TARGET AUDIENCE

This program is delivered to parents who are experiencing family dysfunction and who have children 0 to 16 years old with behavior problems and is intended to impact parents and their children.

SUMMARY

Triple P - Positive Parenting Program Level 5 is the highest level of the Triple P intervention system. Level 5 is an intensive family intervention program that is designed to treat severe behavioral, emotional, and developmental problems in children and adolescents and parental concerns, such as depression, stress, and partner conflict, by teaching parents partner-communication, mood-management, and stress-coping skills.

EVIDENCE

In multiple randomized control trials, findings demonstrated that parents participating in Level 5 of the Triple P program were found to have significantly lower levels of parent-reported child-behavior problems, higher levels of parental competence, and lower levels of dysfunctional parenting when compared to a wait-list control group. Significantly lower levels of observed negative child behavior have also been found among participants in the program. However, participation in Level 5 showed no additional benefit beyond participation in Level 4.

COMPONENTS

This program can be delivered in two ways: Enhanced Triple P for parents who experience partner conflict, stress, or mental health problems or Pathways Triple P* for parents at risk of child maltreatment. Parents always participate in a Level 4 Triple P intervention (e.g., Standard Triple P or Group Triple P) in conjunction with the Level 5 modules. The first session consists of reviewing parent progress, setting family goals, and developing a treatment plan. After completion of the first session, three enhanced individual therapy modules are available to parents:

The Practice Module includes three sessions and provides parents with practice and feedback on their use of the parenting skills and strategies presented in Level 4 Triple P. The practice module uses a self-directed approach that allows parents to set goals, evaluate their own performance, and choose their homework tasks.

The Coping Skills Module was developed for parents with personal adjustment issues, such as depression, anxiety, anger, or stress. The module includes three sessions that assist parents in recognizing dysfunctional thinking patterns and teach parents personal coping skills.

The Partner Support Module is for two-parent families who are experiencing relationship adjustment and communication problems. The module includes three sessions that focus on multiple strategies that encourage parent partnership, such as increasing communication, problem-solving, and offering support. After completion of these modules, a final session is offered to parents that examines ways to improve parents’ self-management skills and decrease parents’ dependence on the clinician.

* A separate fact sheet is available for this program.

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 located for Triple P - Positive Parenting Program Level 5.
Triple P - Positive Parenting Program Level 5

TRAINING
Professional practitioners facilitate this program, and a Level 5 Triple P Provider Training Course is offered in two parts. Part one consists of a 2-day training that focuses on parent risk factors associated with child maltreatment. Part two consists of a skills-based accreditation process where practitioners must demonstrate their understanding and familiarity through role-play based competencies and a multiple-choice quiz. Before practitioners can participate in the Level 5 Training Course, they must have participated in a Level 4 training course. For additional information on training, training costs, and general support, please contact the developer using details in the Contact section.

CONSIDERATIONS
Considerations for implementing this program include securing and retaining qualified facilitators, understanding funds could be needed to cover 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 5, the Clearinghouse is interested in helping you! Please call 1-877-382-9185 or email Clearinghouse@psu.edu

TIME
Each module consists of three sessions that last 90 minutes each. The sessions conducted in the practice module are 40 minutes.

COST
Please contact the developer using details in the Contact section for information on implementation costs.

EVALUATION PLAN
To move Triple P - Positive Parenting Program Level 5 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, SC 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

www.militaryfamilies.psu.edu

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