

Triple P

Positive Parenting Program



Welcome to the very first Manitoba Triple P newsletter. The aim of this publication is to provide information on Triple P throughout the province for practitioners, agency managers and the community. We would be interested in your feedback and suggestions for future editions. Please feel free to e-mail Deb Campbell, the public education co-ordinator for the Triple P program with Healthy Child Manitoba at deb.campbell@gov.mb.ca.

News from Seven Oaks

With the introduction of Triple P by Healthy Child Manitoba in March 2005, the Seven Oaks school division enthusiastically embraced the Triple P Parenting system division wide.

"Triple P is a good fit for Seven Oaks because the school division is progressive in its thinking and programming," says Sharon Halldorson, director of student clinical services at the Seven Oaks school division. "The division really believes in community support and collaboration." To that end, Seven Oaks sent some of their staff members for the first training sessions, held in November 2005.

When the division first thought about how to implement Triple P, a natural fit seemed to be to provide Triple P services at the Village Centre, a community centre that is part of the school division and offers activities, speakers and resources to community parents. Two Seven Oaks school division social workers, Shira Cohen and Lyana Hoydalo, were the first to incorporate group Triple P sessions.

As with all first attempts, the staff admitted growing pains. For example, some parents in the group sessions missed the unstructured approach to community afternoons. However, attendance soon improved as many parents began to appreciate access to important parenting advice and strategies. Attendance continued to increase, session completion rates grew steadily, and soon the entire community was more familiar with the program.

Social work team leader for Seven Oaks, Lisa Dveris, also co-facilitates the group sessions and recognizes the value of the program for all parents. "We have seen the success and will continue to deliver Triple P services, but there are limited clinical hours to meet the demand,"

she says. "We are looking forward to more practitioners in the community receiving training and offering Triple P services. One of the benefits of the program is that it can be delivered from a wide range of sectors, meeting the broad range of needs that parents have, whether that is basic parenting information or more intensive parenting support."

"Our staff have really seen success using the program with parents, and parents are reporting much success as well," says Sharon Halldorson. Today, the sessions are so popular that the division has waiting lists for both its afternoon and evening group sessions. The division plans to run groups at the Village Centre again next year.

Con't...



for every parent



News from Seven Oaks

(Con't)

The success of the group sessions encouraged more Seven Oaks staff to train in Triple P. For example, community co-ordinators – parents who work in the division to support parents of preschoolers – became trained and accredited, and now use Triple P often within the community.

“Community co-ordinators are using Triple P day-to-day, guidance counsellors are as well. The Village Centre continues to offer group sessions – both clinical and teaching staff are using Triple P,” says Deb Campbell, public education co-ordinator for Triple P at the province’s Healthy Child Manitoba office.

“More practitioners are being trained. Seven Oaks is looking forward to more

staff taking Level 2 training, so they can offer Triple P seminars. The school division also thinks it would be valuable if their teachers were trained in Triple P – it would be great for managing students,” says Sharon Halldorson.

Triple P tip sheets have been especially popular. Community co-ordinators and guidance counsellors use them one-on-one, to stimulate and guide discussions with parents who may have particular questions or concerns. The tip sheets are used directly with parents rather than as hand-outs, because literacy may be an issue for some parents. “Staff review the key points of the tip sheets in person with parents, so they know the parents fully understand the content,” says Deb Campbell.

Since feedback is important to the success of Triple P in their school

division, Seven Oaks sees the need for good internal communication. A divisional steering committee meets every couple of months, and has representation from all those who use Triple P throughout the division. Committee meetings are used to share updates and information, and to co-ordinate support efforts. The division finds the meetings are a great way for the group to problem-solve common issues, such as time management.

Now that Triple P has been successfully introduced to Seven Oaks, the school division has plans for the coming year. It wants to focus on collecting data, to track successes and evaluate efforts.

“That’s one of the fundamental reasons the province chose Triple P,” says Deb Campbell. “It has good evaluation measures. We know it works!”



Louanne Beaucage, Triple P Co-ordinator

Triple P Team Member Profile – Louanne Beaucage

Louanne Beaucage is the Triple P provincial co-ordinator for northern Manitoba for Healthy Child Manitoba. Louanne’s primary responsibilities are to provide consultation and support to service providers and agencies in both the Burntwood, Churchill and NOR-MAN regions that are involved in the delivery of Triple P services to families. Louanne’s primary office is located in The Pas, but she spends much of her time traveling extensively throughout both regions to meet regularly with agency managers and practitioners. Louanne also serves as

a Triple P liaison with francophone communities throughout the province.

Louanne comes to Healthy Child with 18 years of experience in child welfare, having spent the majority of those years involved in community development, empowering parents and youth. Louanne is very committed to both Triple P as well as the northern communities she works in. Her boundless energy and enthusiasm has helped to make Triple P successful throughout the province.

Results from the 2007 Practitioner Survey

Thanks to all of you who responded to our practitioner survey in 2007! Your responses help us better understand how to support you in your Triple P work. We look forward to learning more in a telephone interview we will be conducting later this year. Each of you will receive a phone call and will be given the opportunity to share your successes and challenges in delivering Triple P to the families you serve. We also look forward to sharing the province-wide results of those interviews with you, so that you can learn of other Triple P activities in the province and hear about the



experiences of other practitioners and organizations who have incorporated Triple P into their service delivery!

Here are some of the things we learned from those of you who took the time to respond to our survey this fall:

The Families You See

Triple P service delivery is different for everyone. The number of families practitioners see in a month varies greatly depending on the type of work they do, and so the opportunity to use

Triple P also varies. Practitioners who responded to the survey told us that about half of the families they work with need help with parenting, and that Triple P is an appropriate and useful program for use with many of these families.

Delivering Triple P Services

Level 2 seminars are being offered in various parts of the province to groups of parents ranging anywhere between 10 to 160! Practitioners who responded told us this is the level of Triple P that reaches the greatest number of parents.

Level 3 services are brief consultations, and is the level of Triple P services reaching the second largest group of parents in the

Triple P Training in Manitoba: Accredited Practitioners

Level of Training:	661 Practitioners Accredited: 913 courses
Level 2, Selected	50
Level 3, Primary	435
Level 4, Standard	162
Level 4, Group	133
Level 4, Stepping Stones	52
Level 5, Enhanced	60
Level 5, Pathways	45

province. Hundreds of parents receive this level of Triple P from practitioners across sectors.

Level 4 services are being delivered in all of the formats available including Standard, Group, Stepping Stones and the Self-Help version.

Level 5 services are the most specialized, and required by the fewest parents. Enhanced services are being delivered to numerous families, and some practitioners have also begun to use the Pathways program with families.

On the Ground – Adapting Triple P in Manitoba

In the survey, Triple P practitioners were asked to list the ways they have used their Triple P materials and training.

Con't...

Results from the 2007 Practitioner Survey (Con't)

We've learned that practitioners around the province are using Triple P in new and exciting ways to help families across Manitoba.

For example:

- Some social and community services practitioners have found it helpful to use specific sections of the course materials if a family is having a particular problem, while others have adapted parts of the materials to share with their clients.
- Other social and community services practitioners have found that they may only have one session with a parent and find it useful to review the tip sheets with parents and give them options and choices for addressing specific behaviors or parenting challenges. Practitioners have also left tip sheets, the parenting booklet and parenting videos for parents while on a home visit.
- Child welfare Triple P practitioners are also using tip sheets with parents. Some have adapted the resource material for foster parent orientations, while others have used parts of the program with parents of developmentally-delayed children.
- Practitioners in education have provided tip sheets at "meet the teacher" nights, while others have provided them to

parents at seminars. Still other practitioners have hosted a video presentation for a group of parents who all had similar concerns.

- Some early childhood educators trained in Triple P told us that they have shared tip sheets with family child care providers who need help with certain children and would like to share tips with parents. Others laminated all of the tip sheets for our parents to access as a resource.

Practitioners also told us that there have been challenges in providing Triple P programs. Literacy levels, encouraging families to follow through, traveling to remote communities and even scheduling follow-up visits were all identified as challenges that some practitioners are facing.

Some parents told practitioners that they don't have the time, energy or resources to use the tips from the Triple P Program with their children. Other parents will use Triple P in a crisis, but don't yet see the value in using Triple P tips on a day-to-day basis.

Challenges identified by practitioners in this survey, as well as in conversations we have with all of you in the community, will be more fully explored in an article in the upcoming fall practitioner newsletter.

We encourage you to contact us at Healthy Child Manitoba to discuss these and any

other concerns you may have, so we can continue to support you in your work to support Manitoba families through Triple P.

You can reach us at:

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for every parent



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Putting children and families first

Manitoba

News from the North

I'd like to begin on a personal note. I have really been blessed and made to feel welcome in the North. When I accepted this position as northern co-ordinator I had no idea that this region had as much to offer. I am always inspired by the hard work and commitment that I have observed in the work that you do with your families and communities in all the northern regions.



Left to right: Amber Spence, Louanne Beaucage, Alfreda Thorne

I would like to offer special congratulations to all the trained and accredited Triple P practitioners in both the NOR-MAN and Burntwood regions. To date, we have more than 266 trained and accredited practitioners serving these northern communities. I am also excited to see practitioners from the Churchill region beginning to take training.

This being our first newsletter, I would like to feature the community of Nelson House. The community of Nelson House

is approximately one hour and 15 minutes north of Thompson and is situated on a peninsula on Footprint Lake, approximately 800 kilometres (500 miles) north of Winnipeg. On March 26 and 27, I drove to Nelson House with three colleagues, who came up from our Healthy Child Manitoba office in Winnipeg.

Upon our arrival we were immediately welcomed by two Triple P trained practitioners, Amber Spence and Alfreda Thorne. We were introduced to the staff and programs at the Nelson House Wellness Centre. They were more than happy to take us for a tour of their community. It became apparent to us that there has been a significant investment in economic development and community infrastructure programs in the Nelson House community, the personal care home, the Family and Community Wellness Centre, the Atoskiwin Training and Employment Centre, schools, Elders' residents and the medicine lodge. Everywhere we went, the staff were more than eager to take us on tours of their facilities. I must say that all four of us were impressed with the strengths, dedication and the sense of pride in the community of Nelson House.

After a very full first day, we were invited to come back the next day for a community feast where we met and talked with Elders, parents and children who live at Nelson House. They talked about the way they were parenting and also what they would like to see in the future regarding

supporting children and families in Nelson House.

The Nelson House community offers several cultural camps at various times of the year, both in summer and winter. As a matter of fact, there were some youth getting ready to go on a hunting and teaching survival expedition. They were planning on setting up camp for four days, from March 26 to the 30, with several Elders and mentors. I was told that they also have a summer community camp where the whole community participates; this is an opportunity for the Elders to teach the traditions, values and culture to the parents and children. These initiatives are very powerful in strengthening community ties.

As I visit and discover communities in the North, and learn about the uniqueness, beauty and warmth of the residents in the communities, I'm constantly reminded of the gifts that you bring as Triple P practitioners to your communities; it truly is motivational for me. Thanks each and every one of you for being there.

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Results From The 2007 Practitioner Survey (Con't)

"We have incorporated Triple P Standard into our multi-family group (for children who have experienced difficult life experiences). The parents spend about one hour in the group learning Triple P while the children are in a concurrent group learning how to express feelings and social skills. Then we bring them together for a Theraplay group to strengthen attachment. It works beautifully."

— Social/Community Services Triple P Practitioner

"We remind parents constantly that while using the strategies the behaviour may seem to get worse instead of better at first, so that

they do not give up on things, thinking that they are not working. That seems to be very important throughout the course action, as many families have tried so many other programs that did not get immediate results, and therefore give up on them too soon."

— Education Triple P Practitioner

"Parents with older children long for tools that they can use. Several have said the tip sheets are just what they've been looking for."

— Social/Community Services Triple P Practitioner

"Parents that I have worked with are amazed at the outcomes they have with themselves and with the children. It works!"

— Social/Community Services Triple P Practitioner



Triple P Updates and Quick Facts

- Healthy Child Manitoba officially launches the Triple P – Positive Parenting Program in communities across the province this fall. You'll hear about Triple P on radio stations and see print advertising in local newspapers and publications.
- Our provincial Triple P website launches this fall. The website will list a directory of agencies with accredited Triple P providers – to help parents and others find Triple P services.
- Over 650 practitioners are trained and accredited in Triple P across Manitoba. Triple P service providers range from public health nurses, child care workers, social workers, teachers, psychologists, psychiatrists, as well as practitioners from many other disciplines.
- Healthy Child Manitoba will be conducting a telephone survey with all Triple P practitioners and agency managers this fall. We want to gather information and use it to help support our Triple P providers, as well as evaluate the program.
- In April 2007, Triple P opened an office in The Pas and has been introducing Triple P in the Burntwood, Churchill and NOR-MAN regions since that time.
- Triple P has an informational booth that travels to events such as conferences, parent gatherings and school picnics. If you would like the booth at an event, phone Deb Campbell, public education co-ordinator, at 204-945-3583 in Winnipeg.
- On June 16, Lauren Fulham joined the Healthy Child Manitoba Triple P team as our new Winnipeg and rural co-ordinator.

Lauren comes to us with many years of experience as a community mental health worker in Winnipeg and a number of rural areas. She recently returned to the University of Manitoba to complete her Masters of Social Work degree in policy and planning. Look for a feature on Lauren in the fall Triple P practitioner newsletter. Welcome Lauren!



Dr. Matthew Sanders conducting a Triple P seminar for parents in November 2005