Triple P Program
Positive Parenting Program

Program Summary: The Positive Parenting Program is a comprehensive system of parenting and family support for families with children. The program consists of five levels of intervention, which increases with intensity, and progressively narrows the reach at each increasing level. Triple P is designed to promote positive parenting practices, and reduce family risk factors as they relate to maltreatment and behavioral and emotional problems.

Developer: Matthew Sanders, PH.D., The University of Queensland

Website: http://www.triplep.net/glo-en/home/

Contact: Triple P America, (803) 451-2278 or contact.us@triplep.net

FREQUENTLY ASKED QUESTIONS

1. **What population is the Triple P program designed to target?**

   The Triple P program contains multiple levels of intervention with increasing intensity for parents of children from birth – 16 years of age. There are multiple delivery methods within each of the five (5) levels, providing enough flexibility to meet the needs of many different individuals and communities.

2. **Can you provide a breakdown of the five program levels?**
   I.   Level 1: Universal Triple P, is a communications strategy designed to build awareness and promote access to parenting support as well as to destigmatize parent seeking of support around parenting.
   II. Level 2: Light touch intervention providing brief assistance (often one-time contacts) to parents who are generally coping well but have a few concerns with their child's behavior or development.
      - Triple P Selected Seminar Series (Power of Positive Parenting; Raising Confident, Competent Children,; Raising Resilient Children)
      - Teen Triple P Seminar Series (Raising Responsible Teenagers; Raising Competent Teenagers; Getting Teenagers Connected)
      - Brief Primary Care/Brief Primary Care Teen
   III. Level 3: Targeted support for parents of a child with mild to moderate behavioral difficulties, typically dealing with a specific problem or issue.
      - Primary Care Triple P/Primary Care Teen Triple P
      - Triple P Discussion Groups/Teen Triple P Discussion Groups
   IV. **Level 4: For parents of children with moderate to severe behavioral difficulties or for motivated parents interested in gaining a thorough understanding of Positive Parenting**
      - **Group Triple P/Group Teen Triple P**
      - **Standard Triple P/Standard Teen Triple P**
      - **Triple P Online**
      - **Self-directed Triple P**
      *Starting in 2018, PCCD will be accepting grant applications for ONLY Level 4 (Group, Group Teen, Standard, Standard Teen).
   V.   Level 5: Intensive support for families that face challenges beyond just parenting skills (e.g., difficulty coping with stress or anger; having unrealistic expectations; not on the same page as their partner with parenting; recently separated or divorced). Level 4 Standard or Group is a prerequisite before beginning Level 5.
      - Enhanced Triple P
      - Pathways Triple P

- Family Transitions Triple P

3. **What risk and protective factors does the Triple P program target?**
According to Blueprints for Healthy Youth Development, the Triple P program targets the following risk and protective factors:

Protective Factors Targeted for an Increase	*Risk Factors Targeted for a Decrease*
• Coping Skills	• Family conflict/violence
• Attachment to Parents	• Parent Stress
• Non-violent discipline	• Poor Family Management
• Parent Social Support	• Psychological Aggression/Discipline
	• Violent Discipline

4. **What kind of outcomes can be expected from the Triple P program?**
According to the Blueprints for Healthy Youth Development:
- In a U.S. Population Study:
  - Positive effects in the Triple P System counties for rates of substantiated child maltreatment, child-out-of-home placements, and hospitalizations or emergency-room visits for child maltreatment injuries, compared to control counties
- In an Australian Population Study:
  - Triple P System was associated with significantly greater reductions in emotional problems and psychosocial distress in both children and their parents than in the care as usual condition
  - No intervention effects were found for conduct problems, hyperactivity and peer relationship difficulties.

Detailed Evaluation Abstract for the Triple P program can be found out:

[Blueprints for Healthy Youth Development](#)

5. **What kind of training is needed for the Triple P program? What about materials?**

Practitioners need to be trained to the highest standard and supported in their use of the program in order for the program to be as effective as possible. Triple P's training model has been developed to produce practitioners who are confident, knowledgeable and understand the importance of delivering the program with fidelity to the model.
Due to the varied nature of the program levels, it is recommended that individuals contact Triple P America, (803) 451-2278 or contact.us@triplep.net , to determine the best intervention fit that will then determine training and program material needs.

6. **What Triple P program costs should I budget for?**
Given the many flexible options available within the Triple P program, it is recommended that individuals interested in the program contact Triple P America to inquire about specific costs for training and materials as it relates to the level they are interested in implementing.

7. **What evaluation tools should I use?**

Below is the list of evaluation tools required by the EPISCenter to collect the outcomes needed to report to PCCD:

- PAFAS Pre/Post Survey Tool
- Triple P Quarterly Data Tool
- Triple P Fidelity Session Checklists
- Triple P Client Contact Record

You may obtain copies of the PAFAS Survey and Quarterly Data Tool by contacting the EPISCenter at 814-863-2214 or they can be downloaded from the EPISCenter's website at: http://www.episcenter.psu.edu/newvpp/triplep. Fidelity Session Checklists and the Client Contact Record will be provided by Triple P America at the time of training.

Sites are expected to monitor program implementation quality and fidelity. Fidelity observations are to be conducted for 20% of the total sessions by an observer who has been trained in the Triple P program.

Sites funded by PCCD are required to report quarterly in E-grants utilizing the Triple P Data Tool. The evaluation tools and spreadsheet provide analyzed data from the PAFAS survey and the fidelity observation forms. If more extensive analysis is desired locally, sites may wish to identify additional evaluation support and budget for these costs accordingly.

8. **In what ways can I involve my local prevention board?**

- Local collaborative boards can play an important role in program development and sustainability. At start-up, present the research behind Triple P and share your local goals for the program.
- Provide board members with a fact sheet, the program's logic model, and demonstrated outcomes.
- Help them to understand ways in which they can contribute to the program's local success.
- Identify potential program champions or community gatekeepers that can help to build relationships that may lead to program support.
- Provide frequent verbal reports on the program's impact and at least annually provide a written summary of program outcomes.
- Identify board members to become engaged in generating outcome reports and securing sustainability funds.

9. **Are there other sites in PA implementing the Triple P program?**

Please contact EPISCenter Prevention Coordinator, Jordan Joyce, at 814-865-2649 or jjoyce@episcenter.org to learn about other sites implementing the Triple P program in PA.

This FAQ resource page was created utilizing information from the following locations:
http://www.triplep.net/glo-en/home/
http://www.blueprintsprograms.com/factsheet/triple-p-system