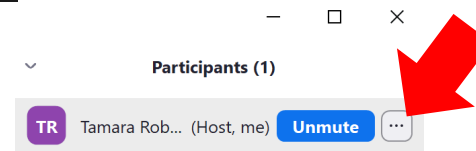


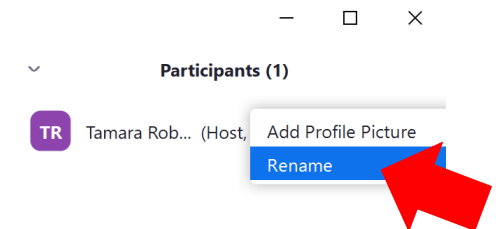
**Welcome!**  
As you settle in, please feel free to edit your name to include your region and/or your agency.



1. Click the “Participants” option in your Zoom toolbar



2. Toggle over your name and click the three dots that appear next to the unmute button



3. Choose the “Rename” option to change your display name



# NC CHILD WELFARE TRIPLE P LEARNING COLLABORATIVE

Presenters:

Kimberly Maloney, Impact Center at UNC's FPG Institute

Tamara Roberson, Impact Center at UNC's FPG Institute

Ashley Lindsey, Triple P America

Sara van Driel, Triple P America

**June 28, 2023**

# What to Expect Today

Welcome and Connection Activity

Triple P America Introductions and Presentation

Regional Meet & Greet Activity

CWLC Schedule Planning

# Connection Activity

What is your favorite summertime activity?

- Please respond to the launched survey
- Responses are NOT anonymous, please participate as you wish



# Triple P in NC: Overview & Connections

NC Child Welfare Learning  
Collaborative

June 28, 2023



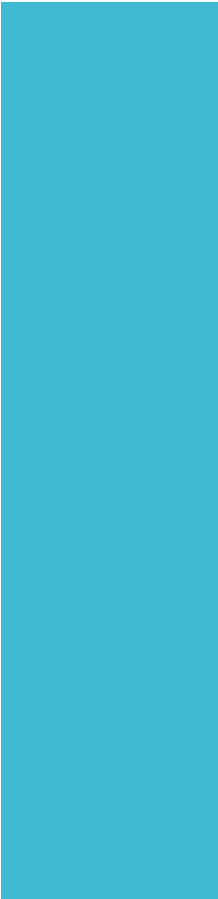


## Who we are

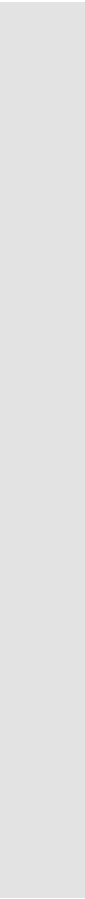
- **Sara van Driel**  
Implementation Consultant, Triple P America  
[Sara@triplep.net](mailto:Sara@triplep.net)
- **Ashley Lindsay**  
Implementation Consultant, Triple P America  
[Ashley.Lindsay@triplep.net](mailto:Ashley.Lindsay@triplep.net)



# NC Triple P Structure and Support



## What are the state goals for Triple P in NC?

- North Carolina Triple P aims to reach 20-25% of families through service delivery of Triple P Levels 2-5. Additionally, North Carolina Triple P aims to reach 85% of the population through a primary prevention communications strategy
  - Build community and service delivery agency capacity in:
    - Co-creation Partners, Leadership and Implementation Teams, and Community Triple P Coalitions
    - Workforce Development Systems
    - Quality and Outcome Monitoring Systems
    - Media and Networking Systems
- 



### Partnership for Strategy and Governance

- NC Department of Health and Human Services
- NC Child and Family Well-Being
- NC Department of Social Services
- Duke Endowment
- NC Partnership for Children
- NC Mental Health
- NC Juvenile Justice
- LIA Representatives (2)
- Parent Representatives (2)

### Support System

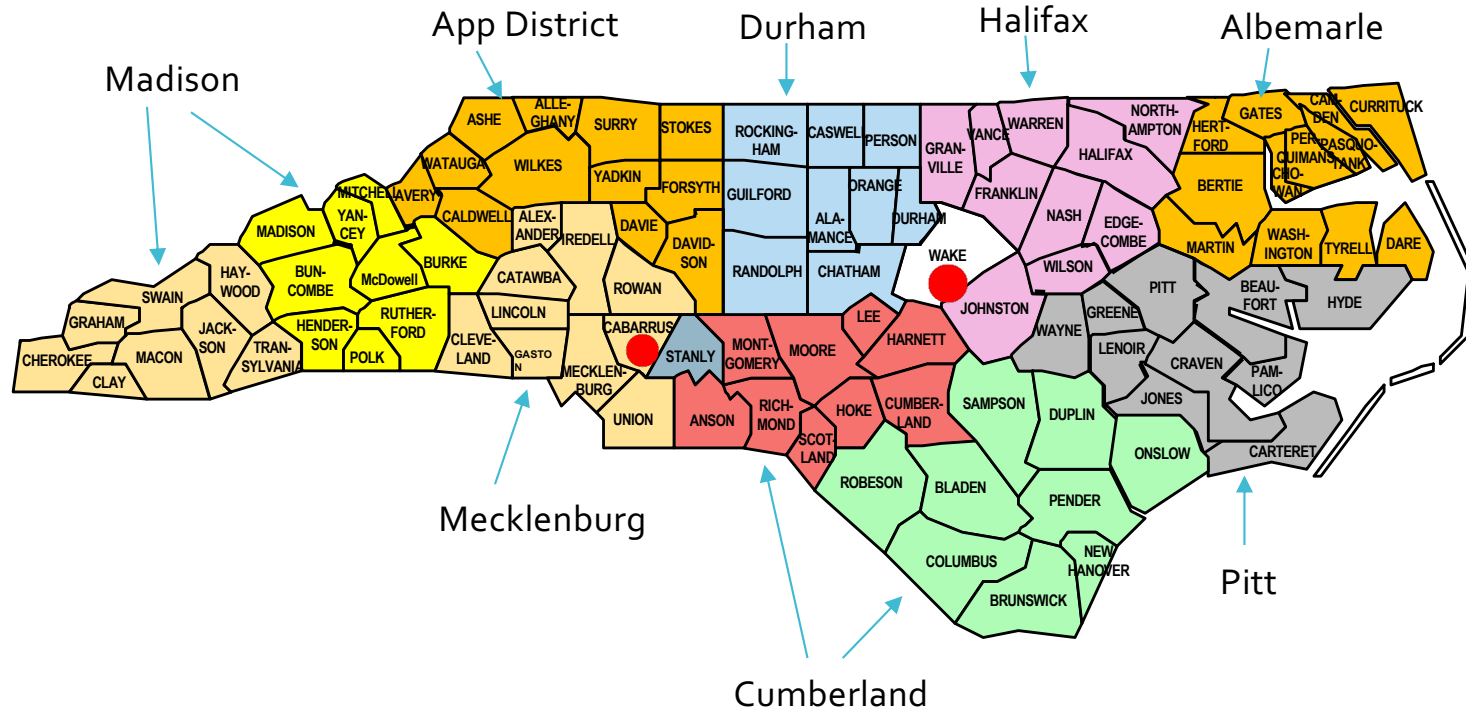
- Impact Center at Frank Porter Graham Child Development Institute at UNC-CH
- Prevent Child Abuse North Carolina
- Triple P America

### North Carolina Learning Collaborative

- Members include coordinators and supervisors from lead implementing agencies
- Attendance from representatives from PSG and Support System
- Stakeholders invited to attend as desired/relevant

# NC Triple P State Level Teams

# Triple P Statewide Coverage





What is Triple P?

# What is Triple P?

The Triple P – Positive Parenting Program® is a system of evidence-based education and support for parents and caregivers of children and adolescents.

Population  
Health  
Approach

Tailored  
support for  
every family

30 + Years  
and  
Counting

Supported by  
extensive  
research base

Proven  
Results

Improves  
parenting skills  
and confidence

## What can Triple P do?

- Promote children's social, emotional, developmental, and behavioral health
- Reduce the incidence of child maltreatment in the community
- Enhance the knowledge, skills, and confidence of parents
- Build upon parent strengths and abilities to be self sufficient and self-reflective

# Levels of impact

## For children

- Improved behavior and social emotional skills
- Better self-regulation
- Improved health
- Better parent-child relationship

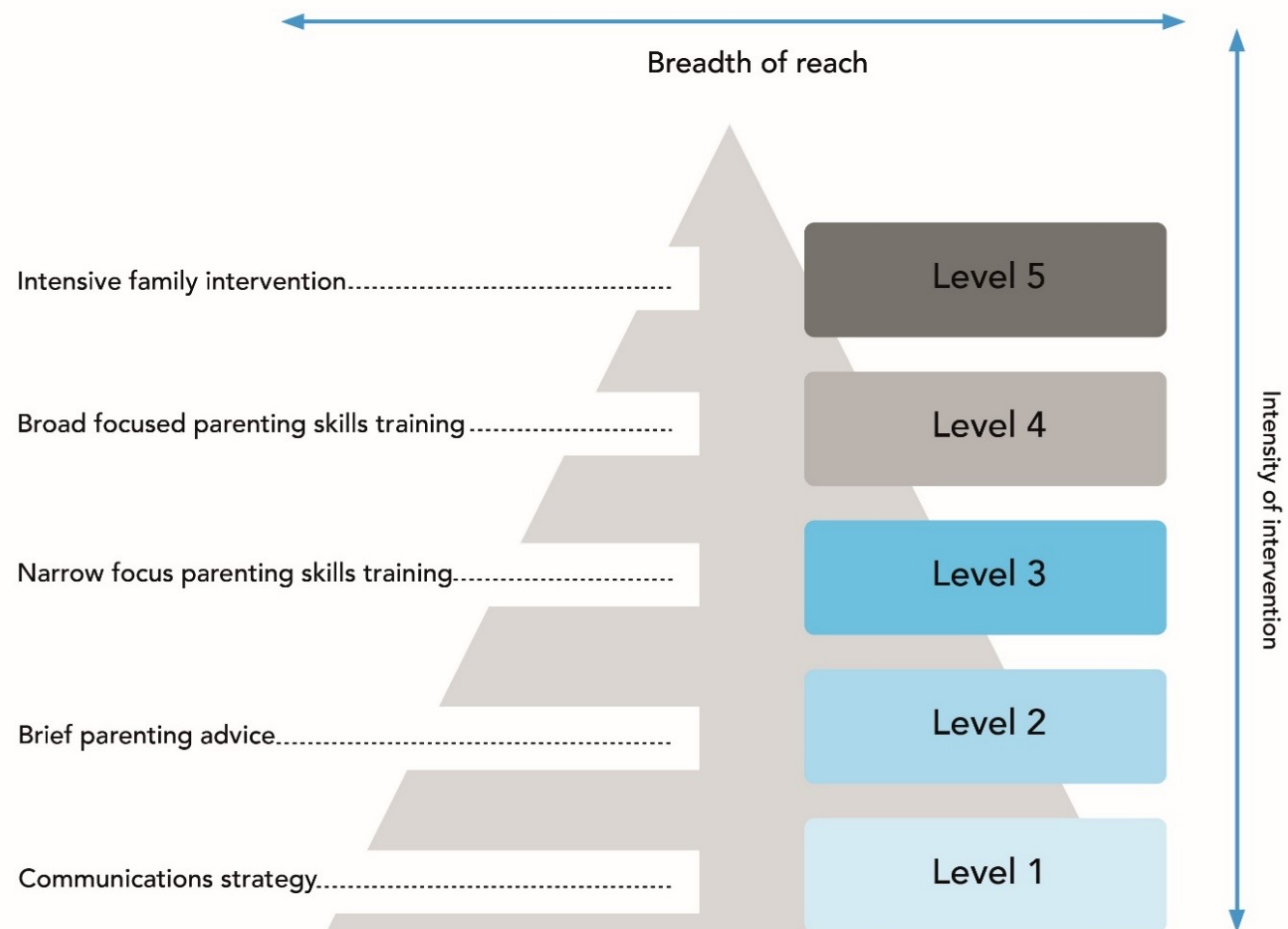
## For parents

- Decreased stress, anxiety, and depression
- Increased confidence and competence in parenting
- Better parent-child relationships

## For community

- Decreased out-of-home placements
- Decreased child maltreatment cases
- Decreased child maltreatment injuries
- Improved health
- Decreased juvenile justice cases

Not a one-size  
fits all model



## Key Aspects

---

Use of strength-based self-regulatory framework

---

Parents determine the goals

---

Practitioners use examples that are relevant to the family

---

A menu of parenting strategies

---

Practitioner helps the parent to make informed choices



# Principles of positive parenting

Guiding themes present in all interventions



17 Core Parenting Skills



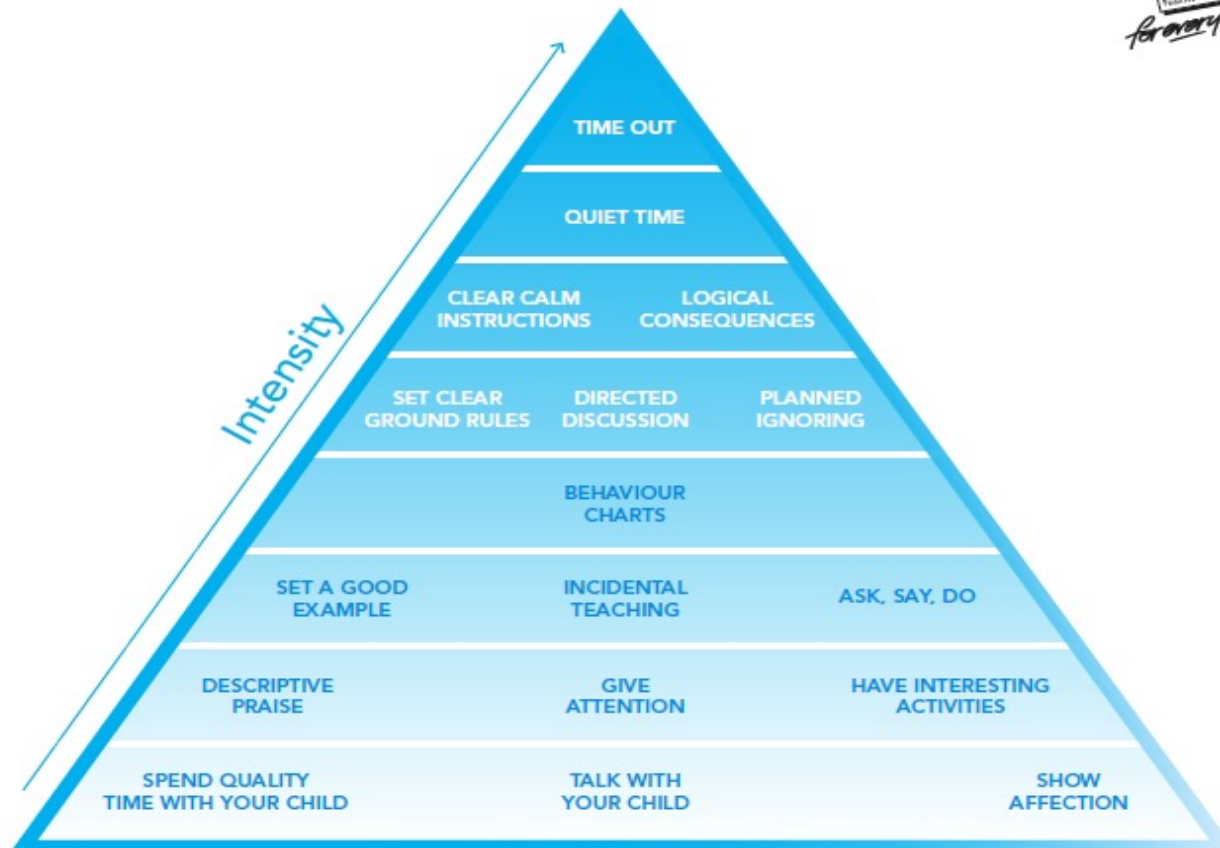
- Ensuring a safe, interesting environment
- Creating a positive learning environment
- Using assertive discipline
- Having realistic expectations
- Taking care of yourself as a parent

Age-Appropriate Interventions (0-16 yrs)

Babies | Toddlers | Pre-K | K | Primary | Teens



## THE TRIPLE P STRATEGY PYRAMID



- Existing workforce allowing for fast uptake
- Practitioners should reflect diversity of the community
- Wide variety of professionals/paraprofessionals:
  - Case managers, early childhood consultants, childcare providers, clinicians, nurses, physicians, social workers, librarians, guidance counselors, faith leaders, promotoras, parent educators, family support workers...
- Many different settings:
  - In-home services, mental health clinics, primary care clinics, schools, libraries, parks, recreation centers, faith-based organizations, family resource centers, childcare centers, Head Start/Early Head Start
- Implementation planning involves matching practitioner skills, service setting, and intended outcomes



Flexible  
Delivery



**HOME**  
↑ EFFECTIVE PARENTING  
↑ CHILD BEHAVIOR  
↑ SELF REGULATION  
↓ COERCIVE DISCIPLINE  
↓ STRESS

**CHILD DEVELOPMENT CENTER**  
↑ CLASSROOM BEHAVIOR  
↑ FAMILY ENGAGEMENT  
↑ JOB SATISFACTION  
↑ STAFF RETENTION

**HOSPITAL**  
↓ ER VISITS

**WORKPLACE**  
↓ STRESS

**FLEXIBLE PARENT SUPPORT OPTIONS**

**COMMUNITY COLLABORATION**

**PEDIATRIC CLINIC**  
↓ ACEs  
↑ HEALTH

**TAILORED FOR EACH COMMUNITY**

**MULTIPLE ACCESS POINTS**

**DESTIGMATIZES PARENTING SUPPORT**

**JUVENILE JUSTICE**  
↓ CASES  
↑ OUTCOMES

**SCHOOL**  
↑ READY TO LEARN

**AVAILABLE FOR EVERY PARENT**

**EXISTING WORKERS DELIVER**

**CHILD WELFARE**  
↓ CASES  
↑ OUTCOMES

**Welcome to Triple P**  
Equipping Parents = Thriving Communities



Triple P interventions  
commonly implemented  
within DSS organizations



## Level 2 Selected Seminar

- Series of 3 seminars for 0-12 and Teen (also for Stepping Stones)
  - 0-12 Seminars:
    - The Power of Positive Parenting
    - Raising Confident, Competent Children
    - Raising Resilient Children
  - Teen:
    - Raising Responsible Teens
    - Raising Competent Teens
    - Getting Teens Connected
- 2-hours each
  - 90 minutes of presentation, 30 minutes Q&A
- More general/introductory, designed for larger groups, little tailored support for individual families





## Level 3 – Primary Care Triple P


- Brief, flexible parent consultation
- Targets a specific behavior or developmental concern
- Typically provided to parents in 4 individual sessions (15-30 minutes in duration)
- Includes active skills training for parents





# Level 4 Triple P

• Who is it for?

 A moderately intensive parent program for moderate to severe behavioral or emotional difficulties

 Can also be used as a primary prevention strategy to promote positive development

 Teaches a broad range of parenting skills and focuses on generalizing use of skills across different behaviors and settings

			
<b>Standard</b> 10 individual sessions	<b>Group</b> 5 2-hour group sessions; 3	<b>Online</b> 8 self-paced modules online	<b>Self-Directed</b> Self-help workbook





# New Triple P Programs



## NEW! Fear- Less Triple P

### Fear-Less Triple P is:

- A parenting intervention (Cobham & Sanders, 2010; 2015) designed to empower parents to take on their role as the most powerful agent for change for *all their children*.
- A suite of programs offering flexibility of delivery in the treatment of childhood anxiety for families with children ages 6 – 14.

#### Delivery Options

- 2-hr universal parent seminar (Coming soon)
- Clinical intervention: Training available July 2023
  - 1) 6-week group or individual program (9-12 hours)
  - 2) Workshop (6 hours content + 1 hour for breaks)
- Online program (Available now for English, Spanish coming soon)  
**\*Will be available at no cost for any family in NC**

## Fear-Less: What's included

- Module 1 – Understanding Anxiety
- Module 2 – Promoting Emotional Resilience
- Module 3 – Setting a Good Example and Encouraging Flexible, Realistic Thinking
- Module 4 – Overcoming Avoidance
- Module 5 – Responding to Children's Anxiety
- Module 6 – Constructive Problem-Solving and Maintaining Progress



## Coming Soon: Triple P for Baby

- Designed for expecting parents up to 12 months
- Triple P Online for Baby (7 self-paced modules)
- Level 4 Triple P for Baby (practitioner-facilitated)
- Timelines TBD

## Triple P for Baby: What's included

- Module 1 – Positive Parenting
- Module 2 – Understanding Your Baby's Development
- Module 3 – Developing a Positive Relationship with Your Baby
- Module 4 – Responding to Your Baby
- Module 5 – Survival Skills
- Module 6 – Partner Support
- Module 7 - Conclusion



Questions?

- **Sara Van Driel**  
Implementation Consultant, Triple P America  
[Sara@triplep.net](mailto:Sara@triplep.net)
- **Ashley Lindsay**  
Implementation Consultant, Triple P America  
[Ashley.Lindsay@triplep.net](mailto:Ashley.Lindsay@triplep.net)

# Break Time



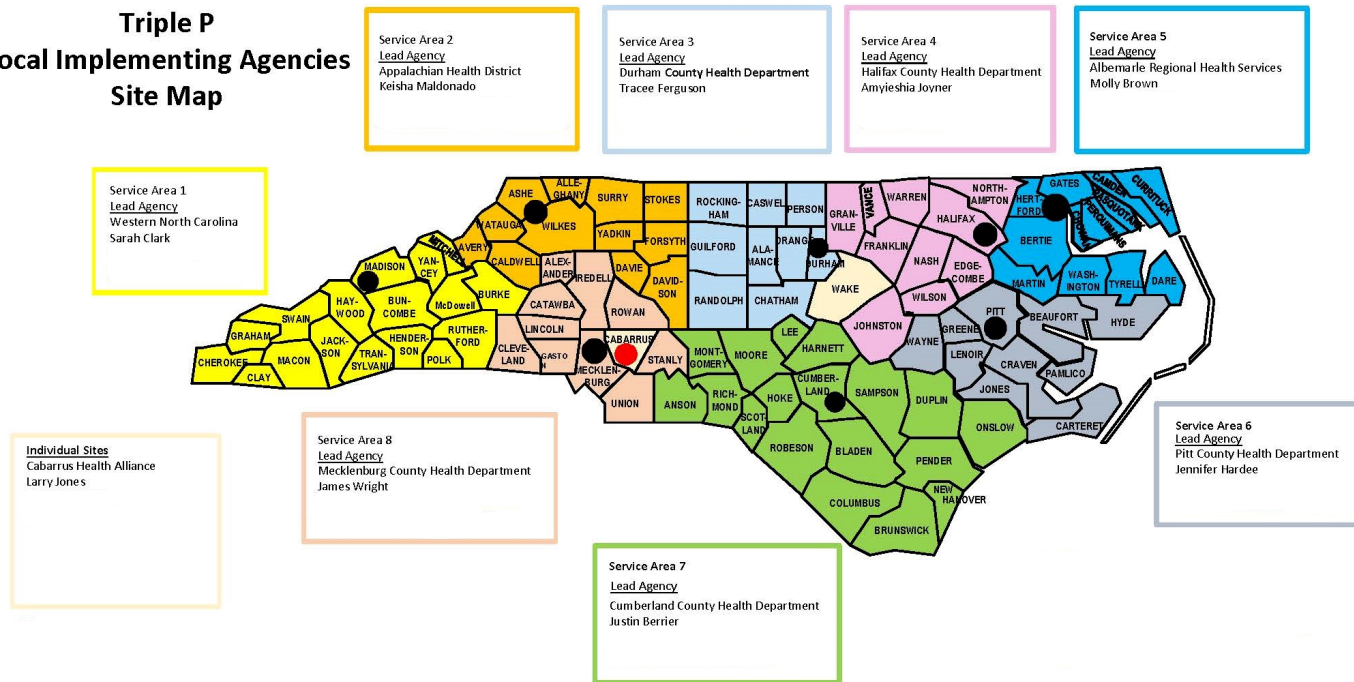
FRANK PORTER GRAHAM  
CHILD DEVELOPMENT INSTITUTE



# Regional Meet & Greet Activity

Use the poll to select your region & enter your region's breakout room.

## North Carolina Triple P Local Implementing Agencies Site Map





# Guiding Questions for Conversation

## ***Community Landscape***

- What Triple P interventions are available in my community?
- Who offers those services? And what does their referral process look like?
- Are there DSS organizations within the region that offer Triple P? What does Triple P implementation look like for those organizations?

## ***DSS Staffing***

- Which staff have parents that could benefit from Triple P?
- Does the staff have the capacity (skills and time) to deliver Triple P to families? (What other job duties does the staff have? Interest in parenting support/building parents' skills? Time to engage in peer support and coaching?)
- How many staff could deliver Triple P? (Research shows that at least 3 staff trained leads to 9 times greater chance of sustainability.)

## ***LIA Strategic Plans and Decision-Making***

- How does the LIA make decisions on who is trained in Triple P?
- What are the requirements of practitioners and agencies that are trained in Triple P?
- What support does the LIA offer to practitioners and agencies?

# Large Group Discussion



- Share highlights from breakout room discussion

# CWLC Schedule Planning

- Regularly scheduled NC Triple P Child Welfare Learning Collaborative Sessions
- Please respond to the launched poll and select all availability options that apply



# Accessing Support

- Your Lead Implementing Agency
- The DSS Implementation Support Specialist, Impact Center at FPG, Tamara Roberson, [tamara.robertson@unc.edu](mailto:tamara.robertson@unc.edu)
- Triple P America, Sara van Driel, [sara@triplep.net](mailto:sara@triplep.net)

# What Questions Do You Have?



# Thank you!

Reminder!

The [ICTP Child Welfare Resources page](#) has helpful information and tools including recordings and PPTs of all previous CWLCs.

Reach out to Tamara with any support needs!

Up next!

- Triple P Brief
- Child Welfare Learning Collab, date TBD (August)