

# The Power of Stepping Stones Triple P in NSW

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The Sydney  
children's  
Hospitals Network  

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care, advocacy, research, education

# Aim

- **MHID Hub Aim**

To enhance the capacity of local services to provide mental health care within mainstream and subspecialty services

- **School-Link Objective**

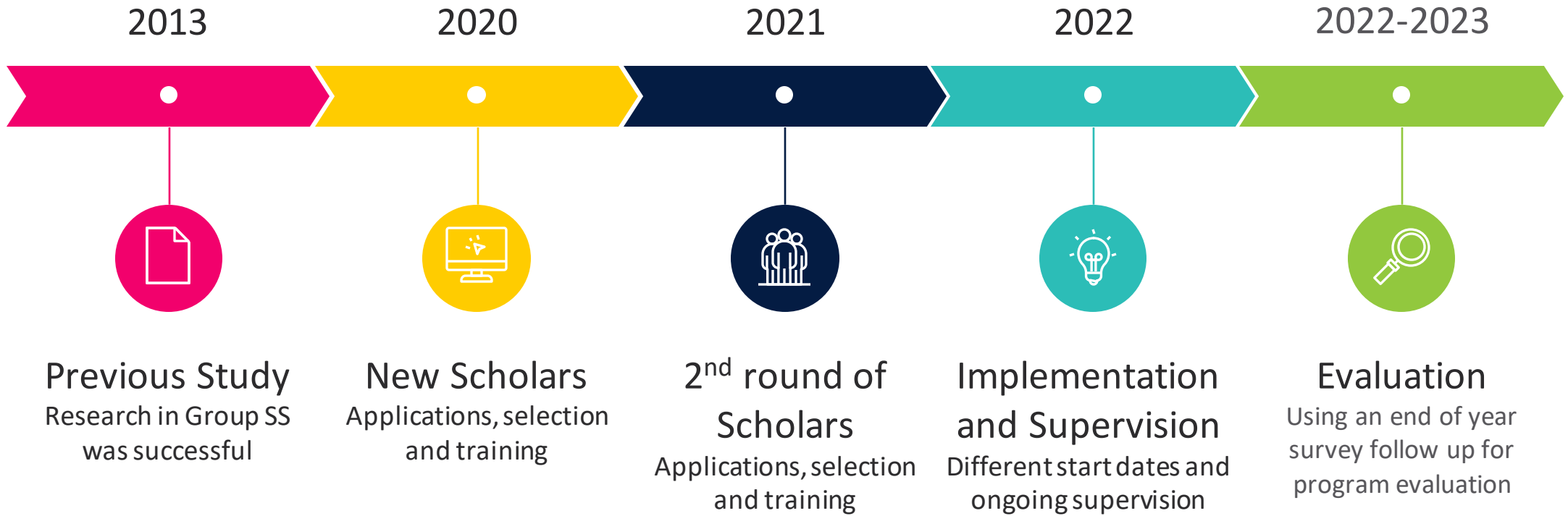
Education staff and mental health professionals are more confident and better able to deliver coordinated care to children and young people with mental health concerns





This scholarship program was designed to create future capacity of professionals implementing evidence based parenting programs within schools and health settings. Ultimately reaching more families and young people.

# Stepping Stones Scholarship Timeline



# Our Scholars



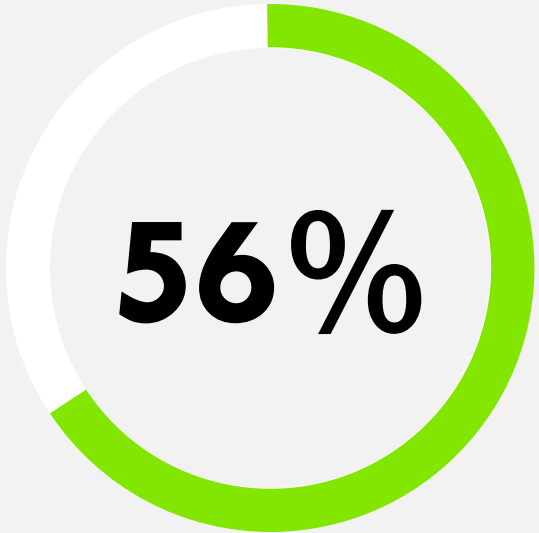
## Stepping Stones Seminar

20 Scholars trained in Selected Seminar Stepping Stones



## Primary Care

38 Scholars trained in Stepping Stones Primary Care



## Delivered

Percentage of Scholars that have delivered so far

# Our Triple P Scholarship

## Demographics

We had great coverage across many LHD's in NSW in both Health, Education and NGO's.

## Measures

Scholars filled in a pre-training survey. They were also asked to fill in Microsoft forms surveys before the training and include information about the sessions they ran.

## Resources

We provided scholars with resources as they needed throughout the year including booklets and tip sheets.

## Resourcing Parents

Use of the resourcing parents website as a tool for promoting sessions

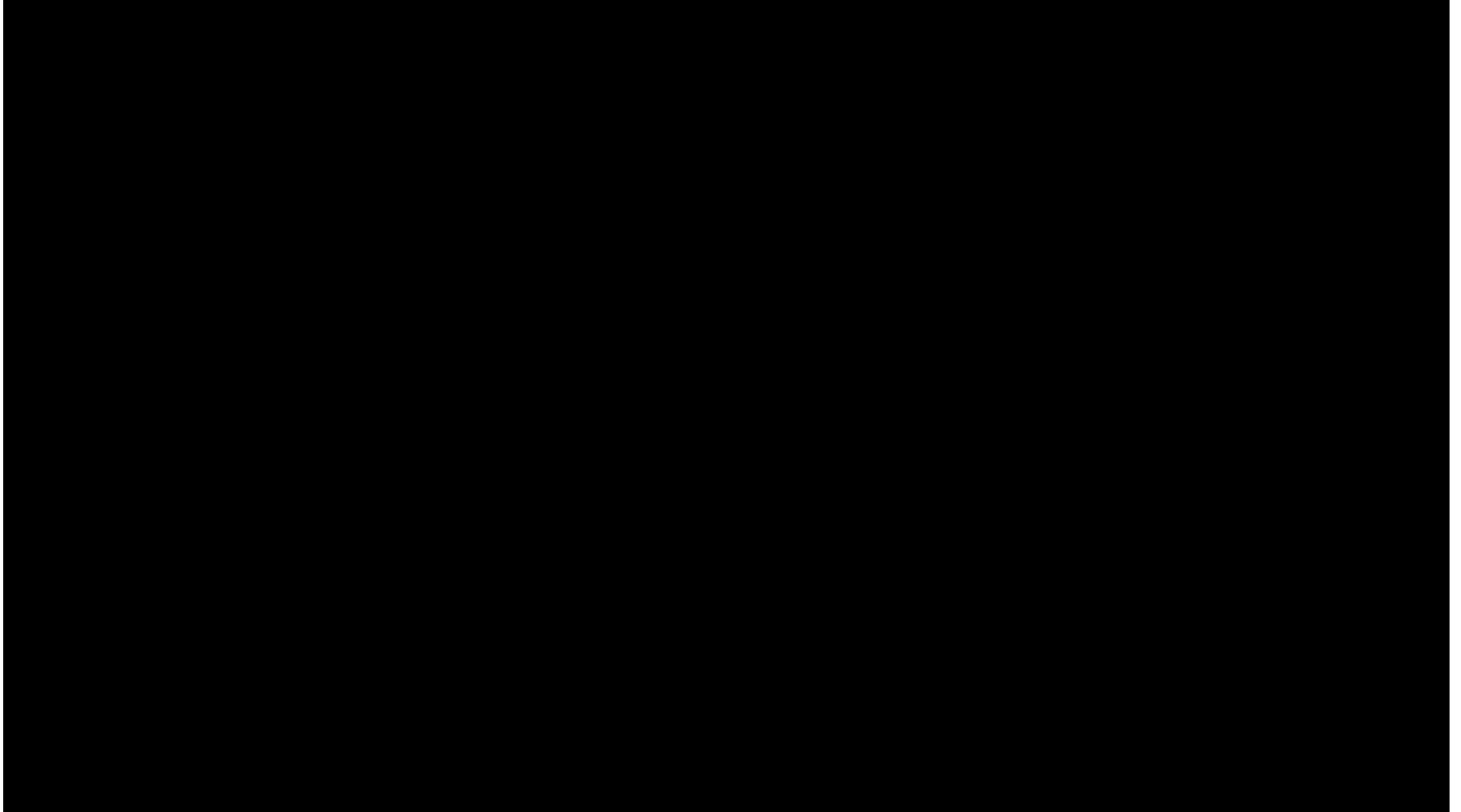
## Supervision

Supported by PASS sessions that occurred over 6 sessions per program cycle

## Evaluation of Program

Scholars will receive a survey in November which will be analysed by our team in the new year for future planning.

# Scholar Experience-May Lam



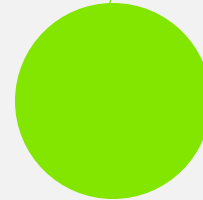
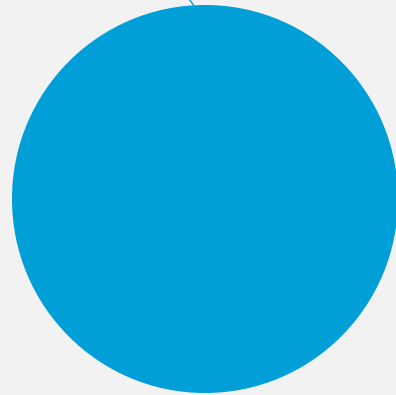
# Parent Response

*Rewarding to hear about the outcomes from parents- May Lam*

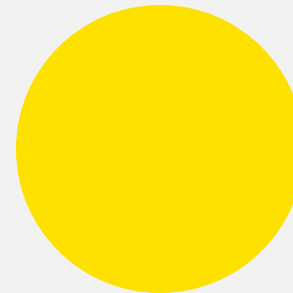
'Informative and  
much needed!'



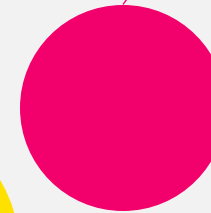
'Interesting, helpful and  
resourceful!'



'Relevant to  
my family!'



'Amazing! Much  
needed support'



Beneficial  
for all my  
kids!



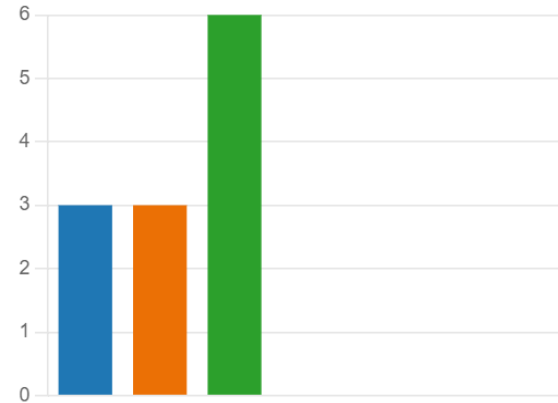
# Primary Care Parent Response

8. Has the program helped you to deal more effectively with your child's behaviour?

[More Details](#)

[Insights](#)

- 7 Yes, it has helped a great deal 3
- 6 3
- 5 Yes, it has helped somewhat 6
- 4 0
- 3 No, it hasn't helped much 0
- 2 0
- 1 No, it made things worse 0



***'Program was great'***

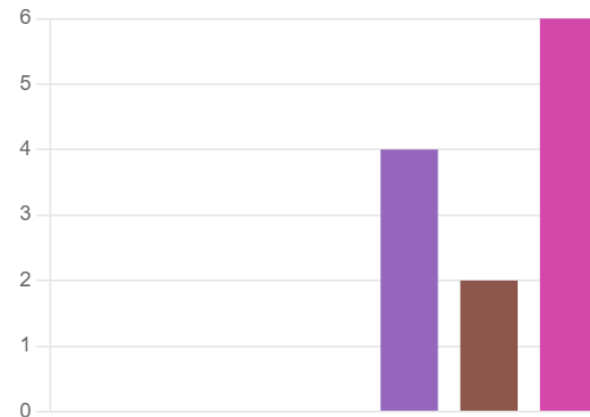
***'I would do other versions'***

***'Helpful'***

4. Did you receive the type of help you wanted from the program?

[More Details](#)

- 1 No, definitely not 0
- 2 0
- 3 No, not really 0
- 4 0
- 5 Yes, generally 4
- 6 2
- 7 Yes, definitely 6



# Seminar Parent Response

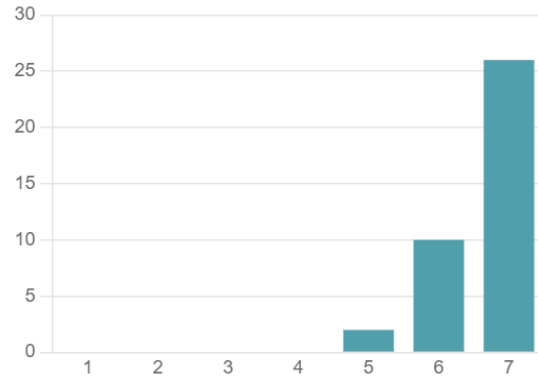
9. Did you gain sufficient knowledge or information to be able to implement the parenting advice you heard about?

(1 = No, definitely not; 7 = Yes, definitely)

[More Details](#)

[Insights](#)

6.63  
Average Rating



**'Thank you for the support'**

**'Absolutely great session'**

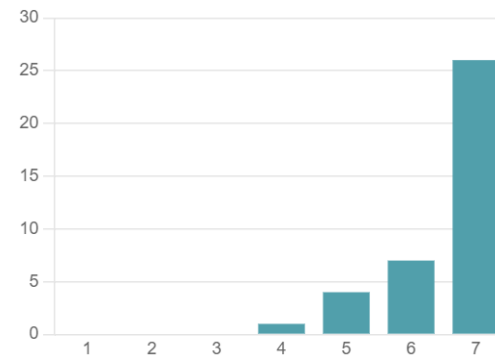
11. Was the seminar helpful in gaining an understanding of what you can do to help your child learn new skills and behaviour?

(1 = No, definitely not; 7 = Yes, definitely)

[More Details](#)

[Insights](#)

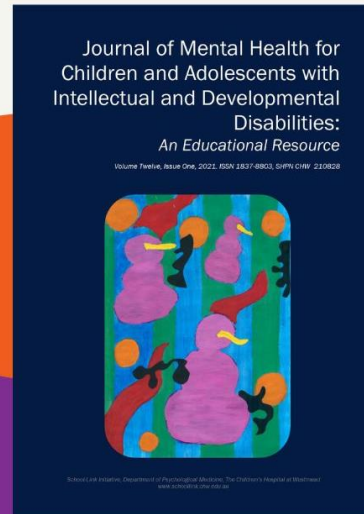
6.53  
Average Rating



**'Very informative'**

# Mental Health and Intellectual and Developmental Disability Resources

[www.schoolink.chw.edu.au](http://www.schoolink.chw.edu.au)

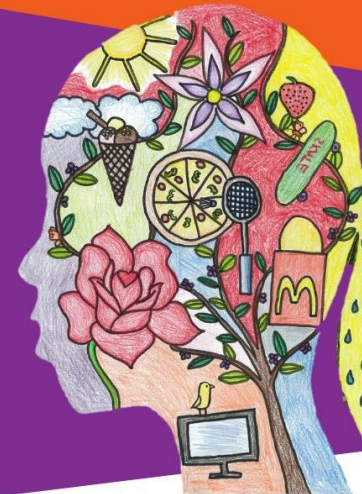


## Journal

Back issues and articles available with over 30 editions to date and a plethora of articles. You will find many disorders and topics have been discussed by Psychiatrists in the field. Practical information, cases studies, medicines and more.

## Webinars

Free, on-demand webinars. Over 15 webinars to date and content continually being added for professionals working with individuals with intellectual or developmental disability and mental health concerns. Hear from Psychiatrists, Occupational Therapists, Psychologists and other allied health professionals.



Sydney Children's Hospitals Network

**MENTAL HEALTH AND  
INTELLECTUAL DISABILITY HUB**

# THANK YOU



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