

# ENHANCED TRIPLE P

## WHAT IS ENHANCED TRIPLE P?

Enhanced Triple P consists of four different modules delivered to families in 3 to 10 individualized consultations. The modules address family factors that may impact upon and complicate the task of parenting (e.g. parental mood, partner conflict).

## WHO IS IT FOR?

Parents who benefit are those who present with family issues such as stress, poor coping, and/or partner conflict. They have usually completed a Level 4 program and require extra support to make or maintain changes in parenting. They need to be able to commit to 3 to 10 sessions depending on their indicated needs.

## WHAT IS COVERED IN SESSIONS WITH PARENTS?

### Session 1: Review session

During this session, the practitioner will conduct a progress review interview, provide feedback of the results to the parent, and negotiate a treatment plan.

### Module 1: Practice sessions

#### (up to three 40-60 minute sessions)

These sessions are preferably conducted in the family's home or a community setting. They provide the parent with opportunities to practice and receive personalized feedback on how they apply skills introduced in Level 4 Triple P.

### Module 2: Coping skills

#### (up to three 60-90 minute sessions)

During these sessions, the parent learns a range of cognitive and behavioral strategies to manage mood and to cope with everyday stress. They learn how emotions work, relaxation techniques, how to monitor thoughts and challenge unhelpful or irrational thoughts, and develop coping plans.

### Module 3: Partner support

#### (up to three 60-90 minute sessions)

During these sessions, parents learn a variety of positive communication, problem solving, and conflict resolution skills to enhance their teamwork as parenting partners.

### Module 4: Maintenance and closure sessions

Parents practice all skills in this session with minimal support and are introduced to ideas to maintain changes. They review their progress through the program and set goals for the future.

## WHAT RESOURCES DO PARENTS RECEIVE?

Each family receives a copy of the relevant Every Parent's Supplementary Module Workbook. There are four workbooks in total, one for each module.

Please see the table below for the expected program 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	3 x Every Parent's Supplementary Workbook Module
TOTAL NUMBER OF FAMILIES	25 families
TOTAL RESOURCES PER YEAR	75 x Every Parent's Supplementary Workbook Module

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

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

CONSULTATION TIME*	8-12 hours (60-90 mins per session for 8 sessions)
QUESTIONNAIRE SCORING AND FEEDBACK - PRE AND POST ASSESSMENT**	1 hour
TELEPHONE SUPPORT OR HOME VISIT***	n/a
SESSION PREPARATION AND POST-SESSION DEBRIEF/SUPERVISION	4 hours
CASE NOTES AND REPORT WRITING***	2½ hours
TOTAL TIME	15½-19 hours per family

\*Based on an average of 2 modules completed per family in addition to a Level 4 program.

\*\*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 Enhanced Triple P to families, practitioners must have completed an approved 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.

NUMBER OF TRAINING DAYS (9.00AM - 4.30PM)	2 days
PRE- ACCREDITATION DAY (9.00AM - 4.30PM)	n/a
PREPARATION TIME FOR ACCREDITATION DAY	4-6 hours (quiz and competency preparation)
ACCREDITATION DAY	Half day
PEER SUPPORT	n/a (combined with Level 4 course)
TOTAL TIME	3½ days

## DO PROVIDER PRE-REQUISITES APPLY?

Practitioners must have completed a Level 4 Triple P Provider Training Course. This course includes training in Cognitive Behavior Therapy (CBT) strategies and experience in this area is an advantage when completing the course.

## WHAT ARE THE PROVIDER LEARNING OUTCOMES?

- Assessment of personal and relationship adjustment of parents
- Specific strategies for improving personal coping skills and reducing parental stress, anxiety and depression
- Reducing parenting conflict, improving parents' communication skills and promoting partner support
- Helping parents develop independent problem solving skills
- Strategies for promoting generalization and maintenance of behavior change.

## WHAT RESOURCES DO PRACTITIONERS RECEIVE?

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

- Practitioner's Kit for Enhanced Triple P (includes Practitioner's Manual, and Every Parent's Supplementary Workbooks).
- Supporting your Partner [DVD].
- Coping with Stress [DVD].