



## Brief Primary Care Triple P

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### What is Brief Primary Care?

Brief Primary Care Triple P is a brief targeted intervention in a one-to-one format that assists parents to develop parenting plans to manage behavioral issues (e.g., tantrums, fighting, going shopping) and skill development issues (e.g., eating independently, toilet training, staying in bed at night). These focused consultations are carried out in the course of providing routine health care by all health professionals. Practitioners provide 1-2 sessions (15-30 minutes each). Sessions can be done in person, over the phone, or as a combination of both.

### Who is it for?

Parents or caregivers who benefit from Brief Primary Care Triple P are those with a specific concern about their child's behavior and who prefer one-to-one consultations. They are likely to benefit when their child's behavior problems are mild and uncomplicated by a high level of family stress. Parents receiving this intervention sometimes then choose to do a Group Triple P course if problems persist.

### What is covered in sessions with parents?

**Consultation Session 1: Assessment of the presenting problem and developing a parenting plan.** In this session, the practitioner conducts a brief interview, discusses options for intervention, and introduces the parent to keeping track of their child's behavior. They then help the parent identify causes of their child's behavior problem and to set goals for change.

**Consultation Session 2: 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. If necessary, referral options are discussed.

### What resources do parents receive?

Each family will receive a Triple P Tip Sheets relevant to the targeted problem behavior and a Positive Parenting Booklet.

# Triple P – Positive Parenting Program®



## How much time is needed to deliver the intervention?

In addition to each session, the practitioner should allow time for reviewing satisfaction questionnaires and preparing for the session and/or supervision. Please see the table below for an approximate delivery guideline time for each family.

Course	Face to Face Consultation or Group Session Time	Questionnaire Scoring and Feedback - Pre and Post Assessment*	Telephone Support or Home Visit	Session Preparation and Post-Session Debrief/Supervision	Case notes and Report Writing**	Total Time
Brief Primary Care Triple P	¼ hour	n/a	¼ hour	¼ hour	¼ hour	1 hour per family

\*An additional 2-3 minutes per family should be allowed for reviewing the Client Satisfaction Questionnaire (CSQ).

\*\*Not including comprehensive reports for government agencies.

## What is involved in provider training?

To provide Brief Primary Care Triple P to families, practitioners must have completed an active skills training program and demonstrated their knowledge and competence in program 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.

Course	Number of Training Days (9.00am - 4.30pm)	Pre-Accreditation Day (9.00am - 4.30pm)	Preparation Time for Accreditation Day	Accreditation Day	Peer Support	Total Time
Brief Primary Care Triple P*	2 days	1 day	4-6 hours (quiz and competency preparation)	Half day	2-3 hours (hourly meetings per month)	4½ days

\*Requires a practitioner to have established a successful referral process for families requiring further assistance.

## What resources do practitioners receive?

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

- Practitioner's Kit for Primary Care Triple P (includes Practitioner's Manual and Consultation Flip Chart).
- Triple P Tip Sheet Series - Sample Pack (includes the Positive Parenting Booklet and a sample of the Triple P Tip Sheets).
- Every Parent's Survival Guide [DVD].