



## Triple P (Positive Parenting Program)

This evidence-based program benefits families with children from ages 2-16. Primarily in the home, also can be done in the community or office based. Family Needs are addressed by providing individualized support managing typical developmental transitions and/or dealing with significant behavioral challenges, need improvements in the parent-child relationship. Family Discipline is addressed-Frustrated caregivers, may occasionally lose self-control, discipline may be inconsistent, and lacks effective management. May use violence or threats to control behavior. Caregivers need to be able to participate in 10-15 weeks of the program (i.e., no imminent moves or family transitions), no major psychopathology on the part of the caregivers that would interfere with their ability to participate in the program (e.g., actively psychotic, debilitating depression)

Expected outcomes:

- Increase appropriate parenting skills
- Increase appropriate parental discipline and behavior management
- Improve parent-child relationship
- Decrease in child behavior problems

Service components:

- Sessions are weekly and typically last 10 to 15 weeks.
- Comprehensive front-end assessment of child and family functioning.
- Appropriate for caregivers who would benefit more from individualized parenting plan.
- Program delivery can be very flexible, based on the family's needs.