

BRIEF PRIMARY CARE TRIPLE P

WHAT IS BRIEF PRIMARY CARE TRIPLE P?

A brief targeted intervention in a one-to-one format that assists parents to develop parenting plans to manage behavioural issues (e.g. tantrums, fighting, going shopping) and skill development issues (e.g. eating independently, toilet training, staying in bed at night). These focused consultations can be carried out by health professionals in the course of providing routine health care. Practitioners provide 1-2 sessions (15-30 minutes each). Sessions can be done in person, over the phone, or as a combination of both.

WHO IS IT FOR?

Parents or carers with a specific concern about their child's behaviour and prefer one-to-one consultations. They are likely to benefit when their child's behaviour problems are mild and uncomplicated by a high level of family stress. Parents receiving this intervention sometimes then choose to do an additional Triple P course if problems persist.

WHAT IS COVERED IN SESSIONS WITH PARENTS?

Session 1: Assessment of the presenting problem and developing a parenting plan

In this session, the practitioner conducts a brief interview, discusses options for intervention, and introduces the parent to keeping track of their child's behaviour. They then help the parent identify possible causes of their child's behaviour problem, set goals for change and create a parenting plan.

Session 2: Review of implementation

In this session, the practitioner uses a self-regulatory feedback process to assist the parent to review their implementation of their parenting plan and to set goals for further refinement if needed. If necessary, referral options are discussed.

HOW MUCH TIME IS NEEDED TO DELIVER THE INTERVENTION?

In addition to each session, the practitioner should allow time for preparation and supervision. Please see the table below for an approximate timeframe for delivering the programme.

CONSULTATION TIME	¼ hour
PRE AND POST ASSESSMENTS - QUESTIONNAIRE SCORING AND FEEDBACK*	n/a
TELEPHONE SUPPORT OR HOME VISIT	¼ hour
SESSION PREPARATION AND POST-SESSION DEBRIEF/SUPERVISION	¼ hour
CASE NOTES AND REPORT WRITING**	¼ hour
TOTAL TIME	1 hour per family

*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 Triple P Tip Sheet relevant to the targeted problem behaviour and a Positive Parenting booklet.

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	125 families
NUMBER OF FAMILIES PER INTERVENTION	1 family
RESOURCES PER FAMILY	1 x Tip Sheet 1 x Positive Parenting booklet
TOTAL NUMBER OF FAMILIES	125 families
TOTAL RESOURCES PER YEAR	125 x Tip Sheets 125 x Positive Parenting booklets

WHAT IS INVOLVED IN PROVIDER TRAINING?

To provide Brief Primary Care 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)	2 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	5 days

DO PRE-REQUISITES APPLY?

No Triple P pre-requisites apply. Assumes an organisation has established a successful referral process for families requiring further assistance (either to in-person or online Triple P programmes).

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

WHAT ARE THE PROVIDER LEARNING OUTCOMES?

- Early detection and effective management of child behaviour problems.
- Core principles of positive parenting and behaviour change.
- Specific positive parenting strategies for promoting children's development.
- Effective parent consultation, including active skills training.
- Identification of indicators suggesting more intervention is required and appropriate referral procedures.

WHAT RESOURCES DO PRACTITIONERS RECEIVE?

Each practitioner will receive the following Triple P practitioner resources:

- Practitioner's Manual for Primary Care Triple P.
- Triple P Tip Sheet Series - Sample Pack (includes Positive Parenting booklet and a sample of Triple P Tip Sheets).
- Access to the Primary Care Triple P Consultation PowerPoint presentations.
- Access to the Every Parent's Survival Guide video.