



The Positive Parenting Program in Santa Cruz County

November 2011

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Snapshot of Santa Cruz County

- Population = 262,382
- 32% Latino
- Large immigrant, Spanish-speaking farm worker population
- Geographic regions
 - San Lorenzo Valley
 - North County
 - Mid County
 - South County



Triple P in Santa Cruz County

Funders

- First 5 Santa Cruz County
- Health Services Agency (Children's Mental Health)
- Human Services Department (Child Welfare)

Scope

- Implementing all levels, communitywide
- 100+ practitioners
- 850 parents* received one or more Triple P services between January 2010 – June 2011

* Duplicate count of parents; Unique client data not gathered for Seminars and Workshops

Types of Organizations & Practitioners

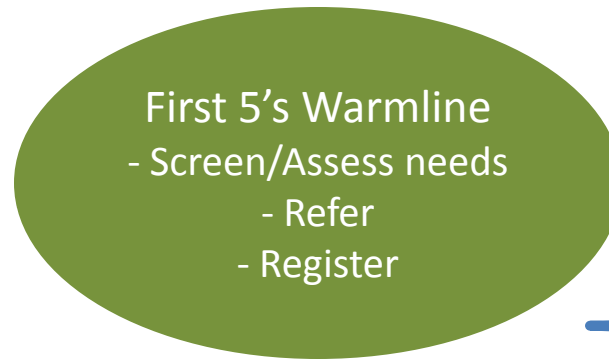
Levels 2/3	Levels 4/5
Child welfare Social Workers	Child Welfare Contractor (Parents Center)
Domestic violence agency	Children's Mental Health
Early childhood educators	Counseling agencies
Family Resource Centers	Differential response program
Medical providers	Family Resource Centers
Nonprofit housing agency	Private practitioners/therapists
Private practitioners/therapists	Special Education Local Planning Agency (SELPA)
Total Practitioners: 73	Total Practitioners: 46

Triple P Service Delivery System

Outreach through:



Contact or Refer to:



OR



Connect to:



Level 1: *Universal*

Media and outreach

➤ **Accessibility of information.** Families are responding to print and radio media, they are using the updated website to register for parenting classes, they are calling the “warmline,” and professionals county-wide are referring families to the classes they need.



Level 1: *Universal*

Media and outreach



FIRST 5
SANTA CRUZ COUNTY

HOME OUR PRIORITIES COMMUNITY IMPACT ABOUT US CALENDAR

Investing in our Children / Invirtiendo en Nuestros Niños

OUR VISION:
All Santa Cruz County children enter school ready to achieve to their greatest potential.

OUR MISSION:
To help children succeed in school and in life, First 5 Santa Cruz County invests in health, early learning and family support to promote optimal development of Santa Cruz County children.

FOR FAMILIES
We're ready to help you and your family reach your...

TRIPLE P- POSITIVE PARENTING PROGRAM
The Positive Parenting Program, Triple P, is here to...

For Early Childhood Educators
We encourage teachers to share their...

October 2011

Sun	Mon	Tue	Wed	Thu	Fri
25	26	27	28	29	30
		8-Week Group: Triple P Parenting Program Series (Session 1)			
2	3	4	5	6	7
Seminar: The Power of Positive Parenting	8-week Group: Triple P Parenting Program Series (Session 2)	Workshop: Coping with Stress for Single Parents	Brief Group: Problemas a la hora de comer Sesión 1 (Spanish)	Workshop: Handling Disobedience	
	Seminar: The Power of Positive Parenting (Spanish)		Brief Group: Tareas Escolares Sesión 1 (Spanish)		
	Workshop: Toddler Disobedience (Bi-lingual)		Seminar: Raising Confident, Competent Children		

Parent Education

Why the Positive Parenting Program (Triple P)?

Parenting is very rewarding and enjoyable and it can also be challenging and exhausting. There is no one right way to be a parent – it is up to you to decide what values, skills and behaviors you want to encourage in your child.

Triple P offers information, support and practical answers to common, everyday parenting concerns. It provides easy-to-use tips and new ideas that will help you build confidence and new skills.

What Triple P Teaches

The Triple P program is built on five principles of positive parenting:

- Ensuring a safe, interesting environment
- Creating a positive learning environment
- Using assertive discipline
- Having realistic expectations
- Taking care of yourself as a parent

Triple P offers parenting information and tips in four main areas:

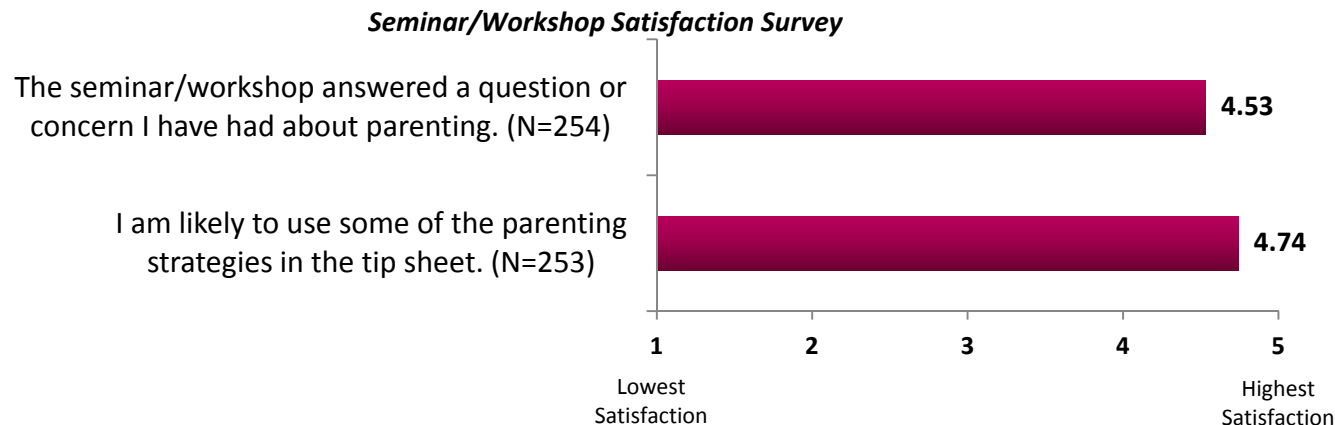
- Developing positive relationships
- Encouraging desirable behavior
- Teaching children new behaviors and skills
- Managing misbehavior

Triple P Supports Every Parent and Family

Level 2: Seminar & Level 3: Workshop

Introduction to Triple P strategies

- **Seminars & Workshops are introducing parents to Triple P and providing easy access to general parenting support.**
 - Seminars: 96 parents participated
 - Workshops: 336 parents participated
- **Gateway to more services.**
 - 21% of parents participating in Seminars and Workshops requested follow-up services.
- **Continued use of the skills they learned.**



Source: Triple P data from the Seminar/Workshop Satisfaction Survey, collected and analyzed by Applied Survey Research, 2009-2011.
Note: All items were on a 5-point scale. Higher scores indicate greater satisfaction.

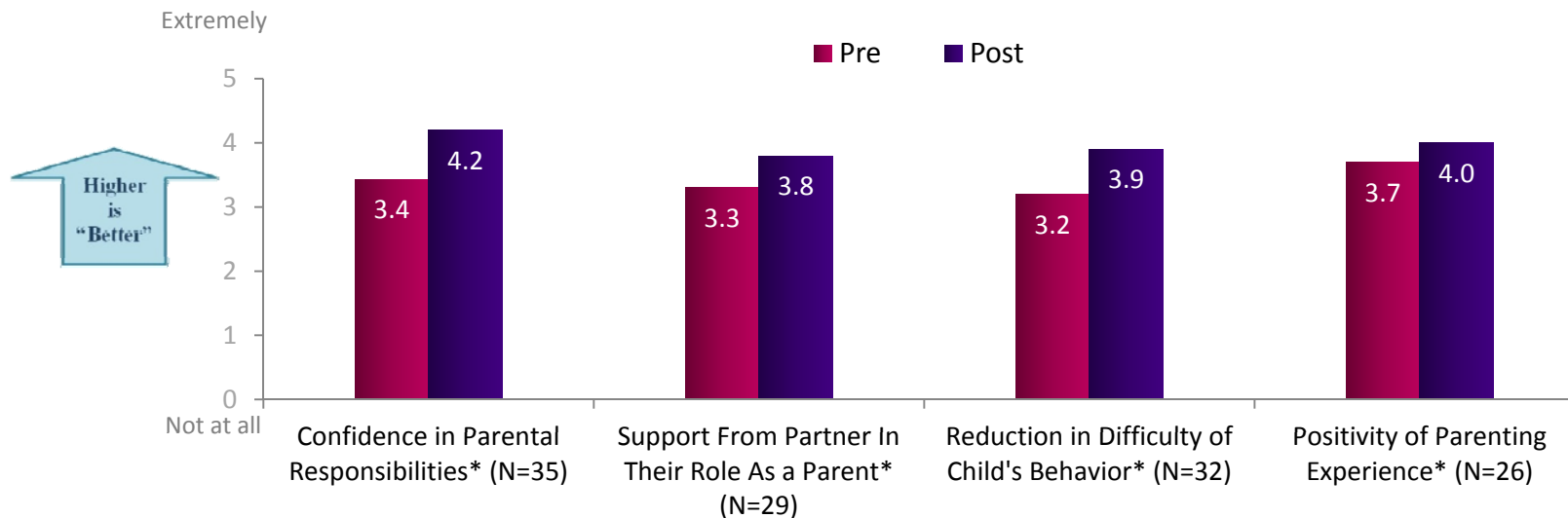
Level 3: *Primary Care*

Brief consultations about specific parenting concerns

➤ **Support for specific parenting challenges.**

- 35 parents received Level 3 Primary Care services (4 sessions).
- Parents are reporting increased confidence in parenting, more support from their partners, less difficulty with their children's behavior, and increased enjoyment in their parent/child relationship.

Positivity of Parenting Experiences



Source: Triple P data from the Parenting Experience Survey, Question 3, collected and analyzed by Applied Survey Research, 2009-2011.

Note: The Parenting Experience Survey measures issues related to being a parent. Each question is analyzed separately, under the corresponding domain in this analysis of the Triple P domains. For Q1-6, scores range from 1 to 5. For Q7, scores range from 0 to 6. Higher scores indicate more positive parenting experiences. There are no clinical cut-offs for this assessment.

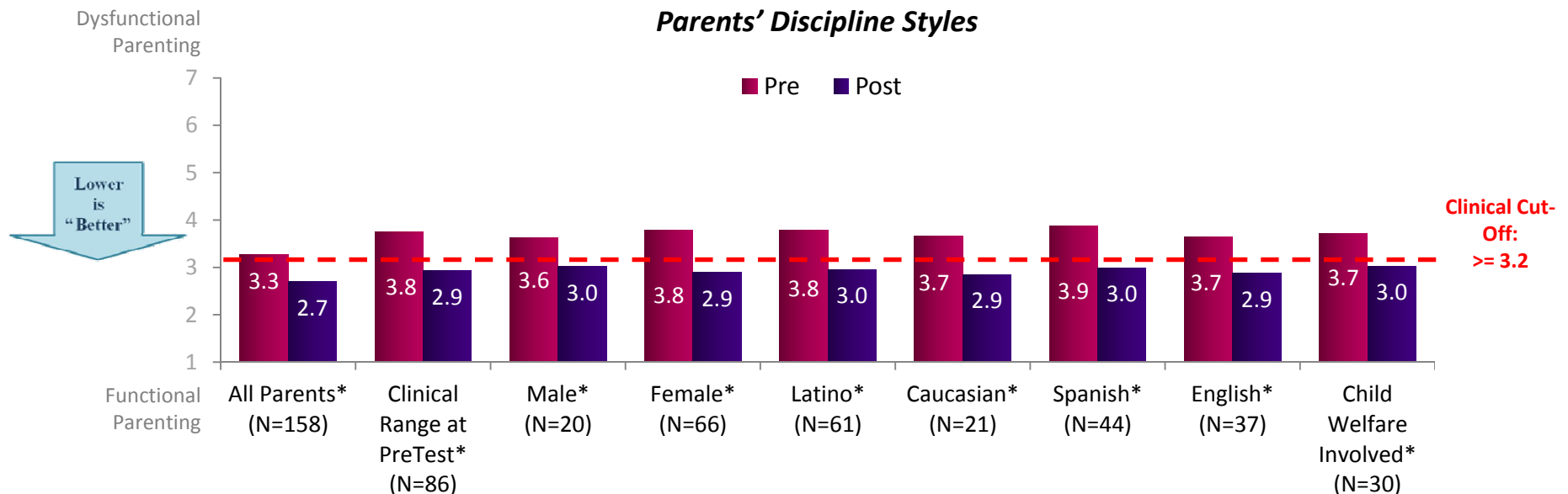
* Results marked with an asterisk had PRE/POST differences that were statistically significant at $p < .05$.

Level 4: *Standard & Group*

In-depth support for moderate to severe behavioral and emotional difficulties

➤ **Increased use of positive discipline styles.**

- 282 parents received Level 4 Group or Standard services.
- There were significant improvements in parents' style of discipline, indicating their parenting style became less lax, less over-reactive, and less hostile through the course of the Triple P program.



Source: Triple P data from the Parenting Scale, collected and analyzed by Applied Survey Research, 2009-2011.

Note: The Parenting Scale measures parenting styles in 3 scales, and overall. Scores for each scale are calculated by averaging the participants' responses for each of the items. Higher scores indicate a greater degree of ineffective parenting styles.

* Results marked with an asterisk had PRE/POST differences that were statistically significant at $p < .05$.

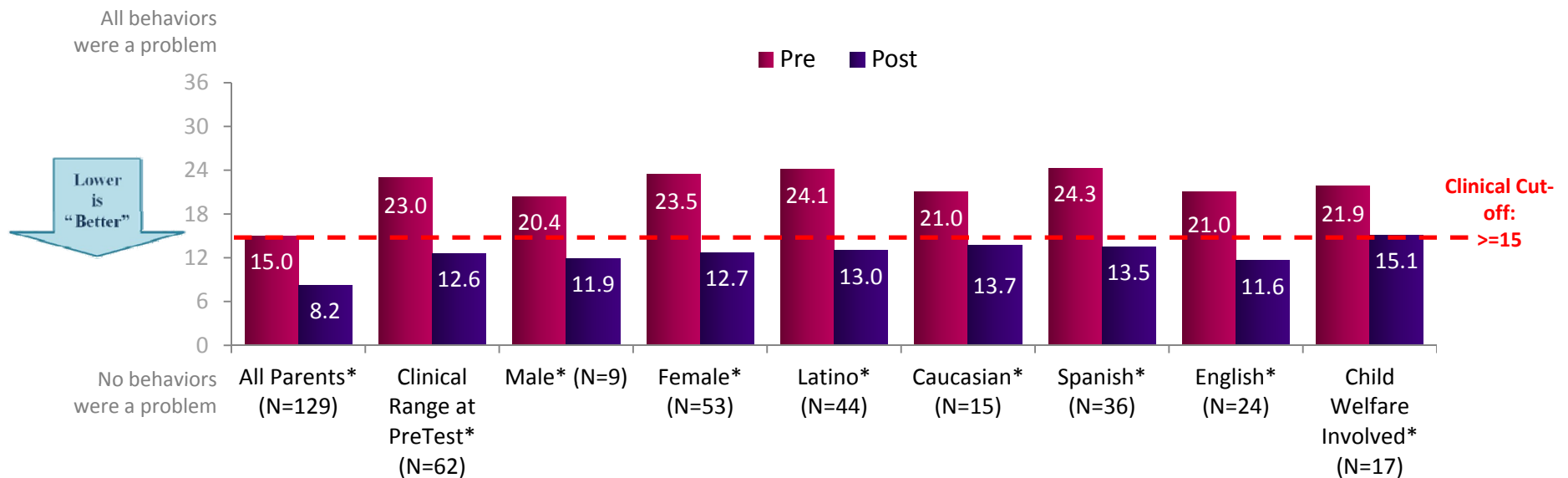
Level 4: Standard & Group

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➤ Improvements in child behavior.

Parents reported a significant reduction in the number of child behaviors that were perceived to be a problem.

Number of Child Behaviors Perceived to Be a Problem



Source: Triple P data from the Eyberg Child Behavior Inventory, collected and analyzed by Applied Survey Research, 2009-2011.

Note: The Eyberg Child Behavior Inventory measures the frequency with which certain child behaviors occur (Intensity subscale), and the extent to which parents view those behaviors to be a problem (Problem subscale). Intensity scores could range from 36 (Never occurs) to 252 (Always occurs), and Problem scores ranged from 0 (No) to 36 (Yes), with higher scores indicating greater frequencies of problem behaviors and greater likelihood that these behaviors were a problem to the parent.

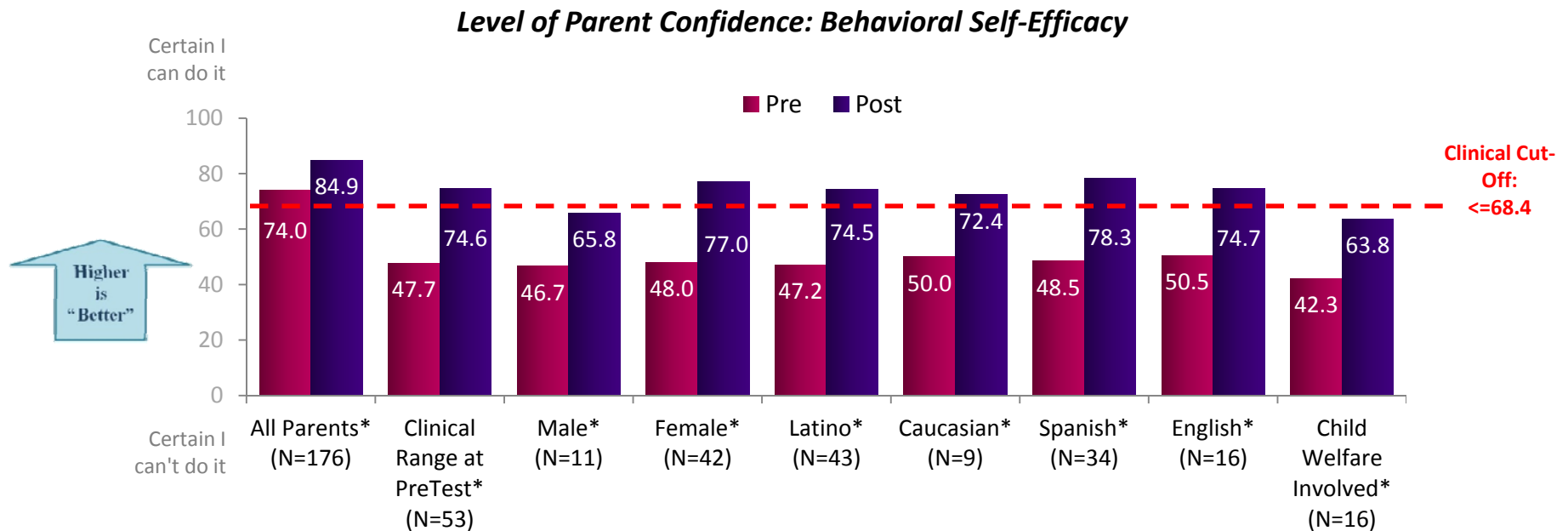
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Level 4: Standard & Group

(Continued)

➤ Improved levels of confidence in parenting.

After parents participated in the program, they indicated having more confidence in their abilities to handle difficult child behaviors.



Source: Triple P data from the Parenting Tasks Checklist, collected and analyzed by Applied Survey Research, 2009-2011.

Note: The Parenting Tasks Checklist measures confidence ratings in two factors: setting self-efficacy and behavioral self-efficacy. Each factor is comprised of 14 questions. Scores are calculated as the average of these 14 questions (unanswered questions are excluded). Higher scores indicate a greater degree of parenting confidence.

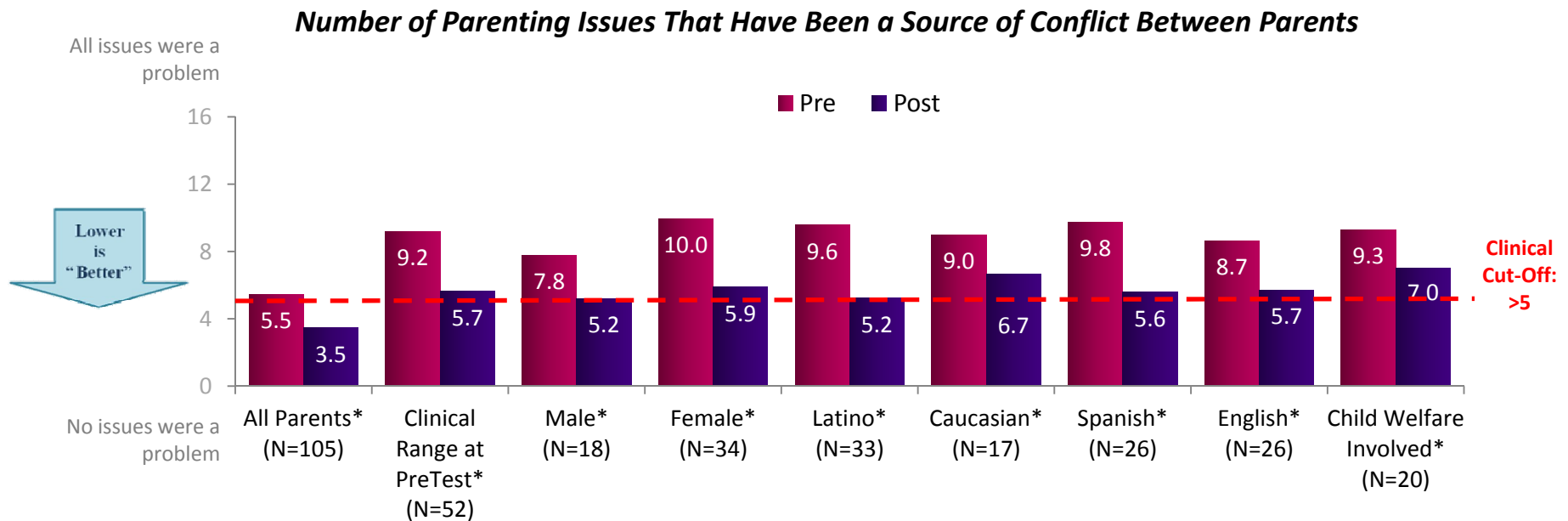
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Level 4: Standard & Group

(Continued)

➤ Reduced levels of conflict over parenting.

After completing the program, parents on average indicated that there were significantly fewer parenting and relationship issues that were problems.



Source: Triple P data from the Parent Problem Checklist, collected and analyzed by Applied Survey Research, 2009-2011.

Note: The Parent Problem Checklist measures the number of issues that have been a PROBLEM for parents, and the EXTENT of the problem for each issue.

Scores for the PROBLEM subscale range from 0 (no issues were a problem) to 16 (all issues were a problem). Scores for the EXTENT subscale range from 16 (Not at all a problem) to 112 (Very much a problem). There is no clinical cut-off for this subscale..

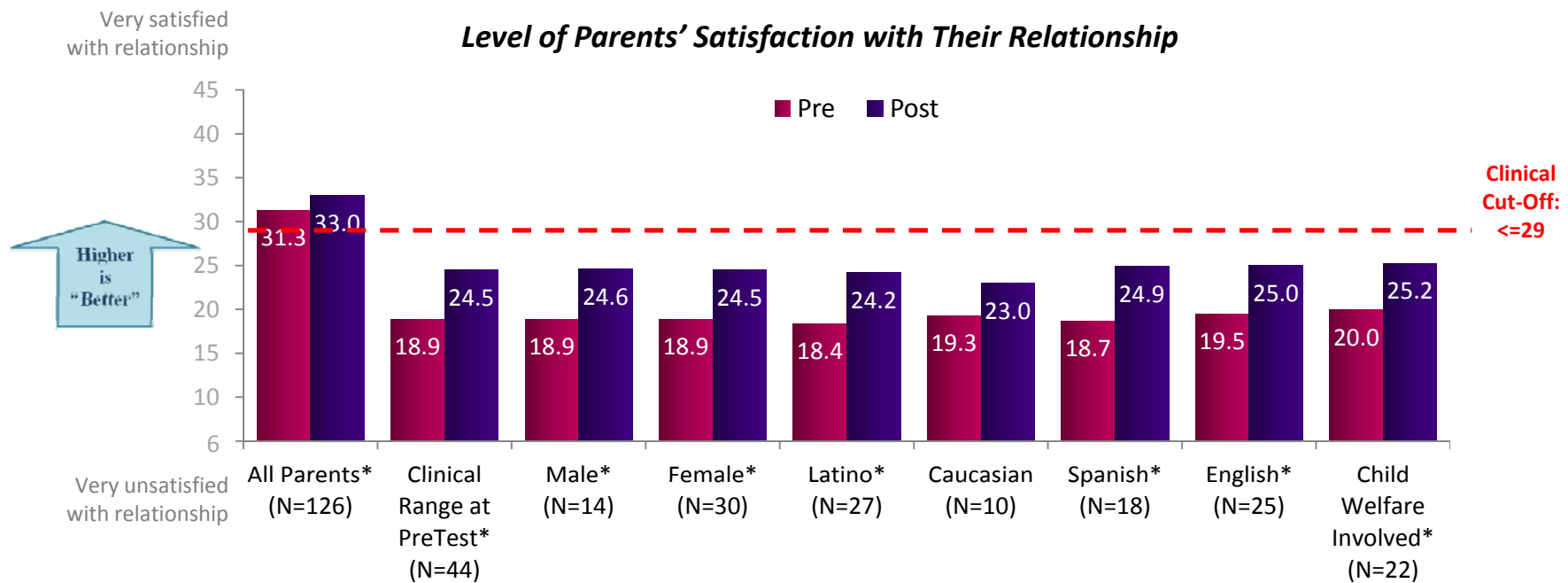
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Level 4: Standard & Group

(Continued)

➤ **Increased levels of satisfaction with their relationship.**

As seen in the figures below, parents reported improved satisfaction in the relationship with their partners.



Source: Triple P data from the Relationship Quality Index, collected and analyzed by Applied Survey Research, 2009-2011.

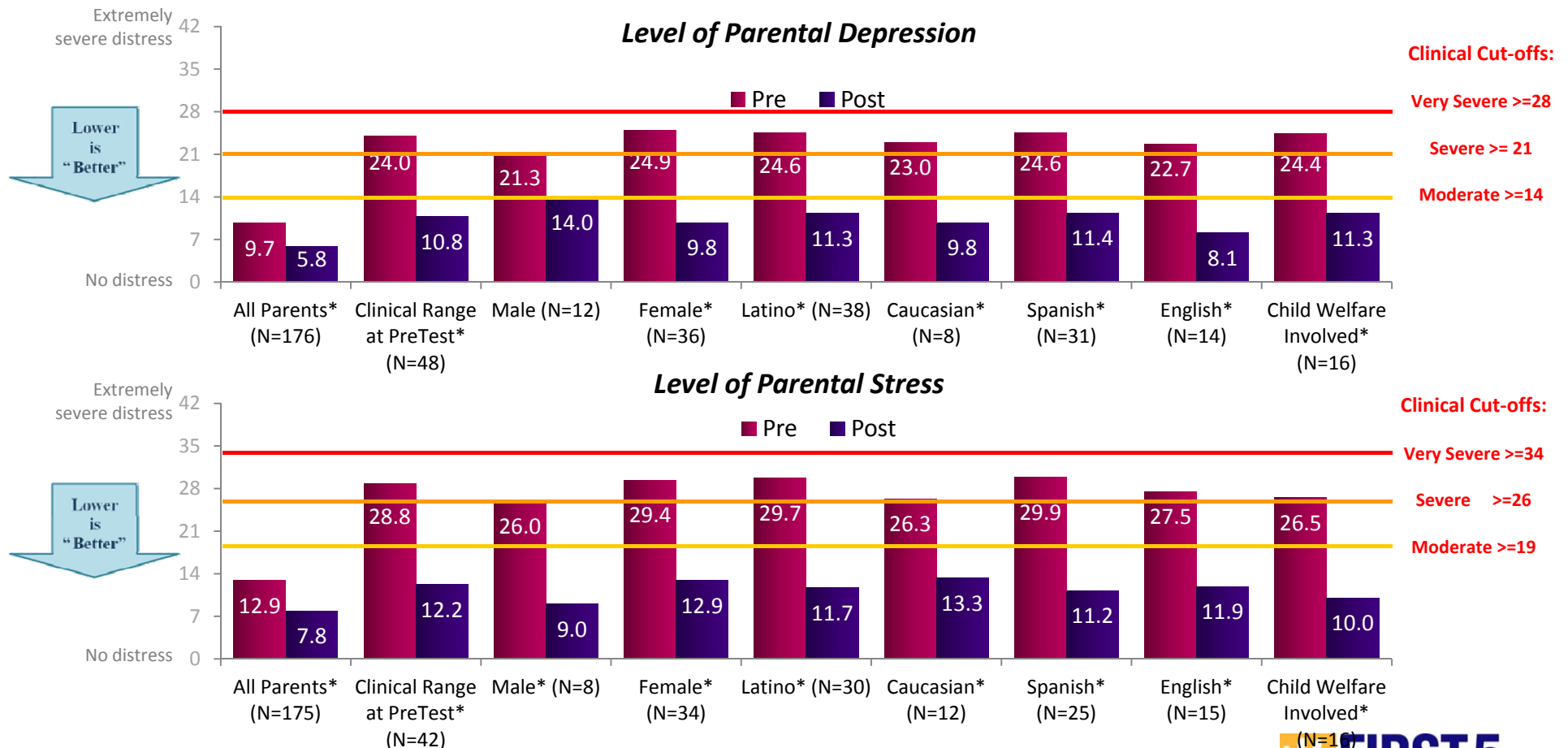
Note: The Relationship Quality Index measures parents' level of satisfaction with their relationship. Scores are calculated by summing all six questions in the assessment, with total scores ranging from 6 (Very unsatisfied with relationship) to 45 (Very satisfied).

* Results marked with an asterisk had PRE/POST differences that were statistically significant at $p < .05$.

Level 4: Standard & Group

(Continued)

- **Decreased levels of emotional difficulties.** The following figures indicate that on average, parents reported lower levels of depression and stress after participating in Triple P.



Source: Triple P data from the Depression, Anxiety, and Stress Scale – Short Version (DASS-21), collected and analyzed by Applied Survey Research, 2009-2011.
 Note: The Depression, Anxiety, and Stress Scale – Short Version (DASS-21) measures distress along 3 scales: Depression, Anxiety, Stress. Scores for each scale are calculated by summing the participants' responses for each of the 21 items. Higher scores on each of the scales indicate greater levels of depression, anxiety, and stress. Each scale has different clinical cut-offs for the 5 severity levels: normal, mild, moderate, severe, and extremely severe.
 * Results marked with an asterisk had PRE/POST differences that were statistically significant at $p < .05$.

Level 5: *Enhanced & Pathways*

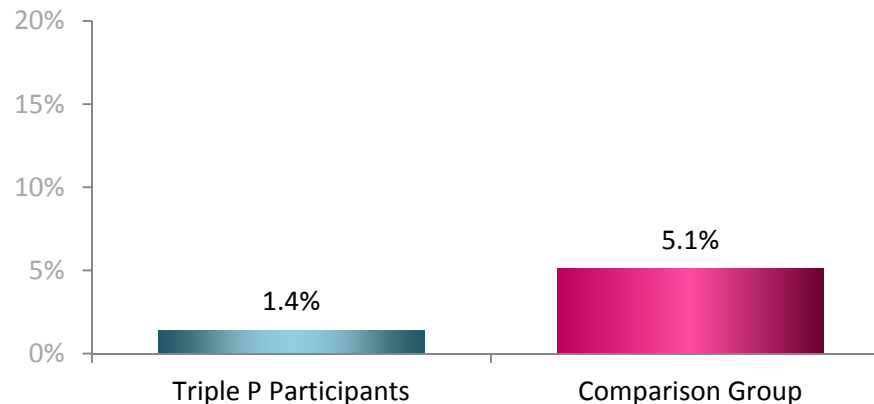
Additional support for families after
receiving intensive services

- No data available yet for Level 5 but...results from a special study of families in the child welfare system who are attending Level 4 Group are promising.

- **Lowered rates of new substantiated child maltreatment allegations.**

The following figure shows the rates of new substantiated cases of child maltreatment within the first six months of parents' participation in either Triple P or a comparison parenting program. Parents in the comparison parenting program were more than **three and a half times more likely** than Triple P participants to have had a new substantiated maltreatment allegations.

Participants with a Substantiated Allegation of Child Maltreatment Occurring Within 6 Months after Program Entry



Source: Applied Survey Research, Triple P – Santa Cruz County: Special Exploratory Study to Assess Child Welfare Outcomes, 2011.
N: 70 Triple P participants and 137 comparison group participants.

Questions?

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