

# POSITIVE PARENTING

P R O G R A M

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Services are funded by County of San Diego - Health and Human Services Agency



# OVERVIEW

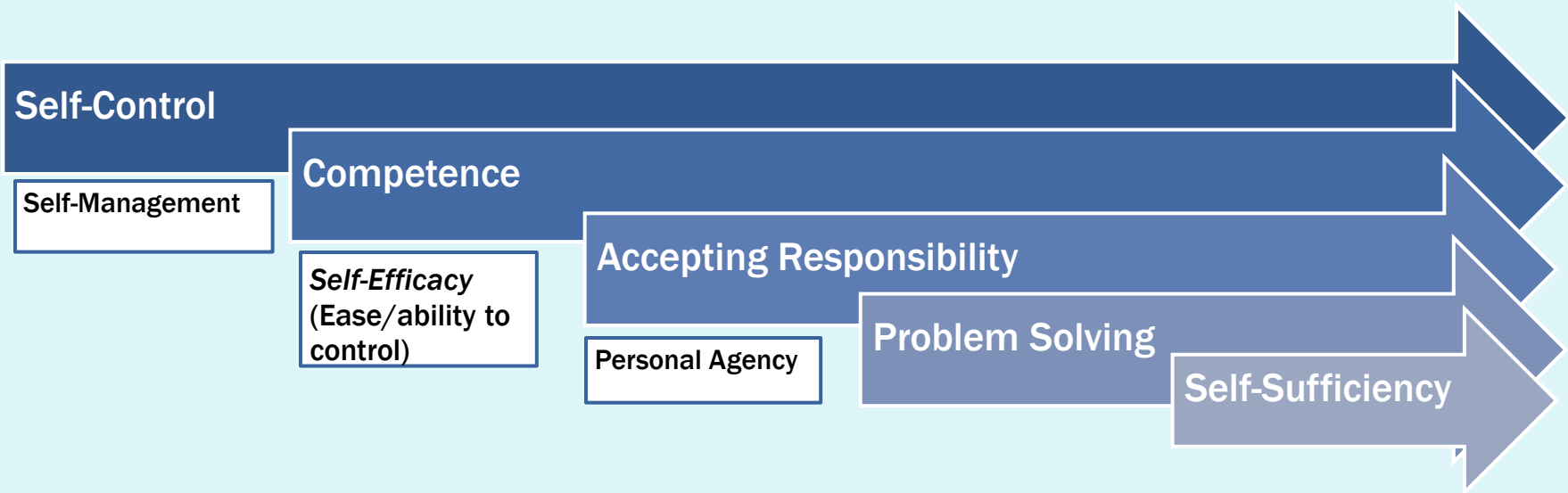
- **WHAT WE DO**
- **IMPACT OF TRIPLE P**
- **QUESTIONS?**

# WHAT WE DO

**Jewish Family Service Positive Parenting Program targets:**  
Head Start families, military families with children aged 0-5,  
some community sites and low-income Elementary Schools

- **All Sites:**
  - **Level 2 Selected Triple P Seminar**
- **Head Start and Military locations:**
  - **Level 3 Primary Care Triple P Individually**
  - **Level 4 Group Triple P**

# TRIPLE P SELF REGULATION MODEL

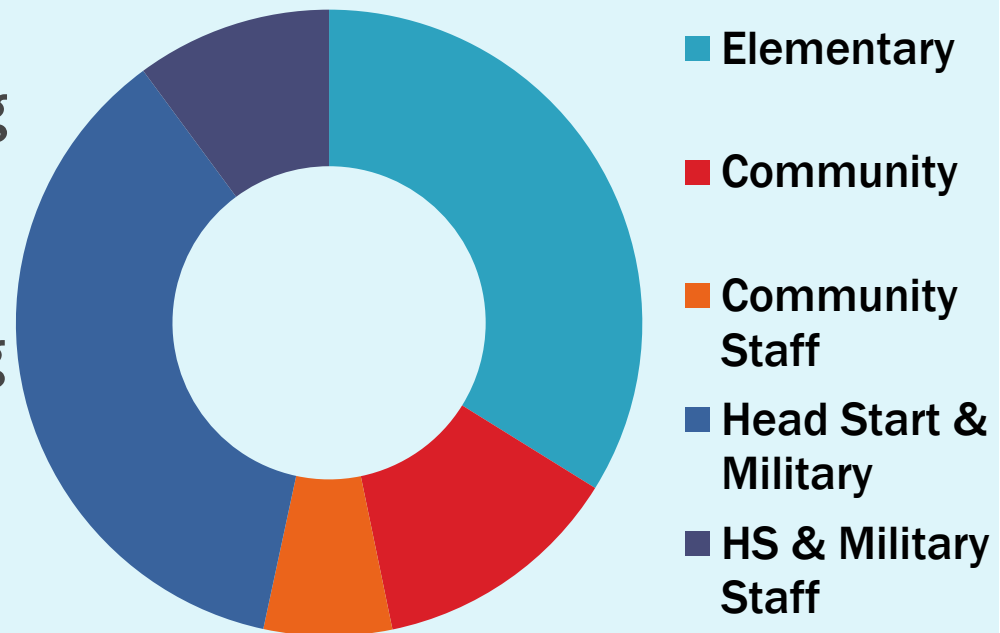


# IMPACT OF TRIPLE P

## Level 2 in FY 11-12

- 1574 unique Parents & Staff
- 94% satisfaction rating across community and Head Start sites
- 97% satisfaction rating at Elementary sites
- 82% retention rate at Head Start sites

### Seminar Participants



# LEVEL 2 – HEAD START SEMINARS

Outcome Measures	2010	2011	2012
Number of seminar series held	38	46	91
Number of unduplicated locations	19	25	33
Number of participants enrolled in series	907	709	837
Percent of participants completing series	88.9%	79.9%	82.2%
Number of regions served	2	3	6
Overall satisfaction rate	94.9%	97.5%	92.2%

**Participants: 67% Spanish speakers – 33% English speakers**

# LEVEL 2 – ELEMENTARY SCHOOL SEMINARS

Outcome Measures	2010	2011	2012
Number of seminar series held	24	38	40
Number of unduplicated school locations	24	38	36
Number of participants enrolled in series	859	1,021	988
Percent of participants completing	67%	73%	54%
Students represented by participating schools	16,975	24,225	24,338
Overall satisfaction rate	95%	96%	97%

**Participants: 78% Spanish speakers – 22% English speakers**

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# LEVEL 2 - MILITARY COMMUNITY SEMINARS

Outcome Measures	2010	2011	2012
Number of seminar series held	N/A	20	16
Number of unduplicated locations	N/A	10	7
Number of participants enrolled in series	N/A	151	76
Percent of participants completing series	N/A	54.3%	75.0%
Number of regions served	N/A	3	3
Overall satisfaction rate	N/A	88.9%	98.3%



# LEVEL 3 – HEAD START

<b>Outcome Measures</b>	<b>2010</b>	<b>2011</b>	<b>2012</b>
<b>Number of Primary Care programs held</b>	<b>34</b>	<b>23</b>	<b>7</b>
<b>Number of unduplicated locations</b>	<b>16</b>	<b>15</b>	<b>18</b>
<b>Number of participants enrolled in Primary Care</b>	<b>154</b>	<b>124</b>	<b>89</b>
<b>Percent of participants completing Primary Care</b>	<b>89.6%</b>	<b>92.7%</b>	<b>86.5%</b>
<b>Number of regions served</b>	<b>2</b>	<b>3</b>	<b>5</b>
<b>Overall satisfaction rate</b>	<b>84.9%</b>	<b>87.5%</b>	<b>86.3%</b>

# LEVEL 3 – HEAD START

FY 11-12: 77 participants completed the Head Start Primary care program and all but three completed both the pre and post PES.

Measure	Pre Assessment Scores	Post Assessment Scores	Change
1. In an overall sense, how difficult has your child's behavior been over the last 6 weeks?	3.0870	2.4493	↑*
1. To what extent do the following statements describe your experience as a parent in the last 6 weeks?			
Parenting is rewarding	4.0548	4.2603	↑
Parenting is demanding	3.6486	3.4189	↑*
Parenting is stressful	3.2113	2.7042	↑*
Parenting is fulfilling	4.2206	4.3235	↑
Parenting is depressing	1.7917	1.5139	↑
1. In the last 6 weeks, how confident have you felt to undertake your responsibilities as a parent?	3.7162	4.0946	↑
1. How supported have you felt in your role as a parent over the last 6 weeks?	3.5972	4.1528	↑

**KEY:** ↑ = Improvement   ↓ = Decline   → = No change   \* Difference is statistically significant at p < .005

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# LEVEL 3 – HEAD START

Measure	Pre Assessment Scores	Post Assessment Scores	Change
1. To what extent do you both agree over methods of disciplining your child?	3.4167	3.9167	↑*
1. How supportive has your partner been toward you in your role as a parent over the last 6 weeks?	3.6939	4.0612	↑*
1. In an overall sense, how happy do you consider your relationship with your partner to be?	3.8776	4.3061	↑*

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# LEVEL 4 – HEAD START

- All assessment measures show improvement based on pre-post self reporting
- Statistically significant improvement in 17 of the 22 measures (including Depression, Anxiety and Stress Scales)
- 88% Satisfaction Rating

Outcome Measures	2010	2011	2012
Number of Group held	18	20	42
Number of unduplicated locations	16	19	26
Number of participants enrolled in Group	318	240	326
Percent of participants completing Group	89.9%	77.8%	74.2%
Number of regions served	2	3	6
Overall satisfaction rate	90.4%	90.2%	88.3%

# LEVEL 4 – HEAD START

## Strengths and Difficulties Questionnaire (SDQ) (3-4 N=229) (5-10 N=31) (re: Child behavior)

	3-4 years	5-10 years
SDQ (emotional symptoms)	↑*	↑*
SDQ (conduct problems)	↑*	↑
SDQ (hyperactivity)	↑*	↑
SDQ (peer problem)	↑*	↑
SDQ (pro-social behavior)	↑*	↑
SDQ (total difficulties)	↑*	↑

**KEY:** ↑ = Improvement   ↓ = Decline   → = No change   \* Difference is statistically significant at  $p < .005$

# LEVEL 4 – HEAD START

Parenting Scale (PS) (N=243) (re: Parental practices)	
PS (laxness)	↑*
PS (over-reactivity)	↑*
PS (verbosity)	↑*
PS (total)	↑*
Depression, Anxiety, Stress Scale (DASS) (N=243) (re: Parental adjustment)	
DASS (depression)	↑*
DASS (anxiety)	↑*
DASS (stress)	↑*
DASS (overall total)	↑*

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# WHAT WE DO THAT WORKS

- Incentives (\$20 gift card) for completion
- Bilingual & Bicultural staffing, reflective of the population we serve (somewhat PEER based)
- Provide consistent child care (constantly working on this)
- Flexibility in schedules (nights)
- “On the ground” outreach – fewer emails, more handshakes
- Remind ourselves we’re prevention/early intervention – refer, connect, support

# THANK YOU & QUESTIONS

Please contact me if you have further questions!

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