- Attention and problem-solving skills

Reduced behavioural, social, emotional and health problems
The challenge

To increase the number of parents who complete evidence-based parenting programs

To enhance parenting competence and confidence at a population level

To reduce the prevalence of child social, emotional and behavioural problems
What is Triple P?

- Multi-level parenting and family support strategy delivered within a public health framework
- Strength of intervention varies according to risk factors
- Makes use of a multi-disciplinary workforce
- Evidence based
- Emphasis on use of self-regulatory model
**Triple P: International dissemination since 1996 ~60 000 training places**

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Key objectives of Triple P

- Aims to increase parental competence and confidence in raising children by:
  - reducing parent’s use of coercive and punitive discipline methods
  - improving parent communication
  - increasing positive parent–child interaction
  - reducing parent stress associated with child raising
US Triple P System Population Trial

- Prevention of child/family problems
- Standardized prevention rates per 100,000 children ages 0-8 yrs.
  - 240 fewer out of home placements/year
    • Triple P counties 16% lower than comparison counties
  - 60 fewer hospitalizations/ER visits for child maltreatment injuries/year
    • Triple P counties 17% lower than comparison counties
  - 688 fewer substantiated child abuse cases/year
    • Triple P counties 22% lower than comparison counties
Effective at reducing child behaviour problems

Number of supporting research studies: 89

Effective at reducing ineffective parenting practices

Number of supporting research studies: 80

Effective at improving parenting confidence

Number of supporting research studies: 46

Effective at improving parental adjustment

Number of supporting research studies: 50
**Triple P research outcomes**

- **Effective at improving parents’ relationship quality**
  - Number of supporting research studies: 7

- **Effective at reducing parental conflict over child rearing**
  - Number of supporting research studies: 16

- **Effective at maintaining improvements over the long term**
  - Number of supporting research studies: 66

- **Effective at producing population-level reductions in rates of child behaviour problems**
  - Number of supporting research studies: 3
Acceptable and effective across different types of families

Acceptable and effective across cultures

- Strategies viewed as acceptable and useful by families from culturally and linguistically diverse backgrounds
- Triple P programs are effective for parents and children from different countries and cultures

Acceptable and effective in special populations of families

- Triple P programs found to be effective for children with conduct problems, ADHD or developmental disabilities (including Autism Spectrum Disorders)
- Triple P programs found to be effective for parents who are depressed, are at risk of child maltreatment, or live in rural or remote areas
How do individual practitioners or communities know they are successful?

- Built-in assessment framework
  - Pre/Post Measures
  - Family Demographics
  - Parent Satisfaction
  - Session Checklists
- May also choose to monitor community outcomes
  - Population rates of potential outcomes (e.g. child maltreatment rates)
  - Community collaboration
Theoretical basis of Triple P

• Learning theory \(^3\)
• Developmental research on social competence \(^4\)
• Research on risk and protective factors \(^5, 6\)
• Cognitive social learning theory \(^7\)
• Public health and community psychology
Sample – Indigenous Survival Guide DVD
Principles of positive parenting

- Having a safe, interesting environment
- Having a positive learning environment
- Using assertive discipline
- Having realistic expectations
- Taking care of yourself as a parent
Triple P strategies

Developing good relationships
- Spend quality time with your child
- Talk with your child
- Show affection

Encouraging good behaviour
- Descriptive praise
- Give attention
- Have interesting activities

Teaching new skills and behaviours
- Set a good example
- Incidental teaching
- Ask-say-do
- Behaviour charts

Managing misbehaviour
- Set clear ground rules
- Directed discussion
- Planned ignoring
- Clear, calm instructions
- Logical consequences
- Quiet time
- Time-out
Some key flexibilities of the Triple P approach…

- Use of strength-based self-regulatory framework
- Parents determine the goals
- Practitioners use examples that are relevant to the family
- A menu of parenting strategies
- Practitioner helps the parent to make informed choices
Primary Care - demonstration
Self-regulatory approach

- Parental self-regulation
- Minimally sufficient intervention
- Self-management
- Self-efficacy
- Personal agency
- Problem solving
- Self-sufficiency

Reduced need for support
Using the self-regulatory approach

- Provide parents with the information to solve their own problems
- Use prompts, questions and hints to help parents answer their own questions
- Reinforce parental successes and problem solving
- Encourage parental self-reflection and self-evaluation
- Model the self-regulatory approach
The Triple P system of intervention

Level 1
Communications strategy

Level 2
 Brief selective intervention

Level 3
Narrow focus parent training

Level 4
Broad focus parent training

Level 5
Intensive family intervention

Breadth of reach

Intensity of intervention
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.
Effective across delivery modalities

Group

Seminars

Online

Media

One-on-one

Self-directed

Telephone
Program variants

**Suite of materials available**
- Triple P for 0–12 year olds
- Teen Triple P
- Stepping Stones Triple P

**Evidence-based and available**
- Pathways Triple P
- Family Transitions Triple P
- Lifestyle Triple P
- Indigenous Triple P

**Evidence-based but not yet available**
- Workplace Triple P
- Gifted and Talented Triple P
- Resilience Triple P
- Grandparent Triple P

**Development and trial stage**
- Baby Triple P
- Fear-Less Triple P
- Hassle-Free Mealtimes
Sample – Teen program – Survival tips
Benefits of online:

- Easily tailored
- Privacy
- Stigma
- Engagement
- Affordable
- Cost-effective
- Wider reach
- Reduce practitioner burden
- Accessibility
- Flexible delivery
Mentor introduces module content
Strategies are demonstrated in video clips
Raising confident, capable kids

Please read this question carefully and select the one response you think would be the most effective action to take.

Question 1
You are ironing clothes and your child comes to show you something. What is the best way to respond:

- Say you are busy and not to interrupt.
- Ignore the interrupting.
- Stop what you are doing, give your attention, and then continue ironing.
- Say you will look when you have finished the ironing.
Resources

Module 1: What is positive parenting?

In this module:

What is positive parenting?
- A safe, interesting environment
- A positive learning environment
- Assertive discipline
- Realistic expectations
- Taking care of yourself

Common parent traps
Get active

View worksheets
Download podcast
Email me a summary
SMS me key points

Download these worksheets for extra information on this module.
Download an audio only podcast of this module to listen to away from your computer.
Send yourself a summary of this module for you or your partner to read later.
Send yourself the key points of this module as a quick reminder to look at any time.
• Triple P provides materials for referrals to the Triple P website or to the service provider
  - Poster
  - Flyer
  - Brochure
  - Video
  - Web banner
  - Email sequence
Module 8: Raising confident capable kids

Check in
How did you go with your practice shopping trip or trip out? Did you manage to cover all the steps you set?
If things went well, what worked? If something stopped you, how can you plan for that to make sure you can use your chosen strategies in future?
Much better having clear rules and things to do
If you haven’t had a practice shopping trip with your child yet, when would be a good time in the next few days? If you have, when are you going to do it again?
Next Saturday. Weekly shop.
It’s about time to put away your monitoring forms now we’re coming to the end of the program, but before you do, it can be really helpful to compare how things are now with how they were when you started Triple P. What changes have you noticed in yourself and in your child?
We’re all a lot calmer now. House is tidier.

Compare the first week and the last week. Have you noticed any changes?

* Yes
  Feedback: Congratulations on working so hard on your goals throughout the program and getting these results.

If you haven’t been keeping track for a while, it’s a good idea to do one more week now so you can see what has changed since you started the program. Go back to the behavior you started monitoring in Module 2:

Arguments
Talking back

Did you set a goal about your own needs or looking after your relationship?

Get that book I wanted from the library.
Public Health Approach

• Unit of interest is the population rather than the individual
• Aim is to change population prevalence rates (i.e., decrease rates of heart disease, increase vehicle motor safety, or reduce child maltreatment rates)
• Requires a multi-faceted strategy aimed at impacting an entire population
  - Media and awareness
  - Educating professionals about prevention
  - Early detection and intervention
Triple P Implementation Framework

- Implementation and Maintenance
- Engagement
- Commitment and Contracting
- Implementation Planning
- Training and Accreditation
Thomas – what happened?
Thank you

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