Positive Parenting Program (Triple P – Level 4)

This Logic Model was created by the Evidence-based Prevention and Intervention Support Center (EPISCenter) at the Pennsylvania State University in conjunction with Triple P America. Much of the information provided is based off of Triple P America’s Logic Model.

Level 4 Program Components

- **Standard**: For caregivers of children ages birth – 12 years.
- **Standard Teen**: For caregivers of children ages 12 – 16 years.
- **Group**: For caregivers of children ages birth – 12 years.
- **Group Teen**: For caregivers of children ages 12 – 16 years.

Target Underlying Causes of Problem Behaviors

- Decrease Risk Factors
- Increase Protective Factors

Proximal Participant Outcomes

- Increased Parental Competence: More Confidence, Less Stress, Less Conflict and Decreased Depression
- Improved Child Behavior, Increased Self-Control, Improved Parent-Child Relationship

Distal Public Health Outcomes

- Improved Social, Emotional, and Behavioral Effects
- Community-Wide Positive Effects Such as: Decreased child maltreatment, Reduced Substance Abuse for both Parents and Youth and Decreased Out-Of-Home Placements

To find out what the Benefit-Cost Results are for Triple P, please visit: [http://www.wsipp.wa.gov/BenefitCost](http://www.wsipp.wa.gov/BenefitCost)
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**Program AIMS**
Specific strategies, methods, and techniques are used to accomplish the program goals.

**Program Modalities**
Risk factors, which increase the likelihood of negative outcomes (e.g., drug use, delinquency, school dropout, teen pregnancy, and violent behavior) are targeted for a decrease. Protective factors, which exert a positive influence and buffer against negative outcomes, are targeted for an increase.

**Targeted Risk and Protective Factors**
- Depressive Symptoms
- Family Conflict/Violence
- Parent Stress
- Parental Attitudes Favorable to Antisocial Behavior
- Poor Family Management
- Psychological Aggression/Discipline
- Rebelliousness
- Violent Discipline

**Risks Factors:**
- Attachment to Parents
- Coping Skills
- Family Rewards to Prosocial Behavior
- Non-Violent Discipline
- Parent Social Support

**Proximal Outcomes**
Targeted outcomes that the program is designed to impact immediately following program completion.

**Child Outcomes:**
- Improved child behavior
- Improved parent-child relationship
- Decreased adverse childhood experiences
- Improved appropriate autonomy
- Increased confidence
- Increased self-control

**Parent Outcomes:**
- Increased positive parenting
- Decreased coercive parenting
- Increased parental confidence
- Decreased parent stress, anxiety, depression
- Decreased parent conflict
- Improved marital satisfaction

**Community Outcomes:**
- Increased access to parenting support
- Decreased child maltreatment
- Decreased out-of-home placements

**Distal Outcomes**
Outcomes impacted by the program months/years following program completion that have been demonstrated through research.

- Improved parent satisfaction with the parenting role
- Decreased stigma in seeking parenting support
- Reduced substance abuse for both parents and youth
- Increased graduation rates
- Less crime
- Lower rates of incarceration
- Better physical health for both
- Decreased medication prescriptions for children
- Decreased teen pregnancy
- Decreased mental health diagnosis
- Cost savings to communities/tax payers
- Increased Jobs within a community

- **Enhanced Child Wellbeing**
  - Ensure a safe, stable, nurturing environment
  - Address common developmental tasks

- **Competent Parenting**
  - Teach practical parenting skills in a self-regulatory way
  - Provide minimally sufficient level of support to enable change

- **Improved Parent Adjustment and Partner Relationships**
  - Help parents develop personal coping skills
  - Facilitate better communication between parenting partners

- **Improved Systems of Care**
  - Allow program available in multiple formats
  - Deliver at a variety of locations that parents can access
  - Promote Peer Assisted Supervision and Support

- **Healthier Communities**
  - Engage a wide variety of community partners