

Helping Families  
Change Conference  
2009

# TRIPLE P POSITIVE PARENTING PROGRAM

Vancouver Island Triple P Newsletter  
Issue 2 Spring 2009

The Helping Families change Conferences are for anyone with an interest in parenting. It brings together some of the world's key professionals and scholars in the fields of parenting and family interventions, to share the latest research and developments in evidence-based parenting knowledge, particularly, Triple P.

The 2009 conference was held in Toronto from April 15—18 and was the 11th year. The objectives were to Encourage dialogue and exchange among practitioners and policy makers; to Engage parents, practitioners (program, researchers) and policy makers in Triple P; and to Empower parents and practitioners.

The Canadian Triple P Network invited Vancouver Island's Juliana McCaig to be a plenary speaker at the Conference, to give the story of our journey on the Island, building a population approach, one-community-at-a-time and our implementation evaluation process.

According to Juliana McCaig, there were several themes that ran throughout the conference and which gave it its unique character. One was about the **flexibility and responsiveness** of Triple P programs. Many researchers are doing work on 'variations' of Triple P. These include a Group Stepping Stones program, a group for parents who have relationship problems with their children

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## Data, Data, Data—Is it Worth the Effort?

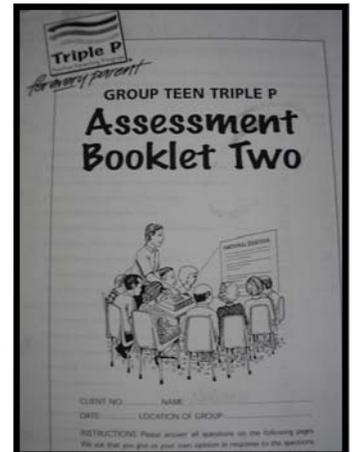
Triple P is based on a scientist-practitioner model of service delivery. The evaluation of outcomes is an integral part of providing quality services to families. Triple P provides practitioners and agencies tools to assess parental and child functioning before Triple P interventions and at the completion of the intervention. At each level of Triple P, a number of questionnaires are recommended for use in clinical practice. These specific assessment tools enable practitioners to evaluate their work with families. Families who fill the questionnaires out before and after interventions can see the progress that they have made as a result of their hard work. Finally, Vancouver Island communities and Vancouver Island as a whole, can use the data collected from these assessment tools to measure the impact Triple P is having.

Triple P International Pty. Ltd., (2005), provides information about why questionnaires are important:

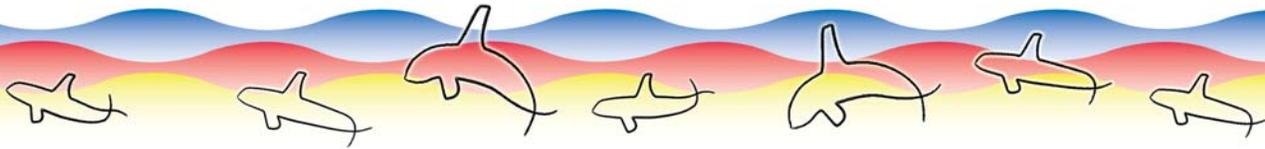
- They provide the practitioner with useful information to aid clinical decision making;
- They complement and cross-validate information from other sources (e.g. observation, interview);
- They help to identify families who require additional assistance;
- They help to determine whether the intervention is achieving its desired outcomes with different clients;
- They enable practitioners to be clear about how their program achieves stated objectives;
- They encourage parents to think about important parenting issues;
- They gather information about risk and protective factors in an economical and efficient way;
- They help tailor individual and group programs to the needs of participating families;
- They help determine who does and does not respond to Triple P interventions;
- They are important in communicating with others about the program (e.g. managers, other professionals, consumers); they support ongoing funding, as programs that can produce evidence they work are more likely to be funded.

In the next issue of the Triple P Newsletter some ideas on getting parents to complete questionnaires will be shared. A feature on making sense of the data will also be included.

Cont'd on pg. 2



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**Cont'd from Pg. 1—Helping Families Change Conference**  
 (closely corresponding to attachment difficulties), and a program for parents who have an obese child. Flexibility was also stressed in meeting parental needs responsively. Some parents need longer sessions, some need more hands-on practice, while some need more visual aids, and so on. The basic structure and principles of Triple P remain the same, but creativity and innovation in the ways the basics are presented are flexible.

A second theme noted by McCaig was that Triple P is a **“living, dynamic, and evolving program”**. Now in 17 countries (with four more soon to be added), it has extended to many cultures and political environments. Triple P doesn't intend to be the “old flavor of the month” because it is continually evolving to meet needs while being firmly embedded in research and evidence.

The third theme centered on the growing development and research for **Level 1 “Universal” media** approaches to supporting parents. Several countries are currently evaluating the impact of media such as posters, brochures, websites, news stories, reality T.V. shows, etc., on parenting. As media interventions develop, we will truly have a “whole population” approach reaching many more parents than we do now says McCaig.

**Cont'd from Pg. 1—Data, data, data—Is It Worth the Effort?**

For those practitioners who are using assessment questionnaires, our Vancouver Island Triple P Coordinator, Cindy Knott, has been collecting data from those that have it available. The data is collected in an anonymous way (non-identifying information) and is shared with practitioners, organizations and communities through various avenues. The information from the first data collection and compilation was highlighted in the first issue of the Triple P Newsletter, was shared at the Strong, Safe and Supported Congress, and is summarized in the Triple P Status Report (to be distributed to practitioners and managers by mid-June 2009). The data clearly indicated that we are replicating the results of the Australian research on Triple P. We will continue to learn through data collection about our Canadian Vancouver Island experience with Triple P.

Thanks for your dedication and commitment to collecting data.

**Feedback from Across Vancouver Island**

**Survey Results: September 1, 2008—February 28, 2009**

As we move forward with Triple P on Vancouver Island, we want to keep you informed of the services being delivered and the number of families we are reaching. We would like to acknowledge and thank all our Triple P practitioners that completed the practitioner surveys. These surveys will be distributed two times per year (September to February and March to August). This will provide us with a means of keeping practitioners, organizations and communities informed of the Triple P services being provided.

This survey saw 125 respondents from all of Vancouver Island's communities. From those reporting the services they are delivering, the following information was derived about Triple P services and families being supported through the programs:

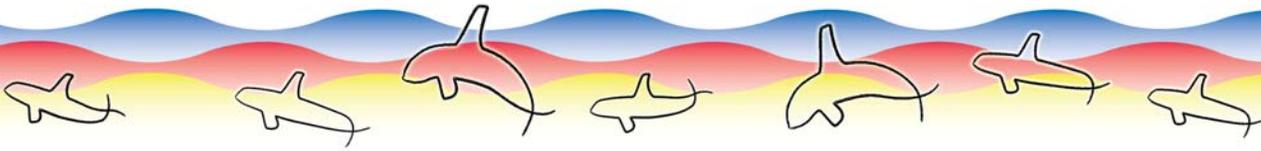
**Results of Triple P Service Provider Survey**

| Type of Triple P Service   | # Seminars or Groups offered | # Parent Participants |
|--|------------------------------|-----------------------|
| <b>Level 2 - Seminars</b>  |                              |                       |
| • The Power of Positive Parenting  | 11                           | 151                   |
| • Raising Confident, Competent Children  | 10                           | 127                   |
| • Raising Resilient Children   | 6                            | 77                    |
| • Teen Seminars  | 2                            | 2                     |
| <b>Totals</b>  | <b>29</b>                    | <b>357</b>            |
| <b>Level 3 - Primary Care – parents offered consultations</b>                                  |                              | 188                   |
| <b>Level 4, Groups</b>   | 30                           | 219                   |
| <b>Level 4 &amp; 5, Standard, Stepping Stones, Enhanced or Pathways – 1-on-1 Consultations</b> |                              | 188                   |
| <b>Total # of Families Receiving Services</b>  |                              | <b>952</b>            |

**Other Ways Triple P is being Used:** Many practitioners are reporting using Triple P within other programs i.e. Nobody's Perfect, Toddler Talk, S.T.E.P., Child Health clinics, immunization clinics, during routine home visits, during

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**Congratulations to Vancouver Island Practitioners on Receiving the Triple P Practice Award**

The Triple P Practice Award is open to nominations from the international Triple P community. This award recognizes an accredited Triple P practitioner who exhibits excellence and innovation in the implementation of Triple P. The award serves as recognition of outstanding contribution and commitment to the delivery of Triple P. The recipients receive recognition at the Helping Families Change Conference.

Vancouver Island practitioners have been the recipients for two consecutive years. Juliana McCaig, Vancouver Island's first Triple P coordinator and now, special Projects Coordinator for Triple P on Vancouver Island received the 2007 award. The 2008 Triple P Practice Award was received by Cheryl Streifel, local community Triple P Coordinator for Nanaimo



and surrounding area, and Parent child Services supervisor for VIHA.

**Cont'd from pg. 2—Survey Results**

supervised visitation with parents (modeling and teaching skills), etc. Much of this is through the use of tip sheets, the Every Parent's Survival Guide or portions of Level 4 and 5 interventions. Other practitioners are creatively teaching Triple P strategies during information sessions for parents accessing resources i.e. Strong Start programs. It is difficult to quantify this type of use when it is utilized daily during family support services.

**Triple P Community Committees**

With each Vancouver Island Community having its own unique demographics and characteristics, community Triple P tables formed during the process of implementation. These tables bring practitioners and managers from local communities together throughout the year. They are a forum for planning ongoing Triple P services, a place for partnerships in delivering Triple P programs to take place, and a format for sharing successes and challenges and enhancing skills for delivering Triple P interventions. Each community has a community coordinator or correspondent whose primary responsibility is to guide the process in their respective community. Community representatives meet two-times per year to share what is taking place in their community with respect to Triple P, to share ideas and resources, and to talk about successes and challenges in supporting Triple P in a local community. The following are the names and contact information of those representatives in your community:

**Port Hardy/Port McNeil**

Marilyn Graham—VIHA—[marilyn.graham@viha.ca](mailto:marilyn.graham@viha.ca)  
 Angelika Starr—Quatsino First Nation—[astarr@quatsinofn.ca](mailto:astarr@quatsinofn.ca)

**Campbell River**

Darlene Simper—VIHA—[darlene.simper@viha.ca](mailto:darlene.simper@viha.ca)

**Comox Valley**

Rhonda Davies-Denton-Stone Soup Program—[stonesoupprogram@shaw.ca](mailto:stonesoupprogram@shaw.ca)

**Parksville/Qualicum and Port Alberni**

Craig Summers—VIHA—[craig.summers@viha.ca](mailto:craig.summers@viha.ca)

**Nanaimo**

Cheryl Streifel—VIHA/MCFD—[cheryl.streifel@viha.ca](mailto:cheryl.streifel@viha.ca)

**Cowichan Valley**

Bonnie Potter—VIHA—[bonnie.potter@viha.ca](mailto:bonnie.potter@viha.ca)

**Vancouver Island Coordinator**

Cindy Knott—VIHA— [cindy.knott@viha.ca](mailto:cindy.knott@viha.ca)



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