



MAKING THE MOST OF TRIPLE P: PREPARING FOR TRAINING

PRACTITIONER'S NAME:

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APPROVAL

Please review and complete this document with your manager. Please sign below to indicate that this document has been reviewed and completed with your Manager / Supervisor / Principal.

Signature of Line Manager / Supervisor / Principal: _____

Date: _____

Supervisor's Name: _____

Supervisor's Position: _____

Practitioners Name: _____

Signature of Practitioner: _____

Date: _____



OVERVIEW

The idea of being trained to deliver the Triple P – Positive Parenting Program® is pretty exciting. After all, it's one of the world's best-known parenting programs and the one backed up by the most comprehensive evidence base.

For you and your organization to make the most of this opportunity, your preparation and our support go hand in hand. To successfully and sustainably deliver Triple P it's important to first establish that it will:

- Meet your needs (and the needs of your organization).
- Be a good fit with and build on your skills and expertise.
- Reach the families who'd like support.
- Be planned and delivered properly.
- Be delivered as part of your everyday practice.

Based on our experiences of working with different providers and organizations across a number of different sectors and countries, we've put together some information to help you work out how you and your organization can achieve this.

By taking some time now to assess your current skills and resources, as well as plan how your workplace will deliver Triple P, you can make the most of your Triple P Training.

CREATING REAL COMMUNITY CHANGE LESSONS FROM IMPLEMENTATION SCIENCE

To create real and lasting changes in communities and improve families' lives, research shows the need to:

- Have the program delivered by skilled and committed providers.
- Know the target population.
- Use an intervention that's backed by a strong theoretical base and evidence of effectiveness in the community.
- Understand the context where program delivery will occur.
- Stay true to the program and process (fidelity) while adapting to suit your clients' needs.
- Deliver in a suitable environment.
- Gather and utilise data.
- Use information to build continuous improvement.

THE TRIPLE P IMPLEMENTATION FRAMEWORK

To help you plan and organize successful delivery, we've created a framework using some principles from within Triple P itself:

- Self-regulation (to promote autonomy and continuous learning).
- Minimal sufficiency (providing just enough support — not too much, not too little).

The Triple P Implementation Framework has five interrelated phases:

- **Engagement** — Getting to know how the Triple P System can best meet the needs of the families you work with and fit with your prior learning and skills.
- **Commitment and Contracting** — Setting the goals and outcomes you'd like to achieve through delivering Triple P. This includes identifying appropriate training and what support you'll need for your service delivery planning.
- **Implementation Planning** — Developing an effective implementation plan, addressing key elements such as adequate preparation, program delivery, peer support and supervision, and data collection.
- **Training and Accreditation** — Completing the training and accreditation process.
- **Implementation and Maintenance** — Delivering the program to families; continuing to develop your skills and experience; participating in peer support and/or supervision; and gathering data to monitor outcomes.



WHAT ARE THE KEYS TO SUCCESSFUL TRIPLE P DELIVERY?

The success of Triple P within your community depends on two key factors:

IMPLEMENTATION (PUTTING EVERYTHING PROPERLY IN PLACE)

This covers the nuts and bolts of what you'll need in place to deliver Triple P so that you can effectively meet your community's and clients' needs, and monitor your progress and performance.

HAVE YOU THOUGHT ABOUT...?

- Is everyone "on board" with delivering Triple P?
- When and where will you deliver Triple P sessions? (For example, during business hours or on weekends?; at your office or at other venues such as schools, libraries or sports clubs?; will there be childcare?)
- Do you have an ongoing communications strategy to promote Triple P to families?
- How might you adapt your program delivery to match each client's needs (while still maintaining the integrity of the program)?
- How will you collect accurate data based on clinical assessments and use it for outcome reporting?
- Will you develop and maintain coordinated referral pathways for those families who need it?
- Do you have a plan to continue to access support (either through PASS — Peer-Assisted Support & Supervision — or through Triple P International)?

DELIVERING SUSTAINABLY (KEEP GOING, KEEP IMPROVING)

This covers how you'll contribute to meeting your local community's needs, fit in with existing services and programs, provide for ongoing training and resources, and build local partnerships.

HAVE YOU THOUGHT ABOUT...?

- How does Triple P fit with the other local family support systems who work with the families you work with?
- Does Triple P meet community needs that are currently not being met?
- Does Triple P fit with local/regional government policies and initiatives?
- Can partnerships be built and supported in your community with others who provide services to families or have families as their clients/customers?
- Can you increase access for parents (i.e. take a population health approach to increase community capacity: delivering a wider range of programs, engaging other sectors etc.)?



STATEMENT OF RELEVANCE

Complete the sections below stating your intention to use this training in your employment and your commitment to program implementation.

How do you intend to use this training in your employment?

How many consultations/groups/seminars do you plan on delivering in the first 6 months following the completion of your Triple P Training?

When will you run your first consultation/group/seminar?

Where will you run your first consultation/group/seminar?

Prior to accreditation and to support your ongoing service provision, it is recommended that you have opportunity to practice implementing Triple P, e.g. through role plays or co-facilitating with a more experienced Triple P provider. Please indicate how you will achieve this recommendation.



BEFORE YOU PARTICIPATE IN TRAINING — CAPACITY CHECKLISTS

The three checklists on the following pages will help you consider your and your workplace's:

- Resources and strengths.
- Service and delivery process.
- Ability to monitor results and make improvements.

Within organizations, we recommend that individual providers and their managers work through these checklists together. This helps to ensure providers are supported and managers can make decisions about using Triple P sustainably.

After completing these checklists, you'll have a better understanding of your current capacity and areas of strength. You'll also know where you need more information, support, and development to achieve the best results.

Which Triple P programmes will you deliver or support?

0-12 YEARS	TEEN	STEPPING STONES	ADJUNCTIVE SUPPORT
<input type="checkbox"/> Selected Seminars	<input type="checkbox"/> Selected Seminars Teen	<input type="checkbox"/> Primary Care Stepping Stones	<input type="checkbox"/> Enhanced
<input type="checkbox"/> Primary Care	<input type="checkbox"/> Primary Care Teen	<input type="checkbox"/> Group Stepping Stones	<input type="checkbox"/> Pathways
<input type="checkbox"/> Discussion Groups	<input type="checkbox"/> Group Teen	<input type="checkbox"/> Standard Stepping Stones	<input type="checkbox"/> Family Transitions
<input type="checkbox"/> Group	<input type="checkbox"/> Standard Teen		<input type="checkbox"/> Lifestyle
<input type="checkbox"/> Standard	<input type="checkbox"/> Triple P Online Teen		
<input type="checkbox"/> Triple P Online			



SELF-ASSESSMENT CHECKLIST (A): RESOURCES/STRENGTHS

RESOURCES/STRENGTHS	YES/ IN PLACE	NO/NEEDS WORK	NEED MORE INFORMATION (INDIVIDUAL)	IF APPLICABLE: NEED MORE INFORMATION (AGENCY MANAGER)
Any previous Triple P training?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Know enough about the Triple P System to make an informed decision about adopting it?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Your organization leader/manager has endorsed the delivery of Triple P?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
You/your organization have community and delivery partners you'll work with to deliver Triple P?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Know the target population for your Triple P service delivery / Is this supported by your organization?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Have defined outcomes you want to achieve? / Is this plan supported by your organization?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Know which Triple P programs will best meet the needs of the target population? / Is this plan supported by your organization?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Understand what's required for you to train and become accredited in this/these level(s) of Triple P? / Does your organization understand and support this?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Know what resources are needed to deliver the program to parents? / Your organization is aware of this?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Have access to supervision around your Triple P delivery?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Have or can you create a peer group for supervision and support?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
TO BE COMPLETED WITH YOUR MANAGER/SUPERVISOR/PRINCIPAL, PLEASE CONFIRM:				
This training is relevant to your position?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
You will be supported to deliver Triple P?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
You will be provided opportunity to practice Triple P in the workplace prior to attending accreditation and ongoing through regular peer support sessions?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Have reviewed the Triple P Decision Trees and Course Summaries to determine the appropriate program?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
You have discussed your plan for implementing Triple P, including any barriers for delivery and how these can be addressed?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

SELF-ASSESSMENT CHECKLIST (B): SERVICE DELIVERY

SERVICE/DELIVERY AREA	YES/ IN PLACE	NO/NEEDS WORK	NEED MORE INFORMATION (INDIVIDUAL)	IF APPLICABLE: NEED MORE INFORMATION (AGENCY/MANAGER)
Aware of accreditation process 6–8 weeks after the initial training?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Understand any service delivery expectations related to your training, if applicable?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Have a plan to recruit and engage families to attend Triple P programs?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Have a plan to start service delivery?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
INTAKE/ADMISSION PROCEDURES (RECOMMENDED MINIMUM FOR TRIPLE P PROGRAMS)				
Screening families/Triage system?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Inclusion/Exclusion criteria?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
DELIVERY PROCEDURES (RECOMMENDED MINIMUM FOR TRIPLE P PROGRAMS)				
Coordinating referrals?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Allocating resources?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Planning & distributing resources?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Billing & claiming (if applicable)?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
OTHER CONSIDERATIONS (WHERE APPLICABLE)				
Particular challenges to Triple P delivery in your community/organization?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Outreach strategies?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cultural considerations?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Strategies for delivery to specific/complex populations?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Strategies for delivery when translated resources aren't available?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Technology (access to Internet/DVD)?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

SELF-ASSESSMENT CHECKLIST (C): MEASURING OUTCOMES

DO YOU HAVE AN ESTABLISHED SYSTEM FOR THE FOLLOWING:	YES/ IN PLACE	NO/NEEDS WORK	NEED MORE INFORMATION (INDIVIDUAL)	IF APPLICABLE: NEED MORE INFORMATION (AGENCY/MANAGER)
UNDERSTANDING WHAT OUTCOMES CAN BE ACHIEVED BY USING TRIPLE P PROGRAMS				
Evaluating programs / program effectiveness?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Selecting clinical measurements?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Collecting data?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Reporting on data?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Analysing data reports?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Quality assurance?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Monitoring program fidelity?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Documenting lessons learned?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

For areas where you've identified that you need more information/support, please contact your local Triple P office.

You can also refer to the Triple P Organization Site: www.triplep.net or your local/regional Triple P peer support group.

ONGOING SUPPORT & BEST PRACTICE

Once you are trained in Triple P, you can make use of online support and our best practice delivery checklist. We've incorporated ideas that have proven useful to other providers and organizations. These resource can help you to:

- Achieve faster and more effective transition from training to service delivery
- Monitor progress and effectiveness.

THE TRIPLE P PROVIDER SITE

On completion of training, you will gain access to the Triple P Provider site. This site, gives you access to tools, support and materials to help you successfully implement Triple P, including:

- **Support for Accreditation**
You'll find guidelines on how to prepare for accreditation assessments (including via video). The site also has more information about other levels in the Triple P System.
- **Implementation tools**
There are the Clinical Tools for the level(s) of Triple P you're trained in, Promotional Resources to download and to order, and FAQs for specific implementation issues relating to your level of Triple P.
- **Public Awareness**
There is a Promote Your Location tool to add your details and what levels of Triple P you deliver to a map on the Parent Site (www.triplep-parenting.net). This helps parents in your area find you. (Only available in selected regions.)
- **Peer Support**
Read more information about PASS (Peer-Assisted Supervision and Support).
- **Expert advice available anytime**
View a collection of Professor Matt Sanders' VLOGs (video blogs): a treasure trove of answers to questions submitted by Triple P providers from around the world.

ASRA SITE

Triple P's Automatic Scoring and Reporting Application (ASRA) is a provider-access-only, web-based application that lets you electronically enter, score and report on data you collect when working with families. You can analyse individual cases, provider outcomes and effectiveness across whole districts or specific client demographics. You can also compare outcomes by interventions to help you allocate resources and report to funding bodies.

THE TRIPLE P SITE

- **Open Enrolment Calendar**
If you'd like to train in additional levels of Triple P, the calendar of scheduled training in your region is on the Triple P Site: www.triplep.net



TRIPLE P DELIVERY BEST PRACTICE CHECKLIST

Once you've completed training and have started delivering Triple P, the following checklist can help you monitor and improve your effectiveness.

CAPACITIES AND RESOURCES	YES, THIS IS IN PLACE	I NEED SOME EXTRA SUPPORT
Have you read the Getting Started Guide for the level of Triple P you've just trained in? (Only available in selected regions.)	<input type="checkbox"/>	<input type="checkbox"/>
Have you logged on to the Triple P Provider Site?	<input type="checkbox"/>	<input type="checkbox"/>
Have you started preparing for accreditation? (Refer to the Provider Site)	<input type="checkbox"/>	<input type="checkbox"/>
Have you begun delivery of Triple P within 4 weeks of training?	<input type="checkbox"/>	<input type="checkbox"/>
Can a PASS (Peer-Assisted Supervision and Support) session be set up?	<input type="checkbox"/>	<input type="checkbox"/>
Have you attended a PASS session?	<input type="checkbox"/>	<input type="checkbox"/>
Have you begun to collect outcome data?	<input type="checkbox"/>	<input type="checkbox"/>
Have you reviewed and (if necessary) revised your implementation plan? (Consider service delivery targets, administration support, program delivery resources)	<input type="checkbox"/>	<input type="checkbox"/>
Have you reviewed outcome data against the targets in your implementation plan?	<input type="checkbox"/>	<input type="checkbox"/>