

# PRIMARY CARE STEPPING STONES TRIPLE P

## WHAT IS PRIMARY CARE STEPPING STONES TRIPLE P?

Stepping Stones Triple P has been developed for parents of children with a disability. Primary Care Stepping Stones Triple P involves a brief one-to-one parenting intervention designed to target discrete problem behaviours or developmental skills (e.g. social skills, communication). Primary Care Stepping Stones Triple P has been evaluated with families of children with a range of disabilities (e.g. intellectual disability, autism spectrum disorders, cerebral palsy) and elevated levels of disruptive behaviour. Sessions are between 15-30 minutes. The first two sessions are conducted in person and the other sessions can be completed either in person or by telephone. The practitioner meets with the parent/s for up to four sessions over a period of six weeks and assists parents to develop parenting plans (behaviour support plans) to prevent the problem behaviour, teach needed skills, and manage misbehaviour.

## WHO IS IT FOR?

Parents or caregivers of children with a disability (up to 12-years) with a specific concern about their child's behaviour and require one-to-one consultation with active skills training. These parents may be unable to commit to regular treatment over longer periods of time. They are most likely to benefit if their child's behavioural issues are not complicated by high levels of family stress. Some parents choose to do this programme as an introduction to parenting strategies and then may become interested in the more intensive Group Stepping Stones Triple P for further support.

## WHAT IS COVERED IN SESSIONS WITH PARENTS?

### Session 1: Assessment of the presenting problem

In this session, the practitioner conducts an initial interview, discusses options for intervention, and how the parent can keep track of their child's behaviour.

### Session 2: Developing a parenting plan

In this session, the practitioner provides the parent with feedback of assessment results and discusses causes of child behaviour problems. Parents then set goals for themselves and their child. They are introduced to booklets that provide information on a range of topics (e.g. social skills, early learning skills, disruptive behaviour, toileting). An individualised parenting plan is devised based on this format and content.

### Session 3: Review of implementation

In this session, practitioners apply a self-regulatory feedback model to help the parent review how they have implemented their plan, to identify strengths and improvements, and to refine their use of specific strategies that may require further practise. Obstacles to the implementation of their plan are discussed and problem-solved.

### Session 4: Follow up

In this session, the practitioner reviews progress toward specific goals, assists the parent to further refine their parenting plan if needed, and discusses ideas to maintain positive changes. 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 preparing for the sessions and supervision. Please see the table below for an approximate delivery guideline time for each family.

CONSULTATION TIME	2 hours (30 minutes per family for 4 sessions)
PRE AND POST ASSESSMENTS — QUESTIONNAIRE SCORING AND FEEDBACK*	¼ hour
TELEPHONE SUPPORT OR HOME VISIT	n/a
SESSION PREPARATION AND POST-SESSION DEBRIEF/SUPERVISION	¼–½ hour
CASE NOTES AND REPORT WRITING**	¼–½ hour
TOTAL TIME	2¾–3¼ hours

\*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 up to two Primary Care Stepping Stones Triple P Booklets relevant to the targeted problem behaviour/s or developmental skills and a Stepping Stones Triple P 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	50 families
NUMBER OF FAMILIES PER INTERVENTION	1 family
RESOURCES PER FAMILY	2 x Stepping Stones Triple P Primary Care Booklets 1 x Positive Parenting Booklet
TOTAL NUMBER OF FAMILIES	50 families
TOTAL RESOURCES PER YEAR	100 x Stepping Stones Triple P Primary Care Booklets 50 x Positive Parenting Booklets



### WHAT IS INVOLVED IN PROVIDER TRAINING?

To provide Primary Care Stepping Stones 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.

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.

### WHAT ARE THE PROVIDER LEARNING OUTCOMES?

- Early detection and effective management of child behaviour problems.
- Core principles of positive parenting and effective behaviour change.
- Specific positive parenting strategies for promoting children’s development.
- Identification of indicators suggesting more intensive intervention is required and appropriate referral procedures.

### WHAT RESOURCES DO PRACTITIONERS RECEIVE?

Each practitioner will receive a copy of the following Triple P practitioner resources at training:

- Practitioner’s Kit for Primary Care Stepping Stones Triple P (includes Practitioner’s Manual and Consultation PowerPoint CD).
- Primary Care Stepping Stones Triple P Booklet Series.
- Stepping Stones: A Survival Guide for families with a child who has a disability [DVD].