



Every Kid In Our Communities
c/o Leeds Grenville & Lanark District Health Unit
458 Laurier Blvd
Brockville, ON K6V 7A3
Phone: 1-800-660-5853
Fax: 613-345-4687

February 25, 2014

Dear Community Partner,

Re: Teen Triple P training opportunities

Within the teen Triple P portfolio there are a wide variety of opportunities to support parents in Leeds and Grenville who are actively parenting teenagers. The teenager years present a new chapter in the dynamics of the parent-child relationship and also new concerns regarding the exposure to high-risk behaviours. Positive parenting utilizes encouragement, attention, and good communication as the foundation for raising resilient, confident, and competent teenagers as they transition into adulthood. Positive parenting is a strength-based approach to address or mitigate high risk behaviours during the teenage years including sexual relationships, alcohol and drug use.

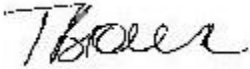
The Triple P system is a multi-tiered approach in order to offer the right amount of support to parents in a timely manner. The goal of Triple P is to empower parents with knowledge, skills and confidence that can strengthen their satisfaction as parents and support a loving relationship with their child.

- Level 1 – is universal for all parents. It includes print, radio, TV and social media, self-help resources and the TriplePOntario.ca website with information on a wide variety of parenting challenges. All agencies can participate in level 1. A brief 10-15 presentation on Triple P awareness and access is all staff members would require.
- Level 2 – is foundational parenting support. It includes either a seminar series on the power of positive parenting or brief intervention (10-15 minute discussion regarding a single behaviour or concern). Both options require separate Triple P training.
- Level 3 – is for parents with mild behavioural concerns. Parents commit to 4 sessions with a practitioner or single topic discussion groups can be offered. Level 3 Primary Care Teen training is required as prerequisite for training in level 3 discussion groups or level 2 seminars. Client management system would be required for the agency.
- Level 4 – is for parents with moderate behavioural concerns. It includes a broad range of parenting strategies over 10 sessions. Level 4 training can also be a prerequisite for level 2 seminar training. A client management process would be required for the agency.
- Level 5 – is for parents with severe behavioural concerns and challenging family dynamics (separation or divorce, families at risk for child abuse or neglect, healthy lifestyle issues – obesity). Parents typically complete Triple P level 4 prior to engaging in Level 5 intervention. Client management would be required for the agency.

Depending on the type of parenting support your agency would like to provide to the parents in your community investment in Triple P training costs can vary. For example, in order for a staff member to deliver level 2 seminars they also need to be trained in level 3 or 4 (total approximate registration cost \$2500 + travel and meals). The Triple P working group has allocated community funds (\$12,000) to help decrease the barriers related to Triple P training for local community service providers. Any in-kind contribution in effort to stretch our limited training budget will greatly impact the diversity in the Triple P services we can provide as community coalition.

If you have any further questions regarding Triple P training please contact me at 613-345-5685 or at tanis.brown@healthunit.org.

Sincerely,

A handwritten signature in black ink, appearing to read "Tanis Brown". The signature is written in a cursive, flowing style.

Tanis Brown, RN
Triple P Facilitator