

Triple P AZ: Proof of Positive Parenting

23rd Arizona Child Abuse Prevention Conference
July 25, 2017

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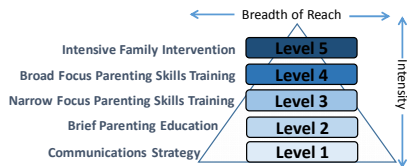
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Implementation Consultant, Triple P America



Triple P – Positive Parenting Program

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- Triple P is an evidence-based multi-tiered system for improving parenting practices, family well-being, and children's social and emotional well-being.



3 What does Triple P DO for Families?

- > Decreases parental stress
- > Decreases parental anxiety
- > Decreases parental depression
- > Decreases child behavior problems
- > Improves parenting competencies
- > Improves family communication skills
- > Improves family relationships

Prevent Child Abuse Arizona 

4 What does Triple P DO for Communities?

- > Decreases rates of child maltreatment
- > Decreases out-of-home placements
- > Decreases child injuries due to child abuse or neglect



Triple P AZ – Calendar Years 2015-2016*

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Triple P data contributed by:

- Cradle 2 Crayons
- Casa de los Niños
- Devereux
- Jewish Family & Children's Services
- Lutheran Social Services of the Southwest
- Maricopa County Department of Public Health
- Phoenix Children's Hospital
- West Valley Child Crisis Center
- West Yavapai Guidance Clinic

*Triple P service provision began in Fall 2015. Individual family-level data, including pre/post outcomes using standardized questionnaires, were collected only for the Level 4 interventions. Funding for statewide coordination and evaluation, as well as training in Level 4 Standard and Level 4 Group interventions, was generously provided through a Steele Foundation Triple P Capacity-Building Grant to Prevent Child Abuse Arizona.

Prevent Child Abuse Arizona  

Triple P AZ Service Delivery

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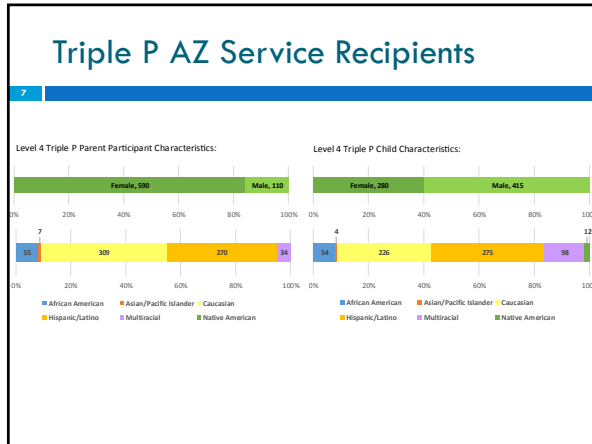
Language of Triple P Service:

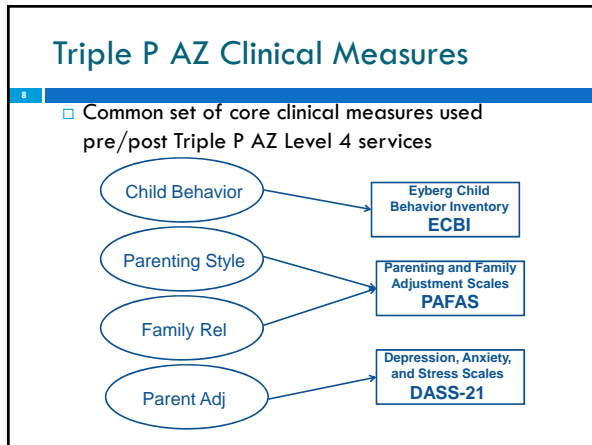
- English 84%
- Spanish 16%

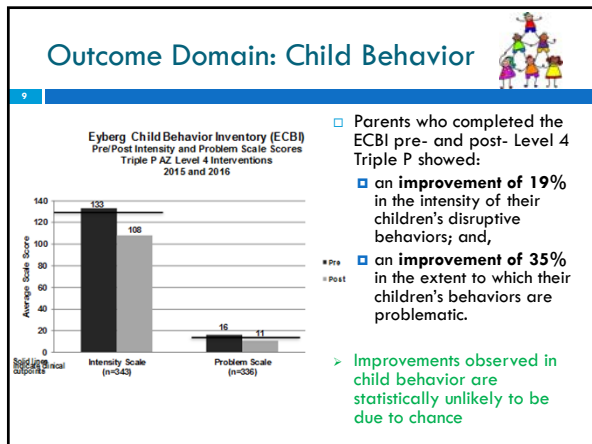
> 911 Arizona parents participated in Triple P Positive Parenting education, support, and intervention services in 2015 and 2016.*

> 91% of the 728 parents who participated in Level 4 Triple P services reside in Maricopa County.

*Service provision began in Fall 2015





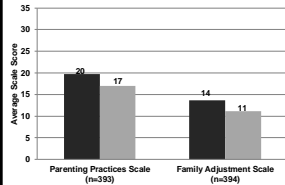


Outcome Domains: Parenting Style and Family Relationships



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Parenting and Family Adjustment Scales (PAFAS)
Pre/Post Parenting Practices and Family Adjustment Scale Scores
Triple P AZ Level 4 Interventions
2015 and 2016



- Parents who completed the PAFAS pre- and post- Level 4 Triple P showed:
 - an improvement of 14%** in their parenting practices (i.e., lower levels of coercive parenting, higher levels of consistency and positive encouragement, and improved parent-child relationships); and,
 - an improvement of 19%** in family adjustment (i.e., parental adjustment, family relationships, and parental teamwork).

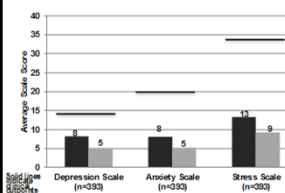
Improvements observed in parenting practices and family adjustment are statistically unlikely to be due to chance

Outcome Domain: Parental Adjustment



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Depression, Anxiety, and Stress Scales (DASS-21)
Pre/Post Scale Scores
Triple P AZ Level 4 Interventions
2015 and 2016

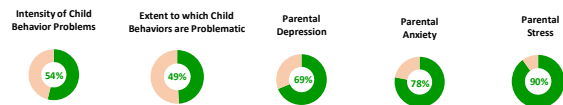


- Parents who completed the DASS-21 pre- and post- Level 4 Triple P showed:
 - an improvement of 38%** in their reports of depression symptoms;
 - an improvement of 36%** in their reports of anxiety symptoms; and,
 - an improvement of 31%** in their reports of stress symptoms.

Improvements observed in parental adjustment are statistically unlikely to be due to chance

Clinically Significant Improvements

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Each circle represents all parents who began Level 4 Triple P in the clinical range for child behavior problems and/or parental adjustment. The green portion represents the percentage who then completed Triple P in the non-clinical range.

We're Off to a Great Start!



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- After two years of dedicated funding (from private, state, and federal agencies) to support Triple P training and service delivery in Arizona
 - Hundreds of parents are receiving evidence-based positive parenting education, supports, and interventions that meet their individual and unique family needs
 - Families participating in Level 4 Triple P (short-term, focused parenting skills interventions) are demonstrating improvements in child behavior, parenting style, family functioning, and parental adjustment that are both statistically significant and clinically meaningful
- The majority of Triple P AZ service providers are committed to ongoing voluntary data collection to continue to contribute to the statewide story of success for local families
 - **Thank you to the Steele Foundation** for continuing to support Prevent Child Abuse Arizona in Triple P Capacity-Building

Let's Keep the Momentum Going!

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- **Partnerships** provide opportunities for shared resources and cost savings
 - Public agencies, provider organizations, non-profits, universities, funders...
- **Multi-sector, multi-agency commitment** to expanding the availability of Triple P prevention and intervention services across the state, as well as maintaining the current level of Triple P service delivery, will allow us to start to see the **community-level impact** we would expect from high-quality Triple P



A Global Perspective

Consider the relationship between wealth of nations, families, and quality of life



Hans Rosling 1948-2017

About ten years ago Hans Rosling, Professor of International Health, Karolinska Institute gave a Ted talk that challenged our understanding and preconceptions of the world, of poverty, and of families.



A Global Perspective

Consider the relationship between wealth of nations, families, and quality of life



Hans Rosling 1948-2017

Social change comes before economic change.

Jurisdictions use their money better now than they have in the past.

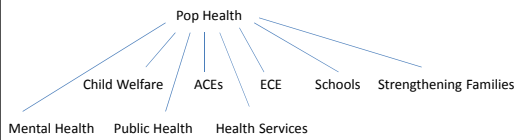
You can move much faster if you are healthy first instead of wealthy first.

Population health is the foundation upon which social and economic well-being rests

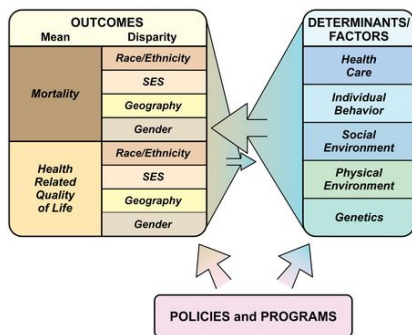
Population Health

Health: A state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity.
World Health Organization

Population Health is defined as the health outcomes of a group of individuals, including the distribution of such outcomes within the group.
Kindig



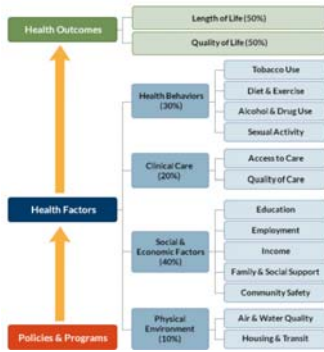
Population Health



Kindig, 2014 Improvingpopulationhealth.org

County Health Rankings Model

<http://www.countyhealthrankings.org/>

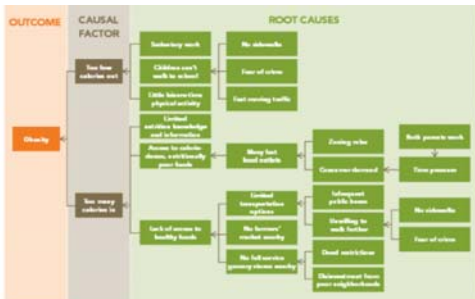


Arizona Health Outcomes - 2017

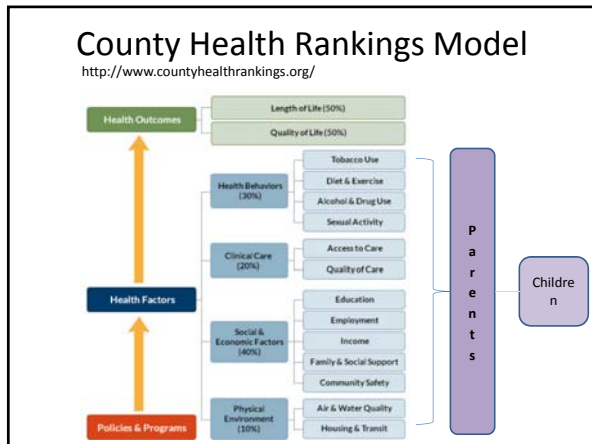


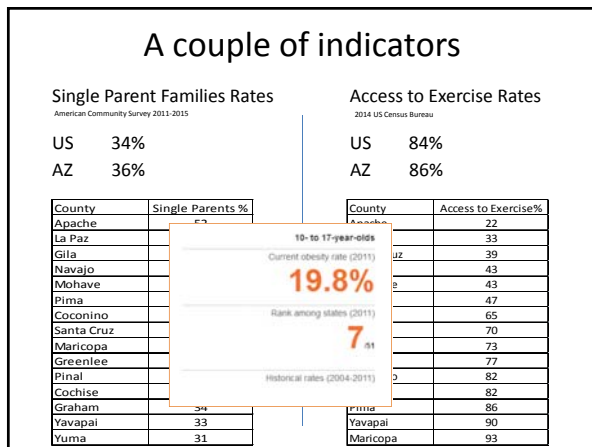
Health Factors	
Health Behaviors	30%
Clinical Care	20%
Social/Economic	40%
Physical Environment	10%

Health in All Policies



Rubelink, L., Caplan, J., Ben-Moche, K., & Dillon, L. (2013). Health in All Policies: A Guide for State and Local Governments. Washington, DC and Oakland, CA: American Public Health Association and Public Health Institute.





What is Triple P?

An evidence-based **population approach** for improving parenting practices and children's social and emotional well-being.

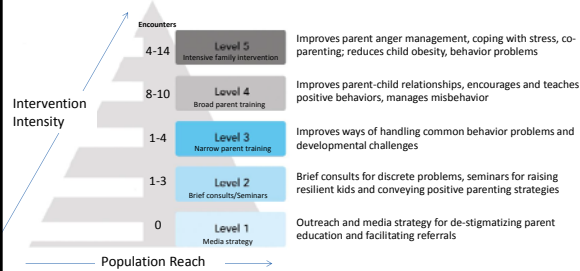
Tiered interventions enable different service delivery providers to offer:



What is Triple P?

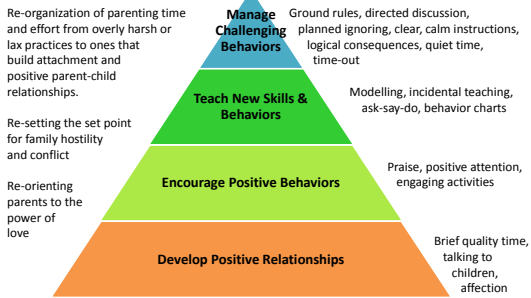
An evidence-based **population approach** for improving parenting practices and children's social and emotional well-being.

Tiered interventions enable different service delivery providers to offer the program and gives families options in receiving parenting information.



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Triple P Strategies

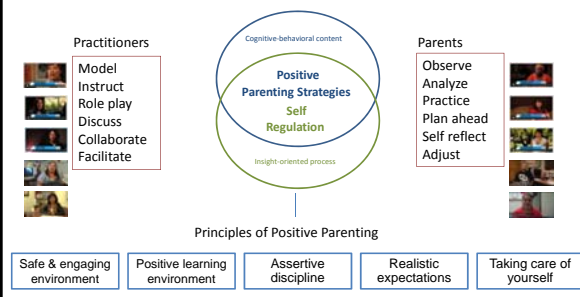


TEMPERAMENT x ATTACHMENT STYLE x POSITIVE PARENTING = CHILD SELF-REGULATION

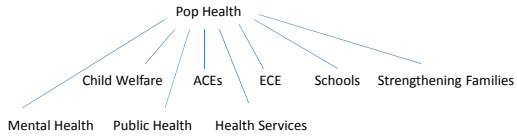


What is Triple P?

An evidence-based population approach for **improving parenting practices** and children's social and emotional well-being.



Population Health and Parenting



Population health approaches incorporate both the formal or governmental health system and the informal system.

Triple P works with all systems of care that are focused on improving child social and emotional well-being.

CDC Triple P US Population Trial

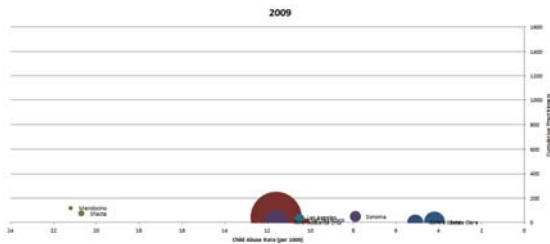


Key Findings	
22%	fewer out of home placements per year (240 fewer/100,000) ²
16%	fewer hospitalizations/ER visits for child maltreatment injuries/year (60 fewer/100,000) ²
17%	fewer substantiated child abuse cases/year (688 fewer/100,000) ²

1. Prinz, R. J., Sanders, M. R., Shapiro, C. J., Whitaker, D. J., & Lutzker, J. R. (2009). Population-based prevention of child maltreatment: The U.S. Triple P System Population Trial. *Prevention Science*, 10(2), 2-12.
 2. Standardized prevention rates per 100,000 children ages 0-8 yrs.

CA Child Abuse Rates and Triple P

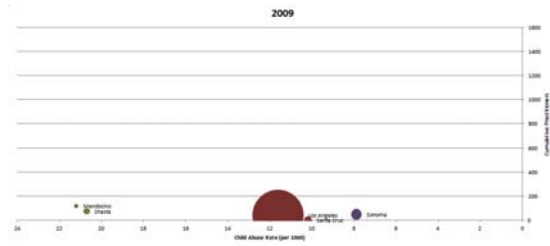
(dedicated to Hans Rosling)



Size of bubble = County Population
 X axis = Substantiated Child Abuse Rate
 Y axis = Triple P Practitioners

CA Child Abuse Rates and Triple P

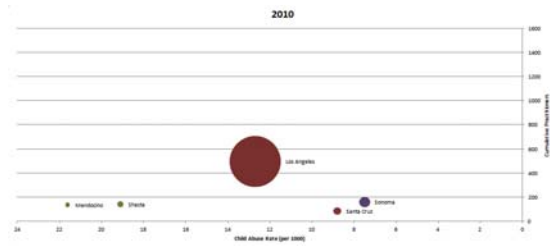
6 county view (dedicated to Hans Rosling)



Size of bubble = County Population
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CA Child Abuse Rates and Triple P

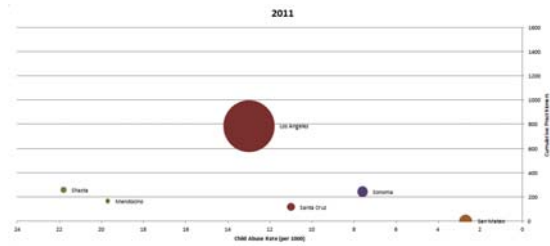
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CA Child Abuse Rates and Triple P

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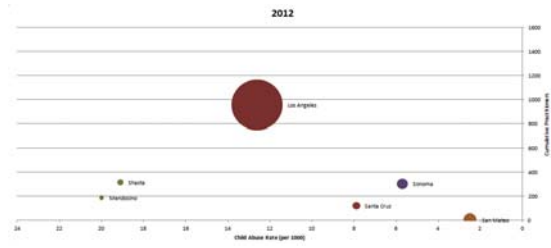


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CA Child Abuse Rates and Triple P

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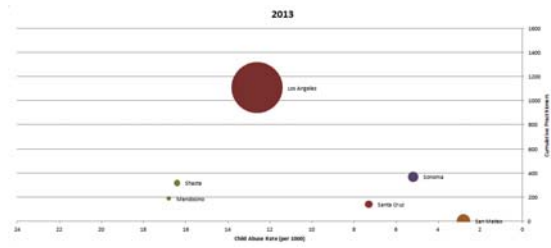


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CA Child Abuse Rates and Triple P

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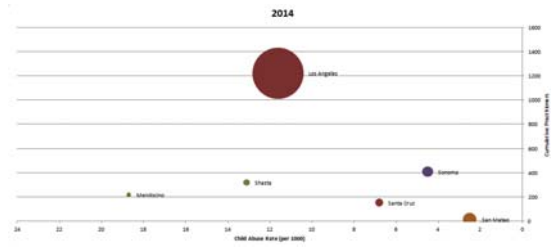


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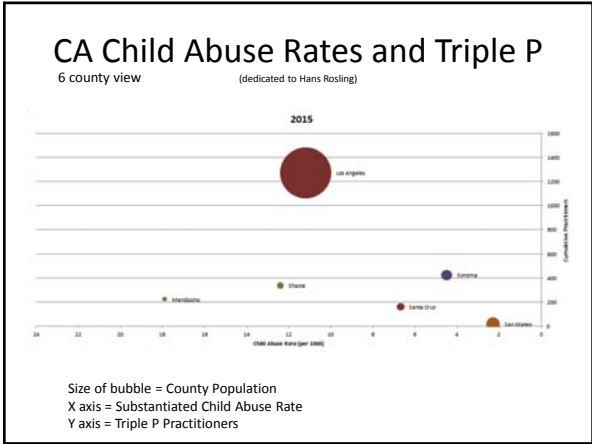
CA Child Abuse Rates and Triple P

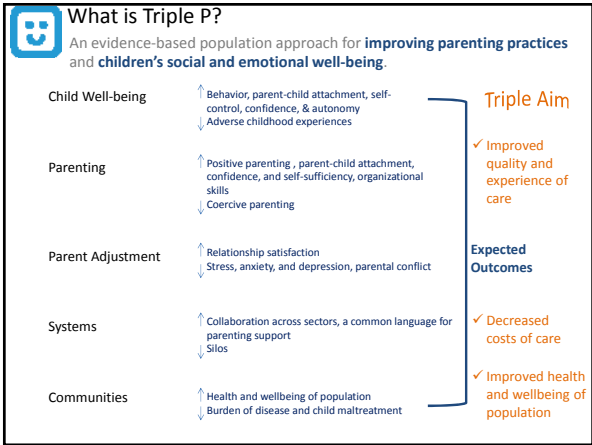
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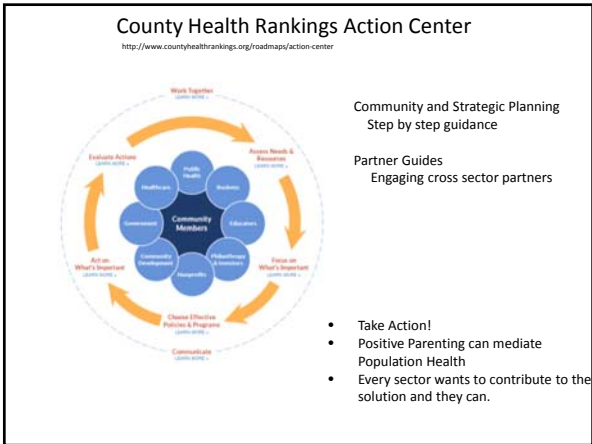
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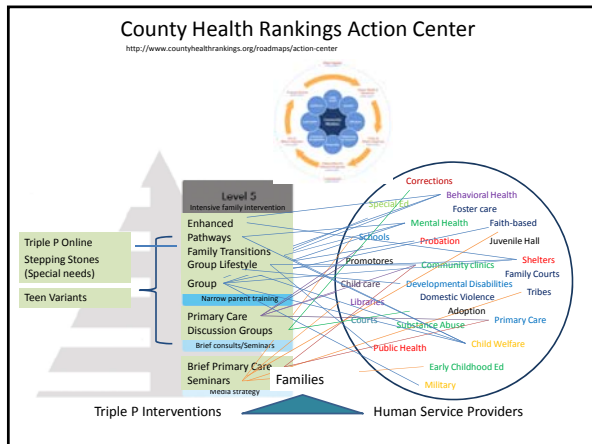


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<http://digitalmaterials.triplep.net/start.html>

TRIPLE P – POSITIVE PARENTING PROGRAM

- READ ABOUT TRIPLE P →
- WATCH CASE STUDIES →
- WATCH WHAT PARENTS SAY →
- WATCH WHAT EXPERTS SAY →
- INDEPENDENT EVALUATIONS IN THE U.S. →
- CONTACT US/FIND OUT MORE →

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Take Action!

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- Advocate for evidence-based parenting!
- Normalize help-seeking for parents – every parent needs (at least) a little bit of help!

Questions and Discussion

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