

Triple P[®] - Positive Parenting Program

“Small Changes, Big Differences” for Simcoe County and York Region



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Overview

- What is Triple P® - Positive Parenting Program?
- How it came to Simcoe and York
- Why we are using Triple P
- Keeping the system working
- The future of Triple P in Simcoe and York

Overview of Triple P

Triple P is a parenting and family support strategy that aims to prevent severe behavioural, emotional and developmental problems in children by enhancing the knowledge, skills and confidence of parents.

- Flexible system of parenting and family support
- Evidence-based
- Prevention / early intervention approach
- Five intervention levels
- Population health framework

Levels of Triple P

1. Universal Triple P

Media-based parenting information campaign

2. Selected Triple P

Information/advice for a specific parenting concern

3. Primary Care Triple P

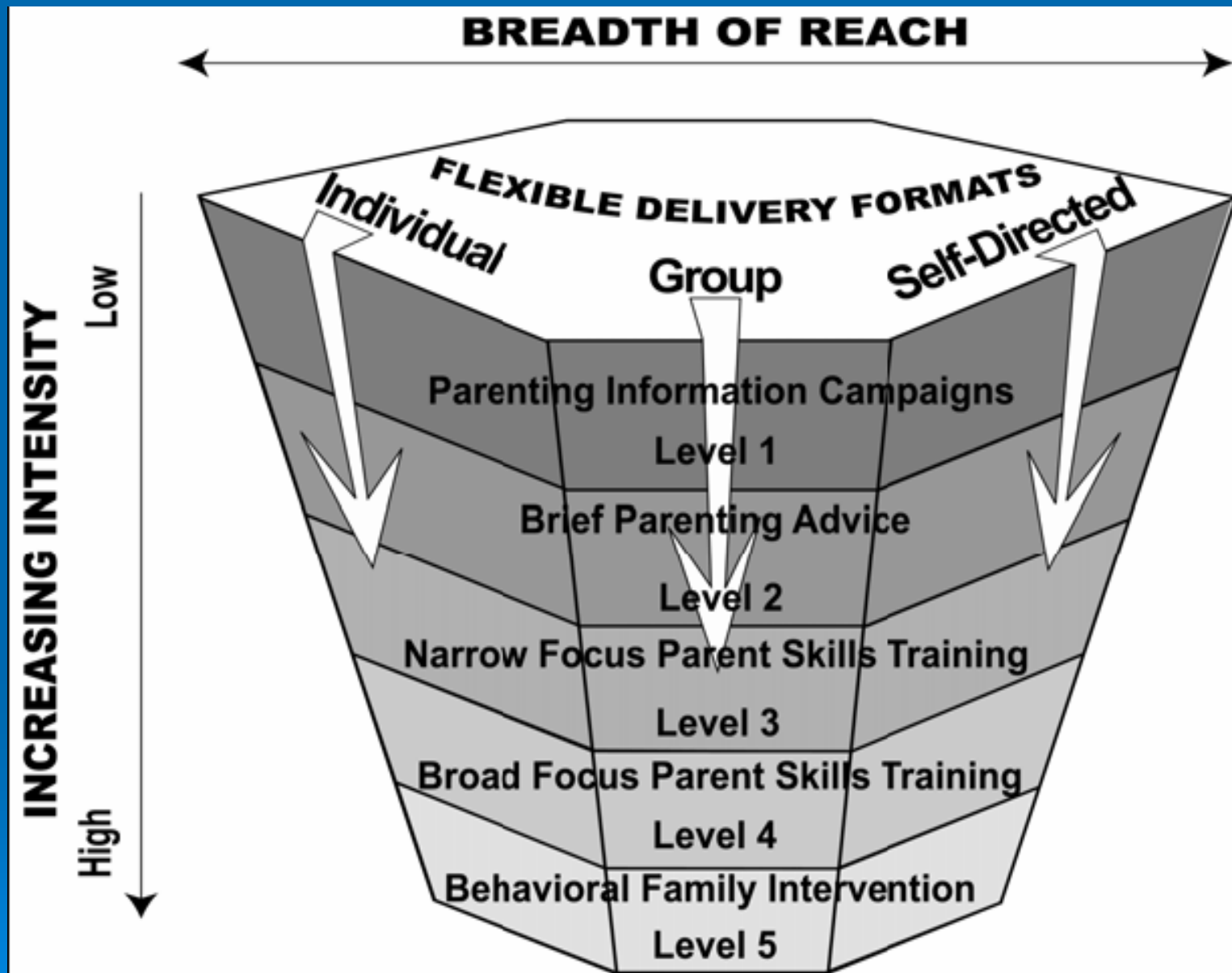
Narrow focus parenting skills training

4. Standard/Group/Self-Directed Triple P

Broad focus parenting skills training

5. Enhanced & Pathways Triple P

Behavioural family intervention



How Triple P came to Simcoe and York

➤ Regional Planning Committees

- Multi-sector
- Multi-agency
- Integration and Collaboration

➤ Funding

Why we are using Triple P

The Community Perspective

- Well-researched
- Population Health approach
- Continuum of service
 - Cooperation among service providers
 - Network of care
 - Not a “one size fits all” solution

Why we are using Triple P

Children's Mental Health Perspective

- Continuum of service – from seminars through to intensive service
 - affords flexible response to a wide range of client needs and interests
 - Affords flexible use of agency resources, staffing requirements

Why we are using Triple P

- Complementary with other interventions and current philosophies on treatment
 - Strengths-based
 - Aimed at empowering parents to be resourceful, identify and build on their strengths, including their own problem-solving

Why we are using Triple P

- Strives to nurture parent-child relationships
- Where relevant, strengthens two-parent relationships
- Validates the need for parental self-care and enhances parental stress management skills

Why we are using Triple P

- 'built-in' Quality Assurance features
 - Excellent documentation for staff as well as consumers

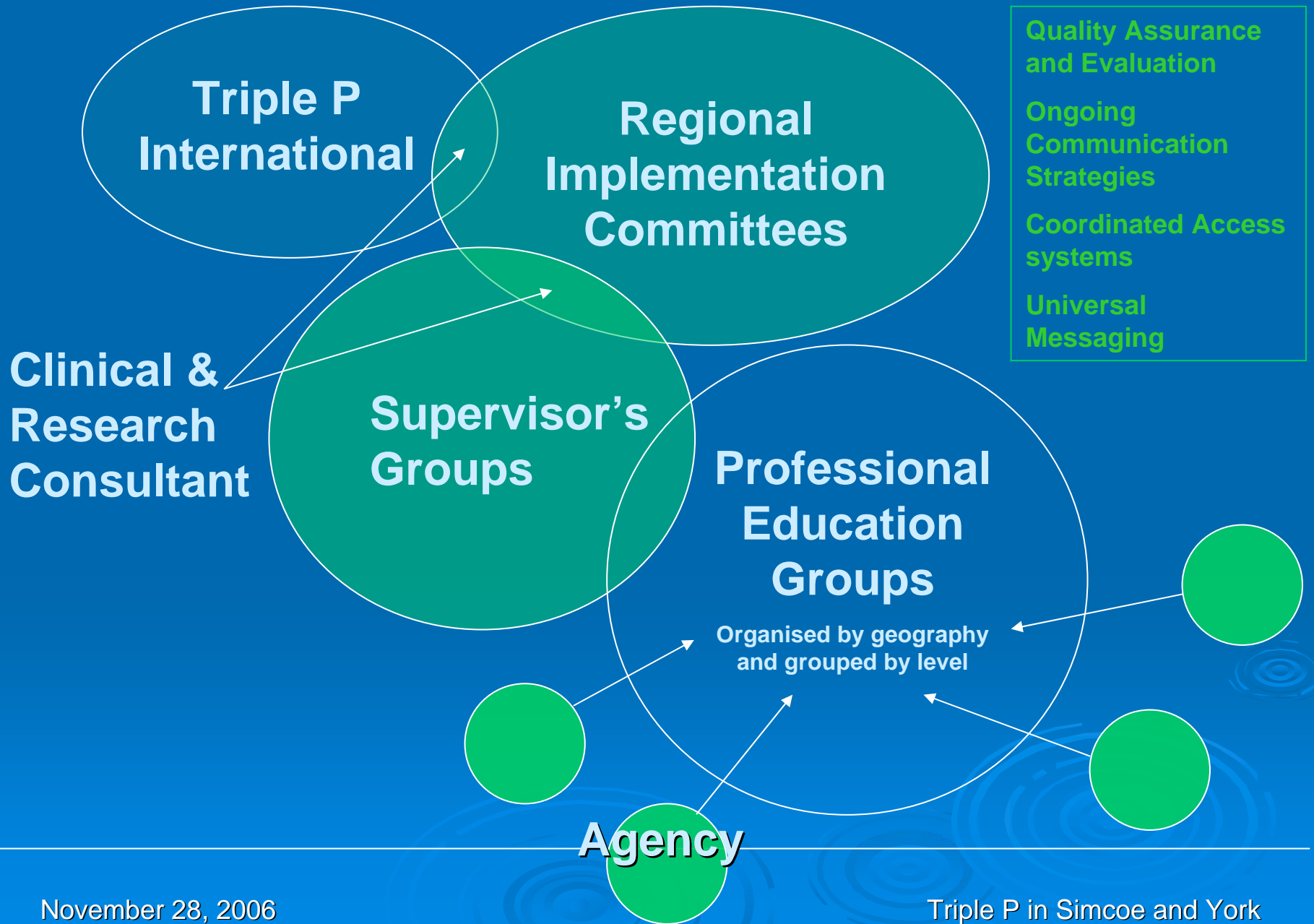
Keeping the system working

➤ Supports in place

- Implementation structures
- Supervisory structures
- Professional development

➤ Communication

- Documentation tools
- Web system



The Future of Triple P in Simcoe & York

- Implementation goals
- Linkages
- Research and Evaluation

For more about Triple P

www.triplep.net

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