

GROUP TEEN TRIPLE P

WHAT IS GROUP TEEN TRIPLE P?

A broad-based parenting intervention delivered over eight weeks for parents of teenagers up to 16-years who are interested in learning a variety of parenting skills. Parents may be interested in promoting their teenager's development and potential or they may have concerns about their teenager's behaviour. The programme involves five (2-hour) group sessions of up to 12 parents. Parents actively participate in a range of exercises to learn about the influences on adolescent behaviour, setting specific goals, and using strategies to promote a teenager's skills development, manage inappropriate behaviour, and teach emotional self-regulation. Parents also learn how to plan around risk-taking behaviour and risky situations. Then there are three (15 to 30 minute) individual (telephone) consultations to assist parents with independent problem solving while they are practising the skills at home.

WHO IS IT FOR?

Parents or caregivers who have concerns about their teenager's behavioural problems or simply wish to prevent behavioural problems from developing. Parents who have completed lower level interventions and have not achieved the goals they want, may benefit from a Group Teen Triple P intervention. 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, factors that influence teenagers' behaviour, and how to set goals for change. Parents submit a completed assessment booklet at the beginning of this session.

Session 2: Encouraging appropriate behaviour

During this session, the practitioner discusses how to develop positive relationships with teenagers, increase desirable behaviour, teach new skills and behaviours, use behaviour contracts, and hold family meetings.

Session 3: Managing problem behaviour

In this session, parents learn how to develop family rules, deal with non-cooperation, acknowledge emotions, and use behaviour contracts. They have an opportunity to rehearse these routines in the session, to promote emotional self-regulation.

Session 4: Dealing with risky behaviour

This session covers identifying risky situations, routines to deal with risky behaviour, and family survival tips. Parents also prepare for their individual consultation sessions.

Session 5-7: Implementing parenting routines 1-3

The practitioner provides feedback from initial assessments that the family completed and then uses a self-regulatory feedback model to assist parents to review their implementation of parenting strategies and risky behaviour plans. From this, parents set goals for the further refinement of their routines, if needed.

Session 8: Programme close.

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

HOW MUCH TIME IS NEEDED TO DELIVER THE INTERVENTION?

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

CONSULTATION TIME	10 hours (2 hours per session for 5 weeks)
PRE AND POST ASSESSMENTS — QUESTIONNAIRE SCORING AND FEEDBACK*	5 hours
TELEPHONE SUPPORT OR HOME VISIT	15 hours (10 families, 30 minutes each week for 3 weeks)
SESSION PREPARATION AND POST-SESSION DEBRIEF/SUPERVISION	5 hours
CASE NOTES AND REPORT WRITING**	5 hours
TOTAL TIME	40 hours per group

*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 RESOURCES DO PARENTS RECEIVE?

Each family receives a copy of Teen Triple P Group Workbook. 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 Teen Triple P Group Workbook
TOTAL NUMBER OF FAMILIES	30 families
TOTAL RESOURCES PER YEAR	30 x Teen Triple P Group Workbook



WHAT IS INVOLVED IN PROVIDER TRAINING?

To provide Group Teen Triple P 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. Training is available via video conference or in-person¹.

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

An Extension Course is available, please contact your Triple P representative for more information.

DO PRE-REQUISITES APPLY?

No Triple P pre-requisites apply. However, it is desirable that practitioners have knowledge of adolescent development to undertake this training.

WHAT ARE THE PROVIDER LEARNING OUTCOMES?

- Application of key parenting strategies to a broad range of teenagers' target behaviours.
- Risk and protective factors operating within families.
- Strategies for promoting generalisation and maintenance of behaviour change.
- Use of active skills training strategies in a group format.
- Group dynamics and common process issues.
- Telephone support consultations with parents.
- Identification of indicators suggesting a more intensive intervention is required.
- Appropriate referral procedures.

WHAT RESOURCES DO PRACTITIONERS RECEIVE?

Each practitioner will receive the following Triple P practitioner resources:

- Facilitator's Kit for Group Teen Triple P (includes Facilitator's Manual and the Teen Triple P Group Workbook).
- Access to the Group Teen Triple P PowerPoint presentations.
- Access to the Every Parent's Guide to Teenagers video.

¹ In-person is an option when government rules, safety and insurance requirements allow.