

FEAR-LESS TRIPLE P SEMINARS

WHAT IS FEAR-LESS TRIPLE P SEMINARS?

Fear-Less Triple P Seminars is a 2-hour seminar for parents with children aged 6 to 14 years who would like to know more about supporting children who experience anxiety and prevent more serious mental health problems developing. The seminar takes around 90 minutes to present, plus 30 minutes for question time. The seminar is designed to be a brief introduction to the Fear-Less Triple P anxiety-management strategies and will give parents and caregivers a range of strategies to take home and try out with their family.

WHO IS IT FOR?

Parents or caregivers, with children aged from 6 to 14 years interested in understanding and supporting children who experience anxiety. The seminar can be used as an engagement strategy for the Level 4 Fear-Less Triple P programme.

WHAT IS COVERED IN THE SEMINAR WITH PARENTS?

Helping children manage anxiety

This seminar explains what anxiety is and why children might feel anxious. It covers how parents can set a good example and support their child's emotional resilience. Parents are provided with advice on how best to respond to their children when they're feeling anxious and introduced to a step-by-step approach to problem solving.

HOW MUCH TIME IS NEEDED TO DELIVER THE PROGRAMME?

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

| | |
|--|----------------------|
| CONSULTATION TIME | 2 hours |
| PRE AND POST ASSESSMENTS — QUESTIONNAIRE SCORING AND FEEDBACK* | n/a |
| INDIVIDUAL SUPPORT OR HOME VISIT | n/a |
| SESSION PREPARATION AND POST-SESSION DEBRIEF/SUPERVISION | 1½ hours** |
| CASE NOTES AND REPORT WRITING*** | n/a |
| TOTAL TIME | 3½ hours per seminar |

* 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 programme.

** Session preparation time may vary depending on providers experience and familiarity with the content.

*** Not including comprehensive reports for government agencies

WHAT RESOURCES DO PARENTS RECEIVE?

Each family will receive a Fear-Less Triple P Seminars Tip Sheet.

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

| | |
|-------------------------------------|---|
| NUMBER OF INTERVENTIONS PER YEAR | 4 seminars |
| NUMBER OF FAMILIES PER INTERVENTION | 25 families per seminar |
| RESOURCES PER FAMILY | 1 x Fear-Less Triple P Seminars Tip Sheet per seminar place |
| TOTAL NUMBER OF FAMILIES | 100 seminar places |
| TOTAL RESOURCES PER YEAR | 100 Tipsheets |

WHAT IS INVOLVED IN PROVIDER TRAINING?

To provide Fear-Less Triple P Seminars to families, practitioners must have completed an approved active skills training programme and demonstrated their knowledge and competence in programme 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-person¹.

| | |
|---|---|
| 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. It is assumed that an organisation has established a successful referral process for families requiring further assistance (either to in-person or online Triple P programmes).

WHAT ARE THE PROVIDER LEARNING OUTCOMES?

- Familiarisation with the Fear-Less Triple P Seminar content, structure, delivery and rationale.
- Organising and presenting successful seminars.
- Responding to parents' questions.
- Identifying parents and children requiring more intensive intervention and provide appropriate referral pathways.

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



WHAT RESOURCES DO PRACTITIONERS RECEIVE?

Each practitioner will receive the following Triple P practitioner resources:

- Practitioner's Manual for Triple P Seminars.
- Access to A Guide to Fear-Less Triple P Seminars.
- Access to the Fear-Less Triple P Seminars PowerPoint presentation.
- Fear-Less Triple P Seminar Tip Sheet.