



Group Triple P

What is Group Triple P?

Group Triple P is a broad-based parenting intervention delivered over eight weeks for parents of children ages 0-12 years old who are interested in learning a variety of parenting skills. Parents may be interested in promoting their child's development or they may have concerns about their child's behavioural problems. The program involves four group sessions (each session is 2 hours) of up to 12 parents. Parents actively participate in a range of exercises to learn about the causes of challenging child behaviour, setting specific goals, and using strategies to promote child development, manage misbehavior and plan for high-risk situations. Then, there are three (30 minute) individual telephone consultations to assist parents with independent problem solving while they are practicing the skills they have learned at home. The group then re-convenes to review progress, discuss maintenance and generalization issues and complete final assessments.

Who is it for?

Parents or caregivers who benefit from Group Triple P are those who have concerns about their child's mild to moderate level of behavioral problems or simply wish to prevent behaviour problems from developing. Parents who have completed lower-level interventions and have not achieved the goals they want, may benefit from a Group Triple P intervention. They usually want to learn a variety of parenting skills to apply to multiple contexts. Parents need to be able to commit to all eight sessions.

What is covered in the sessions with parents?

Session 1: Positive parenting. This session provides parents with an introduction to what is "positive parenting", why children behave as they do and how to set goals for change. Parents are to submit their completed assessment booklet prior to the first session.

Session 2: Helping children develop. During this session the facilitators discuss how to develop good relationships with children, how to encourage good behaviour and the strategies for how parents can teach their children new skills and behaviours.

Session 3: Managing misbehavior. The facilitators offer additional strategies to assist parents with managing misbehavior. Parents will also learn to develop parenting routines to promote compliance and manage non-compliance from their children. They have an opportunity to rehearse these new routines during the session.

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Session 4: *Planning ahead.* This session covers family survival tips, identifying high risk situations that still cause concern, how to develop planning ahead routines to promote positive child behaviour in high risk situations (e.g., shopping, learning how to take turns, fighting with siblings, getting ready for school). Parents also prepare for their telephone consultation during this session.

Sessions 5, 6 & 7: *Using positive parenting strategies.* During the telephone consultation the facilitator provides feedback from the initial assessment booklet the family completed and then uses the self-regulatory feedback model to help parents review and implement their parenting routines. From this, parents set goals for further refinement of their skills, if needed.

Session 8: *Program close.* Parents return for a final group session to review progress, look at ways to maintain changes and plan for the future, and to close the program. Post-group assessment booklets are completed during this session and a certificate is provided to each participant who completed all eight sessions.

What resources do parents receive?

Each family receives a copy of “Every Parent’s Group Workbook.” This workbook provides them with the content of all sessions, space to complete written exercises and an outline of all homework tasks.

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Triple P Information for YHSSA Practitioners

Registration: A formal referral is NOT required. If you are working with a client who you think may be interested please pass along the parent letter (page 5) to them. Once the individual or couple has decided that they are interested in participating they can contact Laura McLeod at 873-7131 or at laura_mcleod@gov.nt.ca to register.

During the registration phone call an assessment appointment will be scheduled to complete the initial assessment booklet (this usually takes about 45 minutes and it can be done anytime between 8:30-5pm but must be completed before the first group meeting). Co-facilitators Rochelle and Laura meet with participants at the office to help fill out the forms and answer any questions they might have.

When: Tuesdays from 1-3pm (see detailed schedule below)

Tuesday September 22, 1-3pm @ Jan Stirling

Tuesday September 29, 1-3pm @ JS

Tuesday October 6, 1-3pm @ JS

Tuesday October 13, 1-3pm @ JS

Week of October 19-23: Phone call (time TBD with each participant)

Week of October 26-30: Phone call (time TBD with each participant)

Week of November 2-6: Phone call (time TBD with each participant)

Tuesday November 10, 1-3pm @ JS

Who: Any parent of a child between the ages of 0-12 years (or a parent expecting a child).

How many participants per group? We accept 12 participants. Others who contact Laura to register are placed on a waitlist and will be the first people contacted when the next group begins (January 2016).

Where: 2nd Floor Boardroom in the Jan Stirling Building (participants are met at the door and we post signs to identify this location).

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Childcare: Childcare is provided on site during the group meetings at no cost to participants. We use the family playroom in the Child & Family Services office. A 3rd year Social Work student from the Aurora College provides childcare.

Materials: Each participant receives a Triple P workbook at no cost. Some photocopied worksheets are also provided (homework). Participants are provided with name cards and pens/pencils as needed.

Transportation: Taxi vouchers or bus tickets can be provided if transportation is a barrier for accessing this program.

Refreshments: Light refreshments are provided during the break during weeks 1-4 and 8.

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Dear Parents,

The Yellowknife Health and Social Services Authority is now offering a program that may be of interest to you. Group Triple P (Positive Parenting Program) is designed for parents or caregivers of children ages 0-12. This program will offer you simple and practical strategies to help you confidently manage your child's behaviour, prevent problems from developing in the future, and help you to build strong and healthy relationships with your children.

The program will run every Tuesday starting September 22, 2015 until November 10, 2015. The first four weeks of sessions will be held in 2nd Floor Jan Stirling Boardroom, and will run from 1:00 to 3:00pm.

The following three weeks (October 20, October 27 and November 3) will be dedicated to a phone call follow-up with the group facilitators where individual support will be provided to you and your family and to discuss how best to implement the strategies you have learned.

The final session will be on Tuesday November 10, 2015 and will be held in the 2nd Floor Jan Stirling Boardroom from 1:00 to 3:00pm.

The registration deadline is Friday September 18, 2015. You can register by contacting Laura McLeod at 873-7131. To be eligible for registration you must be able to commit to all 8 weeks of the workshop, special circumstances excluded.

Please note that if transportation or childcare will be a barrier for you to attend this workshop, please contact Laura to inquire about ways that we can assist with this.

Please feel free to contact us should you have any questions or to request more information.

Sincerely,

Rochelle Horvat
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