

# SELECTED TRIPLE P

## WHAT IS SELECTED TRIPLE P?

A “light touch” parenting information presentation delivered to a large group of parents (20 to 200) who are generally coping well but have one or two concerns. There are three seminar topics with each taking around 60 minutes to present, plus 30 minutes for question time. The Selected Triple P Seminar Series is designed to be a brief introduction to the Triple P strategies and will give parents and carers you work with great ideas to take home and try out with their family.

## WHO IS IT FOR?

Parents or carers, with children up to 12 years, interested in general information about promoting their child’s development. The series of seminars can also assist parents with specific concerns about their child’s behavior or development. Parents are likely to benefit if their family is not complicated by significant behavior problems or family stress. This intervention can also be useful as an introduction to the Triple P strategies for families who will access a more intensive intervention.

## WHAT IS COVERED IN SEMINARS WITH PARENTS?

### Seminar 1: Positive parenting

Practitioners introduce parents to the five key principles of positive parenting that form the basis of Triple P. These principles are:

- Ensuring a safe engaging environment.
- Creating a positive learning environment.
- Using assertive discipline.
- Having reasonable expectations.
- Looking after yourself as a parent.

### Seminar 2: Raising confident, competent children

In this seminar, parents are introduced to six core building blocks for children to become confident and successful at school and beyond. These competencies are:

- Showing respect to others.
- Being considerate.
- Having good communication and social skills.
- Having healthy self-esteem.
- Being a good problem solver.
- Becoming independent.

### Seminar 3: Raising resilient children

Parents are introduced to six core building blocks for children to manage their feelings and become resilient in dealing with life stress. These competencies are:

- Recognizing and accepting feelings.
- Expressing feelings appropriately.
- Building a positive outlook.
- Developing coping skills.
- Dealing with negative feelings.
- Dealing with stressful life events.

## HOW MUCH TIME IS NEEDED TO DELIVER THE INTERVENTION?

In addition to each seminar, the practitioner should allow time for preparation and supervision. Please see the table below for an approximate timeframe for delivering the program.

CONSULTATION TIME	1½ hours
PRE AND POST ASSESSMENTS — QUESTIONNAIRE SCORING AND FEEDBACK*	n/a
TELEPHONE SUPPORT OR HOME VISIT	n/a
SEMINAR PREPARATION AND POST-SEMINAR DEBRIEF/SUPERVISION	1½ hours
CASE NOTES AND REPORT WRITING**	n/a
TOTAL TIME	3 hours per seminar

\*An additional 2-3 minutes per family should be allowed for reviewing the Client Satisfaction Questionnaire (CSQ) at the end of the intervention.

\*\*Not including comprehensive reports for government agencies.

## WHAT RESOURCES DO PARENTS RECEIVE?

Each family will receive a Triple P Seminar Series Tip Sheet corresponding to the seminar they are attending.

Please see the table below for the expected program resources required when Triple P is adopted as part of core business.

NUMBER OF INTERVENTIONS PER YEAR	6 interventions (2 rounds of 3 topics)
NUMBER OF FAMILIES PER INTERVENTION	50 families per seminar
RESOURCES PER FAMILY	1x Seminar Tip Sheet per seminar place
TOTAL NUMBER OF FAMILIES	300 seminar places
TOTAL RESOURCES PER YEAR	300 Tip Sheets (100 of each topic)



## WHAT IS INVOLVED IN PROVIDER TRAINING?

To provide Selected Triple P to families, practitioners must have completed an approved active skills training program and demonstrated their knowledge and competence in program delivery through a skills-based accreditation process. The table below provides an estimate of the time commitment for practitioners to attend training and support days, as well as time needed for preparation and peer support. Training is available via video conference or in-person<sup>1</sup>.

NUMBER OF TRAINING DAYS (9.00AM–4.30PM)	2 days
PRE-ACCREDITATION DAY (9.00AM–4.30PM)	1 day
PREPARATION TIME FOR ACCREDITATION DAY	4–6 hours (quiz and competency preparation)
ACCREDITATION DAY	Half day
PEER SUPPORT	2–3 hours (hourly meetings per month)
TOTAL TIME	5 days

An Extension Course is available, please contact your Triple P representative for more information.

## DO PRE-REQUISITES APPLY?

No Triple P pre-requisites apply. Assumes an organization has established a successful referral process for families requiring further assistance (either to in-person or online Triple P programs).

## WHAT ARE THE PROVIDER LEARNING OUTCOMES?

- Organizing a successful seminar series.
- Presentation of the seminar series.
- Core principles of positive parenting and behavior change.
- Specific positive parenting strategies for promoting children's development.
- Responding to parents' questions.

## WHAT RESOURCES DO PRACTITIONERS RECEIVE?

Each practitioner will receive the following Triple P practitioner resource:

- Facilitator's Manual for Selected Triple P.
- Access to the Selected Triple P Seminar Series PowerPoint presentations.
- Triple P Tip Sheet Series — Seminar Series (includes a tip sheet from each seminar).

<sup>1</sup> In-person is an option when government rules, safety and insurance requirements allow.

# SELECTED TEEN TRIPLE P

## WHAT IS SELECTED TEEN TRIPLE P?

A “light touch” parenting information presentation delivered to a large group of parents (20 to 200) who are generally coping well but have one or two concerns. There are three seminar topics with each taking around 60 minutes to present, plus 30 minutes for question time. The Selected Teen Triple P Seminar Series is designed to be a brief introduction to the Triple P strategies and will give parents and carers you work with great ideas to take home and try out with their family.

## WHO IS IT FOR?

Parents or carers, with teenagers up to 16 years, interested in general information about promoting their teenager’s development. The series of seminars can also assist parents with specific concerns about their teen’s behavior. Parents are likely to benefit if their family is not complicated by significant behavior problems or family stress. This intervention can also be useful as an introduction to the Teen Triple P strategies for families who will access a more intensive intervention.

## WHAT IS COVERED IN SEMINARS WITH PARENTS?

### Seminar 1: Raising responsible teenagers

Practitioners introduce parents to the six key elements of teenagers becoming responsible and specific ideas about how to teach and encourage each of the following skills:

- Taking part in family decision-making.
- Being respectful and considerate.
- Getting involved in family activities.
- Developing a healthy lifestyle.
- Being reliable.
- Being assertive.

### Seminar 2: Raising competent teenagers

Practitioners introduce parents to six aspects of teenagers becoming confident and successful in school and the community. Parents are given specific ideas to teach and encourage the following:

- Developing self-discipline.
- Establishing good routines.
- Getting involved in school activities.
- Being a good problem solver.
- Following school rules.
- Having supportive friends.

### Seminar 3: Getting teenagers connected

Practitioners introduce parents to different aspects of teaching their teenagers to develop supportive friendships and become engaged in appropriate social and recreational groups and activities in the wider community. Parents are given specific ideas about teaching their teenagers the following skills:

- Being confident.
- Being socially skilled.
- Planning ahead.
- Meeting commitments.
- Keeping in contact.
- Taking care of others.

## HOW MUCH TIME IS NEEDED TO DELIVER THE INTERVENTION?

In addition to each seminar, the practitioner should allow time for preparation and supervision. Please see the table below for an approximate timeframe for delivering the program.

CONSULTATION TIME	1½ hours
PRE AND POST ASSESSMENTS — QUESTIONNAIRE SCORING AND FEEDBACK*	n/a
TELEPHONE SUPPORT OR HOME VISIT	n/a
SEMINAR PREPARATION AND POST-SEMINAR DEBRIEF/SUPERVISION	1½ hours
CASE NOTES AND REPORT WRITING**	n/a
TOTAL TIME	3 hours per seminar

\*An additional 2-3 minutes per family should be allowed for reviewing the Client Satisfaction Questionnaire (CSQ) at the end of the intervention.

\*\*Not including comprehensive reports for government agencies.

## WHAT RESOURCES DO PARENTS RECEIVE?

Each family will receive a Teen Triple P Seminar Series Tip Sheet corresponding to the seminar they are attending. Please see the table below for the expected program resources required when Triple P is adopted as part of core business.

NUMBER OF INTERVENTIONS PER YEAR	6 interventions (2 rounds of 3 topics)
NUMBER OF FAMILIES PER INTERVENTION	50 families per seminar
RESOURCES PER FAMILY	1x Seminar Tip Sheet per seminar place
TOTAL NUMBER OF FAMILIES	300 seminar places
TOTAL RESOURCES PER YEAR	300 Tip Sheets (100 of each topic)



## WHAT IS INVOLVED IN PROVIDER TRAINING?

To provide Selected Teen Triple P to families, practitioners must have completed an approved active skills training program and demonstrated their knowledge and competence in program delivery through a skills-based accreditation process. The table below provides an estimate of the time commitment for practitioners to attend training and support days, as well as time needed for preparation and peer support. Training is available via video conference or in-person<sup>1</sup>.

NUMBER OF TRAINING DAYS (9.00AM–4.30PM)	2 days
PRE-ACCREDITATION DAY (9.00AM–4.30PM)	1 day
PREPARATION TIME FOR ACCREDITATION DAY	4–6 hours (quiz and competency preparation)
ACCREDITATION DAY	Half day
PEER SUPPORT	2–3 hours (hourly meetings per month)
TOTAL TIME	5 days

An Extension Course is available, please contact your Triple P representative for more information.

## DO PRE-REQUISITES APPLY?

No Triple P pre-requisites apply. Assumes an organization has established a successful referral process for families requiring further assistance (either to in-person or online Triple P programs).

## WHAT ARE THE PROVIDER LEARNING OUTCOMES?

- Organizing a successful seminar series.
- Presentation of the seminar series.
- Core principles of positive parenting and behavior change.
- Specific positive parenting strategies for promoting children's development.
- Responding to parents' questions.

## WHAT RESOURCES DO PRACTITIONERS RECEIVE?

Each practitioner will receive the following Triple P practitioner resource:

- Facilitator's Manual for Selected Teen Triple P.
- Access to the Selected Teen Triple P Seminar Series PowerPoint presentations.
- Teen Triple P Tip Sheet Series — Seminar Series (includes a tip sheet from each seminar).

<sup>1</sup> In-person is an option when government rules, safety and insurance requirements allow.



# SELECTED STEPPING STONES TRIPLE P

## WHAT IS SELECTED STEPPING STONES TRIPLE P?

A series of parenting information presentations for groups of parents (20 to 200) who have a child with a disability. There are three seminar topics with each taking around 60 minutes to present, plus 30 minutes for question time. The Selected Stepping Stones Triple P Seminar Series is designed to be a brief introduction to the principles of positive parenting, teaching children with disabilities new skills, and changing problem behavior in children.

## WHO IS IT FOR?

Parents or carers, who have children with a disability up to 12 years, interested in general information about promoting their child's development. The series of seminars can also assist parents with specific concerns about their child's behavior or development. Parents are likely to benefit if their family is not complicated by significant behavior problems or family stress. This intervention can also be useful as an introduction to the Stepping Stones Triple P strategies for families who will access a more intensive intervention.

## WHAT IS COVERED IN SEMINARS WITH PARENTS?

### Seminar 1: Positive Parenting for Children with a Disability

Practitioners introduce parents to the seven core principles of positive parenting. These principles are:

- Ensuring a safe engaging environment.
- Creating a positive learning environment.
- Using assertive discipline.
- Having reasonable expectations.
- Looking after yourself as a parent.
- Adapting to having a child with a disability.
- Being part of the community.

### Seminar 2: Helping Your Child Reach Their Potential

In this seminar, practitioners build on the foundation seminar and show parents how they can use the positive parenting principles to promote their child's development by teaching them new skills and behaviors. The six key steps to teach a new skill are:

- Choosing a skill to teach.
- Breaking the skill into steps.
- Choosing rewards.
- Deciding on when and where to teach.
- Using effective teaching strategies.
- Keeping track and review.

### Seminar 3: Changing Problem Behavior into Positive Behavior

Parents are often uncertain how to manage problem behavior in ways that help children learn alternative and more adaptive behavior to take its place. Parents are introduced to the six key steps of how to do this. The steps covered include:

- Tracking the behavior.
- Understanding why the behavior is occurring.
- Changing events that occur before the problem.
- Encouraging alternative behavior.
- Removing accidental rewards.
- Putting the plan into action.

## HOW MUCH TIME IS NEEDED TO DELIVER THE INTERVENTION?

In addition to each seminar, the practitioner should allow time for preparation and supervision. Please see the table below for an approximate timeframe for delivering the program.

CONSULTATION TIME	1½ hours
PRE AND POST ASSESSMENTS — QUESTIONNAIRE SCORING AND FEEDBACK*	n/a
TELEPHONE SUPPORT OR HOME VISIT	n/a
SEMINAR PREPARATION AND POST-SEMINAR DEBRIEF/SUPERVISION	1½ hours
CASE NOTES AND REPORT WRITING**	n/a
TOTAL TIME	3 hours per seminar

\*An additional 2-3 minutes per family should be allowed for reviewing the Client Satisfaction Questionnaire (CSQ) at the end of the intervention.

\*\*Not including comprehensive reports for government agencies.

## WHAT RESOURCES DO PARENTS RECEIVE?

Each family will receive a Stepping Stones Triple P Seminar Series Tip Sheet corresponding to the seminar they are attending.

Please see the table below for the expected program resources required when Triple P is adopted as part of core business.

NUMBER OF INTERVENTIONS PER YEAR	6 interventions (2 rounds of 3 topics)
NUMBER OF FAMILIES PER INTERVENTION	50 families per seminar
RESOURCES PER FAMILY	1x Seminar Tip Sheet per seminar place
TOTAL NUMBER OF FAMILIES	300 seminar places
TOTAL RESOURCES PER YEAR	300 Tip Sheets (100 of each topic)



## WHAT IS INVOLVED IN PROVIDER TRAINING?

To provide Selected Stepping Stones Triple P to families, practitioners must have completed an approved active skills training program and demonstrated their knowledge and competence in program delivery through a skills-based accreditation process. The table below provides an estimate of the time commitment for practitioners to attend training and support days, as well as time needed for preparation and peer support. Training is available via video conference or in-person<sup>1</sup>.

NUMBER OF TRAINING DAYS (9.00AM–4.30PM)	2 days
PRE-ACCREDITATION DAY (9.00AM–4.30PM)	1 day
PREPARATION TIME FOR ACCREDITATION DAY	4–6 hours (quiz and competency preparation)
ACCREDITATION DAY	Half day
PEER SUPPORT	2–3 hours (hourly meetings per month)
TOTAL TIME	5 days

An Extension Course is available, please contact your Triple P representative for more information.

## DO PRE-REQUISITES APPLY?

No Triple P pre-requisites apply. Assumes an organization has established a successful referral process for families requiring further assistance (either to in-person or online Triple P programs).

## WHAT ARE THE PROVIDER LEARNING OUTCOMES?

- Organizing a successful seminar series.
- Presentation of the seminar series.
- Core principles of positive parenting and behavior change.
- Specific positive parenting strategies for promoting children's development.
- Responding to parents' questions.

## WHAT RESOURCES DO PRACTITIONERS RECEIVE?

Each practitioner will receive the following Triple P practitioner resource:

- Facilitator's Manual for Selected Stepping Stones Triple P.
- Access to the Selected Stepping Stones Triple P Seminar Series PowerPoint presentations.
- Stepping Stones Triple P Tip Sheet Series — Seminar Series (includes a tip sheet from each seminar).

<sup>1</sup> In-person is an option when government rules, safety and insurance requirements allow.



# PRIMARY CARE TRIPLE P

## WHAT IS PRIMARY CARE TRIPLE P?

A brief targeted intervention in a one-to-one format that assists parents to develop parenting plans to manage behavioral issues (e.g. tantrums, fighting, going shopping) and skill development issues (e.g. eating independently, toilet training, staying in bed at night). These focused consultations can be carried out by health professionals while providing routine health care. Practitioners provide 3-4 sessions (15-30 minutes each) over a period of 4-6 weeks. Sessions can be done in person, over the phone, or as a combination of both.

## WHO IS IT FOR?

Parents or carers with a specific concern about their child's behavior and prefer one-to-one consultations. They are likely to benefit when their child's behavior problems are mild and uncomplicated by a high level of family stress. Parents receiving this intervention sometimes then choose to do a Group Triple P course if problems persist.

## WHAT IS COVERED IN SESSIONS WITH PARENTS?

### Session 1: Assessment of the presenting problem

In this session, the practitioner conducts an initial interview, discusses options for intervention, and introduces the parent to keeping track of their child's behavior.

### Session 2: Developing a parenting plan

In this session, the practitioner provides the parent with feedback of assessment results, helps the parent identify causes of their child's behavior problem, and helps to set goals for change. Then the practitioner introduces a relevant tip sheet which offers ideas from which to develop an individualized parenting plan to target the parent's specific behavior concern.

### Session 3: Review of implementation

In this session, the practitioner uses a self-regulatory feedback process to assist the parent to review their implementation of their parenting plan and to set goals for further refinement if needed. Behavioral rehearsal in this session is used when parents need to rehearse specific parenting techniques. Obstacles to the implementation of their plan are discussed and problem-solved.

### Session 4: Follow up

In this session, the practitioner reviews progress toward specific goals, assists the parent to further refine their parenting plan if needed, and discusses ideas to maintain positive changes. If necessary, referral options are discussed.

## HOW MUCH TIME IS NEEDED TO DELIVER THE INTERVENTION?

In addition to each session, the practitioner should allow time for preparation and supervision. Please see the table below for an approximate timeframe for delivering the program.

CONSULTATION TIME*	2 hours (30 minutes per family for 4 sessions)
PRE AND POST ASSESSMENTS — QUESTIONNAIRE SCORING AND FEEDBACK**	¼ hour
TELEPHONE SUPPORT OR HOME VISIT	n/a
SESSION PREPARATION AND POST-SESSION DEBRIEF/SUPERVISION	¼–½ hour
CASE NOTES AND REPORT WRITING***	¼–½ hour
TOTAL TIME	2¾–3¼ hours per family

\*Practitioners eligible to provide Brief Primary Care Triple P sessions with parents (1-2 sessions, 15-30 minutes each).

\*\*An additional 2-3 minutes per family should be allowed for reviewing the Client Satisfaction Questionnaire (CSQ) at the end of the intervention.

\*\*\*Not including comprehensive reports for government agencies.

## WHAT RESOURCES DO PARENTS RECEIVE?

Each family receives up to three Triple P Tip Sheets relevant to the targeted problem behavior/s and a Positive Parenting Booklet.

Please see the table below for the expected program resources required when Triple P is adopted as part of core business.

NUMBER OF INTERVENTIONS PER YEAR	50 families
NUMBER OF FAMILIES PER INTERVENTION	1 family
RESOURCES PER FAMILY	3 x Tip Sheets 1 x Positive Parenting Booklet
TOTAL NUMBER OF FAMILIES	50 families
TOTAL RESOURCES PER YEAR	150 x Tip Sheets 50 x Positive Parenting Booklets



## WHAT IS INVOLVED IN PROVIDER TRAINING?

To provide Primary Care Triple P to families, practitioners must have completed an approved active skills training program and demonstrated their knowledge and competence in program delivery through a skills-based accreditation process. The table below provides an estimate of the time commitment for practitioners to attend training and support days, as well as time needed for preparation and peer support. Training is available via video conference or in-person<sup>1</sup>.

### Option A: On-site training

NUMBER OF TRAINING DAYS (9.00AM–4.30PM)	2 days
PRE-ACCREDITATION DAY (9.00AM–4.30PM)	1 day
PREPARATION TIME FOR ACCREDITATION DAY	4–6 hours (quiz and competency preparation)
ACCREDITATION DAY	Half day
PEER SUPPORT	2–3 hours (hourly meetings per month)
TOTAL TIME	5 days

### Option B: Hybrid on-site and remote learning

ONLINE COURSE OVERVIEW IN 7 MODULES	3-5 hours
ON-SITE TRAINING DAY (9.00AM–5.00PM)	1 day
PRE-ACCREDITATION PREPARATION AND ONLINE MODULE REVIEW	4–6 hours (quiz and competency preparation)
ACCREDITATION	60-90 minutes via video conferencing (depending on number of attendees; must be in groups of 2 or 3)
PEER SUPPORT	2–3 hours (hourly meetings per month)
TOTAL TIME	3 days

An Extension Course is available, please contact your Triple P representative for more information.

## DO PRE-REQUISITES APPLY?

No Triple P pre-requisites apply.

## WHAT ARE THE PROVIDER LEARNING OUTCOMES?

- Early detection and effective management of child behavior problems.
- Core principles of positive parenting and behavior change.
- Specific positive parenting strategies for promoting children’s development.
- Effective parent consultation, including active skills training.
- Identification of indicators suggesting more intervention is required and appropriate referral procedures.

## WHAT RESOURCES DO PRACTITIONERS RECEIVE?

Each practitioner will receive the following Triple P practitioner resource:

- Practitioner’s Manual for Primary Care Triple P.
- Access to the Primary Care Triple P PowerPoint presentation.
- Triple P Tip Sheet Series — Sample Pack (includes Positive Parenting Booklet and a sample of Triple P Tip Sheets).
- Access to the Every Parent’s Survival Guide video.

<sup>1</sup> In-person is an option when government rules, safety and insurance requirements allow.

# PRIMARY CARE TEEN TRIPLE P

## WHAT IS PRIMARY CARE TEEN TRIPLE P?

A brief targeted intervention in a one-to-one format that assists parents to develop parenting plans to manage behavioral issues (e.g. rudeness, disrespect) and skill development issues (e.g. independent problem solving, dealing with strong emotions, positive communication). These focused consultations can be carried out by health professionals while providing routine health care. Practitioners provide 3-4 sessions (15-30 minutes each) over a period of 4-6 weeks. Sessions can be done in person, over the phone, or as a combination of both. During the sessions, parents learn about what influences the development of teenage behavior problems and then develop an individualized parenting plan based on information sheets specifically targeting the parent's area of concern.

## WHO IS IT FOR?

Parents or carers with a specific concern about their teenager's behavior and prefer one-to-one consultations. They are likely to benefit when their teenager's behavior problems are mild and uncomplicated by a high level of family stress. Parents receiving this intervention sometimes then choose to do a Group Teen Triple P course if problems persist.

## WHAT IS COVERED IN SESSIONS WITH PARENTS?

### Session 1: Assessment of the presenting problem

In this session, the practitioner conducts an initial interview, discusses options for intervention, and introduces parents to keeping track of their teenager's behavior.

### Session 2: Developing a parenting plan

The practitioner provides the parent with feedback of assessment results, helps the parent identify influences on their teenager's behavior, and helps to set goals for change. Then the practitioner introduces a relevant tip sheet which offers ideas from which to develop an individualized parenting plan to target the parent's specific behavior concern.

### Session 3: Review of implementation

In this session, the practitioner uses a self-regulatory feedback process to assist the parent to review their implementation of their parenting plan and to set goals for further refinement if needed. Behavioral rehearsal in this session is used when parents need to rehearse specific parenting techniques. Obstacles to the implementation of their plan are discussed and problem-solved.

### Session 4: Follow up

In this session, the practitioner reviews progress toward specific goals, assists the parent to further refine their parenting plan if needed, and discusses ideas to maintain positive changes. If necessary, referral options are discussed.

## HOW MUCH TIME IS NEEDED TO DELIVER THE INTERVENTION?

In addition to each session, the practitioner should allow time for preparation and supervision. Please see the table below for an approximate timeframe for delivering the program.

CONSULTATION TIME*	2 hours (30 minutes per family for 4 sessions)
PRE AND POST ASSESSMENTS — QUESTIONNAIRE SCORING AND FEEDBACK**	¼ hour
TELEPHONE SUPPORT OR HOME VISIT	n/a
SESSION PREPARATION AND POST-SESSION DEBRIEF/SUPERVISION	¼–½ hour
CASE NOTES AND REPORT WRITING***	¼–½ hour
TOTAL TIME	2¾–3¼ hours per family

\*Practitioners eligible to provide Brief Primary Care Teen Triple P sessions with parents (1-2 sessions, 15-30 minutes each).

\*\*An additional 2-3 minutes per family should be allowed for reviewing the Client Satisfaction Questionnaire (CSQ) at the end of the intervention.

\*\*\*Not including comprehensive reports for government agencies.

## WHAT RESOURCES DO PARENTS RECEIVE?

Each family receives up to three Teen Triple P Tip Sheets relevant to the targeted problem behavior/s and a Positive Parenting for Parents of Teenagers Booklet.

Please see the table below for the expected program resources required when Triple P is adopted as part of core business.

NUMBER OF INTERVENTIONS PER YEAR	50 families
NUMBER OF FAMILIES PER INTERVENTION	1 family
RESOURCES PER FAMILY	3 x Tip Sheets 1 x Positive Parenting for Parents of Teenagers Booklet 1 x Teen Wall Chart
TOTAL NUMBER OF FAMILIES	50 families
TOTAL RESOURCES PER YEAR	150 x Tip Sheets 50 x Positive Parenting for Parents with Teenagers Booklets 50 x Teen Wall Charts



## WHAT IS INVOLVED IN PROVIDER TRAINING?

To provide Primary Care Teen Triple P to families, practitioners must have completed an approved active skills training program and demonstrated their knowledge and competence in program delivery through a skills-based accreditation process. The table below provides an estimate of the time commitment for practitioners to attend training and support days, as well as time needed for preparation and peer support. Training is available via video conference or in-person<sup>1</sup>.

NUMBER OF TRAINING DAYS (9.00AM–4.30PM)	2 days
PRE-ACCREDITATION DAY (9.00AM–4.30PM)	1 day
PREPARATION TIME FOR ACCREDITATION DAY	4–6 hours (quiz and competency preparation)
ACCREDITATION DAY	Half day
PEER SUPPORT	2–3 hours (hourly meetings per month)
TOTAL TIME	5 days

An Extension Course is available, please contact your Triple P representative for more information.

## DO PRE-REQUISITES APPLY?

No Triple P pre-requisites apply.

## WHAT ARE THE PROVIDER LEARNING OUTCOMES?

- Early detection and effective management of teenager behavior problems.
- Core principles of positive parenting and effective behavior change.
- Factors influencing teenagers' behavior.
- Specific positive parenting strategies for promoting teenagers' development.
- Identification of indicators suggesting more intensive intervention is required and appropriate referral procedures.

## WHAT RESOURCES DO PRACTITIONERS RECEIVE?

Each practitioner will receive the following Triple P practitioner resource:

- Practitioner's Manual for Primary Care Teen Triple P.
- Access to the Primary Care Teen Triple P PowerPoint presentation.
- Teen Triple P Tip Sheet Series — Sample Pack (includes Positive Parenting Booklet and a sample of Triple P Tip Sheets).
- Access to the Every Parent's Guide to Teenagers video.

<sup>1</sup> In-person is an option when government rules, safety and insurance requirements allow.



# PRIMARY CARE STEPPING STONES TRIPLE P

## WHAT IS PRIMARY CARE STEPPING STONES TRIPLE P?

Stepping Stones Triple P has been developed for parents of children with a disability. Primary Care Stepping Stones Triple P involves a brief one-to-one parenting intervention designed to target discrete problem behaviors or developmental skills (e.g. social skills, communication). Primary Care Stepping Stones Triple P has been evaluated with families of children with a range of disabilities (e.g. intellectual disability, autism spectrum disorders, cerebral palsy) and elevated levels of disruptive behavior. Sessions are between 15-30 minutes. The first two sessions are conducted in person and the other sessions can be completed either in person or by telephone. The practitioner meets with the parent/s for up to four sessions over a period of six weeks and assists parents to develop parenting plans (behavior support plans) to prevent the problem behavior, teach needed skills, and manage misbehavior.

## WHO IS IT FOR?

Parents or carers of children with a disability (up to 12-years) with a specific concern about their child's behavior and require one-to-one consultation with active skills training. These parents may be unable to commit to regular treatment over longer periods of time. They are most likely to benefit if their child's behavioral issues are not complicated by high levels of family stress. Some parents choose to do this program as an introduction to parenting strategies and then may become interested in the more intensive Group Stepping Stones Triple P for further support.

## WHAT IS COVERED IN SESSIONS WITH PARENTS?

### Session 1: Assessment of the presenting problem

In this session, the practitioner conducts an initial interview, discusses options for intervention, and how the parent can keep track of their child's behavior.

### Session 2: Developing a parenting plan

In this session, the practitioner provides the parent with feedback of assessment results and discusses causes of child behavior problems. Parents then set goals for themselves and their child. They are introduced to booklets that provide information on a range of topics (e.g. social skills, early learning skills, disruptive behavior, toileting). An individualized parenting plan is devised based on this format and content.

### Session 3: Review of implementation

In this session, practitioners apply a self-regulatory feedback model to help the parent review how they have implemented their plan, to identify strengths and improvements, and to refine their use of specific strategies that may require further

practice. Obstacles to the implementation of their plan are discussed and problem-solved.

### Session 4: Follow up

In this session, the practitioner reviews progress toward specific goals, assists the parent to further refine their parenting plan if needed, and discusses ideas to maintain positive changes. If necessary, referral options are discussed.

## HOW MUCH TIME IS NEEDED TO DELIVER THE INTERVENTION?

In addition to each session, the practitioner should allow time for preparation and supervision. Please see the table below for an approximate timeframe for delivering the program.

CONSULTATION TIME	2 hours (30 minutes per family for 4 sessions)
PRE AND POST ASSESSMENTS — QUESTIONNAIRE SCORING AND FEEDBACK*	¼ hour
TELEPHONE SUPPORT OR HOME VISIT	n/a
SESSION PREPARATION AND POST-SESSION DEBRIEF/SUPERVISION	¼–½ hour
CASE NOTES AND REPORT WRITING**	¼–½ hour
TOTAL TIME	2¾–3¼ hours per family

\*An additional 2-3 minutes per family should be allowed for reviewing the Client Satisfaction Questionnaire (CSQ) at the end of the intervention.

\*\*Not including comprehensive reports for government agencies.

## WHAT RESOURCES DO PARENTS RECEIVE?

Each family receives up to two Primary Care Stepping Stones Triple P Booklets relevant to the targeted problem behavior/s or developmental skills and a Stepping Stones Triple P Positive Parenting Booklet.

Please see the table below for the expected program resources required when Triple P is adopted as part of core business.

NUMBER OF INTERVENTIONS PER YEAR	50 families
NUMBER OF FAMILIES PER INTERVENTION	1 family
RESOURCES PER FAMILY	2 x Stepping Stones Triple P Primary Care Booklets 1 x Positive Parenting Booklet
TOTAL NUMBER OF FAMILIES	50 families
TOTAL RESOURCES PER YEAR	100 x Stepping Stones Triple P Primary Care Booklets 50 x Positive Parenting Booklets



## WHAT IS INVOLVED IN PROVIDER TRAINING?

To provide Primary Care Stepping Stones Triple P to families, practitioners must have completed an approved active skills training program and demonstrated their knowledge and competence in program delivery through a skills-based accreditation process. The table below provides an estimate of the time commitment for practitioners to attend training and support days, as well as time needed for preparation and peer support. Training is available via video conference or in-person<sup>1</sup>.

NUMBER OF TRAINING DAYS (9.00AM–4.30PM)	3 days
PRE-ACCREDITATION DAY (9.00AM–4.30PM)	1 day
PREPARATION TIME FOR ACCREDITATION DAY	4–6 hours (quiz and competency preparation)
ACCREDITATION DAY	Half day
PEER SUPPORT	2–3 hours (hourly meetings per month)
TOTAL TIME	6 days

An Extension Course is available, please contact your Triple P representative for more information.

## DO PRE-REQUISITES APPLY?

No Triple P pre-requisites apply.

## WHAT ARE THE PROVIDER LEARNING OUTCOMES?

- Early detection and effective management of child behavior problems.
- Core principles of positive parenting and effective behavior change.
- Specific positive parenting strategies for promoting children’s development.
- Identification of indicators suggesting more intensive intervention is required and appropriate referral procedures.

## WHAT RESOURCES DO PRACTITIONERS RECEIVE?

Each practitioner will receive the following Triple P practitioner resource:

- Practitioner’s Manual for Primary Care Stepping Stones Triple P.
- Access to the Primary Care Stepping Stones Triple P PowerPoint presentation.
- Primary Care Stepping Stones Triple P Booklet Series.
- Access to the Stepping Stones: A Survival Guide for families with a child who has a disability video.

<sup>1</sup> In-person is an option when government rules, safety and insurance requirements allow.



# TRIPLE P DISCUSSION GROUPS

## WHAT IS TRIPLE P DISCUSSION GROUPS?

The Triple P Discussion Group Series includes parent discussion groups on commonly encountered problems such as disobedience, fighting and aggression, and managing situations such as shopping with children, mealtimes and bedtime. The discussion groups are designed to provide an overview of the positive parenting principles for any interested parent. Parents are actively involved throughout the 2-hour small group format discussions.

## WHO IS IT FOR?

Parents or carers with a specific concern about their child's behavior. They are most likely to benefit when their concerns are around a relatively discreet, mild to moderate behavioral issue and when parents can independently implement parenting plans that are generated during each session. They are also encouraged to apply new parenting skills to other problems that may arise.

## WHAT IS COVERED IN SESSIONS WITH PARENTS?

### Topic 1: Dealing with disobedience

This discussion topic provides examples of common forms of disobedience and some reasons why children have difficulty learning to follow instructions. A number of positive parenting strategies are then introduced to help parents develop a personal plan to prevent disobedience, teach their child limits, and also to manage disobedience when necessary.

### Topic 2: Managing fighting and aggression

During this discussion topic, parents are encouraged to share their experiences of aggressive and destructive behavior from their children and discuss some of the reasons children fight. This topic covers the skills that children need to be able to cooperate and get along with others. Parents learn how to teach skills such as sharing, communicating, and being gentle. They also prepare plans to manage times when fighting and aggression do occur.

### Topic 3: Developing good bedtime routines

This discussion topic explores different problems parents commonly face at bedtime and some of the reasons why they happen. The skills children need to get into a good bedtime routine are discussed and parents are introduced to positive parenting strategies to help prevent problems. The approaches to encouraging children to stay in their own bed throughout the night are discussed: the gentle, the gradual, and the direct approach. All approaches are evidence-based and parents choose which approach suits them best.

### Topic 4: Hassle-free shopping with children

This discussion topic uses shopping trips as an example of one of the most common times parents have to deal with difficult behavior in public. Positive parenting strategies are discussed as step-by-step suggestions for preventing problems and teaching children how to behave on shopping trips. Parents develop individualized plans to manage problem behavior during their own shopping trips and are encouraged to transfer new parenting strategies to other potentially difficult community situations.

### Topic 5: Hassle-free mealtimes with children

This discussion topic explores things that influence children's mealtime behavior, setting limits and teaching children good mealtime habits. Parents will look at ways to increase food variety, be introduced to some positive parenting strategies to help manage mealtimes and develop a personal plan for their family's mealtimes.

## HOW MUCH TIME IS NEEDED TO DELIVER THE INTERVENTION?

In addition to each discussion group, the practitioner should allow time for preparation and supervision. Please see the table below for an approximate timeframe for delivering the program.

CONSULTATION TIME	2 hours
PRE AND POST ASSESSMENTS — QUESTIONNAIRE SCORING AND FEEDBACK*	n/a
TELEPHONE SUPPORT OR HOME VISIT	Optional
SESSION PREPARATION AND POST-SESSION DEBRIEF/SUPERVISION	1 hour
CASE NOTES AND REPORT WRITING**	1 hour (10 families, 6 minutes each)
TOTAL TIME	4 hours per group

\*An additional 2-3 minutes per family should be allowed for reviewing the Client Satisfaction Questionnaire (CSQ) at the end of the intervention.

\*\*Not including comprehensive reports for government agencies.



## WHAT RESOURCES DO PARENTS RECEIVE?

Each family receives a Triple P Discussion Group Workbook on the corresponding topic they are attending.

Please see the table below for the expected program resources required when Triple P is adopted as part of core business.

NUMBER OF INTERVENTIONS PER YEAR	10 groups
NUMBER OF FAMILIES PER INTERVENTION	10 families per group
RESOURCES PER FAMILY	1 x Discussion Group Workbook
TOTAL NUMBER OF FAMILIES	100 families
TOTAL RESOURCES PER YEAR	100 x Discussion Group Workbook

## WHAT IS INVOLVED IN PROVIDER TRAINING?

To provide Triple P Discussion Groups to families, practitioners must have completed an approved active skills training program and demonstrated their knowledge and competence in program delivery through a skills-based accreditation process. The table below provides an estimate of the time commitment for practitioners to attend training and support days, as well as time needed for preparation and peer support. Training is available via video conference or in-person<sup>1</sup>.

NUMBER OF TRAINING DAYS (9.00AM–4.30PM)	2 days
PRE-ACCREDITATION DAY (9.00AM–4.30PM)	1 day
PREPARATION TIME FOR ACCREDITATION DAY	4–6 hours (quiz and competency preparation)
ACCREDITATION DAY	Half day
PEER SUPPORT	2–3 hours (hourly meetings per month)
TOTAL TIME	5 days

An Extension Course is available, please contact your Triple P representative for more information.

## DO PRE-REQUISITES APPLY?

No Triple P pre-requisites apply.

## WHAT ARE THE PROVIDER LEARNING OUTCOMES?

- Early detection and effective management of child behavior problems.
- Core principles of positive parenting and behavior change.
- Specific positive parenting strategies for promoting children's development.
- Effective parent consultation.
- Use of active skills training strategies in a group format.
- Group dynamics and common process issues.
- Identification of indicators suggesting more intervention is required and appropriate referral procedures.

## WHAT RESOURCES DO PRACTITIONERS RECEIVE?

Each practitioner will receive the following Triple P practitioner resource:

- Facilitator's Kit for Triple P Discussion Group (includes Presentation Guide and five Workbooks).
- Access to the Triple P Discussion Groups PowerPoint presentations.
- Facilitator's Manual for Triple P Discussion Groups.

<sup>1</sup> In-person is an option when government rules, safety and insurance requirements allow.

# TEEN TRIPLE P DISCUSSION GROUPS

## WHAT IS TEEN TRIPLE P DISCUSSION GROUPS?

The Teen Triple P Discussion Group Series includes parent discussion groups on commonly encountered problems such as getting teenagers to cooperate, coping with teenagers' emotions, reducing family conflict, and building teenagers' survival skills. The discussion groups are designed to provide an overview of the positive parenting principles for all parents who are interested. Parents are actively involved throughout the 2-hour small group format discussions.

## WHO IS IT FOR?

Parents or carers with a specific concern about their teen's behavior or development. They are most likely to benefit when their concerns are around a relatively discreet, mild to moderate problem behavior and when parents can independently implement parenting plans that are generated during each session. They are also encouraged to apply new parenting skills to other problems that may arise.

## WHAT IS COVERED IN SESSIONS WITH PARENTS?

### Topic 1: Getting teenagers to cooperate

During this discussion, parents share some of their experiences and ideas about dealing with non-cooperation and discuss reasons why teenagers can be uncooperative. Several positive parenting strategies are introduced to help parents develop a plan to motivate their teenager to be cooperative at home.

### Topic 2: Coping with teenagers' emotions

In this session, parents discuss some of the reasons teenagers have emotional reactions and the skills that teens need to calm themselves down. Several positive parenting strategies are introduced to help parents teach their teen to better manage their emotions.

### Topic 3: Building teenagers' survival skills

This discussion topic explores why teenagers sometimes make risky decisions and how they can learn to keep themselves safe while gradually developing independence. Parents are introduced to positive parenting strategies to help their teen plan for situations which may potentially put their health or wellbeing at risk.

### Topic 4: Reducing family conflict

During this discussion, parents share some of their experiences of conflict with their teenager and discuss why sometimes this occurs in families. Several positive parenting strategies are introduced to help parents teach their teens how to get along with other family members and resolve problems. Ways to manage times when conflict affects the whole family are also discussed.

## HOW MUCH TIME IS NEEDED TO DELIVER THE INTERVENTION?

In addition to each discussion group, the practitioner should allow time for preparation and supervision. Please see the table below for an approximate timeframe for delivering the program.

CONSULTATION TIME	2 hours
PRE AND POST ASSESSMENTS — QUESTIONNAIRE SCORING AND FEEDBACK*	n/a
TELEPHONE SUPPORT OR HOME VISIT	optional
SESSION PREPARATION AND POST-SESSION DEBRIEF/SUPERVISION	1 hour
CASE NOTES AND REPORT WRITING**	1 hour (10 families, 6 minutes each)
TOTAL TIME	4 hours per group

\*An additional 2-3 minutes per family should be allowed for reviewing the Client Satisfaction Questionnaire (CSQ) at the end of the intervention.

\*\*Not including comprehensive reports for government agencies.

## WHAT RESOURCES DO PARENTS RECEIVE?

Each family receives a Teen Triple P Discussion Group Workbook on the corresponding topic they are attending.

Please see the table below for the expected program resources required when Triple P is adopted as part of core business.

NUMBER OF INTERVENTIONS PER YEAR	10 groups
NUMBER OF FAMILIES PER INTERVENTION	10 families per group
RESOURCES PER FAMILY	1 x Teen Triple P Discussion Group Workbook
TOTAL NUMBER OF FAMILIES	100 families
TOTAL RESOURCES PER YEAR	100 x Teen Triple P Discussion Group Workbook



## WHAT IS INVOLVED IN PROVIDER TRAINING?

To provide Teen Triple P Discussion Groups to families, practitioners must have completed an approved active skills training program and demonstrated their knowledge and competence in program delivery through a skills-based accreditation process. The table below provides an estimate of the time commitment for practitioners to attend training and support days, as well as time needed for preparation and peer support. Training is available via video conference or in-person<sup>1</sup>.

NUMBER OF TRAINING DAYS (9.00AM–4.30PM)	2 days
PRE-ACCREDITATION DAY (9.00AM–4.30PM)	1 day
PREPARATION TIME FOR ACCREDITATION DAY	4–6 hours (quiz and competency preparation)
ACCREDITATION DAY	Half day
PEER SUPPORT	2–3 hours (hourly meetings per month)
TOTAL TIME	5 days

An Extension Course is available, please contact your Triple P representative for more information.

## DO PRE-REQUISITES APPLY?

No Triple P pre-requisites apply.

## WHAT ARE THE PROVIDER LEARNING OUTCOMES?

- Early detection and effective management of teen behavior problems.
- Core principles of positive parenting and behavior change.
- Factors influencing adolescent behavior.
- Specific positive parenting strategies for promoting teenager's development.
- Effective parent consultation.
- Use of active skills training strategies in a group format.
- Group dynamics and common process issues.
- Identification of indicators suggesting more intervention is required and appropriate referral procedures.

## WHAT RESOURCES DO PRACTITIONERS RECEIVE?

Each practitioner will receive the following Triple P practitioner resource:

- Facilitator's Kit for Teen Triple P Discussion Group (includes Presentation Guide and four Workbooks).
- Access to the Triple P Discussion Group Teen PowerPoint presentations.
- Facilitator's Manual for Teen Triple P Discussion Groups.

<sup>1</sup> In-person is an option when government rules, safety and insurance requirements allow.

# GROUP TRIPLE P

## WHAT IS GROUP TRIPLE P?

A broad-based parenting intervention delivered over eight weeks for parents of children up to 12-years. The program involves five (2-hour) group sessions of up to 12 parents. Parents actively participate in a range of exercises to learn about the causes of child behavior problems, setting specific goals, and using strategies to promote child development, manage misbehavior, and plan for high-risk situations. Then there are three (15 to 30 minute) individual (telephone) consultations to assist parents with independent problem solving while they are practicing the skills at home.

## WHO IS IT FOR?

Parents or carers interested in promoting their child's development and potential or they may have concerns about their child's behavioral problems or simply wish to prevent behavior problems from developing. Parents who have completed lower level interventions and have not achieved the goals they want, may benefit from a Group Triple P intervention. Parents need to be able to commit to all eight sessions.

## WHAT IS COVERED IN SESSIONS WITH PARENTS?

### Session 1: Positive parenting

This session provides parents with an introduction to positive parenting, why children behave as they do, and how to set goals for change. Parents submit a completed assessment booklet at the beginning of this session.

### Session 2: Helping children develop

During this session, the practitioner discusses how to develop good relationships with children, how to encourage good behavior, and the four strategies for how parents can teach their children new skills and behaviors.

### Session 3: Managing misbehavior

During this session, the practitioner offers additional strategies to assist parents with managing misbehavior during this session. Parents will also learn to develop parenting routines to promote compliance and manage non-compliance from their children. They have an opportunity to rehearse these routines during the session.

### Session 4: Planning ahead

This session covers family survival tips, identifying high-risk situations that still cause concern, and how to develop planning ahead routines to promote good child behavior in high risk situations (e.g. shopping, learning how to take turns, fighting with siblings, getting ready for school). Parents also prepare for their individual consultations during this session.

### Session 5-7: Using positive parenting strategies 1-3

The practitioner provides feedback from initial assessments that the family completed and then uses the self-regulatory feedback model to help parents review their implementation of planning ahead routines for their high-risk situations. From this, parents set goals for further refinement of their routines, if needed.

### Session 8: Program close

Parents return for a final group session to review progress, look at ways to maintain changes and plan for the future, and to close the program. If necessary, referral options are discussed.

## HOW MUCH TIME IS NEEDED TO DELIVER THE INTERVENTION?

In addition to consultations, the practitioner should allow time for preparation and supervision. Please see the table below for an approximate timeframe for delivering the program.

CONSULTATION TIME	10 hours (2 hours per session for 5 weeks)
PRE AND POST ASSESSMENTS — QUESTIONNAIRE SCORING AND FEEDBACK*	5 hours
TELEPHONE SUPPORT OR HOME VISIT	15 hours (10 families, 30 minutes each week for 3 weeks)
SESSION PREPARATION AND POST-SESSION DEBRIEF/SUPERVISION	5 hours
CASE NOTES AND REPORT WRITING**	5 hours
TOTAL TIME	40 hours per group

\*An additional 2-3 minutes per family should be allowed for reviewing the Client Satisfaction Questionnaire (CSQ) at the end of the intervention.

\*\*Not including comprehensive reports for government agencies.

## WHAT RESOURCES DO PARENTS RECEIVE?

Each family receives a copy of Every Parent's Group Workbook. This workbook provides them with the content of all sessions, space to complete written exercises, and an outline of all homework tasks.

Please see the table below for the expected program resources required when Triple P is adopted as part of core business.

NUMBER OF INTERVENTIONS PER YEAR	3 groups
NUMBER OF FAMILIES PER INTERVENTION	10 families per group
RESOURCES PER FAMILY	1 x Every Parent's Group Workbook
TOTAL NUMBER OF FAMILIES	30 families
TOTAL RESOURCES PER YEAR	30 x Every Parent's Group Workbook



## WHAT IS INVOLVED IN PROVIDER TRAINING?

To provide Group Triple P to families, practitioners must have completed an approved active skills training program and demonstrated their knowledge and competence in program delivery through a skills-based accreditation process. The table below provides an estimate of the time commitment for practitioners to attend training and support days, as well as time needed for preparation and peer support. Training is available via video conference or in-person<sup>1</sup>.

NUMBER OF TRAINING DAYS (9.00AM–4.30PM)	3 days
PRE-ACCREDITATION DAY (9.00AM–4.30PM)	1 day
PREPARATION TIME FOR ACCREDITATION DAY	4–6 hours (quiz and competency preparation)
ACCREDITATION DAY	Half day
PEER SUPPORT	2–3 hours (hourly meetings per month)
TOTAL TIME	6 days

An Extension Course is available, please contact your Triple P representative for more information.

## DO PRE-REQUISITES APPLY?

No Triple P pre-requisites apply. However, it is desirable that practitioners have knowledge of child development to undertake this training.

## WHAT ARE THE PROVIDER LEARNING OUTCOMES?

- Application of key parenting strategies to a broad range of target behaviors.
- Risk and protective factors operating within families.
- Strategies for promoting generalization and maintenance of behavior change.
- Use of active skills training strategies in a group format.
- Group dynamics and common process issues.
- Telephone support consultations with parents.
- Identification of indicators suggesting more intervention is required.
- Appropriate referral procedures.

## WHAT RESOURCES DO PRACTITIONERS RECEIVE?

Each practitioner will receive the following Triple P practitioner resource:

- Facilitator’s Kit for Group Triple P (includes Facilitator’s Manual and Every Parent’s Group Workbook).
- Access to the Group Triple P PowerPoint presentations.
- Access to the Every Parent’s Survival Guide video.

<sup>1</sup> In-person is an option when government rules, safety and insurance requirements allow.



# GROUP TEEN TRIPLE P

## WHAT IS GROUP TEEN TRIPLE P?

A broad-based parenting intervention delivered over eight weeks for parents of teenagers up to 16-years who are interested in learning a variety of parenting skills. Parents may be interested in promoting their teenager's development and potential or they may have concerns about their teenager's behavior. The program involves five (2-hour) group sessions of up to 12 parents. Parents actively participate in a range of exercises to learn about the influences on adolescent behavior, setting specific goals, and using strategies to promote a teenager's skills development, manage inappropriate behavior, and teach emotional self-regulation. Parents also learn how to plan around risk-taking behavior and risky situations. Then there are three (15 to 30 minute) individual (telephone) consultations to assist parents with independent problem solving while they are practicing the skills at home.

## WHO IS IT FOR?

Parents or carers who have concerns about their teenager's level of behavioral problems or simply wish to prevent behavioral problems from developing. Parents who have completed lower level interventions and have not achieved the goals they want, may benefit from a Group Teen Triple P intervention. Parents need to be able to commit to all eight sessions.

## WHAT IS COVERED IN SESSIONS WITH PARENTS?

### Session 1: Positive parenting

This session provides parents with an introduction to positive parenting, factors that influence teenagers' behavior, and how to set goals for change. Parents submit a completed assessment booklet at the beginning of this session.

### Session 2: Encouraging appropriate behavior

During this session, the practitioner discusses how to develop positive relationships with teenagers, increase desirable behavior, teach new skills and behaviors, use behavior contracts, and hold family meetings.

### Session 3: Managing problem behavior

In this session, parents learn how to develop family rules, deal with non-cooperation, acknowledge emotions, and use behavior contracts. They have an opportunity to rehearse these routines in the session, to promote emotional self-regulation.

### Session 4: Dealing with risky behavior

This session covers identifying risky situations, routines to deal with risky behavior, and family survival tips. Parents also prepare for their individual consultation sessions.

### Session 5-7: Implementing parenting routines 1-3

The practitioner provides feedback from initial assessments that the family completed and then uses a self-regulatory feedback model to assist parents to review their implementation of parenting strategies and risky behavior plans. From this, parents set goals for the further refinement of their routines, if needed.

### Session 8: Program close.

Parents return for a final group session to review progress and family survival tips, look at ways to maintain changes and problem-solving for the future, and to close the program. If necessary, referral options are discussed.

## HOW MUCH TIME IS NEEDED TO DELIVER THE INTERVENTION?

In addition to consultations, the practitioner should allow time for preparation and supervision. Please see the table below for an approximate timeframe for delivering the program.

CONSULTATION TIME	10 hours (2 hours per session for 5 weeks)
PRE AND POST ASSESSMENTS — QUESTIONNAIRE SCORING AND FEEDBACK*	5 hours
TELEPHONE SUPPORT OR HOME VISIT	15 hours (10 families, 30 minutes each week for 3 weeks)
SESSION PREPARATION AND POST-SESSION DEBRIEF/SUPERVISION	5 hours
CASE NOTES AND REPORT WRITING**	5 hours
TOTAL TIME	40 hours per group

\*An additional 2-3 minutes per family should be allowed for reviewing the Client Satisfaction Questionnaire (CSQ) at the end of the intervention.

\*\*Not including comprehensive reports for government agencies.



### WHAT RESOURCES DO PARENTS RECEIVE?

Each family receives a copy of Teen Triple P Group Workbook. This workbook provides them with the content of all sessions, space to complete written exercises, and an outline of all homework tasks.

Please see the table below for the expected program resources required when Triple P is adopted as part of core business.

NUMBER OF INTERVENTIONS PER YEAR	3 groups
NUMBER OF FAMILIES PER INTERVENTION	10 families per group
RESOURCES PER FAMILY	1 x Teen Triple P Group Workbook
TOTAL NUMBER OF FAMILIES	30 families
TOTAL RESOURCES PER YEAR	30 x Teen Triple P Group Workbook

### WHAT IS INVOLVED IN PROVIDER TRAINING?

To provide Group Teen Triple P to families, practitioners must have completed an approved active skills training program and demonstrated their knowledge and competence in program delivery through a skills-based accreditation process. The table below provides an estimate of the time commitment for practitioners to attend training and support days, as well as time needed for preparation and peer support. Training is available via video conference or in-person<sup>1</sup>.

NUMBER OF TRAINING DAYS (9.00AM–4.30PM)	3 days
PRE-ACCREDITATION DAY (9.00AM–4.30PM)	1 day
PREPARATION TIME FOR ACCREDITATION DAY	4–6 hours (quiz and competency preparation)
ACCREDITATION DAY	Half day
PEER SUPPORT	2–3 hours (hourly meetings per month)
TOTAL TIME	6 days

An Extension Course is available, please contact your Triple P representative for more information.

### DO PRE-REQUISITES APPLY?

No Triple P pre-requisites apply. However, it is desirable that practitioners have knowledge of adolescent development to undertake this training.

### WHAT ARE THE PROVIDER LEARNING OUTCOMES?

- Application of key parenting strategies to a broad range of teenagers' target behaviors.
- Risk and protective factors operating within families.
- Strategies for promoting generalization and maintenance of behavior change.
- Use of active skills training strategies in a group format.
- Group dynamics and common process issues.
- Telephone support consultations with parents.
- Identification of indicators suggesting a more intensive intervention is required.
- Appropriate referral procedures.

### WHAT RESOURCES DO PRACTITIONERS RECEIVE?

Each practitioner will receive the following Triple P practitioner resource:

- Facilitator's Kit for Group Teen Triple P (includes Facilitator's Manual and the Teen Triple P Group Workbook).
- Access to the Group Teen Triple P PowerPoint presentations.
- Access to the Every Parent's Guide to Teenagers video.

<sup>1</sup> In-person is an option when government rules, safety and insurance requirements allow.

# GROUP STEPPING STONES TRIPLE P

## WHAT IS GROUP STEPPING STONES TRIPLE P?

Group Stepping Stones Triple P has been developed for parents of children with a disability. Stepping Stones Triple P has been evaluated with families of children with a range of disabilities (e.g. intellectual disability, autism spectrum disorders, cerebral palsy) and elevated levels of disruptive behavior. The program involves six (2 ½ hour) group sessions that educate and actively train skills, and three (15 to 30 minute) individual telephone consultations to assist parents to refine the use of their parenting skills and to develop independent problem solving skills. A full behavioral and family assessment is completed before and after the group sessions.

## WHO IS IT FOR?

Parents or carers of children with a disability (up to 12 years) who benefit from this program are those that require or are interested in learning a broad-based range of parenting skills to promote child development and to manage challenging behaviors. The program is appropriate to assist parents to prevent the development of problem behavior or to change problem behavior if it is occurring. Parents need to be able to commit to six group sessions and three telephone consultations.

## WHAT IS COVERED IN SESSIONS WITH PARENTS?

### Session 1: Positive parenting

This session provides parents with an introduction to positive parenting, causes of child behavior problems, setting goals for change, and how to keep track of children's behavior.

### Session 2: Promoting children's development

During this session, the practitioner discusses how to develop positive relationships with children and how to encourage desirable behavior.

### Session 3: Teaching new skills and behaviors

This session teaches parents a range of techniques to teach children with disabilities skills in a range of areas, such as communication, problem-solving, self-care, and self-regulation.

### Session 4: Managing misbehavior and parenting routines

During this session, the practitioner offers strategies to assist parents with managing misbehavior during this session. Parents will also learn to develop parenting routines to encourage children to follow instructions.

### Session 5: Planning ahead

This session covers family survival tips, identifying high-risk situations, and developing planning ahead routines to implement over the next few weeks. Parents also schedule and prepare for the telephone consultations.

## Session 6-8: Implementing parenting routines 1-3

The telephone sessions begin with the practitioner providing assessment feedback to parents and noting progress that has been made. Then the sessions are designed to assist parents in implementing behavior change strategies in high-risk home and community situations (e.g. traveling on public transport, haircuts, therapy sessions). The practitioner uses the self-regulatory feedback model to help parents identify goals for change and a problem-solving approach is used to assist parents to fine-tune any areas of difficulty.

## Session 9: Program close

Parents return for a final group session to review progress, look at ways to maintain changes, problem solve for the future, and to bring closure to the program.

## HOW MUCH TIME IS NEEDED TO DELIVER THE INTERVENTION?

In addition to consultations, the practitioner should allow time for preparation and supervision. Please see the table below for an approximate timeframe for delivering the program.

CONSULTATION TIME	15 hours (2½ hours per session for 6 weeks)
PRE AND POST ASSESSMENTS — QUESTIONNAIRE SCORING AND FEEDBACK*	3½ hours
TELEPHONE SUPPORT OR HOME VISIT	10½ hours (7 families, 30 minutes each week for 3 weeks)
SESSION PREPARATION AND POST-SESSION DEBRIEF/SUPERVISION	5 hours
CASE NOTES AND REPORT WRITING**	3½ hours
TOTAL TIME	37½ hours per group

\*An additional 2-3 minutes per family should be allowed for reviewing the Client Satisfaction Questionnaire (CSQ) at the end of the intervention.

\*\*Not including comprehensive reports for government agencies.



### WHAT RESOURCES DO PARENTS RECEIVE?

Each family receives a copy of the Group Stepping Stones Triple P Workbook.

Please see the table below for the expected program resources required when Triple P is adopted as part of core business.

NUMBER OF INTERVENTIONS PER YEAR	5 groups
NUMBER OF FAMILIES PER INTERVENTION	7 families per group
RESOURCES PER FAMILY	1 x Stepping Stones Triple P Group Workbook
TOTAL NUMBER OF FAMILIES	35 families
TOTAL RESOURCES PER YEAR	35 x Stepping Stones Triple P Group Workbook

### WHAT IS INVOLVED IN PROVIDER TRAINING?

To provide Group Stepping Stones Triple P to families, practitioners must have completed an approved active skills training program and demonstrated their knowledge and competence in program delivery through a skills-based accreditation process. The table below provides an estimate of the time commitment for practitioners to attend training and support days, as well as time needed for preparation and peer support. Training is available via video conference or in-person<sup>1</sup>.

NUMBER OF TRAINING DAYS (9.00AM–4.30PM)	3 days
PRE-ACCREDITATION DAY (9.00AM–4.30PM)	1 day
PREPARATION TIME FOR ACCREDITATION DAY	4–6 hours (quiz and competency preparation)
ACCREDITATION DAY	Half day
PEER SUPPORT	2–3 hours (hourly meetings per month)
TOTAL TIME	6 days

An Extension Course is available, please contact your Triple P representative for more information.

### DO PRE-REQUISITES APPLY?

No Triple P pre-requisites apply. However, it is desirable that practitioners have knowledge of child development to undertake this training.

### WHAT ARE THE PROVIDER LEARNING OUTCOMES?

- Application of key parenting strategies to a broad range of target behaviors.
- Risk and protective factors operating within families.
- Strategies for promoting generalization and maintenance of behavior change.
- Use of active skills training strategies in a group format.
- Group dynamics and common process issues.
- Telephone support consultations with parents.
- Identification of indicators suggesting more intervention is required.
- Appropriate referral procedures.

### WHAT RESOURCES DO PRACTITIONERS RECEIVE?

Each practitioner will receive the following Triple P practitioner resource:

- Facilitator's Kit for Group Stepping Stones Triple P (includes Facilitator's Manual and the Group Stepping Stones Triple P Workbook).
- Access to the Group Stepping Stones Triple P PowerPoint presentations.
- Access to the Stepping Stones: A Survival Guide for families with a child who has a disability video.

<sup>1</sup> In-person is an option when government rules, safety and insurance requirements allow.



# STANDARD TRIPLE P

## WHAT IS STANDARD TRIPLE P?

Standard Triple P provides parents with broadly focused parenting support and intervention on a one-to-one basis. The program supports parents who have concerns about their child's behavior or development across various settings (e.g. disobedience in community settings, fighting and aggression, refusing to stay in bed or eat healthy meals). Over 10 sessions, parents identify the causes of child behavior problems and set their own goals for change. They learn a range of parenting strategies to promote and develop positive behavior for their child. The practitioner's focus is on generalization-enhancement strategies to promote parental autonomy throughout the intervention process.

## WHO IS IT FOR?

Parents or carers who benefit from this intervention are those with children up to 12 years who are concerned about their child's behavior. Usually they prefer a one-to-one intervention and they need to be available to commit to 10 weeks of regular one-hour sessions. The program is appropriate for children with moderate to severe levels of behavioral problems.

## WHAT IS COVERED IN SESSIONS WITH PARENTS?

### Session 1: Initial Interview

The parent is interviewed to gather comprehensive information about their child's presenting behavioral concerns, developmental history, and family circumstances. They are asked to complete further assessment in the form of questionnaires and they are taught to use monitoring forms to track a specific child behavior throughout the following week.

### Session 2: Observation of family interaction and assessment feedback

The practitioner conducts an observation of child behavior and parenting. Then they provide feedback to the parent from all forms of the assessment and develop a shared understanding of the nature, severity, and probable causes of current concerns. From there, treatment is negotiated and the parent sets goals for their own and their child's behavior changes.

### Session 3: Promoting children's development

The parent is presented with strategies that aim to enhance the quality of the parent-child relationship and promote a rich environment of encouragement and positive attention for the child. The parent identifies when and how these skills can be used and has the opportunity to practice.

### Session 4: Managing misbehavior

This session involves introducing the parent to strategies for dealing with misbehavior, rehearsing a routine for managing non-compliance, and setting new homework tasks.

### Session 5-7: Practice and feedback

These sessions assist the parent in using the behavior change strategies. The practitioner observes a brief parent-child interaction where the parent has set goals to practice using specific parenting strategies. The practitioner then has the opportunity to encourage the parent's self-evaluation and goal setting to refine the use of specific parenting strategies.

### Session 8: Planned activities training

During this session, the parent identifies high-risk home and community activities (e.g. shopping trips), they learn to develop planned activities and routines to target specific behaviors, and select one of their routines to implement throughout the following week.

### Session 9: Using planned activities training

During this session, the parent implements planned activities and routines to encourage independent play when busy and a structured play activity. The practitioner provides feedback and then observes the parent implement a final planned activities routine to get their child ready to go out.

### Session 10: Program close

The practitioner conducts a progress review and discusses family survival tips and how to keep up the changes that have been made. Future problem solving exercises and a final assessment are completed. If necessary, referral options are discussed.

## HOW MUCH TIME IS NEEDED TO DELIVER THE INTERVENTION?

In addition to consultations, the practitioner should allow time for preparation and supervision. Please see the table below for an approximate timeframe for delivering the program.

CONSULTATION TIME	7 hours (1 hour per session for 7 sessions)
PRE AND POST ASSESSMENTS — QUESTIONNAIRE SCORING AND FEEDBACK*	1½ hours
TELEPHONE SUPPORT OR HOME VISIT**	3 hours (1 hour per home visit for 3 visits)
SESSION PREPARATION AND POST-SESSION DEBRIEF/SUPERVISION	5 hours
CASE NOTES AND REPORT WRITING***	2½ hours
TOTAL TIME	19 hours per family

\*An additional 2-3 minutes per family should be allowed for reviewing the Client Satisfaction Questionnaire (CSQ) at the end of the intervention.

\*\*Travel time per visit is not included.

\*\*\*Not including comprehensive reports for government agencies.



### WHAT RESOURCES DO PARENTS RECEIVE?

Each family receives a copy of Every Parent's Family Workbook. This workbook provides them with the content of all sessions, space to complete written exercises, and an outline of all homework tasks.

Please see the table below for the expected program resources required when Triple P is adopted as part of core business.

NUMBER OF INTERVENTIONS PER YEAR	25 families
NUMBER OF FAMILIES PER INTERVENTION	1 family
RESOURCES PER FAMILY	1 x Every Parent's Workbook
TOTAL NUMBER OF FAMILIES	25 families
TOTAL RESOURCES PER YEAR	25 x Every Parent's Workbook

### WHAT IS INVOLVED IN PROVIDER TRAINING?

To provide Standard Triple P to families, practitioners must have completed an approved active skills training program and demonstrated their knowledge and competence in program delivery through a skills-based accreditation process. The table below provides an estimate of the time commitment for practitioners to attend training and support days, as well as time needed for preparation and peer support. Training is available via video conference or in-person<sup>1</sup>.

NUMBER OF TRAINING DAYS (9.00AM–4.30PM)	3 days
PRE-ACCREDITATION DAY (9.00AM–4.30PM)	1 day
PREPARATION TIME FOR ACCREDITATION DAY	4–6 hours (quiz and competency preparation)
ACCREDITATION DAY	Half day
PEER SUPPORT	2–3 hours (hourly meetings per month)
TOTAL TIME	6 days

An Extension Course is available, please contact your Triple P representative for more information.

### DO PRE-REQUISITES APPLY?

No Triple P pre-requisites apply. However, it is desirable that practitioners have knowledge of child development to undertake this training.

### WHAT ARE THE PROVIDER LEARNING OUTCOMES?

- Early detection and effective management of child behavior problems.
- Risk and protective factors operating within families
- Core principles of positive parenting and behavior change.
- Advanced assessment of child and family functioning
- Application of key parenting strategies to a broad range of target behaviors.
- Strategies for promoting generalization and maintenance of behavior change.
- Identification of indicators suggesting more intervention is required and appropriate referral procedures.

### WHAT RESOURCES DO PRACTITIONERS RECEIVE?

Each practitioner will receive the following Triple P practitioner resource:

- Practitioner's Kit for Standard Triple P (includes Practitioner's Manual, and Every Parent's Family Workbook).
- Access to the Every Parent's Survival Guide video.

<sup>1</sup> In-person is an option when government rules, safety and insurance requirements allow.

# STANDARD TEEN TRIPLE P

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## WHAT IS STANDARD TEEN TRIPLE P?

A broadly focused parenting support intervention on a one-to-one basis for parents of teenagers up to 16 years. After thorough family assessment, parents set their own goals, learn ways to encourage positive behavior for teens, and teach their teens new skills such as problem solving, conflict resolution, and self-regulation. Over 10 sessions, parents identify the influences on teenagers' behavior and set their own goals for change. Parents also learn ways to use appropriate consequences for problem behavior (e.g. breaking family rules, taking inappropriate risks, emotional outbursts).

## WHO IS IT FOR?

Parents or carers who have concerns about their teenager's development and behavior. They may be concerned that their relationship with their teen is not positive, that their teen has not learned independence and self-regulation skills, or that they have not found an effective way to discourage inappropriate or risk-taking behavior. Parents are most likely to benefit if they can commit to completing the 10 weekly sessions.

## WHAT IS COVERED IN SESSIONS WITH PARENTS?

### Session 1: Initial interview

The parent is interviewed to gather comprehensive information about their teenager's presenting behavioral concerns, developmental history, and family circumstances. They are asked to complete further assessment in the form of questionnaires and they are taught to use monitoring forms to track a specific teen behavior throughout the following week.

### Session 2: Interview with teenager and family observation

First, the teenager is interviewed to obtain their perspective on family functioning and any presenting problems. This also serves as an assessment of mental status. The parent and teenager are then observed holding a problem-solving discussion.

### Session 3: Sharing assessment findings

The practitioner provides feedback to the parent from all forms of assessment and develops a shared understanding of the nature, severity, and probable causes of current concerns. From there, treatment is negotiated and the parent sets goals for their own and their teen's behavior changes.

### Session 4: Encouraging appropriate behavior

During this session, the parent is presented with three types of parenting skills that aim to enhance the quality of the parent-teenager relationship and promote a rich environment of encouragement and positive attention. These parenting skills include strategies for developing a positive relationship with their teenager, strategies for increasing desirable behavior, and strategies for teaching new skills.

### Session 5: Using positive parenting strategies 1

This session involves the parent and teen being observed to practice strategies such as part of a daily meeting or how to review a behavior contract. The practitioner uses a self-regulatory feedback process to assist the parent to evaluate their strengths and areas for improvement. They then set goals to further refine their skills.

### Session 6: Managing problem behavior

During this session, the practitioner introduces the parent to strategies to reduce problem behavior and to help teenagers learn to manage their emotions. An emotional behavior routine is presented and rehearsed.

### Session 7: Using positive parenting strategies 2

This session again involves both the teenager and their parent. They are observed during a structured interaction as they review how things are going. The practitioner again uses a self-regulatory feedback process to assist the parent to evaluate their strengths and areas for improvement. They then set goals to further refine their skills.

### Session 8: Dealing with risky behavior

This session introduces the parent to a routine for addressing teenagers' risky behavior, guides them through the steps of how to use the routine, and prompts them to use the routine at home in the coming week.

### Session 9: Using planning ahead routines

This session assists the parent and their teenager to review how they have planned ahead for potential risky behavior and situations. They have an opportunity to practice developing further plans with support and feedback from the practitioner.

### Session 10: Program close

The practitioner conducts a progress review and discusses family survival tips and how to keep up the changes that have been made. Future problem solving exercises and a final assessment are completed. If necessary, referral options are discussed.



## HOW MUCH TIME IS NEEDED TO DELIVER THE INTERVENTION?

In addition to consultations, the practitioner should allow time for preparation and supervision. Please see the table below for an approximate timeframe for delivering the program.

CONSULTATION TIME	7 hours (1 hour per session for 7 weeks)
PRE AND POST ASSESSMENTS — QUESTIONNAIRE SCORING AND FEEDBACK*	1½ hours
TELEPHONE SUPPORT OR HOME VISIT**	3 hours (1 hour per home visit for 3 visits)
SESSION PREPARATION AND POST-SESSION DEBRIEF/SUPERVISION	5 hours
CASE NOTES AND REPORT WRITING***	2½ hours
TOTAL TIME	19 hours per family

\*An additional 2-3 minutes per family should be allowed for reviewing the Client Satisfaction Questionnaire (CSQ) at the end of the intervention.

\*\*Travel time per visit is not included.

\*\*\*Not including comprehensive reports for government agencies.

## WHAT RESOURCES DO PARENTS RECEIVE?

Each family receives a copy of Teen Triple P Family Workbook. This workbook provides them with the content of all sessions, space to complete written exercises, and an outline of all homework tasks.

Please see the table below for the expected program resources required when Triple P is adopted as part of core business.

NUMBER OF INTERVENTIONS PER YEAR	25 families
NUMBER OF FAMILIES PER INTERVENTION	1 family
RESOURCES PER FAMILY	1 x Teen Triple P Family Workbook
TOTAL NUMBER OF FAMILIES	25 families
TOTAL RESOURCES PER YEAR	25 x Teen Triple P Family Workbook

## WHAT IS INVOLVED IN PROVIDER TRAINING?

To provide Standard Teen Triple P to families, practitioners must have completed an approved active skills training program and demonstrated their knowledge and competence in program delivery through a skills-based accreditation process. The table below provides an estimate of the time commitment for practitioners to attend training and support days, as well as time needed for preparation and peer support. Training is available via video conference or in-person<sup>1</sup>.

NUMBER OF TRAINING DAYS (9.00AM–4.30PM)	3 days
PRE-ACCREDITATION DAY (9.00AM–4.30PM)	1 day
PREPARATION TIME FOR ACCREDITATION DAY	4–6 hours (quiz and competency preparation)
ACCREDITATION DAY	Half day
PEER SUPPORT	2–3 hours (hourly meetings per month)
TOTAL TIME	6 days

An Extension Course is available, please contact your Triple P representative for more information.

## DO PRE-REQUISITES APPLY?

No Triple P pre-requisites apply. However, it is desirable that practitioners have knowledge of adolescent development to undertake this training.

## WHAT ARE THE PROVIDER LEARNING OUTCOMES?

- Early detection and effective management of teenager behavior problems.
- Risk and protective factors operating within families.
- Core principles of positive parenting and behavior change.
- Advanced assessment of teenager and family functioning.
- Application of key parenting strategies to a broad range of target behaviors.
- Strategies for promoting generalization and maintenance of behavior change.
- Identification of indicators suggesting more intervention is required and appropriate referral procedures.

## WHAT RESOURCES DO PRACTITIONERS RECEIVE?

Each practitioner will receive the following Triple P practitioner resource:

- Practitioner's Kit for Standard Teen Triple P (includes Practitioner's Manual, and Teen Triple P Family Workbook).
- Access to the Every Parent's Guide to Teenagers video.

<sup>1</sup> In-person is an option when government rules, safety and insurance requirements allow.



# STANDARD STEPPING STONES TRIPLE P

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## WHAT IS STANDARD STEPPING STONES TRIPLE P?

Standard Stepping Stones Triple P has been developed for parents of children with a disability. Stepping Stones Triple P has been evaluated with families of children with a range of disabilities (e.g. intellectual disability, autism spectrum disorders, cerebral palsy) and elevated levels of disruptive behavior. Standard Stepping Stones Triple P begins with a comprehensive assessment of parent-child interaction and family issues. The intervention provides parents with comprehensive support in managing their child's behavior across various settings (e.g. disobedience, fighting and aggression, temper tantrums). The focus is on understanding the function of problem behavior and teaching the child skills that can be used to replace misbehavior. Over 10 one-to-one sessions, parents learn to set their own goals, work out what changes they would like to see in their child's behavior, and learn strategies to promote positive behavior and deal with misbehavior.

## WHO IS IT FOR?

Parents or carers of a child with a disability (up to 12 years) who benefit from this program have concerns about their child's moderate to severe behavioral problems and are able to commit to up to 10 regular individual consultations, either in a clinic or in the family home.

## WHAT IS COVERED IN SESSIONS WITH PARENTS?

### Session 1: Initial interview

The parent is interviewed to gather comprehensive child and family information. Details of behavioral problems or issues are taken and parents are asked to complete a series of questionnaires designed to screen for factors that may be influencing child development or behavior. In this session, parents are also introduced to a range of recording techniques that they can use to keep track of the behavior/s of interest over the coming weeks.

### Session 2: Observation and sharing of assessment findings

This session begins with an observation of parent-child interaction which is followed by a feedback discussion with the parent only. Practitioners use a guided participation model to engage parents in a review of all assessment information, developing a shared conceptualization of the problem and its causes, then negotiating goals and treatment directions.

### Session 3: Promoting children's development

During this session, the parent learns the principles of positive parenting, strategies to develop positive relationships with their children, how to encourage desirable behavior, and strategies to teach children new skills and behaviors.

### Session 4: Managing misbehavior

This session involves introducing the parent to strategies for dealing with misbehavior, developing a parenting routine, and finalizing their behavioral charts.

### Session 5-7: Practice sessions 1-3

These sessions assist the parent in using the behavior change strategies. The practitioner observes a brief parent-child interaction where the parent has set goals to practice using specific parenting strategies. The practitioner then has the opportunity to encourage the parent's self-evaluation and goal setting to refine the use of specific parenting strategies.

### Session 8: Planning ahead

During this session, the parent identifies high-risk home and community activities (e.g. shopping trips, therapy sessions, getting ready for school). The practitioner then teaches them how to develop planning ahead routines to prevent misbehavior, encourage skill development, and manage misbehavior in one or more of the parent's identified high-risk situations. Parents then plan to implement their routines over the coming week.

### Session 9: Planning ahead practice session

During this session, the parent practices encouraging their child to play independently while they discuss their planning ahead routines with the practitioner. The practitioner also observes the parent getting the child ready to go out and provides feedback before ending the session.

### Session 10: Program close

The practitioner conducts a progress review and discusses ideas with the parent to maintain good changes that have been made, how to solve problems in the future, and whether referral for further support is appropriate. The parent then completes a post-assessment similar to the initial questionnaire booklet they completed.



## HOW MUCH TIME IS NEEDED TO DELIVER THE INTERVENTION?

In addition to consultations, the practitioner should allow time for preparation and supervision. Please see the table below for an approximate timeframe for delivering the program.

CONSULTATION TIME	7 hours (1 hour per session for 7 sessions)
PRE AND POST ASSESSMENTS — QUESTIONNAIRE SCORING AND FEEDBACK*	1½ hours
TELEPHONE SUPPORT OR HOME VISIT **	3 hours (1 hour per home visit for 3 visits)
SESSION PREPARATION AND POST-SESSION DEBRIEF/SUPERVISION	5 hours
CASE NOTES AND REPORT WRITING***	2½ hours
TOTAL TIME	19 hours per family

\*An additional 2-3 minutes per family should be allowed for reviewing the Client Satisfaction Questionnaire (CSQ) at the end of the intervention.

\*\*Travel time per visit is not included.

\*\*\*Not including comprehensive reports for government agencies.

## WHAT RESOURCES DO PARENTS RECEIVE?

Each family receives a copy of the Stepping Stones Triple P Family Workbook.

Please see the table below for the expected program resources required when Triple P is adopted as part of core business.

NUMBER OF INTERVENTIONS PER YEAR	35 families
NUMBER OF FAMILIES PER INTERVENTION	1 family
RESOURCES PER FAMILY	1 x Stepping Stones Triple P Family Workbook
TOTAL NUMBER OF FAMILIES	35 families
TOTAL RESOURCES PER YEAR	35 x Stepping Stones Triple P Family Workbook

## WHAT IS INVOLVED IN PROVIDER TRAINING?

To provide Standard Stepping Stones Triple P to families, practitioners must have completed an approved active skills training program and demonstrated their knowledge and competence in program delivery through a skills-based accreditation process. The table below provides an estimate of the time commitment for practitioners to attend training and support days, as well as time needed for preparation and peer support. Training is available via video conference or in-person<sup>1</sup>.

NUMBER OF TRAINING DAYS (9.00AM–4.30PM)	3 days
PRE-ACCREDITATION DAY (9.00AM–4.30PM)	1 day
PREPARATION TIME FOR ACCREDITATION DAY	4–6 hours (quiz and competency preparation)
ACCREDITATION DAY	Half day
PEER SUPPORT	2–3 hours (hourly meetings per month)
TOTAL TIME	6 days

An Extension Course is available, please contact your Triple P representative for more information.

## DO PRE-REQUISITES APPLY?

No Triple P pre-requisites apply. However, it is desirable that practitioners have knowledge of child development to undertake this training.

## WHAT ARE THE PROVIDER LEARNING OUTCOMES?

- Early detection and effective management of child behavior problems.
- Risk and protective factors operating within families.
- Core principles of positive parenting and behavior change.
- Advanced assessment of child and family functioning.
- Application of key parenting strategies to a broad range of target behaviors.
- Strategies for promoting generalization and maintenance of behavior change.
- Identification of indicators suggesting the presence of additional family risk factors.

## WHAT RESOURCES DO PRACTITIONERS RECEIVE?

Each practitioner will receive the following Triple P practitioner resource:

- Practitioner's Kit for Standard Stepping Stones Triple P (includes Practitioner's Manual and Stepping Stones Triple P Family Workbook).
- Access to the Stepping Stones: A Survival Guide for families with a child who has a disability video.

<sup>1</sup> In-person is an option when government rules, safety and insurance requirements allow.



# FEAR-LESS TRIPLE P

## WHAT IS FEAR-LESS TRIPLE P?

Fear-Less Triple P is a cognitive-behavioral parenting intervention that supports parents to help children manage their anxiety more effectively. The program encourages parents to generalize strategies to all family members, not just the child of concern.

Fear-Less Triple P aims to help parents to set a good example of coping with anxiety, coach their children to become more emotionally resilient, and develop a toolbox of strategies and choose the most effective to respond to their child's anxiety. The Fear-Less Triple P program can either be completed in six weekly group or individual sessions, or as an intensive group workshop.



## WHO IS IT FOR?

Both variants are suited to parents or carers of children aged from 6 to 14 years who have moderate to high levels of anxiety that cause significant distress or impact on their everyday functioning.

## WHAT IS COVERED IN THE SESSIONS WITH PARENTS?

### Session 1: Understanding anxiety

In this session, parents learn about anxiety and how it works. Parents are encouraged to reflect on how anxiety impacts their family. The session aims to give parents a better understanding of the development of their child's anxiety and why it continues. At the end of the session, parents establish some goals for change to focus on through the program.

### Session 2: Promoting emotional resilience

Parents are introduced to parenting strategies that promote emotional resilience in children. These strategies help parents encourage their children to express, tolerate and manage their upsetting emotions more effectively. Parents are also introduced to a tool that helps to track how anxious their child is feeling.

### Session 3: Setting a good example and encouraging realistic thinking

This session introduces the importance of parental modelling in understanding children's emotional reactions. The session also covers how thoughts can affect the development and maintenance of anxiety, highlighting the importance of flexible thinking and teaching parents to encourage this skill in children.

### Session 4: Understanding avoidance

In this session, parents learn about avoidance, the most common response to anxiety. Parents are introduced to the principle of exposure and the 'fear ladder', a tool used to gradually confront and overcome anxiety.

### Session 5: Responding to children's anxiety

This session focuses on the most common ways parents respond to children's anxiety, and the advantages and disadvantages of each. Parents are encouraged to reflect on which responses are relevant to them and what they might want to do differently.

### Session 6: Constructive problem solving and maintaining progress

This session introduces parents to a step-by-step problem solving approach to help children manage their anxiety. It also covers some guidelines on how to maintain positive changes over time.

## HOW MUCH TIME IS NEEDED TO DELIVER THE INTERVENTION?

In addition to consultations, the practitioner should allow time for preparation and supervision. Please see the table below for an approximate timeframe for delivering the program.

INDIVIDUAL OR GROUP PROGRAM	
CONSULTATION TIME	9-12 hours (1 ½-2 hours per session for 6 sessions)
PRE AND POST ASSESSMENTS — QUESTIONNAIRE SCORING AND FEEDBACK*	2 hours
TELEPHONE SUPPORT OR HOME VISIT	n/a
SESSION PREPARATION AND POST-SESSION DEBRIEF/SUPERVISION	6 hours
CASE NOTES AND REPORT WRITING**	1 hour
TOTAL TIME	18-21 hours per intervention
WORKSHOP PROGRAM	
CONSULTATION TIME	6 hours (1 day or 3 blocks of 2 hours)
PRE AND POST ASSESSMENTS — QUESTIONNAIRE SCORING AND FEEDBACK*	2 hours
TELEPHONE SUPPORT OR HOME VISIT	n/a
SESSION PREPARATION AND POST-SESSION DEBRIEF/SUPERVISION	3 hours
CASE NOTES AND REPORT WRITING**	30 minutes
TOTAL TIME	11 ½ hours per workshop

\*An additional 2-3 minutes per family should be allowed for reviewing the Fear-Less Triple P Program Satisfaction Questionnaire at the end of the intervention.

\*\*Not including comprehensive reports for government agencies.



## WHAT RESOURCES DO PARENTS RECEIVE?

Families that attend the program receive a copy of the Fear-Less Triple P Workbook.

Please see the table below for the expected program resources required when Triple P is adopted as part of core business.

	GROUP/ WORKSHOPS	INDIVIDUAL
NUMBER OF INTERVENTIONS PER YEAR	4 groups/ workshops	25 families
NUMBER OF FAMILIES PER INTERVENTION	8 families	1 family
RESOURCES PER FAMILY	1 x Fear-Less Triple P Workbook	
TOTAL NUMBER OF FAMILIES	32 families	25 families
TOTAL RESOURCES PER YEAR	32 x Fear-Less Triple P Workbooks	25 x Fear-Less Triple P Workbooks

## WHAT IS INVOLVED IN PROVIDER TRAINING?

To provide Fear-Less Triple P to families, practitioners must have completed an approved active skills training program and demonstrated their knowledge and competence in program delivery through a skills-based accreditation process. The table below provides an estimate of the time commitment for practitioners to attend training and support days, as well as time needed for preparation and peer support. Training will be available late 2021 via video conference or in-person<sup>1</sup>.

NUMBER OF TRAINING DAYS (9.00AM–4.30PM)	3 days
PRE- ACCREDITATION DAY (9.00AM–4.30PM)	1 day
PREPARATION TIME FOR ACCREDITATION DAY	4–6 hours (quiz and competency preparation)
ACCREDITATION DAY	Half day
PEER SUPPORT	2-3 hours (hourly meetings per month)
TOTAL TIME	5 ½ days

## DO PRE-REQUISITES APPLY?

No Triple P pre-requisites apply. Assumes the practitioner will have basic professional training in psychology, psychiatry, pediatrics, medicine, nursing, education, social work or counselling.

## WHAT ARE THE PROVIDER LEARNING OUTCOMES?

- Awareness of the significance of child anxiety and its causal and maintaining factors, as well as proficiency in assessing child anxiety and family functioning.
- Familiarization with the Fear-Less Triple P program content, structure, delivery variants and rationale.
- Knowledgeable in the strategies for promoting effective anxiety management, coping skills and resilience in children.
- Use of behavioral rehearsal to help parents coach their children in effective anxiety management strategies.
- Use of the self-regulatory approach when responding to parent questions and giving parents constructive feedback.
- Able to address parent resistance and other common process issues.

## WHAT RESOURCES DO PRACTITIONERS RECEIVE?

Each practitioner will receive the following Triple P practitioner resource:

- Practitioner's Kit for Fear-Less Triple P (includes Fear-Less Triple P Practitioner's Manual and Fear-Less Triple P Parent Workbook).
- Access to the Fear-Less Triple P PowerPoint presentations.
- Access to the Fear-Less Triple P Video.

<sup>1</sup> In-person is an option when government rules, safety and insurance requirements allow.

# ENHANCED TRIPLE P

## WHAT IS ENHANCED TRIPLE P?

Enhanced Triple P consists of four different modules delivered to families in 3 to 8 individualized consultations. The modules address family factors that may impact upon and complicate the task of parenting (e.g. parental mood, partner conflict).

## WHO IS IT FOR?

Parents who benefit are those who present with family issues such as stress, poor coping, and/or partner conflict. They have usually completed a Level 3 Primary Care; Primary Care Stepping Stones; Primary Care Teen program, or a Level 4 program and require extra support to make or maintain changes in parenting. They need to be able to commit to 3 to 8 sessions depending on their indicated needs.

## WHAT IS COVERED IN SESSIONS WITH PARENTS?

### Session 1: Review session

During this session, the practitioner will conduct a progress review interview, provide feedback of the results to the parent, and negotiate a treatment plan.

### Module 1: Practice sessions

#### (up to three 40-60 minute sessions)

These sessions are preferably conducted in the family's home or a community setting. They provide the parent with opportunities to practice and receive personalized feedback on how they apply skills introduced in Level 3 or 4 Triple P.

### Module 2: Coping skills

#### (up to three 60-90 minute sessions)

During these sessions, the parent learns a range of cognitive and behavioral strategies to manage mood and to cope with everyday stress. They learn how emotions work, relaxation techniques, how to monitor thoughts and challenge unhelpful or irrational thoughts, and develop coping plans.

### Module 3: Partner support

#### (up to three 60-90 minute sessions)

During these sessions, parents learn a variety of positive communication, problem solving, and conflict resolution skills to enhance their teamwork as parenting partners.

### Module 4: Maintenance and closure sessions

Parents practice all skills in this session with minimal support and are introduced to ideas to maintain changes. They review their progress through the program and set goals for the future.

## HOW MUCH TIME IS NEEDED TO DELIVER THE INTERVENTION?

In addition to consultations, the practitioner should allow time for preparation and supervision. Please see the table below for an approximate timeframe for delivering the program.

CONSULTATION TIME*	8-12 hours (60-90 mins per session for 8 sessions)
PRE AND POST ASSESSMENTS — QUESTIONNAIRE SCORING AND FEEDBACK**	1 hour
TELEPHONE SUPPORT OR HOME VISIT***	n/a
SESSION PREPARATION AND POST-SESSION DEBRIEF/SUPERVISION	4 hours
CASE NOTES AND REPORT WRITING***	2½ hours
TOTAL TIME	15½-19 hours per family

\*Based on an average of 2 modules completed per family in addition to a Level 4 program.

\*\*An additional 2-3 minutes per family should be allowed for reviewing the Client Satisfaction Questionnaire (CSQ) at the end of the intervention.

\*\*\*Not including comprehensive reports for government agencies.

## WHAT RESOURCES DO PARENTS RECEIVE?

Each family receives a copy of the relevant Every Parent's Supplementary Module Workbook. There are four workbooks in total, one for each module.

Please see the table below for the expected program resources required when Triple P is adopted as part of core business.

NUMBER OF INTERVENTIONS PER YEAR	25 families
NUMBER OF FAMILIES PER INTERVENTION	1 family
RESOURCES PER FAMILY	3 x Every Parent's Supplementary Workbook Module
TOTAL NUMBER OF FAMILIES	25 families
TOTAL RESOURCES PER YEAR	75 x Every Parent's Supplementary Workbook Module



## WHAT IS INVOLVED IN PROVIDER TRAINING?

To provide Enhanced Triple P to families, practitioners must have completed an approved active skills training program and demonstrated their knowledge and competence in program delivery through a skills-based accreditation process. The table below provides an estimate of the time commitment for practitioners to attend training and support days, as well as time needed for preparation and peer support. Training is available via video conference or in-person<sup>1</sup>.

NUMBER OF TRAINING DAYS (9.00AM–4.30PM)	2 days
PRE-ACCREDITATION DAY (9.00AM–4.30PM)	1 day
PREPARATION TIME FOR ACCREDITATION DAY	4–6 hours (quiz and competency preparation)
ACCREDITATION DAY	Half day
PEER SUPPORT	n/a (combined with Level 4 course)
TOTAL TIME	4½ days

An Extension Course is available, please contact your Triple P representative for more information.

## DO PRE-REQUISITES APPLY?

Practitioners must have completed a Level 3 Primary Care; Primary Care Stepping Stones; Primary Care Teen Triple P Provider Training Course, or a Level 4 Triple P Provider Training Course. This course includes training in Cognitive Behavior Therapy (CBT) strategies and experience in this area is an advantage when completing the course.

## WHAT ARE THE PROVIDER LEARNING OUTCOMES?

- Assessment of personal and relationship adjustment of parents.
- Specific strategies for improving personal coping skills and reducing parental stress, anxiety and depression.
- Reducing parenting conflict, improving parents' communication skills and promoting partner support.
- Helping parents develop independent problem solving skills.
- Strategies for promoting generalization and maintenance of behavior change.

## WHAT RESOURCES DO PRACTITIONERS RECEIVE?

Each practitioner will receive the following Triple P practitioner resource:

- Practitioner's Kit for Enhanced Triple P (includes Practitioner's Manual, and Every Parent's Supplementary Workbooks).
- Access to the Supporting your Partner video.
- Access to the Coping with Stress video.
- Access to the Triple P Relaxation audio.

<sup>1</sup> In-person is an option when government rules, safety and insurance requirements allow.



# PATHWAYS TRIPLE P

## WHAT IS PATHWAYS TRIPLE P?

Pathways Triple P specifically targets parents who are experiencing difficulties with managing their emotions, particularly with controlling anger. Pathways Triple P requires parents to have received Level 3 Primary Care; Primary Care Stepping Stones; Primary Care Teen Triple P sessions, or Level 4 Triple P sessions teaching them positive parenting and child management skills. The Pathways Triple P program can be completed in either a group or on an individual basis over two to five 60-90 minute sessions. There are three core modules that provide parents with support and to learn new attributional retraining and anger management techniques that will assist in improvement and/or maintenance of positive parenting skills.

## WHO IS IT FOR?

Parents who benefit are those who have difficulty regulating their emotions, particularly anger or persistently make misattributions about reasons for their child's behavior and as a result are considered at risk of physically or emotionally harming their children. They have usually completed a Level 3 Primary Care; Primary Care Stepping Stones; Primary Care Teen program, or a Level 4 program and need further personal support to improve or maintain positive parenting skills.

## WHAT IS COVERED IN SESSIONS WITH PARENTS?

### Module 1, Session 1: Parent traps

During this session, parents learn to identify parent traps, understand the impact of their own behavior on their children, and identify dysfunctional attributions.

### Module 1, Session 2: How to get out of a parent trap

This session covers the reasons parents get caught in parent traps and teaches parents thought switching and breaking out of a parent trap.

### Module 2, Session 1: Recognizing and understanding anger

This session introduces cognitive behavioral strategies to recognize and understand anger, how to stop anger escalating, abdominal breathing and other relaxation techniques, and planning pleasurable activities.

### Module 2, Session 2: Managing your anger

During this session, parents will learn to catch unhelpful thoughts, develop personal anger coping statements, challenge unhelpful thoughts, and develop coping plans for high risk situations.

### Module 3: Maintenance and closure

This final session focuses on how parents can maintain changes, problem solve for the future, and create future goals.

## INTERVENTION?

In addition to consultations, the practitioner should allow time for preparation and supervision. Please see the table below for an approximate timeframe for delivering the program.

INDIVIDUAL PROGRAM	
CONSULTATION TIME*	5-7½ hours (60-90 mins per session for 5 sessions)
PRE AND POST ASSESSMENTS — QUESTIONNAIRE SCORING AND FEEDBACK**	½ hours
TELEPHONE SUPPORT OR HOME VISIT***	n/a
SESSION PREPARATION AND POST-SESSION DEBRIEF/SUPERVISION	2 hours
CASE NOTES AND REPORT WRITING***	2 hours
TOTAL TIME	9½-12 hours per family
GROUP PROGRAM	
CONSULTATION TIME*	10 hours (2 hours per session for 5 sessions)
PRE AND POST ASSESSMENTS — QUESTIONNAIRE SCORING AND FEEDBACK**	2 hours (8 families on average per group)
TELEPHONE SUPPORT OR HOME VISIT***	n/a
SESSION PREPARATION AND POST-SESSION DEBRIEF/SUPERVISION	4 hours
CASE NOTES AND REPORT WRITING***	4 hours (30 mins per family, 8 families)
TOTAL TIME	20 hours per group

\*Based on an average of 2 modules completed per family in addition to a Level 4 program.

\*\*An additional 2-3 minutes per family should be allowed for reviewing the Client Satisfaction Questionnaire (CSQ) at the end of the intervention.

\*\*\*Not including comprehensive reports for government agencies.

## HOW MUCH TIME IS NEEDED TO DELIVER THE



## WHAT RESOURCES DO PARENTS RECEIVE?

Each family receives a copy of the relevant Pathways to Positive Parenting Module Workbooks.

Please see the table below for the expected program resources required when Triple P is adopted as part of core business.

NUMBER OF INTERVENTIONS PER YEAR	25 families
NUMBER OF FAMILIES PER INTERVENTION	1 family
RESOURCES PER FAMILY	3 x Pathways to Positive Parenting Modules
TOTAL NUMBER OF FAMILIES	25 families
TOTAL RESOURCES PER YEAR	75 x Pathways to Positive Parenting Modules

## WHAT IS INVOLVED IN PROVIDER TRAINING?

To provide Pathways Triple P to families, practitioners must have completed an approved active skills training program and demonstrated their knowledge and competence in program delivery through a skills-based accreditation process. The table below provides an estimate of the time commitment for practitioners to attend training and support days, as well as time needed for preparation and peer support. Training is available via video conference or in-person<sup>1</sup>.

NUMBER OF TRAINING DAYS (9.00AM–4.30PM)	2 days
PRE-ACCREDITATION DAY (9.00AM–4.30PM)	1 day
PREPARATION TIME FOR ACCREDITATION DAY	4–6 hours (quiz and competency preparation)
ACCREDITATION DAY	Half day
PEER SUPPORT	n/a (combined with Level 4 course)
TOTAL TIME	4½ days

An Extension Course is available, please contact your Triple P representative for more information.

## DO PRE-REQUISITES APPLY?

Practitioners must have completed a Level 3 Primary Care; Primary Care Stepping Stones; Primary Care Teen Triple P Provider Training Course, or a Level 4 Triple P Provider Training Course. This course includes training in Cognitive Behavior Therapy (CBT) strategies and experience in this area is an advantage when completing the course.

## WHAT ARE THE PROVIDER LEARNING OUTCOMES?

- Advanced assessment of child and family functioning.
- Identification of indicators suggesting the presence of additional risk factors within families.
- The delivery of interventions targeting additional risk factors, including anger management training and cognitive restructuring skills.
- Strategies for promoting generalization and maintenance of behavior change.

## WHAT RESOURCES DO PRACTITIONERS RECEIVE?

Each practitioner will receive the following Triple P practitioner resource:

- Practitioner's Kit for Pathways Triple P (includes Practitioner's Manual and Pathways to Positive Parenting Modules).
- Access to the Pathways PowerPoint presentations.
- Access to the Coping with Stress video.

<sup>1</sup> In-person is an option when government rules, safety and insurance requirements allow.

# FAMILY TRANSITIONS TRIPLE P

## WHAT IS FAMILY TRANSITIONS TRIPLE P?

Family Transitions Triple P is designed for parents who are experiencing personal distress from separation or divorce, which is impacting on or complicating their parenting. During five sessions, Family Transitions Triple P assists parents who need extra support to adjust and manage the transition of separation or divorce. It focuses on skills to resolve conflicts with former partners and how to cope positively with stress.

## WHO IS IT FOR?

Parents who benefit from this program are those who have been or are going through separation and divorce where there are unresolved conflicts and difficulties communicating effectively with former partners. Parents may be concerned that the separation or divorce is upsetting their children or they may want to learn ways to talk to their children about it and teach them ways to cope. Parents who do this course usually have concurrent concerns about their child's behavior.

## WHAT IS COVERED IN SESSIONS WITH PARENTS?

### Session 1: Divorce - a family transition

During this session, parents learn about parent traps during separation and divorce, how to talk to their children about separation and divorce, and how to help children manage their emotions.

### Session 2: Coping with emotions (1)

Parents learn to identify unhelpful emotions (e.g. stress, anxiety, anger) and the link between these unhelpful emotions and parenting. Coping skills and relaxation strategies will also be discussed during this session.

### Session 3: Coping with emotions (2)

This session teaches parents how thoughts influence emotions and how they can challenge those automatic unhelpful thoughts. They will also learn coping strategies and how to take care of themselves.

### Session 4: Managing conflict

During this session, the practitioner introduces parents to a model of conflict and explains different conflict response styles. Parents will learn assertive communication skills, how to hold a child-related discussion with their former partner, problem solving techniques, and develop a parenting plan.

### Session 5: Balancing work, family and play

During this session, the practitioner discusses developing a new family identity, social support, and new romantic relationships.

#### Note:

It is recommended that these five sessions be followed by a Level 3 or 4 Triple P program.

## HOW MUCH TIME IS NEEDED TO DELIVER THE INTERVENTION?

In addition to consultations, the practitioner should allow time for preparation and supervision. Please see the table below for an approximate timeframe for delivering the program.

CONSULTATION TIME	10 hours (2 hours per session for 5 weeks)
PRE AND POST ASSESSMENTS — QUESTIONNAIRE SCORING AND FEEDBACK*	2 hours (8 participants on average per group)
TELEPHONE SUPPORT OR HOME VISIT	n/a
SESSION PREPARATION AND POST-SESSION DEBRIEF/SUPERVISION	5 hours
CASE NOTES AND REPORT WRITING**	4 hours (30 mins per participant, 8 participants)
TOTAL TIME	21 hours per group

\*An additional 2-3 minutes per family should be allowed for reviewing the Client Satisfaction Questionnaire (CSQ) at the end of the intervention.

\*\*Not including comprehensive reports for government agencies.

## WHAT RESOURCES DO PARENTS RECEIVE?

Each family receives a copy of the Family Transitions Triple P Workbook.

Please see the table below for the expected program resources required when Triple P is adopted as part of core business.

NUMBER OF INTERVENTIONS PER YEAR	25 families
NUMBER OF FAMILIES PER INTERVENTION	1 family
RESOURCES PER FAMILY	1 x Family Transitions Triple P Workbook
TOTAL NUMBER OF FAMILIES	25 families
TOTAL RESOURCES PER YEAR	25 x Family Transitions Triple P Workbook



## WHAT IS INVOLVED IN PROVIDER TRAINING?

To provide Family Transitions Triple P to families, practitioners must have completed an approved active skills training program and demonstrated their knowledge and competence in program delivery through a skills-based accreditation process. The table below provides an estimate of the time commitment for practitioners to attend training and support days, as well as time needed for preparation and peer support. Training is available via video conference or in-person<sup>1</sup>.

NUMBER OF TRAINING DAYS (9.00AM–4.30PM)	2 days
PRE-ACCREDITATION DAY (9.00AM–4.30PM)	1 day
PREPARATION TIME FOR ACCREDITATION DAY	4–6 hours (quiz and competency preparation)
ACCREDITATION DAY	Half day
PEER SUPPORT	2–3 hours (hourly meetings per month)
TOTAL TIME	4½ days

## DO PRE-REQUISITES APPLY?

This course includes training in Cognitive Behavior Therapy (CBT) strategies and experience in this area is an advantage when completing the course. Assumes an organization has established a successful referral process for families requiring further assistance (either to in-person or online Triple P programs).

## WHAT ARE THE PROVIDER LEARNING OUTCOMES?

- Assessment of personal adjustment in parents following divorce.
- Specific strategies for improving personal coping skills and reducing parenting stress, anxiety and anger.
- Specific strategies for reducing conflict between parents and improving communication.
- Strategies for promoting work, family, and play balance, and gaining appropriate social support.
- Helping parents develop independent problem solving skills.

## WHAT RESOURCES DO PRACTITIONERS RECEIVE?

Each practitioner will receive the following Triple P practitioner resource:

- Facilitator's Kit for Family Transitions Triple P (includes Facilitator's Manual and Family Transitions Triple P Workbook).
- Access to the Family Transitions Triple P PowerPoint presentations.
- Access to the Family Transitions Triple P Relaxation audio.
- Access to the Family Transitions Triple P video.

<sup>1</sup> In-person is an option when government rules, safety and insurance requirements allow.



# GROUP LIFESTYLE TRIPLE P

## WHAT IS GROUP LIFESTYLE TRIPLE P?

Group Lifestyle Triple P is an adaptation of Level 4 Group Triple P and is a multi-component intervention for families with overweight or obese children. The aim of the program is to help parents develop effective strategies for managing their child's weight by introducing gradual permanent changes to their family's lifestyle (e.g. healthier family eating, increased physical activity). Group Lifestyle Triple P consists of ten 90-minute group sessions and four telephone support calls.

## WHO IS IT FOR?

Parents who benefit are those who have children aged between 5 and 10 years and are concerned about their child's weight and activity level. Parents need to be able to commit to up to 6 months of regular contact and be willing to make changes in their whole family's lifestyle.

## WHAT IS COVERED IN SESSIONS WITH PARENTS?

### Session 1: Preparing for change

This session covers working as a group, what 'overweight' means, how it can be treated, readiness for change, and keeping track.

### Session 2: Increasing self-esteem and understanding nutrition

During this session, parents learn about increasing their child's self-esteem, changing eating behaviors, food groups, nutrients, daily food serves, and nutrition goals.

### Session 3: Encouraging healthy behavior and understanding physical activity

During this session, parents will learn to encourage healthy behavior, trying new foods, the importance of physical activity, how to set physical activity goals, increase incidental activity, and reduce sugar intake.

### Session 4: Using rewards and modifying recipes

This session covers motivating children to be healthy, the different types of fat, and how to reduce fat intake.

### Session 5: Limiting sedentary activity and reading food labels

During this session, parents will learn to reduce television and computer time, prevent problem behavior, and understand food labels.

### Session 6: Playing active games

This session covers increasing energetic play.

### Session 7: Providing healthy meals and snacks

During this session, parents will learn how to manage hunger and overeating, prepare healthy food, and increase involvement in sport and other activities.

### Session 8: Managing problem behavior

During this session, parents will learn how to manage problem behavior, develop parenting routines, and prepare for the weekly telephone sessions.

### Session 9-10: Using Lifestyle Triple P strategies

These telephone consultations will provide the parent with an opportunity to update the practitioner with their family's progress and discuss any issues.

### Session 11: Planning ahead

During this session, parents will learn about family survival tips, high-risk situations, planned activities, and prepare for fortnightly telephone sessions.

### Session 12-13: Using planned activities

These telephone consultations will provide the parent with an opportunity to update the practitioner with their family's progress and discuss any issues.

### Session 14: Program close

Parents return for a final group session to review progress, look at ways to maintain the healthy changes, plan for the future, and to bring closure to the program.

## HOW MUCH TIME IS NEEDED TO DELIVER THE INTERVENTION?

In addition to consultations, the practitioner should allow time for preparation and supervision. Please see the table below for an approximate timeframe for delivering the program.

CONSULTATION TIME	15 hours (90 mins per session for 10 weeks)
PRE AND POST ASSESSMENTS — QUESTIONNAIRE SCORING AND FEEDBACK*	5 hours (10 families on average per group)
TELEPHONE SUPPORT OR HOME VISIT	20 hours (10 families, 30 mins each week for 4 weeks)
SESSION PREPARATION AND POST-SESSION DEBRIEF/SUPERVISION	10 hours
CASE NOTES AND REPORT WRITING**	5 hours
TOTAL TIME	55 hours per group

\*An additional 2-3 minutes per family should be allowed for reviewing the Client Satisfaction Questionnaire (CSQ) at the end of the intervention.

\*\*Not including comprehensive reports for government agencies.



## WHAT RESOURCES DO PARENTS RECEIVE?

Each family receives a copy of the Every Parent's Group Lifestyle Workbook, and Lifestyle Triple P Active Games Booklet.

Please see the table below for the expected program resources required when Triple P is adopted as part of core business.

NUMBER OF INTERVENTIONS PER YEAR	2 groups
NUMBER OF FAMILIES PER INTERVENTION	10 families per group
RESOURCES PER FAMILY	1 x Every Parent's Group Lifestyle Workbook 1 x Lifestyle Triple P Active Games Booklet
TOTAL NUMBER OF FAMILIES	20 families
TOTAL RESOURCES PER YEAR	20 x Every Parent's Group Lifestyle Workbook 20 x Lifestyle Triple P Active Games Booklet

## WHAT IS INVOLVED IN PROVIDER TRAINING?

To provide Group Lifestyle Triple P to families, practitioners must have completed an approved active skills training program and demonstrated their knowledge and competence in program delivery through a skills-based accreditation process. The table below provides an estimate of the time commitment for practitioners to attend training and support days, as well as time needed for preparation and peer support. Training is available via video conference or in-person<sup>1</sup>.

NUMBER OF TRAINING DAYS (9.00AM–4.30PM)	3 days
PRE-ACCREDITATION DAY (9.00AM–4.30PM)	1 day
PREPARATION TIME FOR ACCREDITATION DAY	4–6 hours (quiz and competency preparation)
ACCREDITATION DAY	Half day
PEER SUPPORT	2–3 hours (hourly meetings per month)
TOTAL TIME	6 days

An Extension Course is available, please contact your Triple P representative for more information.

## DO PRE-REQUISITES APPLY?

No Triple P Pre-requisites apply. However, it is desirable that practitioners have some knowledge of child development, physical science and food nutrition to undertake this training.

## WHAT ARE THE PROVIDER LEARNING OUTCOMES?

- Monitoring child growth using height, weight and BMI (Body Mass Index).
- Assessing child and family functioning.
- Strategies for promoting generalization and maintenance of behavior change.
- Use of active skills training strategies in a group format.
- Group dynamics and common process issues.
- Telephone support consultations with parents.
- Identification of indicators suggesting more intervention is required and appropriate referral procedures.

## WHAT RESOURCES DO PRACTITIONERS RECEIVE?

Each practitioner will receive the following Triple P practitioner resource:

- Facilitator's Kit for Group Lifestyle Triple P (includes Facilitator's Manual, Lifestyle Triple P Group Workbook, and Active Games Booklet).
- Access to the Group Lifestyle Triple P PowerPoint presentations.
- Access to the Every Parent's Survival Guide video.

<sup>1</sup> In-person is an option when government rules, safety and insurance requirements allow.

# TRIPLE P ONLINE

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## WHAT IS TRIPLE P ONLINE?

A broad-based parenting intervention delivered online for parents of children up to 12 years. The program involves eight (1-hour) online modules that parents complete independently in their own time, from a computer, tablet or smartphone. Parents have online access to complete the program for 12 months. Triple P Online introduces users to Triple P's 17 core parenting skills – simple strategies to encourage positive behavior and to prevent and manage misbehavior. The program teaches parents to apply these principles to specific situations, and includes strategies for partner support and coping with stress. The video-enriched program aims for a balance of simplicity and interactivity to promote parental engagement and completion of the program.

## WHO IS IT FOR?

Parents who prefer an online program or are more suited to completing an online program for reasons such as busy schedules, geographical isolation, or inability to attend regular parenting courses. The program can be used to prevent problems from developing or for parents of children with significant social, emotional or behavioral problems.

## WHAT IS COVERED IN THE PROGRAM?

### Module 1: What is Positive Parenting?

Lays the foundations with the five basic principles of Triple P:

- Create a safe and interesting environment
- Create a positive learning environment
- Use assertive discipline
- Have realistic expectations
- Take care of yourself

### Module 2: Encouraging behavior you like

Focuses on ways to help get more of the behavior parents like, and less of the behavior they don't like. Gives information, tips and activities on:

- Quality time
- Paying attention
- Showing affection
- Talking with your child
- Descriptive praise
- Interesting activities

### Module 3: Teaching new skills

Covers the key skills that children need, such as:

- Communicating and getting on with others
- Managing their feelings
- Becoming independent
- Solving problems

Parents will also learn 'incidental' teaching to help encourage language development, increase general knowledge and promote independent play.

### Module 4: Managing misbehavior

Provides information, tips and strategies for managing misbehavior, including:

- Ground rules
- Directed discussion
- Planned ignoring
- Clear, calm instructions
- Consequences
- Quiet time
- Time-out

### Module 5: Dealing with disobedience

Provides insights and strategies on:

- Why children behave the way they do
- Common parent traps that inadvertently reward disobedience
- The most effective way to give instructions
- The importance of consequences
- How to use quiet time and time-out effectively

### Module 6: Planning ahead to prevent problems

This module helps parents to prevent problems through the following strategies, including:

- Planning ahead at home and away from home
- Planning for high-risk times
- Preparing in advance
- Deciding on rules
- Choosing interesting activities
- Using rewards for good behavior and consequences for misbehavior
- Having follow-up discussion

### Module 7: Making shopping fun

This module provides tips and strategies for going shopping, including:

- Why children misbehave
- Planning ahead
- Encouraging good behavior
- Dealing with difficult behavior



## Module 8: Raising confident, capable kids

Provides tips and key points on:

- Raising confident, capable kids
- Showing respect
- Being considerate
- Developing good social skills
- Developing healthy self-confidence
- Being a problem-solver
- Becoming independent

### WHAT RESOURCES DO PARENTS RECEIVE?

Each family receives a Triple P Online access code. Within the program, a text summary of the content is continuously imported to an individualized workbook, which parents can print or email. Parents also receive worksheets, podcasts (English versions only), and emailed module summaries.

### HOW MUCH TIME IS NEEDED TO DELIVER THE INTERVENTION?

A practitioner is not required to deliver the intervention, unless telephone support is to be provided to families completing Triple P Online. Telephone support time can be estimated at one hour per family requiring support (up to four 15-minute telephone calls). Telephone support is an optional service that agencies can provide to parents.

### HOW DO PARENTS ACCESS THE INTERVENTION?

Each user requires a unique access code to operate Triple P Online. Agencies can either purchase access codes in bulk and provide these to parents, or parents can purchase an access code directly from the Triple P parent website.

Additional support options are available to promote Triple P Online and facilitate access code distribution. These may include digital parent assessment measures, a data dashboard that reports on user progress, digital and print media, or a website landing page.



# TEEN TRIPLE P ONLINE

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## WHAT IS TEEN TRIPLE P ONLINE?

A broad-based parenting intervention delivered online for parents of teens up to 16 years. The program involves six (1-hour) online modules that parents complete independently in their own time, from a computer, tablet or smartphone. Parents have online access to the program for 12 months. Teen Triple P Online provides parents with a toolbox of strategies that help them to encourage positive behavior and to prevent and manage misbehavior. The program teaches parents to apply these principles to specific situations which re-enforce learnings. The video-enriched content aims for a balance of simplicity and interactivity to promote parental engagement and completion of the program.

## WHO IS IT FOR?

Parents who prefer an online program or are more suited to completing an online program for reasons such as busy schedules, geographical isolation, or inability to attend regular parenting courses. The program can be used to prevent problems from developing or for parents of teens with significant social, emotional or behavioral problems.

## WHAT IS COVERED IN THE PROGRAM?

### Module 1: What is Positive Parenting for teenagers?

Lays the foundations with the five basic principles of Triple P:

- Create a safe and interesting environment
- Create a positive learning environment
- Use assertive discipline
- Have realistic expectations
- Take care of yourself

### Module 2: Encouraging appropriate behavior

Focuses on ways to help get more of the behavior parents like, and less of the behavior they don't like. Gives information, tips and activities on:

- Spending time together
- Talking with your teenager
- Showing affection
- Praising appropriate behavior
- Paying attention
- Suggesting interesting activities

### Module 3: Teaching new skills and behavior

Covers the key skills that teenagers need, such as:

- Communicating and getting on with others
- Managing their feelings
- Becoming independent
- Solving problems

As well as coaching problem solving to help encourage cognitive development, increase general knowledge and promote independence, and the use of behavior contracts to support change.

### Module 4: Managing problem behavior

Provides information, tips and strategies on:

- Family rules
- Directed discussion
- Clear, calm requests
- Consequences
- Selective ignoring
- Acknowledging teenagers' emotions

### Module 5: Planning ahead for risky situations

Provides tips and key points on:

- Planning for risky situations
- Preparing in advance
- Explaining your concerns
- Deciding on risk-reduction strategies
- Using rewards for following the plan and consequences for not following it
- Having follow-up discussion

### Module 6: Raising confident, capable teenagers

Provides tips and key points on:

- Raising confident, capable teenagers
- Showing respect
- Being considerate
- Developing good social skills
- Developing healthy self-confidence
- Being a problem-solver
- Becoming independent



## WHAT RESOURCES DO PARENTS RECEIVE?

Within the program, a text summary of the content is continuously imported to an individualized workbook, which parents can download, print or email. Parents also receive worksheets, podcasts (English versions only), and emailed module summaries.

## HOW MUCH TIME IS NEEDED TO DELIVER THE INTERVENTION?

A practitioner is not required to deliver the intervention, unless telephone support is to be provided to families completing Teen Triple P Online. Telephone support time can be estimated at one hour per family requiring support (up to four 15-minute telephone calls). Telephone support is an optional service that agencies can provide to parents.

## HOW DO PARENTS ACCESS THE INTERVENTION?

Each user requires a unique access code to operate Teen Triple P Online. Agencies can either purchase access codes in bulk and provide these to parents, or parents can purchase an access code directly from the Triple P parent website.

Additional support options are available to promote Teen Triple P Online and facilitate access code distribution. These may include digital parent assessment measures, a data dashboard that reports on user progress, digital and print media, or a website landing page.



# FEAR-LESS TRIPLE P ONLINE

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## WHAT IS FEAR-LESS TRIPLE P ONLINE?

A cognitive-behavioral parenting intervention delivered online that supports parents to help children manage their anxiety more effectively. The program involves six (1-hour) online modules with videos and interactive activities that parents complete independently in their own time and at their own pace, from a computer, tablet or smartphone. (Parents have online access to complete the program for 12 months.) Fear-Less Triple P aims to help parents to: set a good example of coping with anxiety; coach their children to become more emotionally resilient; develop a toolbox of strategies for helping children to manage their anxiety; and choose the most effective ways to respond to their children's anxiety.

## WHO IS IT FOR?

The program is suited to parents or carers interested in coaching children to become more emotionally resilient or have children aged from 6 to 14 years with anxiety that causes significant distress or impact on their everyday life. Parents who prefer an online program or are more suited to completing an online program due to busy schedules, geographical isolation, or inability to attend regular parenting courses. The online program may also be used by families waiting for clinic services or as an adjunct to in-person services (e.g. missed clinical sessions or session reviews).

## WHAT IS COVERED IN THE PROGRAM?

### Module 1: Understanding anxiety

Parents learn about anxiety and how it works, and are encouraged to reflect on how it impacts their family. The module aims to give parents a better understanding of the factors involved in the development and continuation of children's anxiety.

### Module 2: Promoting emotional resilience

Parents are introduced to parenting strategies that promote emotional resilience in children. These strategies help parents encourage their children to express, tolerate and manage uncomfortable emotions more effectively.

### Module 3: Setting a good example and encouraging flexible, realistic thinking

This module introduces the importance of parental modelling in understanding children's emotional reactions. It also covers how thoughts can affect the development and maintenance of anxiety, highlighting the importance of flexible thinking and teaching parents to encourage this skill in children.

### Module 4: Overcoming avoidance

Parents learn about avoidance, the most common response to anxiety. Parents are introduced to the principle of exposure and the 'fear ladder', a tool used to gradually confront and overcome anxiety.

### Module 5: Responding to children's anxiety

This module focuses on the most common ways parents respond to children's anxiety, and the advantages and disadvantages of each. Parents are encouraged to reflect on which responses are relevant to them and what they might want to do differently.

### Module 6: Constructive problem solving and maintaining progress

Parents are introduced to a step-by-step problem solving approach to help children manage their anxiety. The module also covers some guidelines on how to maintain positive changes over time.

## WHAT RESOURCES DO PARENTS RECEIVE?

Each family receives a Fear-Less Triple P Online access code. Within the program, a text summary of the content and parents' responses to activities are automatically saved to a personalized workbook, which parents can print or email. Parents can also download worksheets.

## HOW MUCH TIME IS NEEDED TO DELIVER THE INTERVENTION?

A practitioner is not required to deliver the intervention, unless organisations or services decide to provide additional telephone/video call support to families completing Fear-Less Triple P Online. This is optional and can be estimated at 45-minutes per family requiring support (up to three 15-minute telephone/video calls).

## HOW DO PARENTS ACCESS THE INTERVENTION?

Each user requires a unique access code to use Fear-Less Triple P Online. Agencies can either purchase access codes in bulk and provide these to parents, or parents can purchase an access code directly from the Triple P parent website.



# POSITIVE EARLY CHILDHOOD EDUCATION PROGRAM (FOR COACHES)



## WHAT IS THE POSITIVE EARLY CHILDHOOD EDUCATION PROGRAM?

The Positive Early Childhood Education Program (PECE) is an online professional learning program, designed to build educators' knowledge, confidence and skills and enhance educators' self-efficacy in implementing strategies that promote children's development, social competence and self-regulation. The overall goal is to support educators in engaging with children in a positive and supportive way, that encourages them to reach their potential.

Center directors, lead teachers, supervisors, or consultants complete face-to-face training, where they learn the content of the online program and the consultation skills necessary to facilitate practice sessions with educators using a self-regulatory approach to become a PECE Coach.

Educators complete four 1-hour online modules (PECE Online), including video modeling, interactive activities, and key take away messages to help educators acquire new knowledge and skills, self-evaluate their performance and set themselves goals for change. This is followed by two to four practice sessions with a PECE Coach.

## WHO IS IT FOR?

PECE Online is designed for professionals in the early childhood education sector, including early childhood education and care centers, preschools, home-based child care and after school care. PECE Coach Training is suitable for center directors, lead teachers, supervisors, consultants, or others in a position to support professional learning.

## WHAT IS COVERED IN PRACTICE SESSIONS WITH EDUCATORS?

The practice sessions are designed to assist educators with the practical implementation of the PECE strategies introduced in the online program. After observing educators interacting with children, coaches provide clear, specific and helpful information about their interaction, and support educators' use of skills such as self-tracking, self-identification of strengths and areas for improvement, problem solving, and the self-selection of future goals for change. Each session is approximately 40-50 minutes in length. The number of sessions required will vary, however two to four sessions are usually sufficient.

## HOW MUCH TIME IS NEEDED TO DELIVER THE PRACTICE SESSIONS?

Please see the table below for an approximate delivery guideline time for practice sessions.

CONSULTATION TIME	3 hours (45 minutes per educator for 4 sessions)
SESSION PREPARATION	¼–½ hour
CASE NOTES AND REPORT WRITING*	¼–½ hour
TOTAL TIME	3 ¼–4 hours per educator

\*Not including comprehensive reports for government agencies.

## WHAT IS INVOLVED IN COACH TRAINING?

To provide PECE practice sessions, the center director, supervisor or consultant must have completed the PECE Coach training program and demonstrated their knowledge and competence in program delivery through a skills-based accreditation process. The table below provides an estimate of the time commitment for Coaches to attend training and support days, as well as time needed for preparation and peer support. Training is available via video conference or in-person<sup>1</sup>.

NUMBER OF TRAINING DAYS (9.00AM–4.30PM)	2 days
PRE-ACCREDITATION DAY (9.00AM–4.30PM)	1 day
PREPARATION TIME FOR ACCREDITATION DAY	4–6 hours (quiz and competency preparation)
ACCREDITATION DAY	1 day
PEER SUPPORT	Hourly meetings per month
TOTAL TIME	6 days

## DO PRE-REQUISITES APPLY?

No pre-requisites are required. Coaches will not be trained to deliver Triple P. It is recommended Coaches have established a successful referral process for families requiring assistance (either to in-person or online Triple P programs).

An Extension Course is available for PECE Coaches also interested in delivering Triple P. The Extension Course can be added to Primary Care, Primary Care Stepping Stones, Group, Group Stepping Stones, Standard, or Standard Stepping Stones Triple P. Please contact your Triple P representative for more information.

<sup>1</sup> In-person is an option when government rules, safety and insurance requirements allow.



## WHAT ARE THE COACH LEARNING OUTCOMES?

- Be familiar with the content, structure and rationale of the PECE Program.
- Be familiar with assessment procedures suitable for early childhood education and care settings.
- Describe specific positive childcare strategies for promoting children's development, social competence and self-control.
- Be skilled at using the self-regulatory approach to provide educators with constructive feedback regarding implementation of strategies.
- Be able to use behavioral rehearsal to help educators practice strategies and routines.
- Be equipped to understand and address educator resistance and other common process issues.
- Have a plan for implementing the program in your workplace (identify educators requiring more coaching support or external assistance and be aware of appropriate options in their community).

## WHAT RESOURCES DO COACHES RECEIVE?

Each coach will receive a copy of the following resources at training:

- Positive Early Childhood Education Coach's Manual.
- PECE Online Access Code.