

# Triple P Community Collaboration Initiative

September 2013

Leeds & Grenville

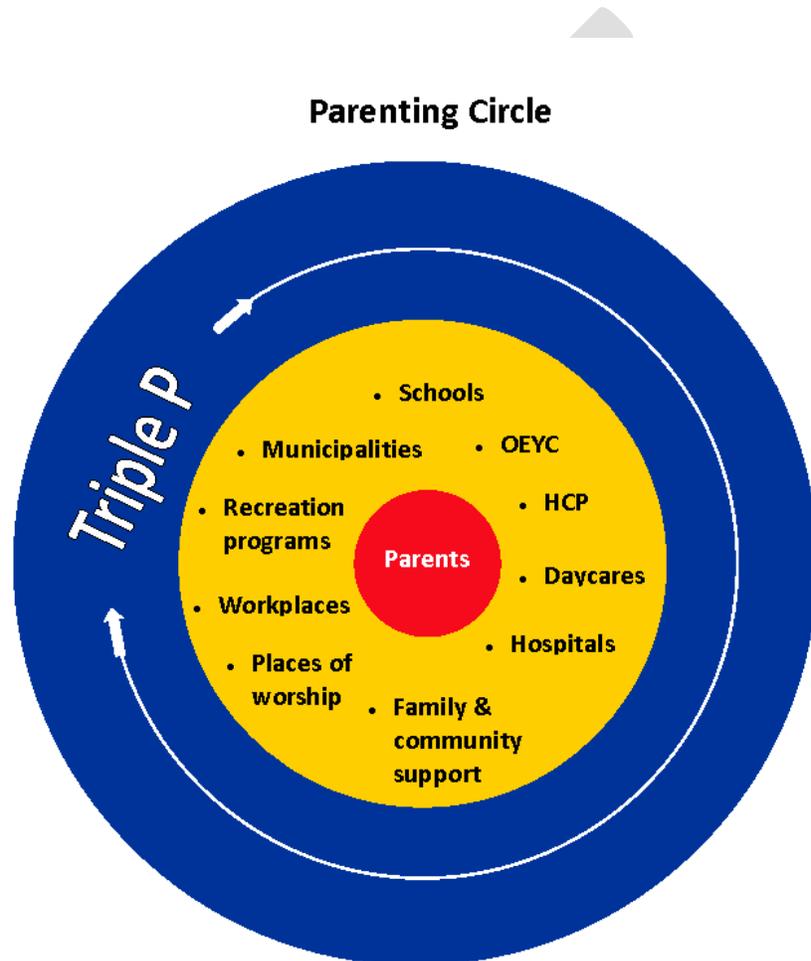


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## Vision

The counties of Leeds & Grenville will be recognized as a parenting-friendly community where citizens are satisfied with parenting, their positive parent-child relationships and an absence of child abuse and neglect.



## Overview – What is Triple P?

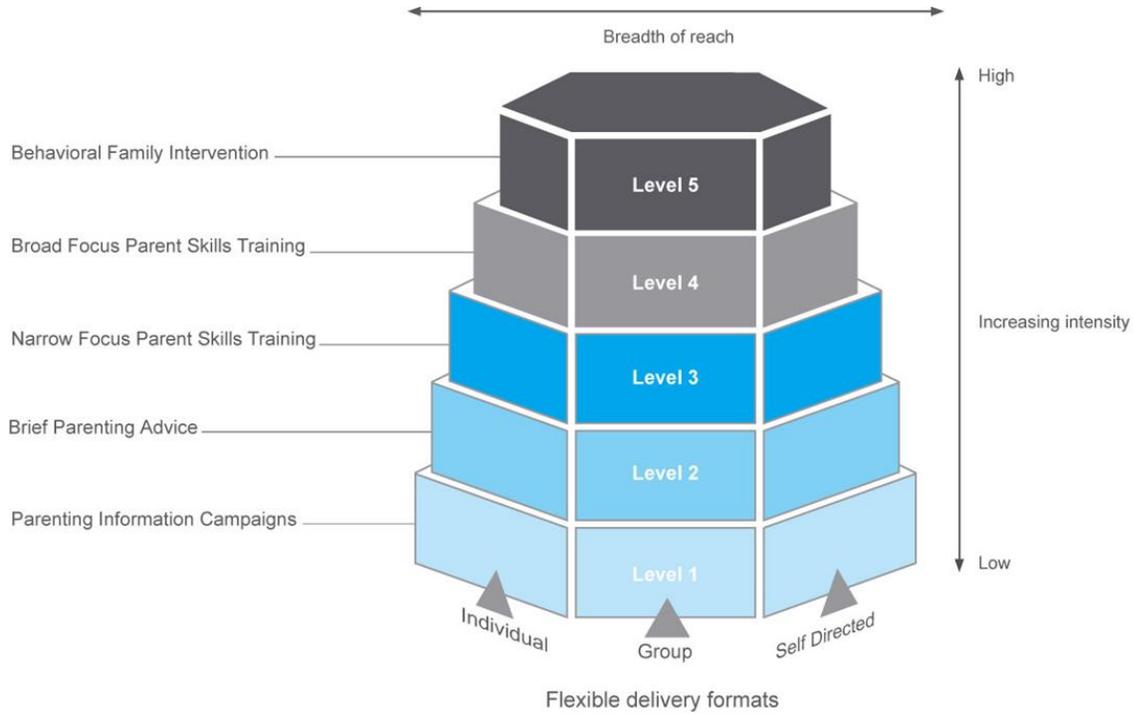
*“Triple P interventions range from the provision of media messages on positive parenting, through to brief information resources such as tip sheets and videos, and brief targeted interventions (for specific behaviour problems) offered by primary care practitioners at Levels 2 and 3, to more intensive parent training at Level 4 and Level 5 programs targeting broader family issues such as relationship conflict and parental depression, anger and stress.” (Triple P website [www.triplep.net](http://www.triplep.net))*

### **Levels of Intervention** (Modified from Triple P Participant Notes)

Level	Target Population	Intervention methods
Level 1	All parents interested in information about parenting and promoting their child’s development.	Coordinated media and health promotion campaign raising awareness of parent issues and encouraging participation in parenting programs.
Level 2	Parents interested in parenting education or with specific concerns about their child’s development or behavior and an interest in positive parenting information.	Health Promotion information or specific advice for a discrete developmental issue or minor child behavior problem. May involve group seminar process or brief (up to 20 minutes) telephone or face to face clinician contact.
Level 3	Parents with specific concerns as above who require consultations or active skills training.	Brief program (about 80 minutes over four sessions) combining advice, rehearsal, and self-evaluation to teach parents to manage a discrete child problem behavior. May involve telephone or face to face contact or group sessions.
Level 4	Parents wanting intensive training in positive parenting skills. This level is appropriate for parents of children with behavior problems such as aggressive or oppositional behavior.  Families of preschool children with disabilities who have or are at risk of developing behavioural or emotional disorders.	Broad focus program (about 10 hours over 8-10 sessions) focusing on parent-child interaction and the application of parenting skills to a broad range of target behaviours. May be self directed or involve telephone or face to face clinician contact or group sessions.  A parallel 10-session individually tailored program with a focus on disabilities. Sessions typically last 60-90 minutes.
Level 5	Parents of children with behavior problems and family distress such as parental depression or stress, or conflict between partners.	Intensive individually tailored program with modules (60-90 minute sessions) including practice sessions to enhance parenting skills, mood management and stress coping skills, and partner support skills.

Most levels of intervention are available with a 0-12 years or 12-16 years (teen) focus.

In addition to the levels of intervention explained above, Triple P also offers programs tailored for families currently dealing with issues around overweight /obesity, anger management, parental depression, partner conflict, and separation or divorce.



## Triple P in Leeds & Grenville

Every Kid in Our Communities (EKIOC) is a coalition of organizations and individuals working collaboratively for positive change for children and families in Leeds & Grenville. EKIOC has launched a widespread Triple P initiative within local communities.

The primary goal of this initiative is to facilitate a comprehensive approach to normalizing the service of parenting support that is accessible to all families in Leeds and Grenville. In order to achieve this goal, the initiative has identified established evidenced-based practices for community organizations such as schools, healthcare and social settings, daycares, workplaces, municipalities & recreation programs and places of worship.

The following document is a broad overview of the opportunities within Leeds & Grenville to integrate positive parenting as the norm in parent-child relationships. The Triple P Working Group (WG) takes the responsibility for promoting awareness, facilitating access and ensuring delivery of the evidenced-based Triple P program as needed by the community.

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## Community Plan – School Settings

The goals of Triple P in the school setting are as follows:

The goals of Triple P in schools (elementary, secondary, post-secondary and alternative schools) are as follows:

### AWARENESS:

- Staff will be aware of Triple P strategies and the program’s benefits to families
- Staff will be aware of the referral process for accessing Triple P in the community

### ACCESS:

- Triple P promotional materials (posters, brochures, web links etc.) will be displayed in the school and readily accessible for families

### DELIVERY:

- A Triple P Liaison to be designated within each school.
- One staff member would be trained in the provision of Brief Primary Care (0-12 or teen) or Primary Care (0-12 or teen) to be a resource:
  - ✓ to families within the school community
- The school would host a Triple P seminar series for their community or assist in the coordination of a seminar series held in conjunction with another community school

### PARTNERSHIP:

- The school will be committed to support for their school community regarding Triple P programming and reporting

## BREAKDOWN OF GOALS AND RESPONSIBILITIES FOR SCHOOLS

### AWARENESS

Goal	School Responsibilities	Working Group Responsibilities
Staff will be aware of Triple P strategies and the program’s benefits to families	Encourage and support all staff and parent council members to attend a Triple P orientation/ awareness session	Provide support and information to the school and the Triple P Liaison

### Summary of Goal

The Triple P orientation/awareness session is intended to provide staff with an overview and general understanding of the Triple P program, its goals, and referral processes. The session would focus on developing knowledge of the multi level system and its role in the school, as well as the community as a whole. The school Triple P Liaison would be responsible

for the session. The school's role would be to provide physical space for the session and to encourage staff, parent council members and key stakeholders to attend.

Goal	School Responsibilities	Working Group Responsibilities
Staff will be aware of the referral process for accessing the various levels of Triple P in the community	Provide and encourage staff members to use the tear-off referral pads to facilitate prompt referrals for families in need of services (*In addition to encouraging all staff and parent council members attend the orientation/awareness session)	Accept referrals  Act as liaison for referrals to outside community agencies offering various levels of Triple P  Maintain updated database of trained community Triple P practitioners

**Summary of Goal**

The Triple P orientation/awareness session would also provide an understanding of the referral process and how to access the various levels of Triple P in the local community. This will assist staff in the event that the school is unable to provide the continued/ongoing support that a family may require. The Working Group (WG) has ensured that all available levels are accessible through the Health Action Line (1-800-660-5853) for individuals wishing to refer themselves or others.

Tear off referral pads have been designed in the form of a prescription type tear off. These pads will be distributed to schools so that staff can easily provide referral information to families who may be in need of parenting support.

**ACCESS**

Goal	School Responsibilities	Working Group Responsibilities
Triple P promotional materials (posters, brochures,web links etc.) will be displayed in the school and school webpage readily accessible for families	Display promotional materials in heavy parent/caregiver traffic areas including webpage	Maintain a library of promotional materials which are accessible by each school upon request

**Summary of Goal**

Triple P promotional materials are designed to ensure that the messaging around Triple P is consistent in all communities offering the program. The Working Group will maintain a library of promotional materials such as posters, brochures, etc. and will distribute these items to local schools as requested. Schools would be responsible for ensuring that materials are displayed in the school in areas most visible to families. Schools are encouraged to display/distribute promotional materials at special events (parent/teacher nights, orientations, etc.) or in regular school publications (student agendas, newsletters, etc.).

**DELIVERY \***

Goal(s)	School Responsibilities	Working Group Responsibilities
<p>One staff member would be trained in the provision of Brief Primary Care (0-12 or teen) or Primary Care (0-12 or teen)</p> <p>A Triple P Liaison to be designated within the school</p> <p>The school would host a Triple P seminar series for their community or assisting in the coordination of a seminar series held in conjunction with other community agencies</p>	<p>Permit staff to attend Triple P training as well as the required accreditation</p> <p>Provide staff with time and space for delivery of the program with families</p> <p>Work with community partners to host seminars when availability permits.</p> <p>When the seminar is to be held at the school:</p> <ul style="list-style-type: none"> <li>● Provide physical location for seminar series</li> <li>● Provide staff person to perform host duties</li> <li>● Consider providing food and childcare for seminar sessions</li> </ul>	<p>Coordinate registration for Triple P training</p> <p>Organize peer support days for trained practitioners</p> <p>Provide the school with guidelines for hosting seminars and provide a practitioner where availability permits.</p>

**Summary of Goal**

In order to provide Triple P as a resource to colleagues and parents, the school is encouraged to train at least one staff member in the provision of Brief Primary Care (0-12 or teen) or Primary Care (0-12 or teen) Triple P. Each school is also encouraged to allocate time to the trained staff member to provide Triple P to colleagues and families within the school community.

The school is encouraged to designate a Triple P Liaison who will coordinate Triple P activities within the school and within the community.

The school is encourage to contact the Triple P Facilitator if interested in partnering with the community to host a seminar series.

**\*see Appendix A & B for further details**

## PARTNERSHIP

Goal	School Responsibilities	Working Group Responsibilities
The school will be committed to support for their school community regarding Triple P programming and reporting	<p>Encourage and support the principal, trained staff members and key stakeholders attend annual updates with the Triple P Liaison</p> <p>Participation in data collection, strategic planning, etc.</p>	Providing data collection guidelines and analysis of data

### Summary of Goal

An important aspect of the Triple P initiative is follow-up. This ensures that the program is being successfully implemented in the community and allows for assistance to be provided to practitioners and supporting agencies as needed. The school would be responsible for collecting and maintaining accurate information regarding the families who have been referred to and/or accessed Triple P, so that data collection may be completed on a regular basis for the Working Group.

Strategic planning occurs on an annual basis to ensure that Triple P Working Group(WG) is meeting the needs of families within Leeds & Grenville. Schools would be encouraged to participate in strategic planning (whether via in-person meetings, teleconferences or electronic surveys).

The purpose of the annual updates in schools would be to obtain information surrounding the promotion and delivery of the Triple P program, as well as its successes and challenges. In addition to the principal, the school staff who have been trained in the provision of Triple P and other key stakeholders would be encouraged to attend this meeting.

## Community Plan – Daycare Centres

The goals of Triple P in daycare centres are as follows:

### AWARENESS

- Staff will be aware of Triple P strategies and the program’s benefits to families
- Staff will be aware of the referral process for accessing Triple P in the community

### ACCESS

- Triple P promotional materials (posters, brochures, web links etc.) will be displayed in the daycare and readily accessible for families

### DELIVERY

- The Daycare Supervisor or designate is trained in the provision of Primary Care 0-12 to be a resource to:
  - ✓ staff members working with children
  - ✓ to families within the daycare community
- Staff will receive either Level 3 or 4 Standard 0-12 to support them with baseline knowledge and professional development
- The daycare centre would host a Triple P seminar series for their community or assist in the coordination of a seminar series held in conjunction with another community daycare

### PARTNERSHIP

- The daycare centre would be committed to continuing education and support for their daycare community regarding Triple P Programming and reporting

## BREAKDOWN OF GOALS AND RESPONSIBILITIES FOR DAYCARE CENTRES

### AWARENESS

Goal	Daycare Responsibilities	Working Group Responsibilities
Staff would be aware of Triple P strategies and the program’s benefits to families	Encourage and support all staff to attend a comprehensive Triple P orientation/awareness session	Provide support and information to the Daycare Supervisor/designate

### Summary of Goal

The Triple P orientation/awareness session is intended to provide individuals with an overview and general understanding of the Triple P program, its goals, and referral processes. The session would focus on developing knowledge of the multi level system and its role in the daycare, as well as the community as a whole. The orientation/awareness session would be

facilitated by the Daycare Supervisor or designate. Depending on staff size, the orientation session may include staff from various local daycare centres. The daycare’s responsibility would be to provide physical space for the session and to encourage staff and key stakeholders attend.

<b>Goal</b>	<b>Daycare Responsibilities</b>	<b>Working Group Responsibilities</b>
Staff will be aware of the referral process for accessing all levels of Triple P in the community	Provide and encourage staff members to use the tear-off referral pads to facilitate prompt referrals for families in need of services (*In addition to ensuring all staff members attend the orientation/awareness session)	Accept referrals  Act as liaison for referrals to outside community agencies offering various levels of Triple P  Maintain updated database of trained community Triple P practitioners

### Summary of Goal

The Triple P orientation/awareness session would also provide an understanding of the referral process and how to access the various levels of Triple P in the local community. This will assist staff in the event that the daycare is unable to provide the continued/ongoing support that a family may require. The Working Group has ensured that all available levels are accessible through the Health Action Line (1-800-660-5853) for individuals wishing to refer themselves or others.

Tear off referral pads have been designed in the form of a prescription type tear off. These pads will be distributed to daycare centres so that staff can easily provide referral information to families who may be in need of parenting support.

### ACCESS

<b>Goal</b>	<b>Daycare Responsibilities</b>	<b>Working Group Responsibilities</b>
Triple P promotional materials (posters, brochures, web links etc.) would be displayed in the daycare and readily accessible for families	Display promotional materials in heavy parent/caregiver traffic areas	Maintain a library of promotional materials accessible by each daycare upon request

### Summary of Goal

Triple P promotional materials are designed to ensure that the messaging around Triple P is consistent in all communities offering the program. The Working Group will maintain a library of promotional materials such as posters, brochures, etc. and will distribute these items to local daycares as requested. Daycare centres would be responsible for ensuring that materials are displayed in areas most visible to families. Centres are encouraged to display/distribute promotional materials at special events (i.e. orientation nights) or in regular daycare publications (i.e. newsletters).

## DELIVERY\*

Goal(s)	Daycare Responsibilities	Working Group Responsibilities
<p>The Daycare Supervisor or designate is trained in the provision of Primary Care 0-12 to be a resource to:</p> <ul style="list-style-type: none"> <li>✓ staff members working with children</li> <li>✓ to families within the daycare community</li> </ul> <p>Staff will receive Level 3 or 4 Standard 0-12 training to provide them with a wide knowledge base of parenting intervention strategies.</p>	<p>Support and encourage staff to attend Triple P training or group as well as the required accreditation where applicable</p> <p>Provide staff with time and space for delivery of the program with families</p>	<p>Coordinate registration for Triple P training and access to group sessions</p> <p>Organize peer support days for trained practitioners</p>

### Summary of Goal

Daycare centres are encouraged to train the Daycare Supervisor in the provision of Primary Care 0-12. Daycare centres are encouraged to train daycare supervisors in the provision of Primary Care 0-12. The daycare centre would also promote professional development at level 3 Primary Care or Level 4 Standard care. Training the supervisor and staff will contribute to a consistent Triple P approach when interacting with the children and their parents.

**\*see Appendix A & B for further details**

## PARTNERSHIP

Goal	Daycare Responsibilities	Working Group Responsibilities
<p>The daycare centre would be committed to continuing education and support for their community regarding Triple P programming and reporting</p>	<p>Encourage and support the manager, trained staff members, and key stakeholders are able to attend annual updates with the Triple P Liaison</p> <p>Participation in data collection, strategic planning, etc.</p>	<p>Providing data collection guidelines and analysis of data</p>

### Summary of goal

An important aspect of the Triple P initiative is follow-up. This ensures that the program is being successfully implemented in the community and allows for assistance to be provided to practitioners and supporting agencies as needed. The daycare would be responsible for maintaining accurate information regarding the families who have been referred to and/or

accessed Triple P, so that data collection surveys may be completed on a regular basis for the Working Group.

Strategic planning occurs on an annual basis to ensure that Triple P Working Group is meeting the needs of families within Leeds & Grenville. Daycares would be encouraged to participate in strategic planning (whether via in-person meetings, teleconferences or electronic surveys).

The purpose of the annual updates in the daycare centre would be to obtain information surrounding the promotion and delivery of the Triple P program, as well as its successes and challenges. In addition to the manager, the daycare staff who have been trained in the provision of Triple P and other key stakeholders would be encouraged to attend this meeting.

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## Community Plan – Health Care and Social Services Setting

The goals of Triple P in health care private and community (health care teams, hospitals, LGL HU, CMHLG) & social services (DSL, FCS, OEYC, OW) settings are as follows:

### AWARENESS

- Staff will be aware of Triple P strategies and the program’s benefits to families
- Staff will be aware of the referral process for accessing Triple P in the community
- Staff trained to be practitioners at levels appropriate to organization mandate

### ACCESS

- Triple P promotional materials (posters, brochures, web links etc.) will be available in the facilities/offices/websites and readily accessible for families with support

### DELIVERY

- A minimum of one staff member is trained in the provision of Brief Primary Care (0-12 and teen) or Primary Care (0-12 and teen) to deliver the program to families within the health care social services setting, to be the Triple P Liaison and to be a resource to staff
- Train staff at various Triple P levels to meet client service needs

### PARTNERSHIP

- The health care & social service organizations will be committed to continuing education and support for their team community regarding Triple P programming and reporting

## BREAKDOWN OF GOALS AND RESPONSIBILITIES FOR HEALTH CARE TEAMS

### AWARENESS

Goal	Health Care Team Responsibilities	Working Group Responsibilities
Staff will be aware of Triple P strategies and the program’s benefits to families	Encourage and support all staff to attend a comprehensive Triple P orientation/awareness session	Provide support and encouragement to the Triple P Liaison designated from the health care or social services setting

### Summary of Goal

The Triple P orientation/awareness session is intended to provide staff with an overview and general understanding of the Triple P program, its goals, and referral processes. The session would focus on developing knowledge of the multi level system and its role in the health care team, as well as the community as a whole. The orientation/awareness session would be facilitated by the Triple P Liaison. The team’s responsibility will be to provide physical space for the session and to encourage staff and key stakeholders to attend.

Goal	Health Care Team Responsibilities	Working Group Responsibilities
Staff will be aware of the referral process for accessing the various levels of Triple P in the community	Provide and encourage staff members to use the tear-off referral pads to facilitate prompt referrals for families in need of services (*In addition to ensuring all staff members attend the orientation/awareness session)	Accept referrals  Act as liaison for referrals to outside community agencies offering various levels of Triple P  Maintain updated database of trained community Triple P practitioners

### Summary of Goal

The Triple P orientation/awareness session would also provide an understanding of the referral process and how to access the various levels of Triple P in the local community. This will assist staff in the event that the health care team is unable to provide the continued/ongoing support that a family may require. The Working Group is committed to developing community capacity so that all levels are accessible through the Health Action Line (1-800-660-5853) for individuals wishing to refer themselves or others.

Tear off referral pads have been designed in the form of a prescription type tear off. These pads will be distributed to health care and social services teams so that staff can easily provide referral information to families who may be in need of parenting support.

### ACCESS

Goal	Health Care Team Responsibilities	Working Group Responsibilities
Triple P promotional materials (posters, brochures, etc.) will be displayed in the office and readily accessible for families	Display promotional materials in heavy parent/caregiver traffic areas	Maintain a library of promotional materials which are accessible by each health care team upon request

### Summary of Goal

Triple P promotional materials are designed to ensure that the messaging around Triple P is consistent in all communities offering the program. The Working Group will maintain a library of promotional materials such as posters, brochures, etc. and will distribute these items to local health care teams as requested. Offices would be responsible for ensuring that materials are displayed in areas most visible to clients.

**DELIVERY\***

Goal	Health Care & Social Services Responsibilities	Working Group Responsibilities
<p>A minimum of one staff member (Triple P Liaison) is trained in the provision of Brief Primary Care (0-12 and teen) or Primary Care (0-12 and teen) to deliver the program to families within the health care and social services community and to be a resource to other staff members</p> <p>Train staff at various Triple P levels to meet client service needs</p>	<p>Permit staff to attend Triple P training as well as the required accreditation</p> <p>Provide staff with time and space for delivery of the program with families</p>	<p>Coordinate registration for Triple P training</p> <p>Organize peer support days for trained practitioners</p>

**Summary of Goal**

In order to ensure that families receive prompt Triple P services in time of need, health care and social services organizations are encouraged to train at least one staff member in the provision of Brief Primary Care (0-12 and teen) or Primary Care (0-12 and teen). Additional Triple P training at multiple levels should be consider to meet the needs of the client’s they community.

**\*see Appendix A & B for further details**

**PARTNERSHIP**

Goal	Health Care Team Responsibilities	Working Group Responsibilities
<p>The health care and social services organizations would be committed to continuing education and support for their community regarding Triple P programming and reporting</p>	<p>Encourage and support the manager, trained staff members, and key stakeholders are able to attend annual updates with the Triple P Liaison</p> <p>Participation in data collection, strategic planning, etc.</p>	<p>Providing data collection guidelines and analysis of data</p>

**Summary of Goal**

An important aspect of the Triple P initiative is follow up. This ensures that the program is being successfully implemented in the community and allows for assistance to be provided to practitioners and supporting agencies as needed. The health care social services organizations

would be responsible for maintaining accurate information regarding the families who have been referred to and/or accessed Triple P, so that data collection surveys may be completed on a regular basis for the Working Group.

Strategic planning occurs on a regular basis to ensure that Triple P is meeting the needs of families within Leeds & Grenville. Health care & social services organizations would be encouraged to participate in strategic planning (whether via in-person meetings, teleconferences or electronic surveys).

The purpose of the annual updates with the health care & social services organization would be to obtain information surrounding the promotion and delivery of the Triple P program, as well as its successes and challenges. In addition to the manager, staff who have been trained in the provision of Triple P and other key stakeholders would be encouraged to attend this meeting.

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## Community Plan – Workplaces

The goals of Triple P within the workplace are as follows:

### AWARENESS

- The workplace’s manager, Occupational Health Nurse (OHN) and/or designate (Triple P Liaison) are aware of Triple P strategies and the program’s benefits for families
- The OHN and/or designate (Triple P Liaison) is aware of the referral process for accessing Triple P in the community

### ACCESS

- Triple P promotional materials (posters, brochures, web links etc.) will be displayed in the workplace and readily accessible for employees

### DELIVERY

- A minimum of one staff person is trained in the provision of Brief Primary Care (0-12 and teen) or Primary Care (0-12 and teen) to provide the service to families within the workplace community

### PARTNERSHIP

- The workplace will be committed to continuing education and support for their workplace community regarding Triple P programming and reporting

## BREAKDOWN OF GOALS AND RESPONSIBILITIES FOR WORKPLACES

### AWARENESS

Goal	Workplace Responsibilities	Working Group Responsibilities
The workplace manager and OHN and/or designate (Triple P Liaison) will be aware of Triple P strategies and the program’s benefits to families	Encourage and support the Workplace Manager and the Occupational Health Nurse and/or designate (Triple P Liaison) attend a Triple P orientation/ awareness session	Provide support and information to the Triple P Liaison

### Summary of Goal

The Triple P orientation/awareness session is intended to provide individuals with an overview and general understanding of the Triple P program, its goals, and referral processes. The session would focus on developing knowledge of the multi level system and its role in the workplace, as well as the community as a whole. The orientation/awareness session will be coordinated by the Triple P Liaison. The workplace’s responsibility for the orientation session is

to ensure that their manager and OHN and/or designate are encouraged and supported to attend and receive the necessary information on Triple P to provide to employees.

Goal	Workplace Responsibilities	Working Group Responsibilities
The OHN and/or designate will be aware of the referral process for accessing all levels of Triple P in the community	OHN and/or designate use the tear-off referral pads to facilitate prompt referrals for families in need of services	Accept referrals  Act as liaison for referrals to outside community agencies offering various levels of Triple P  Maintain updated database of trained community Triple P practitioners

### Summary of Goal

The Triple P orientation/awareness session would also provide an understanding of the referral process and how to access the various levels of Triple P in the local community. This will assist staff in the event that the workplace is unable to provide the continued/ongoing support that a family may require. The Working Group has ensured that all available levels are accessible through the Health Action Line (1-800-660-5853) for individuals wishing to refer themselves or others.

Tear off referral pads have been designed in the form of a prescription type tear off. These pads will be distributed to workplaces so that the OHN and/or designate can easily provide referral information to families who may be in need of parenting support.

### ACCESS

Goal	Workplace Responsibilities	Working Group Responsibilities
Triple P promotional materials (posters, brochures, etc.) will be displayed in the workplace and readily accessible for employees	Display promotional materials in heavy employee traffic areas and/or via employee email/newsletters	Maintain a library of promotional materials which are accessible by each workplace upon request

### Summary of Goal

Triple P promotional materials are designed to ensure that the messaging around Triple P is consistent in all communities offering the program. The Working Group will maintain a library of promotional materials such as posters, brochures, etc. and will distribute these items to local workplaces as requested. Workplaces would be responsible for ensuring that materials are displayed in common areas for employees (cafeterias, locker rooms, bulletin boards, etc.) or in regular workplace publications (newsletters, etc.).

## DELIVERY\*

Goal	Workplace Responsibilities	Working Group Responsibilities
A minimum of one staff person is trained in the provision of Brief Primary Care (0-12 and teen) or Primary Care (0-12 and teen) Triple P to provide the service to families within the workplace community	<p>Permit staff to attend Triple P training as well as the required accreditation</p> <p>Provide staff with time and space for delivery of the program with families</p>	<p>Coordinate registration for Triple P training</p> <p>Organize peer support days for trained practitioners</p>

### Summary of Goal

In order to ensure that families receive prompt Triple P services in time of need, workplaces are encouraged to train at least one staff member (Occupational Health Nurse and/or designate) in the provision of Brief Primary Care (0-12 and teen) or Primary Care (0-12 and teen).

**\*see Appendix A & B for further details**

## PARTNERSHIP

Goal	Workplace Responsibilities	Working Group Responsibilities
The workplace will be committed to continuing education and support for their community regarding Triple P programming and reporting	<p>Encourage and support the manager, OHN and/or designate and key stakeholders to attend annual updates with the Triple P Liaison</p> <p>Participation in data collection, strategic planning, etc.</p>	Providing data collection guidelines and analysis of data

### Summary of Goal

An important aspect of the Triple P initiative is follow-up. This ensures that the program is being successfully implemented in the community and allows for assistance to be provided to practitioners and supporting agencies as needed. The workplace would be responsible for maintaining accurate information regarding the families who have been referred to and/or accessed Triple P, so that data collection surveys may be completed on a regular basis for the Working Group.

Strategic planning occurs on a regular basis to ensure that Triple P is meeting the needs of families within Leeds & Grenville. Workplaces would be encouraged to participate in strategic planning (whether via in-person meetings, teleconferences or electronic surveys).

The purpose of the annual updates in the workplace would be to obtain information surrounding the promotion and delivery of the Triple P program, as well as its successes and challenges. In addition to the manager, staff who have been trained in the provision of Triple P and other key stakeholders would be encouraged to attend this meeting.

## Community Plan – Municipalities (City and Township Councils, Recreation Programs, organized sporting associations & YMCA, etc.)

The goals of Triple P within municipalities and recreation programs are as follows:

### AWARENESS

- The City and Township Council & Recreation Program executives will be aware of Triple P strategies and the program’s benefits to families
- The City and Township Councils and/or recreation program executives will be aware of the referral process for accessing all levels of Triple P in the community

### ACCESS

- Triple P promotional materials (posters, brochures, web links etc.) will be displayed in municipal buildings and readily accessible

### DELIVERY

- A minimum of one municipal designate/volunteer per municipality and recreation program is trained in the provision of Brief Primary Care (0-12 and teen) or Primary Care (0-12 and teen) Triple P to model positive parenting and provide the support to families within their community

### PARTNERSHIP

- Municipalities and recreation program executives will be committed to continuing education and support for their community regarding Triple P programming and reporting

### AWARENESS

Goal	Municipality Responsibilities	Working Group Responsibilities
The City and Township Council & Recreation Program executives will be aware of Triple P strategies and the program’s benefits to families	Encourage and support the City and Township council and recreation program executives to attend a Triple P orientation/ awareness session	Provide Triple P support and information

### Summary of Goal

The Triple P orientation/awareness session is intended to provide individuals with an overview and general understanding of the Triple P program, its goals, and referral processes. The session would focus on developing knowledge of the multi level system and its role in the community. The orientation/awareness session will be coordinated by the Triple P Working Group.

<b>Goal</b>	<b>Municipality Responsibilities</b>	<b>Working Group Responsibilities</b>
The City and Township Councils and/or recreation program executives will be aware of the referral process for accessing all levels of Triple P in the community	City and Township Councils and/or recreation program executives use the tear-off referral pads to facilitate prompt referrals for families in need of services	Accept referrals  Act as liaison for referrals to outside community agencies offering various levels of Triple P  Maintain updated database of trained community Triple P practitioners

**Summary of Goal**

The Triple P orientation/awareness session would also provide an understanding of the referral process and how to access the various levels of Triple P in the local community. This will assist staff in the event that the municipality or recreation program is unable to provide the continued/ongoing support that a family may require. The Working Group has ensured that all available levels are accessible through the Health Action Line (1-800-660-5853) for individuals wishing to refer themselves or others.

Tear off referral pads have been designed in the form of a prescription type tear off. These pads will be distributed to municipalities and recreation programs to provide timely referral information to families who may be in need of parenting support.

**ACCESS**

<b>Goal</b>	<b>Municipality Responsibilities</b>	<b>Working Group Responsibilities</b>
Triple P promotional materials (posters, brochures, web links etc.) will be displayed in municipal buildings and readily accessible	Display promotional materials in accessible location	Maintain a library of promotional materials which are accessible by each municipality and/or recreation program upon request

**Summary of Goal**

Triple P promotional materials are designed to ensure that the messaging around Triple P is consistent in all communities offering the program. The Working Group will maintain a library of promotional materials such as posters, brochures, etc. and will distribute these items to local municipalities and recreation programs as requested. Municipalities and recreation program executives will be responsible for ensuring that materials are displayed in common areas, accessible for citizens.

## DELIVERY\*

Goal	Municipality Responsibilities	Working Group Responsibilities
A minimum of one municipal designate/volunteer per municipality and recreation program is trained in the provision of Brief Primary Care (0-12 and teen) or Primary Care (0-12 and teen) Triple P to provide the support to families within their community	<p>Permit staff to attend Triple P training as well as the required accreditation</p> <p>Provide staff with time and space for delivery of the program with families</p>	<p>Coordinate registration for Triple P training</p> <p>Organize peer support days for trained practitioners</p>

### Summary of Goal

In order to ensure that families receive prompt Triple P services in time of need, workplaces are encouraged to train a minimum of one councilor/volunteer per municipality and recreation program in the provision of Brief Primary Care (0-12 and teen) or Primary Care (0-12 and teen).

**\*see Appendix A & B for further details**

## PARTNERSHIP

Goal	Municipality Responsibilities	Working Group Responsibilities
Municipalities and recreation program executives will be committed to continuing education and support for their community regarding Triple P programming and reporting	<p>Encourage and support Triple P trained members of City and Township Council &amp; recreation program executive to attend annual updates with the Triple P Liaison</p> <p>Participation in data collection, strategic planning, etc.</p>	<p>Providing data collection guidelines and analysis of data</p>

### Summary of Goal

An important aspect of the Triple P initiative is follow-up. This ensures that the program is being successfully implemented in the community and allows for assistance to be provided to practitioners and supporting agencies as needed. The municipalities and recreation program executive will be responsible for maintaining accurate information regarding the families who have been referred to and/or accessed Triple P, so that data collection surveys may be completed on a regular basis for the Working Group.

Strategic planning occurs on a regular basis to ensure that Triple P is meeting the needs of families within Leeds & Grenville. Municipalities and recreation program executives will be

encouraged to participate in strategic planning (whether via in-person meetings, teleconferences or electronic surveys).

The purpose of the annual updates in the workplace would be to obtain information surrounding the promotion and delivery of the Triple P program, as well as its successes and challenges. In addition to the manager, staff trained in the provision of Triple P and other key stakeholders would be encouraged to attend this meeting.

DRAFT

## Community Plan – Places of Worship

The goals of Triple P in places of worship are as follows:

### AWARENESS:

- Clergy/faith leader's will be aware of Triple P strategies and the program's benefits to families
- Clergy/faith leader's will be aware of the referral process for accessing Triple P in the community

### ACCESS:

- Triple P promotional materials (posters, brochures, web links etc.) would be displayed in the place of worship and readily accessible for families

### DELIVERY:

- A clergy/faith leader will be trained in the provision of Brief Primary Care (0-12 or teen) or Primary Care (0-12 or teen) to be a resource to families within the faith community
- The place of worship would consider hosting a Triple P seminar series for their congregation or assisting in the coordination of a seminar series held in conjunction with another community partner

### PARTNERSHIP:

- The place of worship will commit to continuing education and support for their faith community regarding Triple P programming and reporting

## BREAKDOWN OF GOALS AND RESPONSIBILITIES FOR PLACES OF WORSHIP

### AWARENESS

Goal	Place of Worship Responsibilities	Working Group Responsibilities
Clergy/faith leader will be aware of Triple P strategies and the program's benefits to families	Encourage and support all members of the congregation to attend a Triple P orientation/ awareness session	Provide support and information to the parish

### Summary of Goal

The Triple P orientation/awareness session is intended to provide staff with an overview and general understanding of the Triple P program, its goals, and referral processes. The session would focus on developing knowledge of the multi level system and its role in the faith community. The Triple P Working Group will be responsible for the session. The place of worship's role will be to provide physical space for the session and to encourage congregation members to attend.

Goal	Place of Worship Responsibilities	Working Group Responsibilities
Clergy/faith leader's will be aware of the referral process for accessing Triple P in the community	Use the tear-off referral pads to facilitate prompt referrals for families in need of services (*In addition to encouraging all members of the congregation to attend the orientation/awareness session)	Accept referrals  Act as liaison for referrals to outside community agencies offering various levels of Triple P  Maintain updated database of trained community Triple P practitioners

### Summary of Goal

The Triple P orientation/awareness session would also provide an understanding of the referral process and how to access the various levels of Triple P in the local community. This will assist staff in the event that the school is unable to provide the continued/ongoing support that a family may require. The Working Group has ensured that all available levels are accessible through the Health Action Line (1-800-660-5853) for individuals wishing to refer themselves or others.

Tear off referral pads have been designed in the form of a prescription type tear off. These pads will be distributed to places of worship to provide timely access to referral information to families who may be in need of parenting support.

### ACCESS

Goal	School Responsibilities	Working Group Responsibilities
Triple P promotional materials (posters, brochures, web links etc.) will be displayed in the place of worship and readily accessible for families	Display promotional materials in public areas of the parish	Maintain a library of promotional materials which are accessible by each school upon request

### Summary of Goal

Triple P promotional materials are designed to ensure that the messaging around Triple P is consistent in all communities offering the program. The Working Group will maintain a library of promotional materials such as posters, brochures, etc. and will distribute these items to local schools as requested. Places of worship will be responsible for ensuring that materials are displayed in areas most visible to families.

**DELIVERY\***

Goal(s)	Place of Worship Responsibilities	Working Group Responsibilities
<p>A clergy/faith leader will be trained in the provision of Brief Primary Care (0-12 or teen) or Primary Care (0-12 or teen) to be a resource to families within the faith community</p> <p>The place of worship will consider hosting a Triple P seminar series for their congregation or assisting in the coordination of a seminar series held in conjunction with another community partner</p>	<p>Permit clergy/faith leader to attend Triple P training as well as the required accreditation</p> <p>Provide time and space for delivery of the program with families</p> <p>Work with community partners to host seminars when availability permits.</p> <p>When the seminar is to be held at the place of worship:</p> <p>Provide physical location for seminar series</p> <p>Provide a parish representative to perform host duties</p> <p>Consider providing food and childcare for seminar sessions</p>	<p>Coordinate registration for Triple P training</p> <p>Organize peer support days for trained practitioners</p> <p>Provide the parish with guidelines for hosting seminars and provide a practitioner where availability permits</p>

**Summary of Goal**

In order to ensure that families receive prompt Triple P services in time of need, workplaces are encouraged to train their clergy/faith leader in the provision of Brief Primary Care (0-12 and teen) or Primary Care (0-12 and teen).

The parish is encouraged to contact the Triple P Facilitator if interested in partnering with the community to host a seminar series.

**\*see Appendix A & B for further details**

## PARTNERSHIP

Goal	Place of Worship Responsibilities	Working Group Responsibilities
The place of worship will be committed to continuing education and support for their faith community regarding Triple P programming and reporting	Encourage and support the trained clergy/faith leader to annual Triple P updates  Participation in data collection, strategic planning, etc.	Providing data collection guidelines and analysis of data

### Summary of Goal

An important aspect of the Triple P initiative is follow-up. This ensures that the program is being successfully implemented in the community and allows for assistance to be provided to practitioners and supporting agencies as needed. The parish will be responsible for maintaining accurate information regarding the families who have been referred to and/or accessed Triple P, so that data collection surveys may be completed on a regular basis for the Working Group.

Strategic planning occurs on a regular basis to ensure that Triple P is meeting the needs of families within Leeds & Grenville. Clergy/faith leaders will be encouraged to participate in strategic planning (whether via in-person meetings, teleconferences or electronic surveys).

The purpose of the annual updates in the workplace would be to obtain information surrounding the promotion and delivery of the Triple P program, as well as its successes and challenges. In addition to the manager, staff trained in the provision of Triple P and other key stakeholders would be encouraged to attend this meeting.

## Appendix A – Triple P Levels

The Triple P-Positive Parenting Program is a multi-level, preventively-oriented parenting and family support strategy developed at The University of Queensland in Brisbane, Australia. The program aims to prevent severe behavioural, emotional and developmental problems in children by enhancing the knowledge, skills and confidence of parents. It incorporates five levels of intervention on a tiered continuum of increasing strength for parents of children and adolescents from birth to age 16.(1) This program has been adopted by several Leeds and Grenville agencies under the umbrella of Every Kid in Our Communities.

### Triple P Levels

#### **Level 1 – Universal**

- The general population is targeted through a media-based strategy.

#### **Level 2 – Brief Parenting Advice**

- Seminars – Three 1 hr seminars providing general information to parents about promoting their child’s or teen’s development.
- Brief Primary Care - Parents or care givers with a specific concern about their child’s/teen’s behaviour, seeking an effective brief strategy. These parents often seek an opportunistic one-to-one brief consultation.

#### **Level 3 – Narrow Focus Parenting Skills Training**

- Primary Care Child and Teen - Parents or care givers with a specific concern about their child’s or teen’s behaviour who require one-to-one consultations and active skills training. These parents are often unable to commit to regular treatment over longer periods of time. Parents meet with a practitioner for several 20-30 min individual consultations over 1-2 months usually 4 sessions)
- Primary Care Stepping Stones - Parents or care givers of children with a disability (up to 12 years old) with a specific concern about their child’s behaviour who require one-to-one consultations and active skills training. Parents meet with a practitioner for several 20-30 min individual consultations over 1-2 months (usually 4 sessions)
- Primary Care Discussion Groups - Parents or care givers with a specific concern about their child’s behaviour who require a 2-hour group discussion.

#### **Level 4 – Broad Focus Parent Skills Training**

- Group - Parents or care givers of children or teens requiring intensive training in positive parenting or those who wish to learn a variety of parenting skills to apply to multiple contexts. These parents can commit to 8 weeks of regular appointments.

- Group Stepping Stones - Parents or care givers of children with a disability (up to 12 years of age) requiring intensive training in positive parenting or those who wish to learn a variety of parenting skills to apply to multiple contexts. These parents can commit to 9 weeks of regular appointments.
- Standard Child or Teen - Parents or care givers with concerns about their child's or teen's behaviour who require intensive training in positive parenting. These parents can commit to 10 weeks of regular appointments.
- Standard Stepping Stones - Parents or care givers of children with a disability (up to 12 years old) who have moderate to severe concerns about their child's behaviour and are able to commit to 2 months of regular appointments.

#### **Level 5 – Behavioural Family Intervention**

- Enhanced - Parents of children with concurrent child behaviour problems and family adjustment difficulties, e.g. parental depression or stress and partner conflict. These parents have attempted a Level 4 program and shown minimal improvements.
- Pathways - Parents who have anger management issues and other issues that put them at risk of child abuse and neglect.
- Group Lifestyle - Parents or care givers of overweight or obese children (5-10 years of age) who are concerned about their child's weight and are willing to make changes in their family's lifestyle. These parents can commit to up to 6 months of regular appointments.
- Family Transitions - Parents going through separation and divorce who have concurrent concerns about their child's behaviour.

## Appendix B – Triple P Training

[http://www.triplep.net/files/4413/6057/1876/The Triple P System.pdf](http://www.triplep.net/files/4413/6057/1876/The_Triple_P_System.pdf)

### What is Brief Primary Care Triple P?

*The Selected (Individual Support) Triple P parenting information strategy involves primary care professionals in regular contact with families having periodic discussions with parents about developmental and behavioural issues, and providing parents with information about how to cope with specific child-rearing issues. (Triple P website [www.triplep.net](http://www.triplep.net))*

### What is Primary Care Triple P?

*This level of intervention involves four 20-30 minute consultations with parents. Practical advice on managing a specific problem behaviour is provided, assisted by the use of parenting tip sheets and DVD resources. Primary Care interventions may also incorporate active skills training procedures such as behavioural rehearsal. This involves modelling and then coaching parents in the implementation of specific parenting strategies or routines using rehearsal, constructive feedback and goal setting. (Triple P website [www.triplep.net](http://www.triplep.net))*

Training sessions for Brief Primary Care and Primary Care Triple P are each two days in length with an additional half day required for accreditation. If sufficient need in the community exists, the Triple P working group will strive to hold a training session in the local area. Should this not be possible, the Triple P Facilitator will assist the staff member in registering for training sessions being held in other areas of the province where possible.

The community hosts peer support sessions for trained practitioners that support individuals to collaboratively discuss challenges and best practices of implementing Triple P. The trained practitioner(s) would be welcomed at any community support sessions he/she wishes to attend.

### What is Triple P Seminar Series?

The *Triple P Seminar Series* is a set of three 90 minute sessions which are designed to be delivered to groups of parents. The Seminar Series is delivered by trained Triple P practitioners with each of the three sessions having a focus topic. The topics of discussion are:

#### 0-12 seminar series:

- 1) The Power of Positive Parenting
- 2) Raising Confident, Competent Children
- 3) Raising Resilient Children

#### Teen seminar series:

- 1) Raising Responsible Teenagers
- 2) Raising Competent Teenagers
- 3) Getting Teenagers Connected

What is Level 4 Triple P Standard 0-12?

This level of interventions is for parents with concerns about their child's moderate to severe behavioural problem who require intensive training in positive parenting on a one-to-one basis. Parents are requested to commit to 10 - 1 hour weekly sessions. Three days training and 2 days of accreditation (four ½ day accreditation workshops with maximum 5 participants each) is required.

Additional Information

The Triple P Facilitator /Working Group would be responsible for providing a trained practitioner to deliver the seminar series where availability permits. If the seminar was to be held at a community venue the host community partner would be responsible for providing the physical space for the seminars as well as a staff/representative individual to host the event (unlocking building, assisting with housekeeping items, etc.). Community partners are also encouraged to provide snacks and childcare for parents in attendance at the seminar series.

Community partners may choose to train a staff/volunteer in the delivery of the Level 2 seminar series. This would ensure the community has access to seminars on a regular, as-needed basis. Should the community partner choose to utilize other community Triple P practitioners for the delivery of the seminars, scheduling will be based on practitioner availability.