

# 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 behavioural 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 in the course of 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 behaviour problems and then develop an individualised parenting plan based on information sheets specifically targeting the parent's area of concern.

## WHO IS IT FOR?

Parents or caregivers with a specific concern about their teenager's behaviour and prefer one-to-one consultations. They are likely to benefit when their teenager's behaviour 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 behaviour.

### 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 behaviour, and helps to set goals for change. Then the practitioner introduces a relevant tip sheet which offers ideas from which to develop an individualised parenting plan to target the parent's specific behaviour 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. Behavioural 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 preparing for the sessions and supervision. Please see the table below for an approximate delivery guideline time for each family.

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

\*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 behaviour/s and a Positive Parenting for Parents of Teenagers Booklet.

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	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 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-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 behaviour problems.
- Core principles of positive parenting and effective behaviour change.
- Factors influencing teenagers' behaviour.
- 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 resources:

- Practitioner's Kit for Primary Care Teen Triple P (includes Practitioner's Manual and Consultation Flip Chart).
- 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.