TARGET AUDIENCE
This program is delivered to parents with children, 0 to 16 years old, who have developed or are at risk of developing behavior problems and is intended to impact parents and their children.

SUMMARY
Triple P – Positive Parenting Program Level 4 is the fourth level of the Triple P intervention system. Level 4 is a program that is designed to prevent and treat behavioral, emotional, and developmental problems, such as aggressive or oppositional behavior, in children and adolescents by teaching parents positive parenting skills.

EVIDENCE
Results from multiple randomized controlled trials of the various program formats demonstrate significant positive results for child behaviors and for parenting; although, results are generally greater for mothers than for fathers. However, results from an external replication of the Group format found no positive results of Triple P when compared to a control group. In addition, although an evaluation of the Self-Directed format of Teen Triple P has demonstrated significant positive results, the longest follow-up was conducted at 3-months post-intervention.

COMPONENTS
This program can be delivered in various formats:

Standard or Standard Teen Triple P consists of 10 individual sessions that discuss child behavior problems and strategies for promoting healthy child development and managing behavior problems. Modeling, rehearsal, self-evaluation, homework tasks, and video segments are used to teach positive parenting skills. Parents participate in practice sessions, set goals, are observed while interacting with their child, and self-evaluate their progress.

Group Triple P or Group Teen Triple P consists of five group sessions with 10 to 12 parents and three follow-up consultations. Parents observe video segments that demonstrate positive parenting skills, practice skills in small groups, receive positive feedback, and set homework goals to reinforce the skills learned. After completion of the first four group sessions, three follow-up telephone sessions are provided to offer added support and guidance. The last group session includes review, maintenance, and closure.

Self-Directed Triple P consists of a parent's self-help workbook that guides parents through a 10-week program. Every session includes a series of readings and recommended homework tasks for parents to complete. Weekly telephone consults are also offered to parents who need additional guidance and support with program materials. The telephone consults are utilized to keep parents motivated and engaged and can guide parents to the sections of the workbook that address the needs of their family.

Triple P Online consists of eight web-based sessions that assist parents through 17 core parenting skills. This format is based on Standard Triple P and includes short message service or email reminders of goals and strategies learned in sessions.

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 Triple P – Positive Parenting Program Level 4.
**Triple P - Positive Parenting Program Level 4**

**TRAINING**
A mandatory Level 4 Triple P Provider Training Course 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 skills-based accreditation process where practitioners must demonstrate their understanding and familiarity through role-play based competencies and a multiple choice quiz. Practitioners must have at least a bachelor's degree in order to take the training. Training and support for up to 20 practitioners costs $28,240 for Standard Triple P, $29,230 for Standard Teen Triple P, $27,360 for Group Triple P, and $28,240 for Group Teen Triple P.

**CONSIDERATIONS**
Considerations for implementing this program include securing and retaining qualified facilitators, obtaining funds for training and program costs, acquiring participant buy-in, and attaining program space.

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 Triple P – Positive Parenting Program Level 4, the Clearinghouse is interested in helping you! Please call 1-877-382-9185 or email Clearinghouse@psu.edu

**TIME**
For the Standard Triple P format, regular sessions last 60 minutes, and practice sessions last 40 minutes. Four 2-hour sessions are offered for the Group Triple P and Group Teen Triple P formats. The Self-Directed Triple P format is self-paced but is intended to be delivered in 10 weeks. Phone consults last 15 to 20 minutes.

**COST**
Standard Triple P costs $14,300; Standard Teen Triple P costs $15,675; Group Triple P costs $13,860; Group Teen Triple P costs $15,180. Costs include implementation resources for 1 year.

**EVALUATION PLAN**
To move the Triple P – Positive Parenting Program Level 4 program 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.net, or visit www.triplep.net/glo-en/contact/

**SOURCE**
www.triplep.net/glo-en/home/ and http://legacy.nreppadmin.net/ViewIntervention.aspx?id=1

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