

**TRIPLE P
IMPLEMENTATION
NEWS**

Triple P training was first offered to practitioners in Port Alberni in 2004. Following a positive evaluation, training was offered for communities in the Central and Northern parts of the Island in several training sessions from 2005 to 2007. In January of 2008, training was offered in South Island. Practitioners trained in Triple P are now situated in almost every community on the Island. Approximately 700 practitioners have been trained in at least one Triple P course with many being trained in two or more courses bringing the total number of training spaces to just over 900. Practitioners trained come from various sectors such as VIHA, MCFD, education and many non-profit agencies. They also span numerous disciplines including PHNs, family support, social work, child and youth care, counseling, psychologists, psychiatric nurses, school counselors and educators.

For more information about Triple P on Vancouver Island, contact Cindy Knott, Vancouver Island Triple P Coordinator, Vancouver Island Health Authority, 2400 Arbutus Rd., Victoria, BC, (250)721-6780 or cindy.knott@viha.ca

**TRIPLE P
POSITIVE PARENTING PROGRAM**

Vancouver Island Triple P Newsletter Winter 2009

Welcome to the very first Vancouver Island Triple P Newsletter. The aim of this newsletter is to share information on Triple P across Vancouver Island and to make it available to practitioners, managers, and the communities they support.

NEWS FROM VANCOUVER ISLAND'S COMMUNITIES

SOUTH ISLAND: The Military Family Resource Centre's Youth Services Coordinator Priscilla Destura and Jim MacSporran, Wrap-Around Coordinator for School District 62, are pleased to announce that our first attempt at facilitating Group Teen Triple P was a great success!! An average of 10 parents attended the course on a regular basis and at the end all expressed that they found the skills helpful and would be attempting to put what they learned to use. One couple stated, "We've learned more through this course than we have through family counseling and therapy!" This was a great example of community partnership in action!! We look forward to facilitating together again in the spring.

COWICHAN VALLEY: Cowichan Tribes has trained several practitioners in Triple P and has been providing parenting support to families through the Twesulhtun Health Centre using Triple P concepts and strategies. Caroline Modest and Greta Pearson have found ways to add a cultural component to the parenting education. They have engaged the help of a community elder who talks about traditional teachings in relation to the parenting topic being discussed. Caroline and Greta have found parents and care givers responding quite well to this component.

Working Together: Triple P in NANAIMO, LADYSMITH AND GABRIOLA: Nanaimo and surrounding area has been involved in Triple P since the first training that occurred in Port Alberni in 2004. A few fortunate practitioners were included in the 'original Port Alberni training'. When it was announced there would be additional training in the Central North, community organizations and individuals were keen to participate in the next round of training. After training and accreditation, practitioners began using the model in their day to day work with families. An informal table of senior managers from community organizations came together to discuss, explore and attempt to collaborate, coordinate and resolve challenges. A small, dedicated group continued to persevere and decided to begin to look at doing business in a new way. Several common goals prompted the group to come together:





TRIPLE P MEDIA LAUNCH

The first promotion of Triple P throughout Vancouver Island was celebrated at an official media launch in Nanaimo on October 6, 2008. The event was attended by the Honorable Tom Christensen, Minister of Children and Family Development, Alison Cutler, VIHA Executive Director, Candice Morgan, Vancouver Island Superintendent Association President, and Harry Janzen, Vancouver Island University Dean of Education. Many other individuals from partner organizations, Island-wide, also celebrated the launch. The Greater Nanaimo Early Years Partnership contributed to fund the Island-wide awareness campaign, coordinated by Kerry Robertson of Port Alberni. The media strategy included the development of a Vancouver Island Triple P website (www.triplepvip.ca); posters and brochures for all VI schools, medical offices, day-care facilities and community centres; radio commercials and A-Channel television commercials that ran through the first two weeks of October; an article in the Island Parent magazine; and articles in Coffee news. The launch was a great success.

- the fidelity of Triple P programs being maintained;
- ease of access to Triple P programs;
- implementation and sustainability of the programs;
- the belief that there was an opportunity to deliver parent education programs that make a difference in the lives of families.

The table named itself the Coordinating Body for Triple P. The membership consists of Executive Directors/Senior Managers of organizations who have staff trained and accredited at some level of Triple P. The group developed a Memorandum of Understanding (MOU) and Terms of Reference with respect to Triple P. All organizations were involved in the development of the MOU and have signed on.

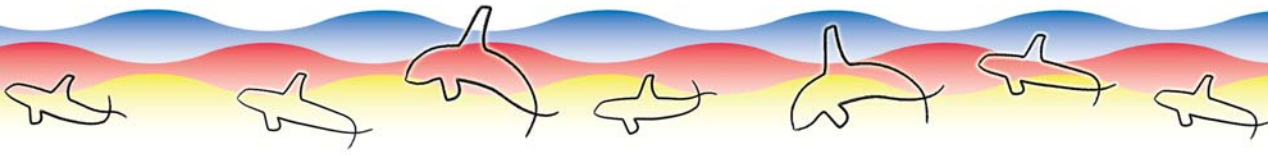
As of today:

- We have produced two community calendars of all the Triple P Programs offered;
- We have regularly scheduled bi-monthly Coordinating Body meetings;
- We have regularly scheduled bi-monthly Practitioner Network meetings;
- Families only need look at the schedule and sign up at times that work for them (they do not need to 'be attached' to an organization or practitioner);
- Partnerships across organizations for program delivery exist;
- We are beginning to collect data as a community;
- We have a dedicated half time community coordinator.

For more information about the MOU and/or Terms of Reference contact Cheryl Streifel, Regional Triple P Coordinator, Nanaimo and area, at (250)755-6265 or cheryl.streifel@viha.ca

PORT ALBERNI: Triple P going strong. Triple P education has been provided to the community of Port Alberni over the past four years through a collaboration of community organizations. Over these years, the program has gone through some growing pains but now the community has seen and heard the positive results that the program has accomplished. A wide variety of Triple P options are available to families, both individual and group. Tip sheets are used on an on-going basis in all the Parent & Tot groups and the language of Triple P is consistent within the VIHA Child, Youth & Family programs as well as community partners such as Family Guidance and Child/Youth Mental Health. A lot of the success can be attributed to the dedicated, skilled and enthusiastic practitioners that deliver the programs and philosophy of Triple P. Knowing the content is one thing, but *how* it's delivered can make all the difference. Having very strong group facilitation skills has been an asset as each and every group is different and having this ability to tailor the presentation to the various needs is remarkable. The best feedback we're receiving is the "parents telling parents" about how great and effective it is. The upcoming groups in mid March are already starting to fill up and the practitioners are "set to go".





STRONG, SAFE AND SUPPORTED CONGRESS

On November 26, 2008, Cindy Knott, Vancouver Island Triple P Coordinator, and Cheryl Streifel, Regional Triple P Coordinator for Nanaimo and area, presented on Triple P at the Ministry of Children and Family Development's Strong, Safe and Supported Congress. Esther Pace, VIHA Manager, provided the introduction and background of Triple P on Vancouver Island. The Triple P submission for the Congress was one of five accepted for show casing as an exemplary program. Strong, Safe and Supported is a commitment on the part of the BC government to develop a province-wide Integrated Framework for Children and Youth in the province of British Columbia. Enhanced co-ordination and cross-ministry work is a primary characteristic of this initiative with Ministries identifying strategies and outcomes that contribute to the vision of Strong, Safe and Supported children and youth in BC. Triple P was chosen as one of the programs fitting the pillars of their vision.



COMOX VALLEY: In addition to being busy planning Triple P Groups and Seminars for the Comox Valley, Rhonda Davies Denton, Comox Valley Triple P Coordinator, is designing a parenting education pamphlet where Triple P is to be show cased as that community's focus. It will highlight how Triple P can work together with other programs and models. The community can look for the new parenting pamphlet to be available later this spring.

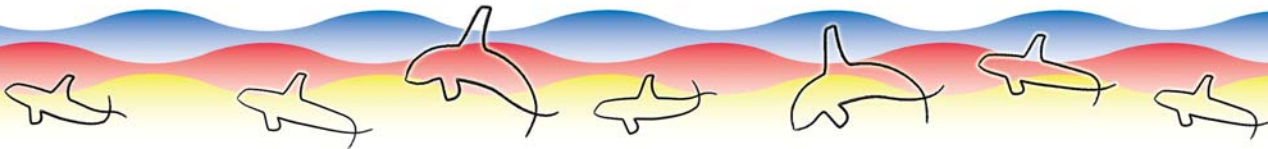
CAMPBELL RIVER: The first of three Triple P seminars titled "The Power of Positive Parenting" was delivered by Darlene Simper and Katie Hine of VIHA, in Campbell River, with much success. It was held at one of the elementary school libraries in the evening for two hours. They saw a total of 16 parents and the response to the seminar was overwhelmingly positive! People liked the idea that the seminar was free and held in the evening so that parents that worked during the day had a chance to attend. The purpose of the seminar was to enhance the knowledge, skills and confidence of parents. By the end of the night parents were excited to try new skills learned and were wondering when the next seminar would be held.

PORT HARDY/PORT MCNEIL: Bettina Knopp of Port Hardy has designed a "key chain" for use with families in Port Hardy. "The Keychain came about because of our Fetal Alcohol clients" said Knopp. She had taken an Autism course a few years ago and remembered about the charts that they used to remind the clients of their everyday chores and the steps they needed to take in order to complete them. As a result Bettina took the information and thought if the clients needed to use Triple P at any time "flash cards" would be a good thing to use. She wanted them to have something that was simple and easy to use, also something they would not lose easily. She noticed that all her clients had keys so thought that the idea of a key chain would work. She made them colorful so they could be easily seen. Each key chain is a different color so they don't get them mixed up. Each key chain has easy step-by-step instructions on how to implement a particular Triple P strategy. One interesting thing is that Bettina has been told that when one of her clients is out and about with her child, they use the key chain as a distraction - something to look at and play with while waiting or while upset.



FEEDBACK FROM VANCOUVER ISLAND'S PRELIMINARY PRACTITIONER SURVEY

A retrospective survey of Triple P service to parents was conducted for the period of September 1, 2007 to August 31, 2008, for Central and Northern Island communities. Training and accreditation were not completed in South Island until June of 2008. A few services were initiated in South Island during the survey period, but essentially this is a report of services provided in the North and Central Island communities:



ADAPTING TRIPLE P FOR ABORIGINAL FAMILIES

Vancouver Island has established an Island-wide aboriginal practitioner table that will meet two to three times per year. This table has been facilitated by Juliana McCaig, Special Projects Coordinator, and has been comprised of First Nations practitioners and practitioners who primarily work with First Nations families and who have been trained in Triple P. This group has several functions: it serves as a vehicle for adapting Triple P resources and programs for aboriginal families when needed; it provides input to the Triple P Canada Network on the development of a Canadian aboriginal version of the Triple P “Every Parent” instructional DVD; it provides mentoring and skill development for its members; and it provides feedback to the Island Coordinator regarding ways to make Triple P training appropriate, supportive and respectful for aboriginal practitioners. Feedback from this group indicates Triple P is being used in every day practice and is useful for aboriginal families. We would encourage your participation with this group.

For information about our next meeting, please contact Cindy Knott, Vancouver Island Triple P Coordinator, at (250)721-6780 or cindy.knott@viha.ca

- Level 2, Seminars: 13 Seminars offered – 169 parent participants
- Level 3, Primary Care: 407 parents offered consultations
- Level 4, Groups: 66 Groups offered – 558 parent participants
- Level 4/5, 1-on-1 consultations (Standard, Stepping Stones, Enhanced or Pathways): 211 parent participants

In addition to collecting information on services being provided, practitioners were asked to share any data they might have from programs delivered. Questionnaire responses were collated from 76 parents who attended Triple P Groups through VIHA family support services in Nanaimo and Port Alberni during the past two years. Trends shown from these available questionnaires demonstrate encouraging outcomes. Two questionnaires from the assessment are highlighted here to illustrate the significant change in behaviour for both children and parents following Group Triple P participation.

Strengths and Difficulties Questionnaire (SDQ)

The SDQ is a behavioural screening questionnaire measuring parents’ perceptions of pro-social and difficult behaviours in their children. There are 5 sub-set scales on this questionnaire; one of these measures Conduct Problems.

	Clinically Abnormal Range Pre-Questionnaire	Clinically Abnormal Range Post-Questionnaire
Conduct Problems	31 children	11 children

Triple P Group participation resulted in a 65% reduction of children falling in the clinically abnormal range for conduct problems.

Parenting Scale Questionnaire

The Parenting Scale questionnaire measures three dysfunctional discipline styles in parents.

	Clinically Abnormal Range Pre-Questionnaire	Clinically Abnormal Range Post-Questionnaire
Laxness	35	18 (decrease of 48%)
Over-reactivity	44	16 (decrease of 64%)
Verbosity	41	7 (decrease of 83%)

Overall findings from this sample of 76 families give good assurance that Triple P programs implemented on Vancouver Island have positive outcomes very comparable to the original research conducted in Australia.

Thanks to all practitioners for participating in the survey. The full Triple P Status report will be coming soon.



Ministry of
Children and Family
Development