Stepping Stones Triple P (SSTP) Level 4

TARGET AUDIENCE
This program is delivered to parents with children who are 0 to 12 years old with disabilities and is intended to impact parents and their children.

SUMMARY
The Stepping Stones Triple P (SSTP) Level 4 program, a community-based, parent intervention, is designed to impart healthy parenting skills by helping parents recognize and understand their child's developmental and behavioral problems and address these difficulties through enhancing parents' knowledge, abilities, and self-esteem.

EVIDENCE
Six-month and 1-year follow-up results from several randomized controlled trials have demonstrated significant decreases in dysfunctional parenting practices and child misbehaviors (i.e., child's noncompliance and oppositional behaviors) when compared to wait-list control groups and care as usual groups.

COMPONENTS
SSTP Level 4 can be delivered in two different formats:

Group Stepping Stones Triple P is delivered to parents through group sessions, which teach parents the principles of positive parenting and how to monitor their child's behavior. Strategies that are addressed include developing positive relationships, encouraging desirable behavior, managing misbehavior, and planning for high-risk situations. Content is taught through video demonstrations, skill practice, and positive feedback on the utilization of skills taught. Additionally, three individual telephone consultations are provided to help facilitate independent problem-solving.

Standard Stepping Stones Triple P consists of 10 individual sessions, which cover strategies that encourage children's development and teach misbehavior management. Parents watch video demonstrations on positive parenting skills, self-select goals and strategies to practice, and receive positive feedback on skills used in the clinic and at home. Parents learn to identify high-risk situations and use a seven-step planned activity training routine to enhance generalization and maintenance.

PREVIOUS USE
Triple P was created in Australia in 1977 and has been implemented in 25 countries around the world. No specific previous use information was available for SSTP Level 4.
Stepping Stones Triple P (SSTP) Level 4

**TRAINING**

Practitioners deliver this program, and mandatory SSTP provider training is offered to practitioners in two parts. Part one consists of a 3-day training that focuses on delivery and implementation of the program. Part two involves a 1.5-day, skills-based accreditation process in which practitioners must demonstrate their understanding and familiarity through role-play based competencies and a multiple choice quiz.

**CONSIDERATIONS**

Considerations for implementing this program include recruiting participants and acquiring their buy-in, securing facilitators, finding space to hold program sessions, and providing child care.

The Clearinghouse can help address these considerations. Please call 1-877-382-9185 or email Clearinghouse@psu.edu

**IMPLEMENTATION**

If you are interested in implementing SSTP Level 4, the Clearinghouse is interested in helping you!
Please call 1-877-382-9185 or email Clearinghouse@psu.edu

**TIME**
For the Standard SSTP format, 10 regular sessions last 60 minutes each. For the Group SSTP format, six 2 1/2-hour sessions are offered over 9 weeks.

**COST**
Implementation costs could not be located.

**EVALUATION PLAN**

To move SSTP Level 4 to the Effective category on the Clearinghouse Continuum of Evidence at least one external evaluation must be conducted that demonstrates sustained, positive outcomes. This study must be conducted independently of the program developer.

The Clearinghouse can help you develop an evaluation plan to ensure the program components are meeting your goals. Please call 1-877-382-9185 or email Clearinghouse@psu.edu

**CONTACT**

Contact the Clearinghouse with any questions regarding this program.
Phone: 1-877-382-9185 Email: Clearinghouse@psu.edu

You may also contact Triple P America by mail 1201 Lincoln Street, Suite 201, Columbia, South Carolina 29201, phone 1-803-451-2278, email contact.us@triplep.netby, or visit www.triplep.net/glo-en/contact/

**SOURCE**

http://legacy.nreppadmin.net/ViewIntervention.aspx?id=1 and www.triplep-america.com

www.militaryfamilies.psu.edu