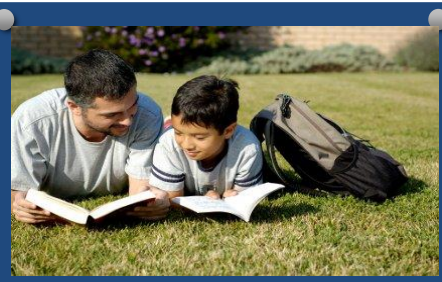


POSITIVE PARENTING PROGRAM (TRIPLE P) ONLINE



TRIPLE P SYSTEM OF INTERVENTIONS

- Offers evidence-based parenting and family support strategies designed to reach all families for community-wide impact.
- Utilizes a population level approach for parents of children 0-16 years of age.
- Includes five (5) levels of increasing intensity and narrowed population reach allowing it to be responsive to varying family needs.
- Delivered across flexible formats (e.g. individual, group, online), in several different settings (i.e. social service systems, healthcare settings, school systems, private practice).

What is Triple P Online?

Triple P Online is a self-directed online program that parents can work through in their own time. It's an 8-module interactive course most suitable for parents of children aged 2 – 12 and is equivalent to a Level 4 Triple P intervention. Triple P Online includes an online parent workbook, videos, exercises, downloadable tip sheets, emails, podcasts and optional text reminders.

Benefits of Triple P Online

Triple P Online will allow county child welfare workers to reach parents who are geographically isolated or have other conflicts in receiving face to face, individualized parenting skill building services. With funding support from DSS, Triple P Online is available at no cost to all county child welfare agencies to use with parents/caretakers. All online modules are a lively mix of video clips, worksheets and activities. They can be easily completed by parents themselves. While designed to be completed at approximately one module per week, parents have access to all modules for 12 months and can move at their own pace.

Accessing Triple P Online Codes

To access codes, the county worker will refer the parent/caretaker to the NC Triple P Online website at <https://www.triplep-parenting.com>. When the parent/caretaker inputs their contact information, a code is issued to them. There is no limit to the number of parents/caretakers who can receive a code. The parent/caretaker has up to one year to complete the modules. A Certificate of Completion is awarded to parents/caretakers upon completion of each version.

Resources

DSS is working with the Triple P Support System to develop Triple P Online technical assistance resources for county child welfare agencies to use to support parents'/caretakers' use of Triple P Online. In the meantime, the *Triple P Online Practitioner Guidelines (attached)* and *Video Links for Parents and Professionals (reverse side)* offers support for the use of the resource.



When the system of interventions (all 5 levels) is saturated in a community, large and favorable effects are demonstrated relative to population-level (1) child abuse and neglect, (2) out-of-home foster care placements, and (3) emergency department visits indicating child injury (Prinz, Sanders, Shapiro, Whitaker, & Lutzker, 2009).



Since 2017, the Department of Health and Human Services' Divisions of Social Services (DSS) and Public Health (DPH), The Duke Endowment (TDE), Triple P America, the Impact Center at Frank Porter Graham Child Development Institute at UNC Chapel Hill (FPG), and Prevent Child Abuse North Carolina (PCANC) have been working in partnership to reach statewide population level saturation of Triple P.

TRIPLE P ONLINE VIDEO LINKS FOR PARENTS AND PROFESSIONALS

- **Triple P Online for parents** A Sneak Pre-View 2minutes 25 seconds in length
 - <http://player.vimeo.com/video/73918238>
 - *This video is for agencies to supply to parents in conjunction with an access code to begin TPOL. The video helps parents to login, explains program features and informs them of what to expect from Triple P Online.*
- **Triple P Online for practitioners** 3 minutes and 33 seconds in length
 - <http://player.vimeo.com/video/73918237>
 - *This video explains what Triple P Online is, how the program works, as well as the benefits of offering Triple P Online to parents.*
 - *This video should be provided on delivery of access codes. It will help to familiarise staff dealing with the program within the organisation with TPOL.*
- **A tour of Triple P Online for organizations/agencies** 2 minutes 37 seconds in length
 - <http://player.vimeo.com/video/73918236>
 - *This video explains the features of the program and provides information that has a more clinical focus.*
 - *This video is designed to respond to enquiries from agencies looking to purchase the program to offer to parents through their organisation.*
- **Triple P Online in action** 2 minutes and 43 seconds in length
 - <http://player.vimeo.com/video/73918239>
 - *This promotional video shows the experience of one family working through Triple P Online. This is suitable for parents, practitioners and organisations interested in the program – or as a tool to promote awareness of Triple P Online.*
- **Dr. Karen Turner's Webinar** **Want to Know How TPOL can Work with Your Families?**
 - <https://www.triplep.net/glo-en/triple-p-online-webinar/>
 - *Dr. Turner takes participants on a virtual tour of the program and demonstrates the tools and resources available to parents. There is a short overview of the research and examples of how organizations and practitioners are using Triple P Online with their families.*