

# GROUP TRIPLE P (INDIGENOUS FOCUS)

## WHAT IS GROUP TRIPLE P (INDIGENOUS FOCUS)?

A broad-based parenting intervention delivered over eight weeks for parents of children up to 12-years. The programme involves six (2-hour) sessions of up to 12 parents. Parents actively participate in a range of exercises to learn about the causes of child behaviour problems, setting specific goals, and using strategies to promote child development, manage misbehaviour, and plan for high-risk situations. Then there are two brief individual consultations to assist parents with independent problem solving while they are practising the skills at home.

## WHO IS IT FOR?

Indigenous parents and caregivers or parents and caregivers of Indigenous children, interested in promoting their child's development and potential, or have concerns about their child's mild to moderate level of behavioural problems, or simply wish to prevent behaviour problems from developing. This programme may also be suitable for those who have completed lower level interventions and have not achieved the goals they want. Parents need to be able to commit to all eight sessions.

## WHAT IS COVERED IN SESSIONS WITH PARENTS?

### Session 1: Positive parenting

This session provides parents with an introduction to positive parenting and the five key strategies. Parents will be given the opportunity to share some of their parenting experiences. Parents submit a completed assessment booklet at the beginning of the group.

### Session 2: Why children behave the way they do

During this session, parents look at the what influences children's behaviour, set goals for change and discuss how to keep track of their child's behaviour.

### Session 3: Helping children develop

During this session, the practitioner discusses how to develop strong relationships with children, how to encourage good behaviour, and how parents can teach their children new skills and behaviours.

### Session 4: Managing misbehaviour

This session offers strategies to assist parents with managing difficult behaviour. Parents will also learn to develop parenting routines to help their child deal with frustration and learn to accept limits. They have an opportunity to rehearse these routines during the session.

### Session 5: Planning ahead

This session covers family survival tips to help make parenting easier. It also includes identifying high-risk situations that cause concern, and how to develop planning ahead routines to promote good child behaviour in high risk situations (e.g. going shopping, visiting friends or relatives, waiting, getting ready for school). Parents also prepare for individual sessions with their practitioner.

## Sessions 6-7: Putting it all together

The practitioner provides feedback from initial assessments that the family completed and uses the self-regulatory feedback model to help parents review their planned activities routines. From this, parents set goals for further refinement of their routines, if needed.

## Session 8: Programme close

Parents return for a final group session to review progress, look at ways to maintain changes and plan for the future, and to close the programme. If necessary, referral options are discussed.

## WHAT RESOURCES DO PARENTS RECEIVE?

Each family receives a copy of Every Parent's Workbook for Indigenous Triple P. This workbook provides them with the content of all sessions, space to complete written exercises, and an outline of all homework tasks.

Please see the table below for the expected programme resources required when Triple P is adopted as part of core business.

NUMBER OF INTERVENTIONS PER YEAR	3 groups
NUMBER OF FAMILIES PER INTERVENTION	10 families per group
RESOURCES PER FAMILY	1 x Every Parent's Workbook for Indigenous Triple P
TOTAL NUMBER OF FAMILIES	30 families
TOTAL RESOURCES PER YEAR	30 x Every Parent's Workbook for Indigenous Triple P

## HOW MUCH TIME IS NEEDED TO DELIVER THE INTERVENTION?

In addition to consultations, the practitioner should allow time for preparing for the sessions and/or supervision. Please see the table below for an approximate delivery guideline time for each group.

CONSULTATION TIME*	12 hours (2 hours per session for 6 weeks)
QUESTIONNAIRE SCORING AND FEEDBACK - PRE AND POST ASSESSMENT**	5 hours
TELEPHONE SUPPORT OR HOME VISIT	10 hours (10 families, 30 minutes each week for 2 weeks)
SESSION PREPARATION AND POST-SESSION DEBRIEF/SUPERVISION	5 hours
CASE NOTES AND REPORT WRITING***	5 hours
TOTAL TIME	37 hours per group

\*Flexible delivery methods available to suit parents.

\*\*An additional 2-3 minutes per family should be allowed for reviewing the Client Satisfaction Questionnaire (CSQ) at the end of the intervention.

\*\*\*Not including comprehensive reports for government agencies.



## WHAT IS INVOLVED IN PROVIDER TRAINING?

To provide Group Triple P (Indigenous focus) to families, practitioners must have completed an approved active skills training programme and demonstrated their knowledge and competence in programme delivery through a skills-based accreditation process. The table below provides an estimate of the time commitment for practitioners to attend training and support days, as well as time needed for preparation and peer support.

NUMBER OF TRAINING DAYS (9.00AM - 4.30PM)	3 days*
PRE- ACCREDITATION DAY (9.00AM - 4.30PM)	1 day
PREPARATION TIME FOR ACCREDITATION DAY	4-6 hours (quiz and competency preparation)
ACCREDITATION DAY	Half day
PEER SUPPORT	2-3 hours (hourly meetings per month)
TOTAL TIME	6 days

\*This training can be extended to 4 days, discuss with your Implementation Consultant to see if this may be preferable for your practitioners.

## DO PROVIDER PRE-REQUISITES APPLY?

No Triple P pre-requisites apply. However, it is desirable that practitioners are culturally aware and/or experienced working with Indigenous families and have knowledge of child development to undertake this training.

## WHAT ARE THE PROVIDER LEARNING OUTCOMES?

- Application of parenting strategies to a range of child behaviours.
- Risk and protective factors operating within families.
- Strategies to support parents to apply and maintain behaviour change within families.
- Use of active skills training strategies in a group format.
- Group dynamics and common process issues.
- Individual parent support.
- Identification of indicators suggesting more intervention is required.
- Appropriate referral procedures.

## WHAT RESOURCES DO PRACTITIONERS RECEIVE?

Each practitioner will receive a copy of the following Triple P practitioner resources at training:

- Facilitator's Manual for Group Triple P.
- PowerPoint Presentation for Group Triple P (Indigenous focus) [CD].
- Every Parent's Workbook for Indigenous Triple P.
- A Survival Guide for Indigenous Families [DVD].