

# GROUP INDIGENOUS TRIPLE P

## WHAT IS GROUP INDIGENOUS TRIPLE P?

A broad-based parenting intervention delivered over eight weeks for parents of children up to 12-years. The programme initially involves five (2-hour) chapters delivered either individually or in a group. Parents actively participate in a range of exercises to learn about what influences children's behaviour, setting specific goals, using strategies to promote child development, building strong family relationships, guiding children's behaviour, and planning for high-risk situations. Then there are two brief individual consultations to assist parents with independent problem solving while they are practising the skills at home. This is followed by a final group chapter.

## WHO IS IT FOR?

Indigenous parents and caregivers or caregivers of Indigenous children, interested in promoting their child's development and potential, or have concerns about their child's behaviour, or simply wish to prevent behaviour problems from developing. This programme may also be suitable for those who have completed lower level interventions who may need additional support. Parents need to be able to commit to all eight chapters.

## WHAT IS COVERED IN CHAPTERS WITH PARENTS?

### Chapter 1: Positive parenting

This chapter provides parents with an introduction to positive parenting by introducing the five key principles. Parents are given the opportunity to share some of their parenting experiences and complete assessments.

### Chapter 2: Why children behave the way they do

During this chapter, parents look at what influences children's behaviour, set goals for change and discuss how to keep track of their child's behaviour.

### Chapter 3: Helping children develop

In this chapter, the practitioner discusses how to develop strong relationships with children, how to encourage good behaviour, and how parents can teach their children new skills and behaviours.

### Chapter 4: Managing misbehaviour

This chapter introduces strategies to assist parents with guiding difficult behaviour, learn to develop parenting routines to help their child deal with frustration, and learn to accept limits. They also have an opportunity to rehearse these routines.

### Chapter 5: Planning ahead

This chapter covers family survival tips to help make parenting easier. It also includes identifying high-risk situations that cause concern for parents, and how to develop planning ahead routines to promote good child behaviour in high risk situations (e.g. going shopping, visiting friends or relatives, waiting, getting ready for school). Parents also prepare for individual consultations with their practitioner.

## Chapters 6-7: Putting it all together

The practitioner provides feedback from initial assessments and uses the self-regulatory feedback model to help parents review their planned activities routines. From this, parents set goals for further refinement of their routines, if needed.

## Chapter 8: Programme close

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

## WHAT RESOURCES DO PARENTS RECEIVE?

Each family receives a copy of Every Parent's Workbook for Indigenous Triple P. This workbook provides them with the content of all eight chapters, space to complete written exercises, and an outline of all tasks for parents to try at home.

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	3 groups
NUMBER OF FAMILIES PER INTERVENTION	10 families per group
RESOURCES PER FAMILY	1 x Every Parent's Workbook for Indigenous Triple P
TOTAL NUMBER OF FAMILIES	30 families
TOTAL RESOURCES PER YEAR	30 x Every Parent's Workbook for Indigenous Triple P

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

In addition to consultations, the practitioner should allow time to prepare for the programme and/or supervision. Please see the table below for an approximate delivery guideline time for each programme.

CONSULTATION TIME*	12 hours (2 hours per chapter for 6 weeks)
QUESTIONNAIRE SCORING AND FEEDBACK - PRE AND POST ASSESSMENT**	5 hours
TELEPHONE SUPPORT OR HOME VISIT	10 hours (10 families, 30 minutes each week for 2 weeks)
GROUP PREPARATION AND POST-GROUP DEBRIEF/SUPERVISION	5 hours
CASE NOTES AND REPORT WRITING***	5 hours
TOTAL TIME	37 hours per group

\*Delivery times can be flexible to suit parents.

\*\*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 IS INVOLVED IN PROVIDER TRAINING?

To provide Group Indigenous Triple P to families, practitioners must have completed the training programme and demonstrated their knowledge and competence in programme delivery through an 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.

NUMBER OF TRAINING DAYS (9.00AM - 4.30PM)	4 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	7 days

## DO PROVIDER PRE-REQUISITES APPLY?

No Triple P pre-requisites apply. However, it is desirable that practitioners have demonstrated experience working together with Indigenous families and/or completed cultural capability training. A knowledge of child development is also desirable.

## WHAT ARE THE PROVIDER LEARNING OUTCOMES?

- Application of parenting strategies to a range of child behaviours.
- Understanding risk and protective factors operating within families.
- Strategies to support parents to apply and maintain behaviour change within families.
- Understanding and applying the self-regulatory model (in-line with self-determination).
- Use of active skills training strategies in a group format.
- Understanding and responding to common process issues.
- Individual parent support.
- Identification of indicators suggesting more intervention is required.
- Appropriate referral procedures.

## WHAT RESOURCES DO PRACTITIONERS RECEIVE?

Each practitioner will receive a copy of the following Triple P resources at training:

- Participant Notes for Group Indigenous Triple P
- Facilitator's Manual for Group Triple P.
- PowerPoint Presentation for Group Indigenous Triple P.
- Every Parent's Workbook for Indigenous Triple P.
- Positive Parenting: A Survival Guide for Indigenous Families.