

**HELPING YOU REACH
EVERY FAMILY
TRIPLE P ONLINE**



TRIPLE P ONLINE

A NEW WAY TO REACH MORE FAMILIES

One of the world's most proven effective parenting interventions, the Triple P – Positive Parenting Program®, is now available as an online intervention.

\$247
BILLION

estimated USA annual cost of child mental, emotional, and behavioural disorders.

IOM. (2009). *Preventing Mental, Emotional, and Behavioral Disorders Among Young People: Progress and Possibilities*, Institute of Medicine, The National Academies report, 2009.¹

£260
THOUSAND

estimated UK lifetime cost per child with severe behavioural problems.

Centre for Mental Health. (2014). *Parenting Programmes*.²

65-75%

(estimated) percentage of children and young people with mental health problems who are unable to access any help at all, due to lack of resources.

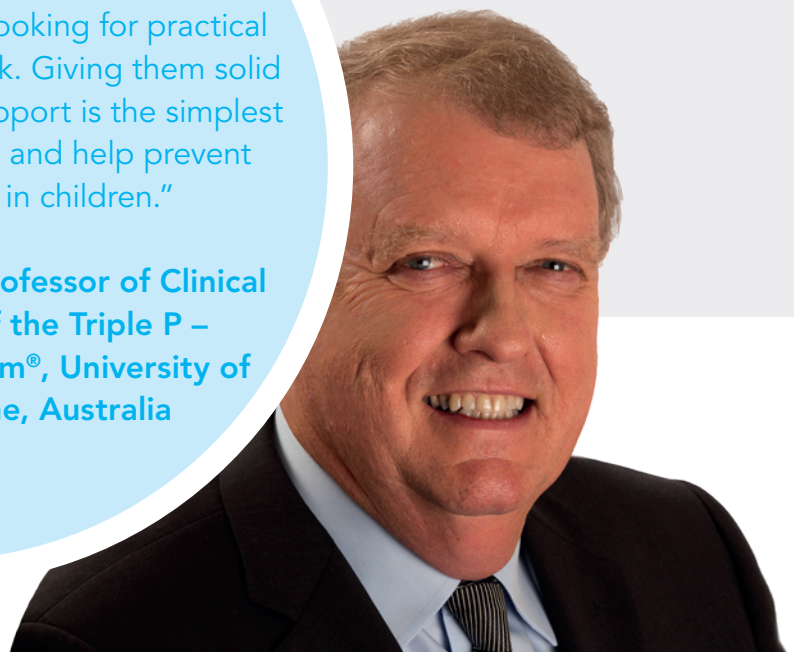
Department of Health, NHS England. (2015). *Future in mind. Promoting, protecting and improving our children and young people's mental health and wellbeing*.³



“We know that parents are looking for practical and simple solutions that work. Giving them solid parenting information and support is the simplest way to reduce their distress and help prevent behavioural problems in children.”

—

Dr Matthew R. Sanders, Professor of Clinical Psychology, founder of the Triple P – Positive Parenting Program®, University of Queensland, Brisbane, Australia





PARENTING SUPPORT FOR EVERY FAMILY: WHY IS IT SO IMPORTANT?



Organisations and providers dedicated to improving the lives of children understand the crucial importance of the parent-child relationship and how it influences developmental outcomes for children, including:

- Speech and language development
- Problem-solving ability
- Social skills and emotional self-control/self-regulation
- Physical health

However, if parents lack the skills and confidence to support their children, problems can occur. There's an increased risk their children will develop social, emotional and health problems that can have a major impact later in life. This takes a heavy toll on families and individuals – and it can also have wider implications on the health costs for society. Clinical best practice guidelines recognise that the best way to improve parents' skills and confidence is to give them access to evidence-based behavioural parent training.

THE COST OF NOT PROVIDING EARLY INTERVENTION

Studies around the world^{4 5 6} show that conduct problems in early childhood are the single most reliable early indicator of mental disorders in adulthood. Children with conduct disorder are twice as likely to grow up to become smokers, four times as likely to become dependent on drugs, and more prone to serious physical health problems and earlier death⁷. Health and social costs associated with children with conduct disorder are also likely to cost governments ten times more by the time those children reach the age of 28⁸.

HERE'S THE GOOD NEWS...

Behavioural parent training is the best supported and most effective of all psychosocial interventions where conduct disorder is a precursor of later mental health problems; early diagnosis and evidence-based treatment of conduct problems can lead to significant improvements in an estimated 50-60 per cent of cases⁹. These interventions help parents promote prosocial behaviour and reduce aggressive and antisocial behaviour using a range of strategies, such as non-violent and appropriate disciplinary techniques, while encouraging positive and responsive relationships.



WHY TRIPLE P?

A PROGRAMME THAT REALLY WORKS

Triple P is one of the most researched and evaluated parenting interventions in the world, with more evidence behind it than any other parenting programme, according to the United Nations¹⁰. In addition to hundreds of academic papers, there have been more than 200 evaluations (almost half of which have been conducted independently) including large scale randomised controlled trials. Ninety-six per cent of independent evaluations have found positive outcomes for Triple P.

The evidence is clear: Triple P improves child, family and community functioning.

Triple P has been developed through over 30 years of ongoing research to help parents:

- Provide a positive, safe, engaging environment for children
- Understand the importance of responsive learning opportunities
- Use assertive, non-punitive, consistent discipline to guide children's behaviour
- Look after their own needs and have realistic expectations of children and of themselves
- Provide a calm and predictable environment for children
- Have confidence in their ability to parent effectively

IMPROVING LIVES, IMPROVING COMMUNITIES

All this adds up to a better result for children – not just in their formative years, but throughout their lives, in areas such as:

- Improved school readiness¹¹ and school attendance¹², as well as reduced bullying and improved peer relationships at school¹³.
- Improved emotional regulation in both children and parents¹⁴.
- Improved outcomes and better opportunities for children with developmental disabilities, including children with intellectual, cognitive, neurological, sensory and physical impairments¹⁵.
- Reduced occupational stress and less work–family conflict¹⁶.
- Reduced conflict between parents, which can lead to stronger marriages and couple relationships¹⁷.





REACHING WHOLE COMMUNITIES

CONTINUING TO INNOVATE

Triple P is now used in 25 countries, highlighting the universal need for practical parenting support. The full suite of Triple P programmes now includes a range of clinically-tested interventions to meet different families' needs, including: small and large group options, working one-to-one with a provider, less intensive or more intensive support, self-help, etc. Triple P Online provides an alternative method of delivery of a Level 4 Intervention.

THE NEED FOR ONLINE DELIVERY

Triple P Online allows organisations and practitioners, stretched by the need to prioritise, an innovative way to meet the demand for services, as well as supporting parents who can't attend face-to-face classes. In other words, Triple P Online meets the needs of families who:

- would otherwise be placed on a waiting list due to lack of available services, and/or problems not being deemed "severe" enough
- prefer to receive parenting advice via the internet and/or seek video and interactive content (a growing proportion of parents, especially fathers)
- are time-poor, geographically isolated, lack childcare or transport or face other barriers to access
- find it difficult to achieve a consistent approach to parenting (for example, separated couples, grandparent carers)
- prefer to work through material at their own pace, as a self-directed course
- are in areas or communities (for example among military families) where there may be reluctance to participate in groups





CREATING AN EFFECTIVE ONLINE INTERVENTION

AN INTERNET BASED, INTERACTIVE PROGRAMME

Triple P Online has been designed to use the power and flexibility of the online medium to maximise parent engagement. It is a stand-alone web-based intervention, equivalent to Level 4 Standard Triple P (with comparable effectiveness). Parents complete the 8-module programme in their own time on a computer, tablet or smartphone. Each module takes around 30-60 minutes to complete and is a mix of video clips, worksheets, and online activities. Parents can also sign up to receive podcasts, emails or texts that recap sessions and goals.

Designed to be fun, informative, accessible and flexible, Triple P Online offers a mix of:

- More than 100 videos
- Online goal-setting activities
- Printable worksheets to keep track of progress
- Opt-in weekly SMS and email reminders of the strategies
- A workbook that can also be downloaded to use as an ongoing reminder
- “In-game” style features such as choose your avatar and rewards (virtual badges) which also feature on the completion certificate

ONGOING RESEARCH

Triple P Online is the first online parenting programme to be used in a successful randomised controlled trial that demonstrated sustained improvements in child and family outcomes.

The original study¹⁸ found:

- Significantly lower levels of parent-reported child conduct problems
- Less use of ineffective discipline
- Greater parental confidence in managing children’s problem behaviours, and
- Less stress, anger and conflict over parenting.

Positive outcomes have also been found in another randomised controlled trial¹⁹, with trials continuing in other locations (currently within the USA, Australia and New Zealand).

For news on studies and research about Triple P and Triple P Online, please refer to the Parenting and Family Support Centre website at www.pfsc.uq.edu.au/evidence.



“I have just done the first module and I just had to let you know that I am very, very impressed. I have learnt a lot already and it’s only the first module. I am so happy that I’m able to do this.”

—
Tammy, (mother of two children aged 5 and 6)



HOW TRIPLE P ONLINE FITS WITH EXISTING SERVICES

A COST-EFFECTIVE PUBLIC HEALTH APPROACH

If you are a government body or organisation, we can discuss a flexibly designed, customised approach to suit your specific needs. A population-based approach including Triple P Online helps destigmatise support services and acts as a pathway from lighter interventions to more intensive levels of support.

The programme can be part of a wider Triple P system of programme, or function as a standalone solution to reduce waiting lists for services. In either case, Triple P allows for service delivery co-operation across a number of sectors, such as health, education and social care. Doctors, teachers and other family-related services may be the first to notice or hear about problems parents are having. They are therefore ideally placed to offer help before problems become entrenched or reach crisis point. Offering Triple P Online as an early intervention is extremely cost-effective.

Another exciting benefit of online delivery is that it provides a springboard for increased parent and community engagement via email, chatrooms and social media.

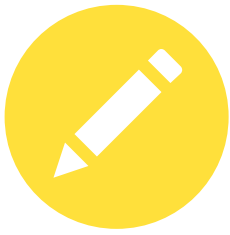
ONGOING DATA MANAGEMENT AND ACCOUNTABILITY

To access Triple P Online, parents need a registration code. For organisations purchasing registration codes in bulk, there is a data management system showing which codes have been used, when they've been activated, who has logged in, and when they last used the programme, in order to track progress and offer extra support if needed.

This is invaluable for providers who are supporting parents through the programme.

It is also a vital tool for organisations who need to quantify and report on programme usage and cost-efficiency on a regular basis.





SUPPORTING PROFESSIONALS WHO WORK WITH PARENTS

AN IMMEDIATE REFERRAL OPTION

Now, you can refer parents who wouldn't otherwise be able to access parenting support to an evidence-based intervention. This clinically tested resource can support families whether they need assistance with everyday problems, or their children are displaying early signs of conduct problems.

TWO WAYS TO REFER

- Families can be referred directly to access Triple P Online via the parent website (www.triplep-parenting.net)
- Organisations can provide access directly by purchasing access codes in bulk, then providing them to parents (allowing more options for tracking use and outcomes).



To help you explain the programme to parents, there are materials such as brochures, flyers and posters (available on request), as well as Triple P's website and a series of free emails for parents. The Triple P parent website also has preview videos and some case studies, where parents who have done the Triple P Online programme tell their story. Even after just a few modules, families can really connect with the content and see positive changes.



FLEXIBLE, TAILORED SUPPORT OPTIONS

FOR TRIPLE P PROVIDERS

Triple P Online offers existing Triple P providers new and improved ways to help families:

- As a referral option to meet the needs of families in the categories listed previously (page 5)
- As part of a mixed online/face-to-face or phone delivery, where content is covered in the online modules, and provider contact gives additional support to tailor the programme towards families' individual needs
- As an adjunct to Group Triple P delivery (for example, for partners who can't attend the group sessions.)

HELP WITH IMPLEMENTATION

Our implementation consultants can work with your organisation to develop the best way to achieve integrated service delivery, using both in-person and online methods to meet the local population's needs.

WHY DOES TRIPLE P ONLINE WORK?

It's innovative. It works. Parents like it.

Families benefit from it.

See snippets of the programme and testimonials from parents: www.triplep-parenting.net





COSTS AND BENEFITS

INVEST TO SAVE OPPORTUNITY

Quality evidence-based parenting programmes such as Triple P not only benefit children and their families but also produce significant cost saving to the system as a whole²⁰. They help reduce the need for services that deal with crime and antisocial behaviour, healthcare, mental health, housing, education, drugs and alcohol, and children's social care.



"E-mental health offers one of the greatest invest-to-save opportunities for government and the community in mental health. E-mental health is clinically effective and huge cost savings can be gained by integrating it into a fully functional mental health system of stepped care."²¹

—
[Australian] National Review of
Mental Health Programmes
and Services

Calculating exact costs for Triple P Online will depend on local need, level of reach required across the population, and a detailed analysis of training fit and requirements across organisations.

Contact us to discuss further specific costs and where bulk code discounts may apply.





FURTHER INFORMATION

Depending on whether parents are purchasing directly or through an organisation rollout, different pricing and technical support structures may apply. The specific details about how parents can access Triple P Online may vary from one region to another. Direct parent purchase prices are also affected by different sales taxes in different regions.

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The Triple P – Positive Parenting Program®

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