

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 programme supports parents who have concerns about their child's behaviour 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 behaviour problems and set their own goals for change. They learn a range of parenting strategies to promote and develop positive behaviour for their child. The practitioner's focus is on generalisation-enhancement strategies to promote parental autonomy throughout the intervention process.

WHO IS IT FOR?

Parents or caregivers who benefit from this intervention are those with children up to 12 years who are concerned about their child's behaviour. 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 programme is appropriate for children with moderate to severe levels of behavioural 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 behavioural 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 behaviour throughout the following week.

Session 2: Observation of family interaction and assessment feedback

The practitioner conducts an observation of child behaviour 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 behaviour 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 practise.

Session 4: Managing misbehaviour

This session involves introducing the parent to strategies for dealing with misbehaviour, 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 behaviour change strategies. The practitioner observes a brief parent-child interaction where the parent has set goals to practise 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 behaviours, 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: Programme 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 preparing for the sessions and supervision. Please see the table below for an approximate delivery guideline time for each group.

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 programme 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

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

WHAT IS INVOLVED IN PROVIDER TRAINING?

To provide Standard 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-person¹.

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

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 behaviour problems.
- Risk and protective factors operating within families
- Core principles of positive parenting and behaviour change.
- Advanced assessment of child and family functioning
- Application of key parenting strategies to a broad range of target behaviours.
- Strategies for promoting generalisation and maintenance of behaviour 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 resources:

- 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.

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