

Scaling Family-Focused Preventive Interventions: The Triple P System

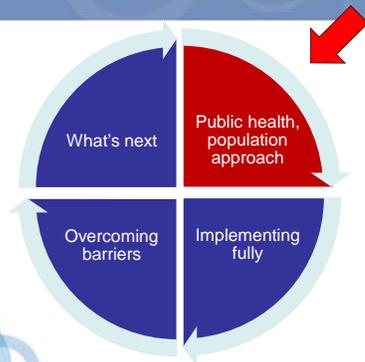
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 - National Institute of Mental Health (NIMH/NIH)
- Consultant to:
 - Centers for Disease Control and Prevention
 - Triple P International (joint venture with the University of Queensland)

At a glance



Triple P—Positive Parenting Program

- System of interventions
- Developed by Matt Sanders and colleagues at the University of Queensland
- Designed as a public health, population approach
 - Intended for “scale” from the outset

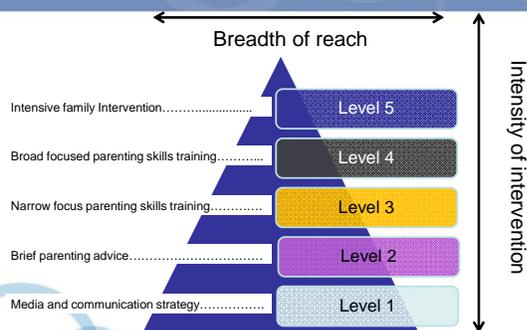
Blended prevention model

- Combines universal and targeted components
- “Universal” = universal access (not program delivery to every parent in the population)
- Concurrently addresses:
 - High baserate problems (common parenting issues; child social, emotional, behavioral & health problems)
 - Low baserate problems (child maltreatment)
- Aims for population-based prevalence reduction

Reduce stigma and reach out to the whole community

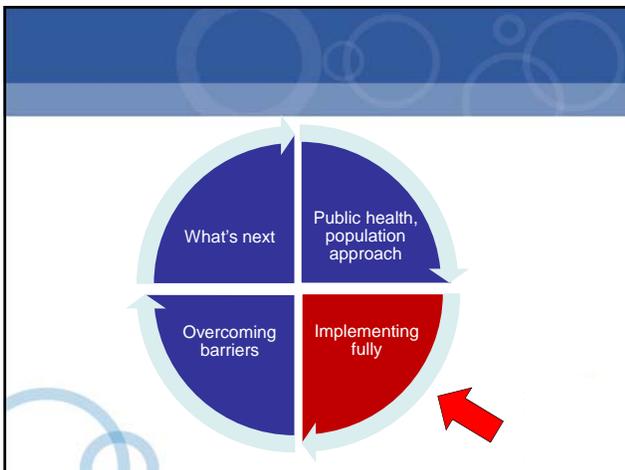
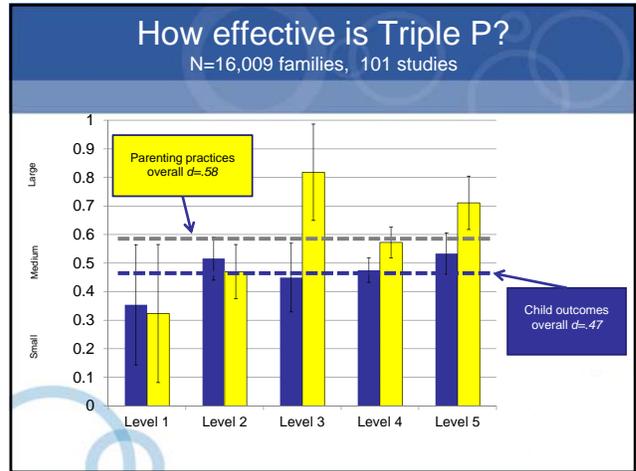
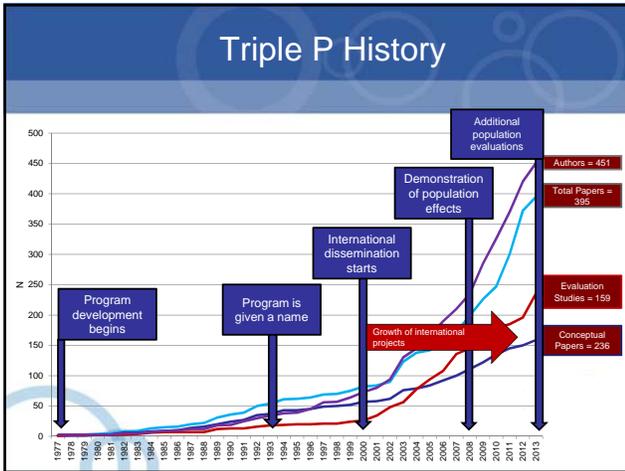


Triple P: Multi-level system



Additional Triple P variants

- Stepping Stones Triple P: children with developmental disabilities
- Teen Triple P: parents of teens
- Pathways Triple P: parents at high risk for child maltreatment
- Lifestyles Triple P: childhood obesity
- Transitions Triple P: divorcing parents



- ### Multiple sectors of the community
- Public health and healthcare systems
 - Education (preschools, childcare centers, schools)
 - Mental health system
 - Social services
 - Juvenile justice system
 - Non-governmental organizations
 - Several parts of the existing workforce (many disciplines that serve families)

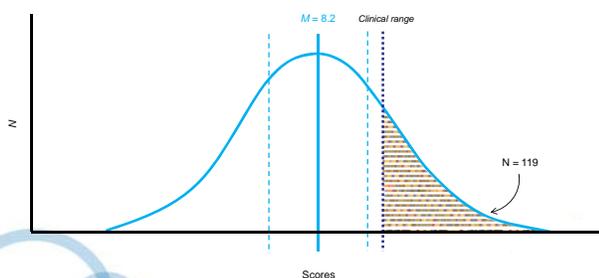
Multiple formats to match parental preferences

- Individual brief consultation
- Large group parenting “seminars”
- Small group programming
- Longer individual programming (home-delivered; clinic or center delivered)
- Self-directed (offline)
- Online delivery
- Media and communication exposure

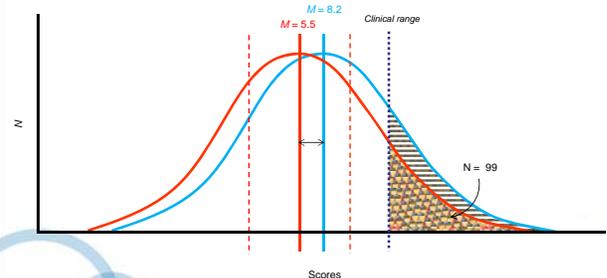
Creating efficiencies

- Over-represent the less intensive levels of Triple P
- Principle of minimal sufficiency
- Serve multiple goals with the same parenting intervention system, for example:
 - Reduce behavior problems at school entry
 - Strengthen parenting effectiveness broadly
 - De-escalate child social, emotional and behavioral problems before adolescence
 - Reduce prevalence of child maltreatment

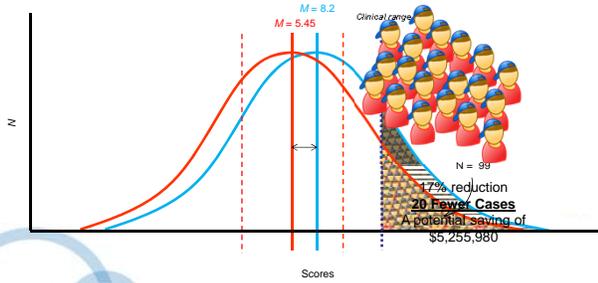
Potential consequence of a population approach Children in the clinically elevated range for conduct problems (N=1500)



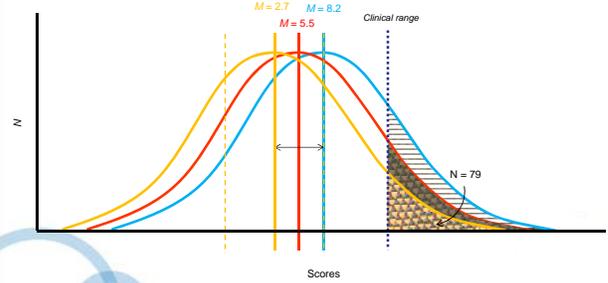
What if we moved the population mean down 0.5 Std ?



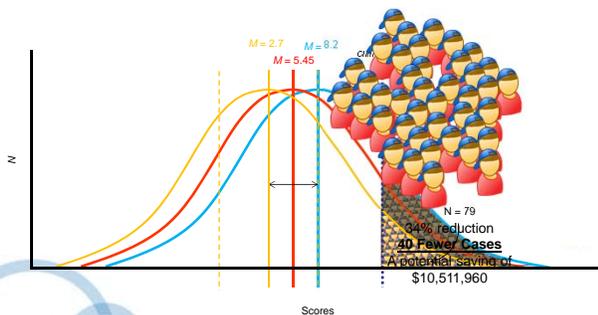
Percentage Reduction



What if we moved the population mean down 1 Std ?



Percentage Reduction

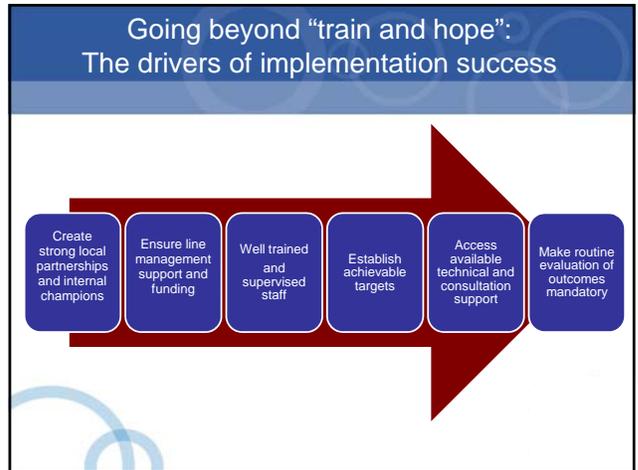
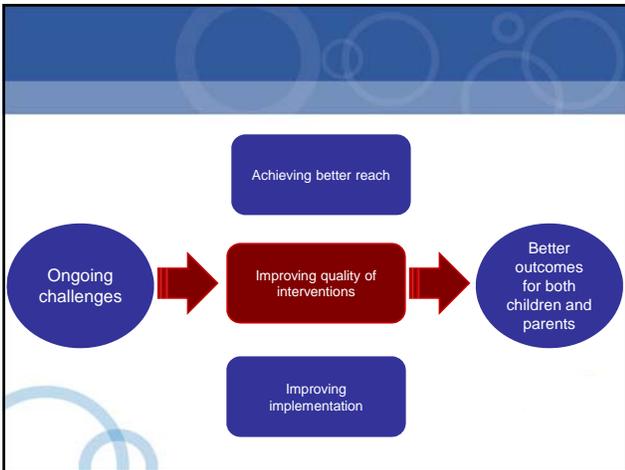
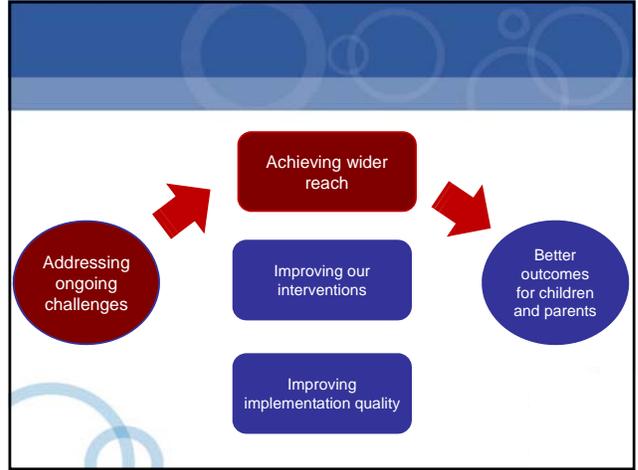
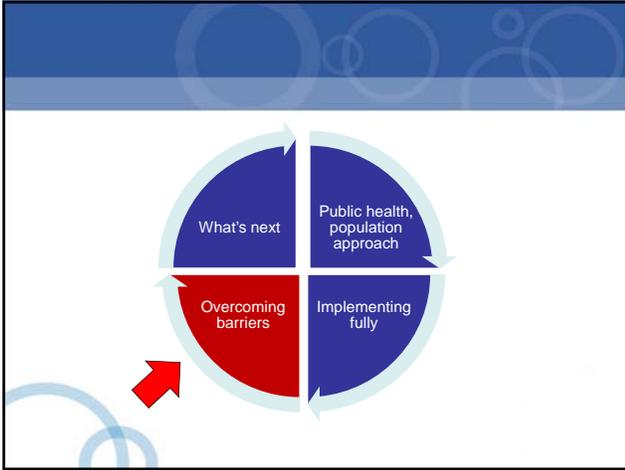


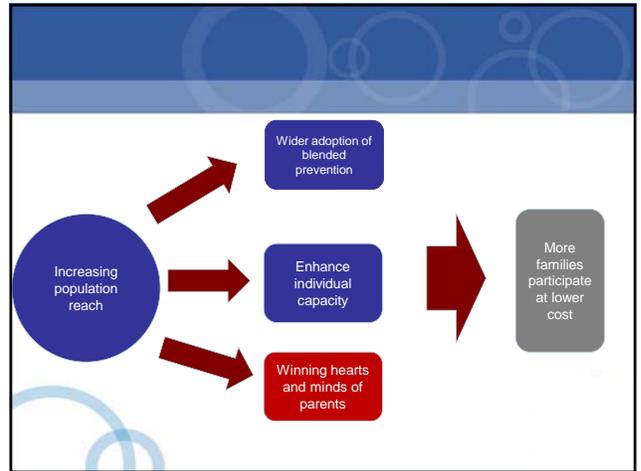
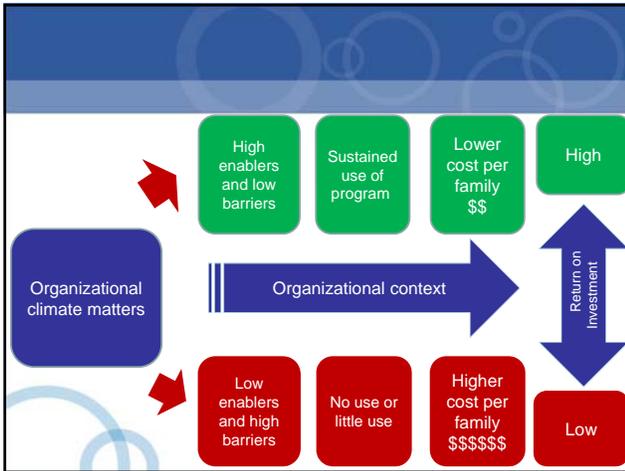
Population-based approaches like Triple P can be cost effective



- Triple P system impact in the context of child welfare
- Benefit to Cost Ratio (return on one dollar investment) \$8.74

WSIPP determination





Greater input from parents as key consumers

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Using Consumer Preference Information to Increase the Reach and Impact of Media-Based Parenting Interventions in a Public Health Approach to Parenting Support

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Abstract
 Consumers provide a significant source of data on their needs, preferences, and barriers. However, there is limited research exploring whether preferences could inform a parenting program designed specifically for them in need. The main objective of this research was to explore whether and how consumer preference information could be used to tailor a parenting program to the needs of parents in need. The study involved a survey of 100 parents in need of parenting support. The results showed that parents in need of parenting support were more likely to use a parenting program that was tailored to their needs and preferences. The study also found that parents in need of parenting support were more likely to use a parenting program that was tailored to their needs and preferences. The study also found that parents in need of parenting support were more likely to use a parenting program that was tailored to their needs and preferences.

What are the Parenting Experiences of Fathers? The Use of Household Survey Data to Inform Evidence-Based the Delivery of Evidence-Based Parenting Interventions to Fathers

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Abstract
 The purpose of this research was to explore the parenting experiences of fathers in need of parenting support. The study involved a survey of 100 fathers in need of parenting support. The results showed that fathers in need of parenting support were more likely to use a parenting program that was tailored to their needs and preferences. The study also found that fathers in need of parenting support were more likely to use a parenting program that was tailored to their needs and preferences.

My Say Survey Parents and Caregivers

The My Say Survey is a national survey of parents and caregivers. It is designed to explore the parenting experiences of parents and caregivers in need of parenting support. The survey is available in both English and Spanish. The survey is available in both English and Spanish. The survey is available in both English and Spanish.

Boost the media/communication strategy: Promote engagement, build social momentum



Greater use of technology to increase population reach



Conclusions about Triple P

- Evidence base and implementation learnings continually growing
- Public health, population strategy like Triple P
 - Operating at scale built into the model
 - Model generates multiple sources of cost efficiency
- Ultimate goal: to shift effectiveness and attitudes about parenting
 - Norms for positive parenting
 - Change the community context
 - AND assist parents who have greater needs