First 5 Santa Cruz County

Annual Evaluation Report

July 1, 2025 - June 30, 2026

October 2026

Triple P – Positive Parenting Program

Program Description

Triple P (Positive Parenting Program) is a comprehensive, evidence-based parenting and family support system designed to strengthen families by promoting positive relationships, teach parents and caregivers simple strategies for preventing and handling parenting challenges, and increase access to parenting information and support. Triple P uses a population health approach to make evidence-based parenting information and support universally available and tailored to meet the unique needs of every family, regardless of socioeconomic status or the types of challenges the family is experiencing. This enables communities that offer Triple P to reach a broader segment of the population and helps reduce the stigma and fear of being labeled as "high risk" or a "bad parent" that often prevents families from seeking help before a crisis occurs.

The Triple P system can reach an entire community, as well as individual families who need more intensive services, through the following five levels of interventions:

- ***Level 1: Universal Triple P*** disseminates information about positive parenting to the entire community through a media-based social marketing campaign and pocket guides.
- ***Level 2: Selected Triple P*** provides brief information through one-time consultations *(Level 2 Individual)* or a series of Seminars on general parenting topics *(Level 2 Seminars)*.
- ***Level 3: Primary Care Triple P*** offers brief, targeted parent education and skills training through Workshops on specific topics *(Level 3 Workshops)* or 3-4 brief consultations on an individual basis *(Level 3 Individual)* or in a group with other families *(Level 3 Brief Group)*.
- ***Level 4: Standard & Group Triple P*** provides in-depth parent education and skills training through 10 sessions with a practitioner on an individual basis *(Level 4 Standard),* or 8-9 sessions in a group with other families (*Level 4 Group*), or in an online, self-paced course *(Triple P Online).* Additional in-depth support is now available (individually or in groups) to parents and caregivers of children aged 6 to 14 years who are experiencing anxiety *(Level 4 Fear-Less)*, and expectant parents or parents with infants *(Level 4 Baby)*.
- ***Level 5: Enhanced, Pathways, and Family Transitions*** offer additional support and strategies to help parents deal with stress and improve communication with their partners or co-parents *(Level 5 Enhanced)*, handle anger or other difficult emotions *(Level 5 Pathways)*, or co-parent after a divorce or separation *(Level 5 Family Transitions).*

Beginning in late 2009, three local funders (First 5 Santa Cruz County, County of Santa Cruz Health Services Agency, and County of Santa Cruz Human Services Department) established the Triple P system in partnership with other agencies that serve children and families. The program has been implemented and scaled up in stages, with the goal of making parenting information and support

widely available to families throughout Santa Cruz County. First 5 leads the county-wide implementation, building partnerships and leveraging resources to ensure the Triple P program is available in Santa Cruz County for:

- Families that are expecting or have a baby (Triple P for Baby)
- Families with children from birth – 12 years old (Core Triple P)
- Families with teens 13 – 16 years old (Teen Triple P)
- Families with children who have special needs (Stepping Stones Triple P)
- Families with children ages 6-14 experiencing anxiety (Fear-Less Triple P)

Throughout this section of the report, "parents" is used to mean anyone who is involved in raising a child, including biological, foster, and adoptive parents; grandparents or other relatives; family friends; or other caring adults.

Triple P Providers

First 5 coordinates the funding, training, service provision, outreach, social marketing, and evaluation of Triple P, then partners with non-profit and public agencies that provide services at their facilities or other locations throughout the county, including Family Resource Centers, schools, churches, health clinics, libraries, parks, and families' homes.

The majority of Triple P services are provided by these partners, through contracts with First 5 and other funders:

- **Community Bridges – Family Resource Collective (CB-FRC):** The primary provider of all levels and variants of Triple P services since 2009, ensuring that Triple P services are free, accessible, and meet the needs of all families throughout the county, regardless of child ages, primary language, geographic location, income, health insurance, immigration status, or type of parenting support needed. CB-FRC is uniquely positioned to fulfill this role through its four Family Resource Centers (FRCs), located in Watsonville, Live Oak, Santa Cruz, and Felton. FRCs serve all families but prioritize those who are most likely to encounter service access barriers due to cultural and linguistic differences, social isolation, mental health issues, discrimination, low incomes, or immigration status. Bilingual/bicultural practitioners provide Triple P services virtually and at FRCs and other community locations (schools, child care centers, health clinics, libraries, parks). In FY 2025-26, CB-FRC provided Triple P services to 858 parents.
- **Encompass Community Services – Families Together (FT):** Described in the partner profile in the next section of this report. FT is an innovative counseling program providing home-based services to families living throughout Santa Cruz County. Families referred by Santa Cruz County Family & Children's Services, CalWORKs, or community partners are assigned a therapist who helps design customized services, including sessions in English or Spanish, in the home or other preferred location. A Family Support Specialist assists with enrolling interested families in FT and provides case management and parenting support prior to and concurrently with the counseling services. Families learn about parenting, child development, parent-child attachment, and general wellness, and they are connected with other community resources

such as substance use counseling, interpersonal violence services, and early education support. Families Together staff provide brief or in-depth parenting support to families using the Triple P curriculum.

- **Parents Center:** Provides Triple P services as a contractor for the Human Services Department's Family and Children's Services Division for parents who are required to participate in parent education classes by the Juvenile Dependency Court. The Parents Center offers bilingual Triple P parenting support through 8-week groups.
- **Independent practitioners (contractors):** First 5 contracts with a small cohort of individuals who provide Triple P services as private practitioners. The independent practitioners have deep expertise in Triple P, as well as other specialty areas such as counseling, disabilities or special needs, and working with families that have low incomes, are undocumented, or speak a language other than English.
- ***Promotores*:** In FY 2024-25, First 5 supported a small group of "*promotores*" to become accredited to provide brief Triple P services. First 5 continues to provide coaching and support to the *promotores* to develop their capability to provide L3-Primary Care services.

Partnerships

First 5 continuously expands the availability and accessibility of Triple P services through partnerships with other agencies, systems, and funders. In 2025-26, First 5 coordinated the provision of Triple P services for these partners:

- **Cradle to Career Santa Cruz County (C2CSCC):** First 5 partnered with the C2CSCC initiative to offer virtual and in-person Triple P workshops in Spanish (with simultaneous interpretation into English) for families throughout Santa Cruz County. Topics were selected by C2CSCC Parent Leaders and taught by a Triple P practitioner from Community Bridges and/or the *promotores*. C2CSCC staff helped promote the Triple P workshops to families in the school districts that have a formal partnership agreement with C2C (Live Oak, Santa Cruz City Elementary, Soquel Union Elementary, and San Lorenzo Valley Unified). Families in the Pajaro Valley Unified School District (PVUSD) were also invited to participate in the workshops, as C2CSCC frequently collaborates with PVUSD staff and *promotores* working in South County. The classes were held virtually to make them accessible to families, no matter which area of the county they lived in. This was the tenth year that Triple P workshops were incorporated into the Cradle to Career initiative.
- **CalWORKs:** In FY 2020-21, First 5 partnered with the Human Services Department (HSD) to launch a small pilot of Triple P Online (TPOL) for CalWORKs participants. HSD contracted with First 5 to purchase TPOL program access codes, establish a referral and data collection process, and provide up to four coaching sessions to program participants. TPOL is equivalent to a Level 4 Triple P intervention. The CalWORKs TPOL pilot expanded in FY 2022-23 to include referrals for all Triple P services, including and beyond TPOL. This partnership continued in FY 2025-26.

- **Ventures – Semillitas (college savings accounts):** Ventures is using funding from the Collective of Results and Evidence-based (CORE) Investments to deposit funds in children's college savings accounts when their parents participate in a Triple P class or one-on-one session. Children enrolled in Semillitas can earn a one-time $50 deposit to their Semillitas savings account when their parents complete this "milestone." First 5 Santa Cruz County, Triple P practitioners, and the Semillitas program are actively collaborating to raise awareness about this milestone by sharing details about it during Triple P classes and one-on-one sessions, including it in Triple P newsletters and social media platforms, and by setting up outreach tables at community events. Triple P partnered with Semillitas to co-host workshops, engage Semillitas families in Triple P workshops, and support them in accessing the one-time $50 deposit incentive. All collaborative outreach efforts are aimed at increasing families' awareness of the availability and benefits of Semillitas savings accounts and making it as easy as possible for them to participate in Triple P services and earn the milestone deposit.
- **Santa Cruz County Truancy Court:** In June 2025, the Santa Cruz County Superior Court launched a Truancy Court program in partnership with the Santa Cruz County Office of Education and Court Appointed Special Advocates (CASA) of Santa Cruz County. The goal of the program is to address root causes of chronic absenteeism rather than relying solely on punitive measures. Families are referred to the Truancy Court by school districts and are offered school supplies and tailored recommendations for services. First 5 staff and Triple P practitioners participate in the coordination meetings and offer Triple P parenting support to families.

Additional investments in the county-wide Triple P System

- **Children and Youth Behavioral Health Initiative (CYBHI)**

  At the end of FY 2022-23, First 5 was awarded a 2-year grant from the California Department of Health Care Services (DHCS) to:

  - Increase capacity to provide **Triple P services for populations** that are most likely to experience access barriers and health disparities (Latine families, non-English speakers, migrant workers, immigrants, parents and caregivers of children with physical, intellectual, or developmental delays or disabilities, LGBTQIA+ families).
  - Improve **equitable access to Triple P services** that are culturally and linguistically responsive to the needs of the populations of focus.
  - Strengthen **positive parenting practices** among parents and caregivers in the populations of focus.
  - Improve **child emotional and behavioral challenges**, particularly among the selected populations of focus.

  During FY 2025-26, First 5 continued to fund and coordinate Triple P services through a one-year no-cost extension.

- **Central California Alliance for Health**

  A 2-year grant from the Central California Alliance for Health (CCAH) enabled First 5 to enhance access to Triple P services for Medi-Cal members with children aged 0-5, with a particular focus on supporting Spanish-speaking and Latine parents and caregivers.

  In the first year of the grant (FY 2024-25), First 5 trained 12 Community Health Workers (CHWs), *promotores*, and other providers in Level 3 Primary Care Triple P. This was the first time a cohort of practitioners in Santa Cruz County completed the Triple P training and accreditation process in Spanish.

  In FY 2025-26, First 5 provided coaching and support to accredited *promotores* from Cradle to Career (C2C) to build their readiness and confidence to deliver Level 3 Triple P brief services (including workshops and one-on-one sessions), with a targeted focus on Spanish-speaking and Latine families. The C2C *promotores* observed Triple P Workshops conducted by experienced practitioners, then co-facilitated two workshops with support from First 5 staff.

  This approach aims to diversify and sustain the workforce and funding for Triple P, ensuring future growth and success. Additionally, the project creates opportunities for economic self-sufficiency by supporting CHWs and *promotores* in becoming accredited Triple P practitioners—a globally recognized and valued credential that enhances career prospects and is highly sought after by First 5 and other organizations.

  In FY 2025-26, First 5 secured another 2-year grant from CCAH to continue this work with CHWs and *promotores* and implement the newest program, Triple P for Baby.

Population Served

The total number of clients who participated in Triple P is comprised of three groups:

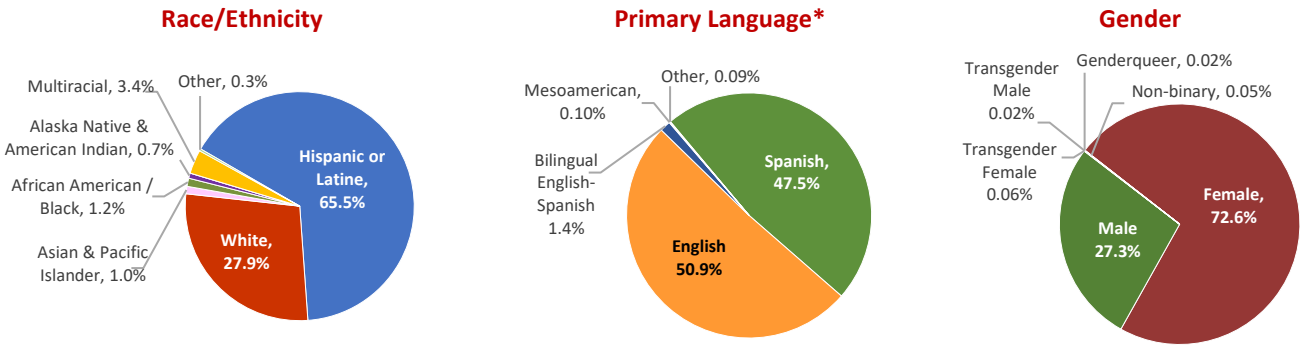
1) **Unique Clients**: Those who participated in individual or group sessions AND who consented to have their assessment data anonymously included in this evaluation (who consequently provided enough information to create a Unique ID)
2) **"Unidentified" Clients**: Those who participated in brief services where only minimal client data were collected (usually not enough to create a Unique ID).
3) **"Non-Consenting" Clients**: Those who participated in individual or group sessions but did NOT consent to have their client data included in this evaluation of Triple P. They are only included in the analysis of numbers served.

	This Funding Cycle 2025-2026					Cumulative Totals 2010-2026				
Unique Clients –*client data analyzed* *										
Parents					905					9,245
	Ages 0 – 5	**Ages 6 – 12**	**Ages 13 – 16**	**Ages 17+**		**Ages 0 – 5**	**Ages 6 – 12**	**Ages 13 – 16**	**Ages 17+**	
Children	*60*	*85*	*35*	*8*	188	*2,709*	*2,292*	*798*	*341*	6,140
"Unidentified" Clients – *Includes duplicates; some client data analyzed* **										
Parents *(2010-2022 only)*					-					9,991
Children *(all ages)*					1,408					31,282
"Non-Consenting" Clients – *Client numbers only; no client data analyzed****										
Parents					26					513
Children *(all ages)*					36					763
TOTAL (INCLUDES DUPLICATES)										
Parents					**931**					**19,749**
Children *(all ages)*					**1,632**					**38,185**

Source: First 5 CCD database for July 1, 2010 – June 30, 2026.
* Unique Clients: Includes parents and children for whom enough personal information is collected to be able to create a Unique ID. Beginning in FY 2022-23, this includes parents participating in Level 2 Seminars and Level 3 Workshops, so now all parents in every level of Triple P are reported here. As usual, this also includes children of parents who participate in the more in-depth levels of Triple P: Levels 3 (Individual/Brief Group), 4, and 5. Parents may have participated in more than one Triple P service, but are only reported once in this calculation of the number of unique clients served. Children with unknown birth dates are not included.
**"Unidentified" Clients: Includes children in levels of Triple P where not enough information is collected to create a Unique ID (i.e., children of parents who participated in Level 2 Individual sessions, Level 2 Seminars and Level 3 Workshops). Prior to FY 2022-23, this also included parents in Level 2 Seminars and Level 3 Workshops, due to lack of data collection. Beginning in FY 2022-23, Unique IDs can be created for all parents, so all parents are now reported in the "Unique Clients" category. Consequently, the only "Unidentified" parents remaining in this category are from 2010-2022.
*** "Non-consenting" clients are those who did not consent to have their personal and evaluation information included in First 5's evaluation of Triple P. They are only included in this calculation of the total number of clients served.
Note: The vast majority of participants are Santa Cruz County residents, with only minimal numbers from other counties.

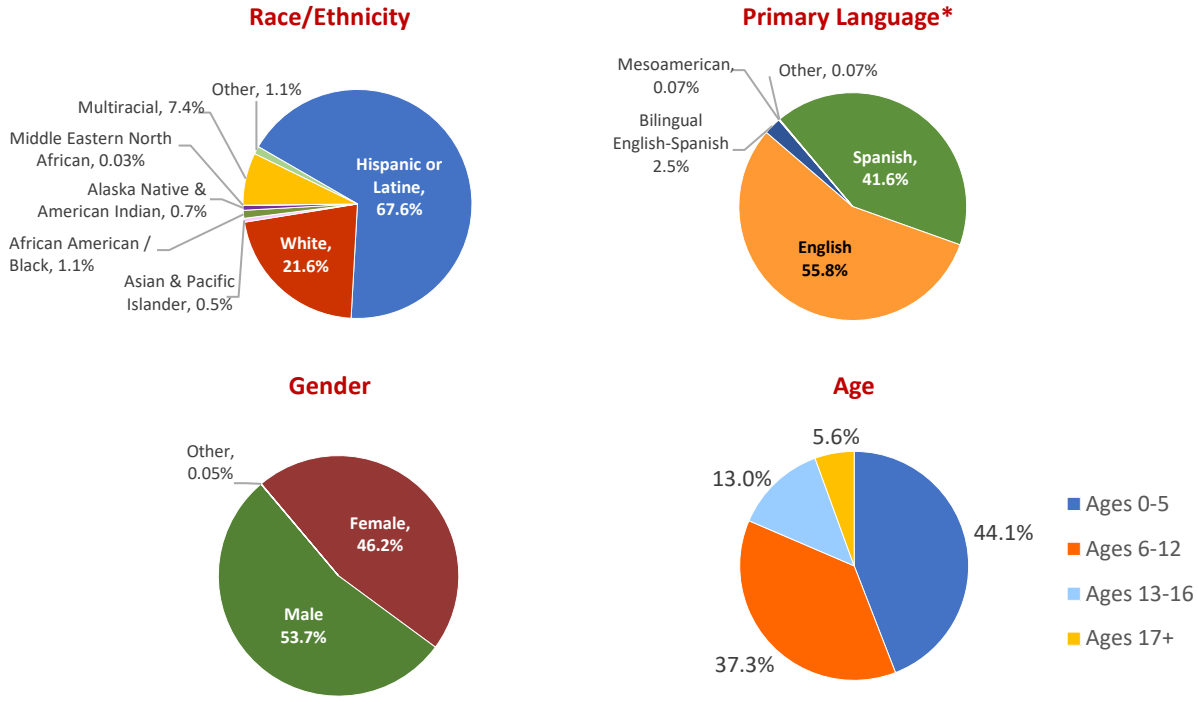
Triple P Participant Details

Figure 32: **Demographics of Triple P Parents/Guardians (2010-2026)**



Source: First 5 CCD database for 2010-2026.
Notes: Parents participating in any level of Triple P where demographic information is collected are included in these analyses. More demographic information is collected for parents participating in the more in-depth levels of Triple P (Levels 3 Individual/Brief Group, 4, and 5), such as Race/Ethnicity, Language, and Gender. However, brief levels of Triple P (Level 2-Individual, L2 Seminars, and L3 Workshops) do collect the parent's language and gender, so these adults are also included in the analyses of these demographics. Clients with missing or unknown data for a demographic are excluded from that demographic's analysis.
* Parents in in-depth levels of Triple P are asked to indicate their preferred language. Brief levels of Triple P do not ask the parent to indicate their Primary Language; in these cases the Primary language is determined by the language of the evaluation forms. "Mesoamerican" languages include Mixtec, Zapotec, and Triqui. "Other" languages include Multilingual and other languages.
N: (Ethnicity)=3,818, (Language)=9,230, (Gender)=8,699.

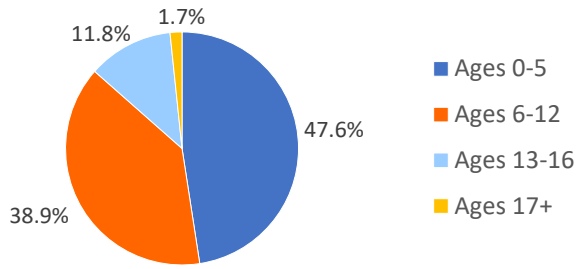
Figure 33: **Demographics of Children benefiting from Triple P (2010-2026)**



Source: First 5 CCD database for 2010-2026.
Notes: These demographic analyses include children of parents participating in the more intensive levels of Triple P (Levels 3 Individual/Brief Group, 4, and 5). Clients with missing or unknown data for a demographic are excluded from that demographic's analysis.
* Children's Primary language is determined by the parent's language. "Mesoamerican" languages include Mixtec, Zapotec, and Triqui. "Other" languages include Multilingual.
N: (Ethnicity)=5,890, (Language)=6,133, (Gender)=6,124, (Age)=6,140.

Parents in the more intensive services of Triple P completed assessments at the beginning and end of their services, as a way to measure improvement in parenting issues and child behavior. When parents filled out their assessments, they were asked to choose one child in their family (referred to as the "Index Child" in this report), whose behaviors they were most concerned about or had the most difficulty handling, and to complete the assessments keeping just that one child in mind.

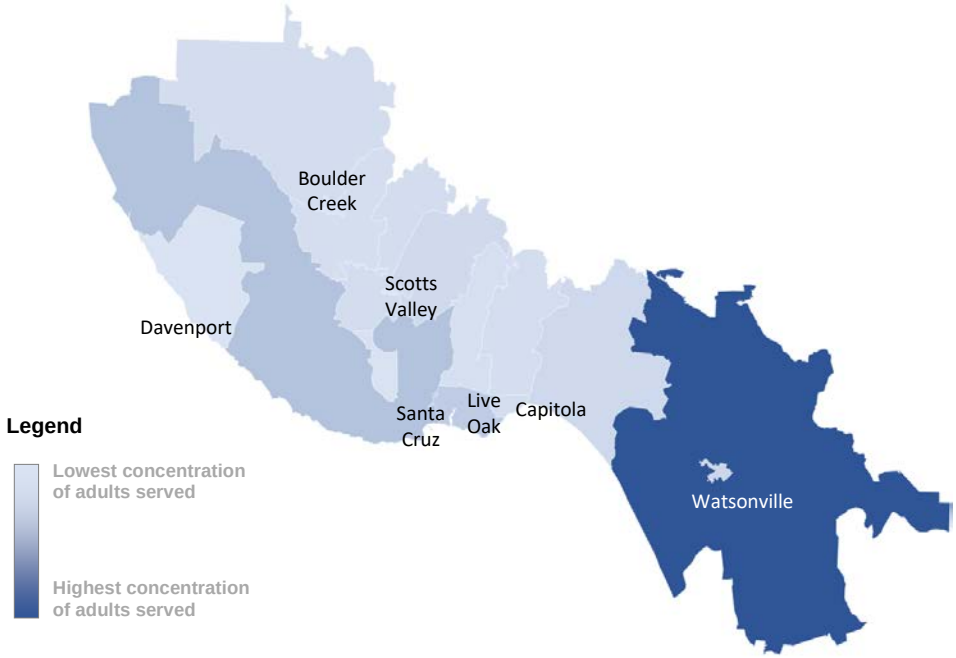
Figure 34: **Ages of Children chosen as the "Index" Child (2010-2026)**



Source: First 5, Triple P Master Client Data Collection Template, 2010-2026.
Note: Includes children of parents in the more intensive levels of Triple P (Levels 3 (Individual or Brief Group), 4, and 5). Duplicates have been removed.
N=3,208.

Analyses of clients' ZIP codes show that adults from all over the County are participating in Triple P, with the majority living in South County (Watsonville and Freedom, 59%).

Figure 35: **Distribution of County Adults who received Triple P services, by ZIP Code (2010-2026)**



Source: First 5 CCD database for July 1, 2010 – June 30, 2026.
Note: Includes adults from any program where ZIP codes were collected (L2-Indiv, L2-Seminar, L3-Workshop, L3-Brief Group, L3-Individual, L4-Group, L4-Standard, L4-Fear-Less, L5-Family Transitions, L5-Lifestyle, Triple P Online). Only adults with known ZIP codes are included in this analysis. Adults who received multiple Triple P services are only included once in this analysis.
* Adults with Post Office mailing addresses in these areas were included in the area totals.
N=4,618.

Figure 36: **Number of County Adults who received Triple P services, by ZIP Code (2010-2026)**

AREA	ZIP CODE	ADULTS SERVED	
		NUMBER	PERCENTAGE
Aptos, Rio Del Mar*	95003	177	3.8%
Ben Lomond	95005	82	1.8%
Boulder Creek	95006	106	2.3%
Brookdale	95007	16	0.3%
Capitola	95010	87	1.9%
Davenport	95017	3	0.1%
Felton	95018	100	2.2%
Freedom	95019	221	4.8%
Mt. Hermon	95041	2	0.04%
Santa Cruz*	95060	574	12.4%
Santa Cruz (Live Oak)*	95062	402	8.7%
Santa Cruz	95064	22	0.5%
Santa Cruz	95065	65	1.4%
Scotts Valley*	95066	156	3.4%
Soquel	95073	87	1.9%
Watsonville*	95076	2,518	54.5%
Total	-	4,618	100%

Source: First 5 CCD database for July 1, 2010 – June 30, 2026.
Note: Includes adults who participated in any level of Triple P. Only adults with known ZIP codes are included in this analysis. Adults who received multiple Triple P services are only included once in this analysis.
* Adults with Post Office mailing addresses in these areas were included in the area totals.

Triple P Highlights

Triple P's population-based approach to parenting support provides the minimally sufficient level of care for parents to enable them to independently manage their family issues. This section provides an overview of how families in Santa Cruz County have been helped to receive the levels of support that they needed through their participation in Triple P, and highlights some of the key achievements in each of these levels.

In the following analyses, several years of data have been aggregated (based on the number of years that each assessment has been in use) in order to present a more robust portrait of the extent to which families are demonstrating improvement in their parenting knowledge and skills. Beginning in FY 2020-21, the results for four Level 4 assessment tools that were used from 2010-18 are no longer reported in these analyses of Triple P outcomes, and only the results for the current Level 4 assessments are included. Analyses of Level 5 Lifestyle are no longer included in this report as of FY 2025-26. First 5 discontinued its implementation support for Lifestyle Triple P, since Triple P International announced it will not update the curriculum to match United States health guidelines or translate the program materials into Spanish.

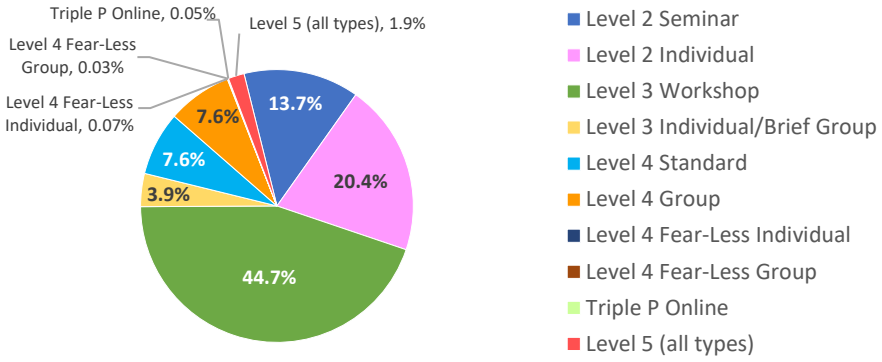
The vast majority of these clients live in Santa Cruz County, but with the advent of virtual classes, this analysis also includes the few who attended from other counties. See Appendix D for more detailed information about the population of clients included in these analyses, and the methodologies used to calculate the amount of improvement and statistical significance.

The following charts show the levels of Triple P in which parents have participated, since the commencement of the program.

- When all years are combined, results show that families are engaged in all levels of Triple P. Not surprisingly, the majority of parents are participating in the briefest services, which include Level 2 Seminars, one-time Level 2 Individual consultations, and Level 3 Workshops. This

mirrors the intent of the Triple P system, with a greater proportion of the community accessing briefer, targeted parenting support, and a smaller proportion of the community accessing in-depth, comprehensive parenting support.

Figure 37: **Percentage of participants in each level of Triple P (2010-2026)**



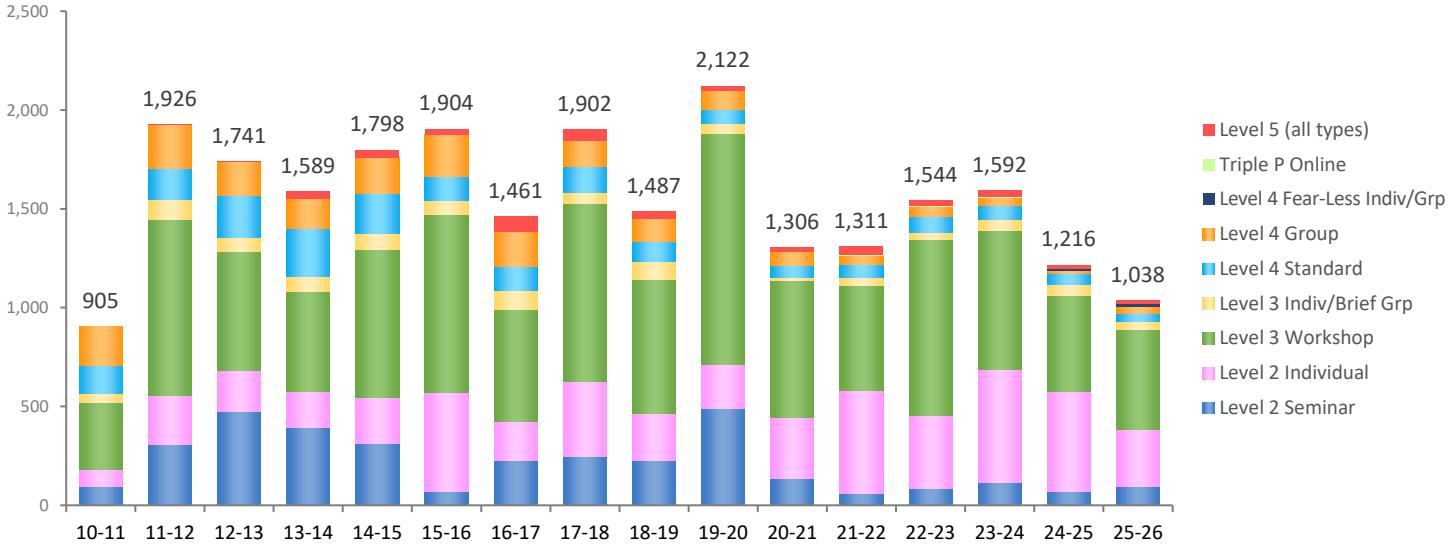
Source: First 5, Triple P Master Client Data Collection Template, 2010-2026.
Notes:

- This analysis includes all clients each time they participated in any Triple P service (consequently, some clients may be reported multiple times if they participated in more than one level of Triple P, or the same level of Triple P more than once).
- It also includes "non-consenting" clients ("Non-consenting" clients are those who did not consent to have their personal and evaluation information included in First 5's evaluation of Triple P; only their client numbers and services in which they participated are reported).
- The vast majority of these clients live in Santa Cruz County, but with the advent of virtual classes, this analysis also includes the few who attended from other counties.

N=24,842 participants (includes clients each time they participated in any Triple P service).

- When looked at individually, each year follows this pattern, with brief services being the most frequently utilized.

Figure 38: **Number of participants in each level of Triple P, by Fiscal Year**



Source: First 5, Triple P Master Client Data Collection Template, 2010-2026.
Notes:

- This analysis includes all clients each time they participated in any Triple P service (consequently, some clients may be reported multiple times if they participated in more than one level of Triple P, or the same level of Triple P more than once).
- It also includes "non-consenting" clients ("Non-consenting" clients are those who did not consent to have their personal and evaluation information included in First 5's evaluation of Triple P; only their client numbers and services in which they participated are reported).
- The vast majority of these clients live in Santa Cruz County, but with the advent of virtual classes, this analysis also includes the few who attended from other counties. Participant numbers for prior years have been updated to include these out-of-county clients.

Level 1: Universal

First 5 continues to implement a robust social marketing campaign to saturate the community with positive parenting messages, normalize the need to seek help for parenting challenges, and promote First 5 as the central point of contact for getting assistance with accessing Triple P services. Information is disseminated through print and electronic media, social media, community outreach events, sponsorships, advertising, and locally-developed marketing materials.

In 2026, the Santa Cruz County Board of Supervisors proclaimed January as Positive Parenting Awareness Month (PPAM) for the 14th year in a row. The local proclamation and month-long celebration are led by First 5 as part of the Level 1 Universal Triple P campaign. Other California counties that implement Triple P have adopted PPAM, drawing on First 5 Santa Cruz's model and tools.

January 2026 also marked the 7th year that the State Assembly and Senate passed a resolution declaring January as Positive Parenting Awareness Month throughout California. First 5 participated in this statewide effort with Triple P America and a coalition of other Triple P coordinators throughout the state.

Data indicate that the local social marketing campaign is an effective way to reach and engage families in Triple P services, and that they are highly satisfied after receiving services.

- **Accessibility of information.** Families are responding to Triple P messages in the media and online. They are using First 5's website to register for parenting classes and requesting assistance with accessing Triple P services through the centralized "warmline," social media, and the Triple P email address.

- **Encouragement to participate.** Since the beginning of the Triple P program, approximately 19,700 unique parents and 38,000 unique children have benefited from Triple P services, and many of these parents participated in multiple services. These numbers reflect the widespread interest in—and reach of—this parenting program.

Client Participation in Triple P

	THIS FUNDING CYCLE 2025-2026	CUMULATIVE TOTALS 2010-2026
Parents/Guardians	**931**	**19,749**
Children *(all ages)*	**1,632**	**38,185**

Source: First 5, Triple P Master Client Data Collection Template, 2010-2026.
Note: These totals include "Unique Clients" who may have participated in more than one Triple P service (see the previous "Population Served" section for an explanation of which clients fall in the "Unique Clients" category).

- **Satisfaction with services.** On average, parents rated the quality of services very high, strongly agreeing that they were dealing more effectively with problems in their family, and were able to apply the skills they learned to other family members.

Parents' Satisfaction with Various Aspects of the Triple P Program (2010-2026)

Source: Triple P data from the *Parent Satisfaction Survey*, Jan. 2010 - June 2026.

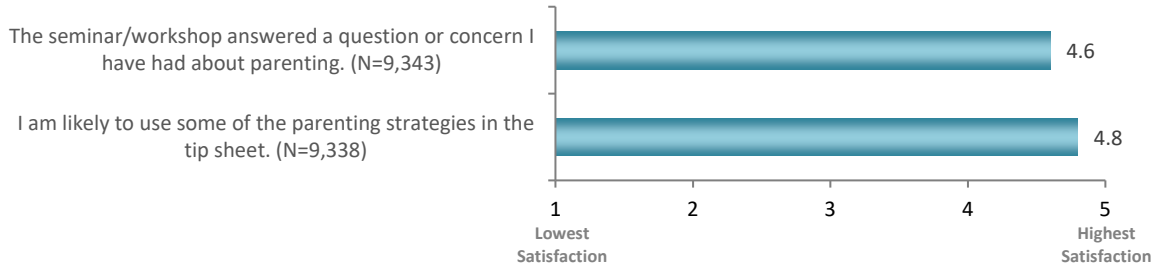
Level 2: Selected (Individual & Seminars) & Level 3: Primary Care (Workshops)

The briefest forms of Triple P services are giving parents an opportunity to be introduced to Triple P principles and strategies and are providing easy access to general parenting support.

- **Gateway to more services.** Over the past several years, analyses have consistently shown that brief services are an effective way of engaging parents in the program and gives them an opportunity to participate in further services. Parents who attend Seminars and Workshops frequently request follow-up services, and parents who participate in one or two brief consultations for specific parenting concerns often return later for in-depth consultations and multi-session programs.

- **Continued use of the skills they learned.** On average, parents strongly agreed that the Seminars and Workshops answered their questions, and that they would continue to use the strategies they learned.

Seminars/Workshops: Satisfaction Survey (2010-2026)



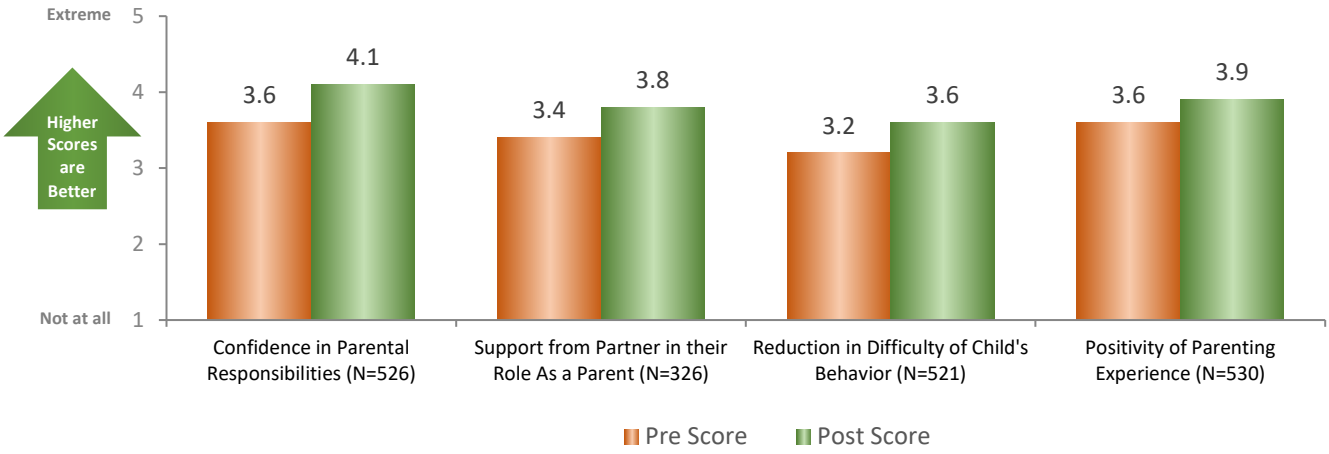
Source: Triple P data from the *Seminar/Workshop Satisfaction Survey*, Jan. 2010 - June 2026.

Level 3: Primary Care (Individual or Brief Group)

Brief consultations about specific parenting concerns are resulting in increased positive parenting experiences.

- **Support for specific parenting challenges.** Parents are reporting *statistically significant* improvements in their confidence in parenting, support from their partners, number of difficult child behaviors, and enjoyment in their parent/child relationship. Regarding parent confidence, partner support, and reduced difficult behaviors, parents on average experienced a moderate to large magnitude of change, indicating that these observed differences were not only statistically significant but also *meaningful*.

Increases in Positive Parenting (2010-2026)



Source: Triple P data from the *Parenting Experience Survey, Questions 3, 6, 1, and 2*, Jan. 2010 - June 2026.
Note: The *Parenting Experience Survey* measures issues related to being a parent, and each question is analyzed separately. For Q1-6, scores could range from 1 to 5. There are no clinical cut-offs for this assessment. This analysis only includes parents who participated in Level 3 Primary Care (Individual/Brief Group) services.

Level 4: Standard & Group

Through more intensive services, families are receiving in-depth support for moderate to severe behavioral and emotional difficulties.[35]

- **Intensive services may have a stronger impact on parents who begin the program experiencing more serious parenting issues.** First 5's evaluation results have consistently shown that:
    - On average, the majority of parents who completed intensive services demonstrated improvements in key parenting domains. Parents reported improvements in child emotional

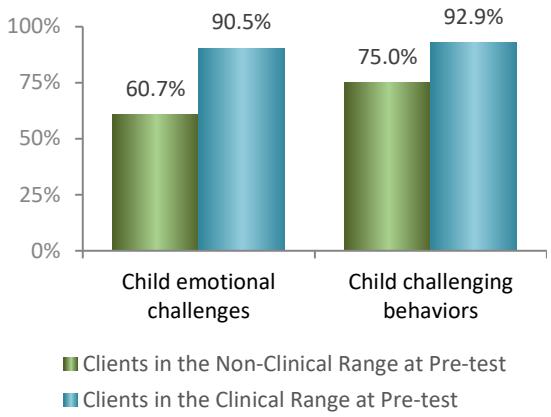
[35] These Level 4 analyses include clients who participated in Level 4 Standard or Group services (including those who afterwards additionally participated in Level 5 Pathways or Level 5 Enhanced), Triple P Online, and Level 4 Fear-Less. They do not include clients who only participated in Level 5 Family Transitions as this is a standalone program that incorporates the Level 4 topics within it, so these clients are NOT considered as also having participated in a separate Level 4 program.

and behavior regulation, parental confidence, parental emotional well-being and family relationships, and increased use of positive parenting styles.

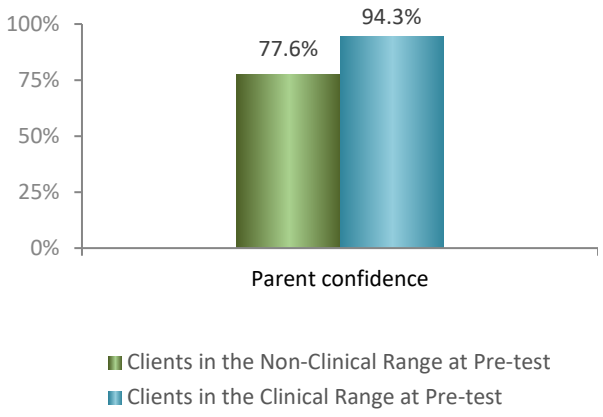
- Parents whose pre-assessment scores were high enough to be in a "Clinical Range of Concern" were *even more likely* to show improvement by the end of the program, suggesting that Triple P was effective for parents who were experiencing more serious parenting issues.
- The majority of parents who began the program in a "Clinical Range of Concern" had moved out of the range of concern by the end of the program.

Percentage of Parents who demonstrated improvement in key parenting issues after completing services (2018-2026)

Child Behavior and Emotional Regulation

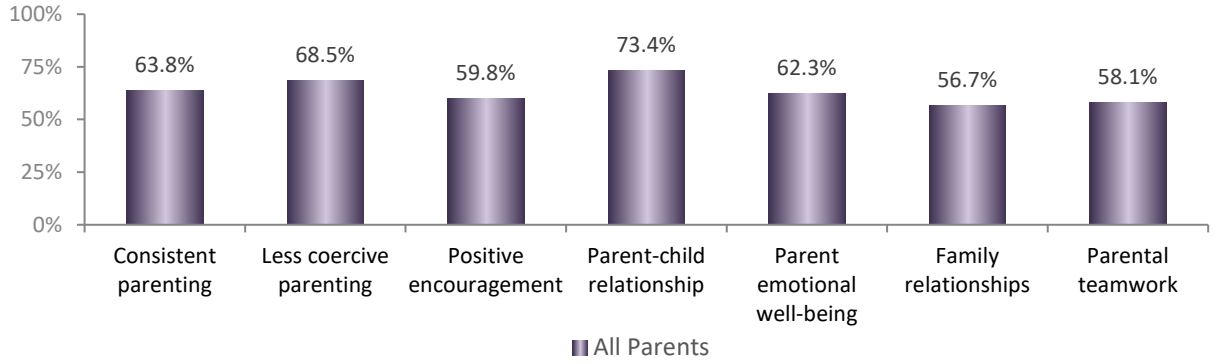


Parental Confidence



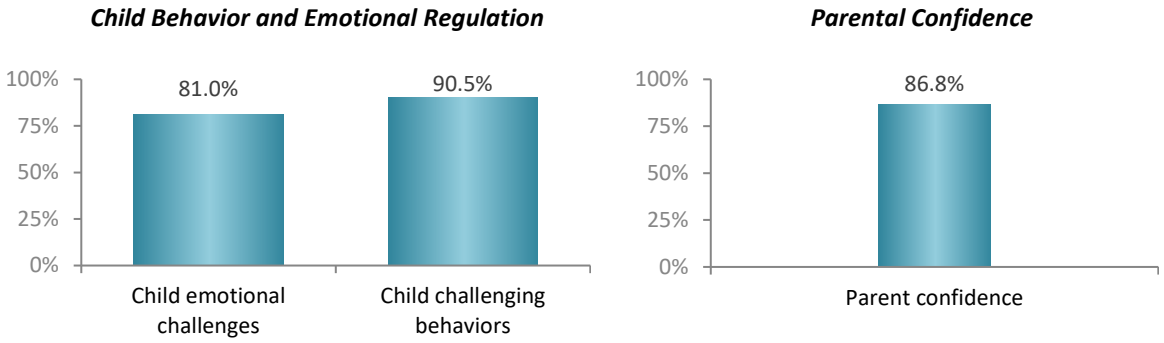
Source: Triple P assessment results, July 2018 - June 2026. *Child Adjustment and Parent Efficacy Scale (CAPES)* subscales.
N: (Emotional challenges) Non-Clinical=346, Clinical=42; (Challenging behaviors) Non-Clinical =408, Clinical=42; (Confidence subscales) Non-Clinical =371, Clinical=53.

Parenting and Family Adjustment



Source: Triple P assessment results, July 2018 - June 2026. *Parenting and Family Adjustment Scales (PAFAS)* subscales.
Note: There is no clinical cut-off for the PAFAS scores, so there is no "Clinical Range at Pre-test" sub-population to analyze for this assessment.
N: (Consistent parenting)=481; (Less coercive parenting)=425; (Positive encouragement)=413; (Parent-child relationship)=289; (Parent emotional well-being)=469; (Family relationships)=418; (Parental teamwork)=270.

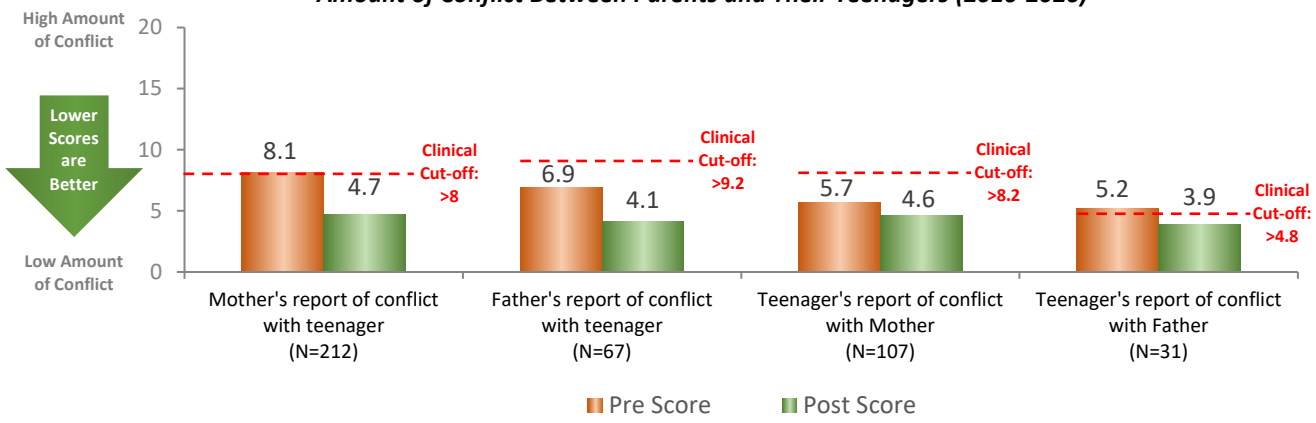
Percentage of Parents who moved out of the "Clinical Range" of concern in key parenting issues after completing services (2018-2026)



Source: Triple P assessment results, July 2018 - June 2026. *Child Adjustment and Parent Efficacy Scale (CAPES)* subscales.
N: (Emotional challenges)=42; (Challenging behaviors)=42; (Confidence subscales)=53.

- **Parents in Teen Triple P report decreased amounts of conflict with teenagers.** While the majority of parents who received in-depth services were in Core Triple P (for families with children ages 0-12), a substantial number of parents have completed Teen Triple P (for families with youth ages 13-16).
  - On average, both mothers and fathers reported significant decreases in the amount of conflict between themselves and their teenagers. Mothers and fathers both experienced a moderate to large magnitude of change, indicating that their decreases in conflict were not only *statistically significant* but also *meaningful*.
  - By the end of the program, teenagers also reported *significantly* lower amounts of conflict with their mothers and fathers.

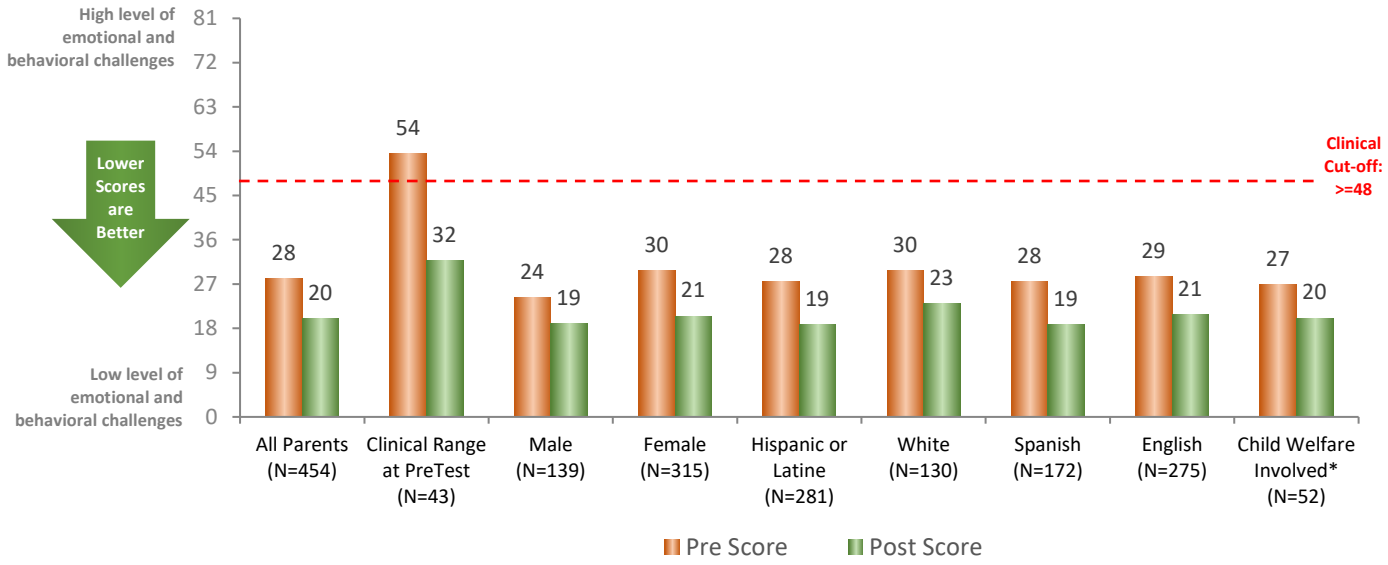
Amount of Conflict Between Parents and Their Teenagers (2010-2026)



Source: Triple P data from the *Conflict Behavior Questionnaire*, Jan. 2010 - June 2026.
Note: For the analyses of the amount of improvement, participants whose assessment scores already reflect the lowest amount of conflict at "Pre" are omitted from the improvement analyses, as no improvement is possible. There may therefore be a slightly lower number of clients included in the improvement analyses than the total number of all clients reported in these charts of average Pre/Post scores.

- **Improvements in child behavior and emotional regulation.** On average, all Parents and all sub-populations reported *significant* improvements in their children's emotional and behavioral challenges.
    - On average, All Parents and all sub-populations also experienced a moderate to large magnitude of change, indicating that these observed differences were not only statistically *significant* but also *meaningful*.
    - The amount of improvement was *highest* for parents who had scores in the Clinical Range of Concern at the beginning of their services

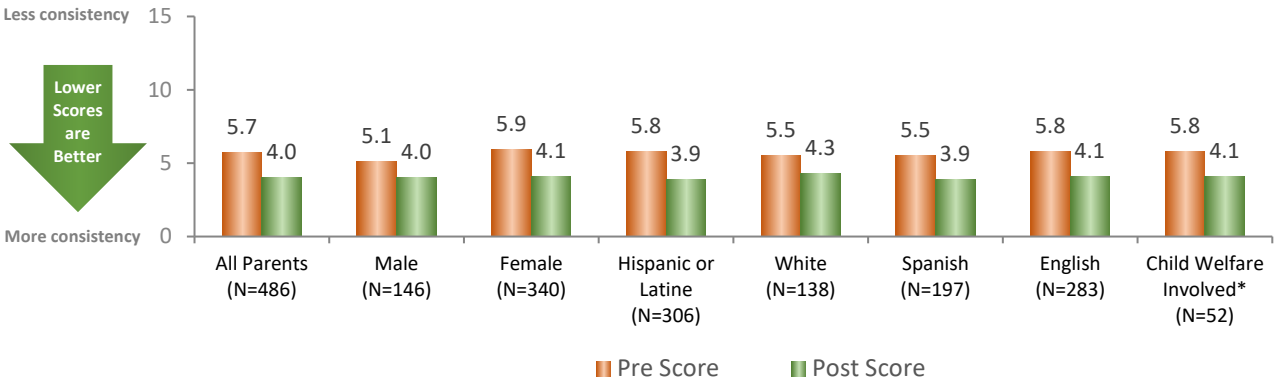
Child Emotional and Behavioral Challenges (2018-2026)



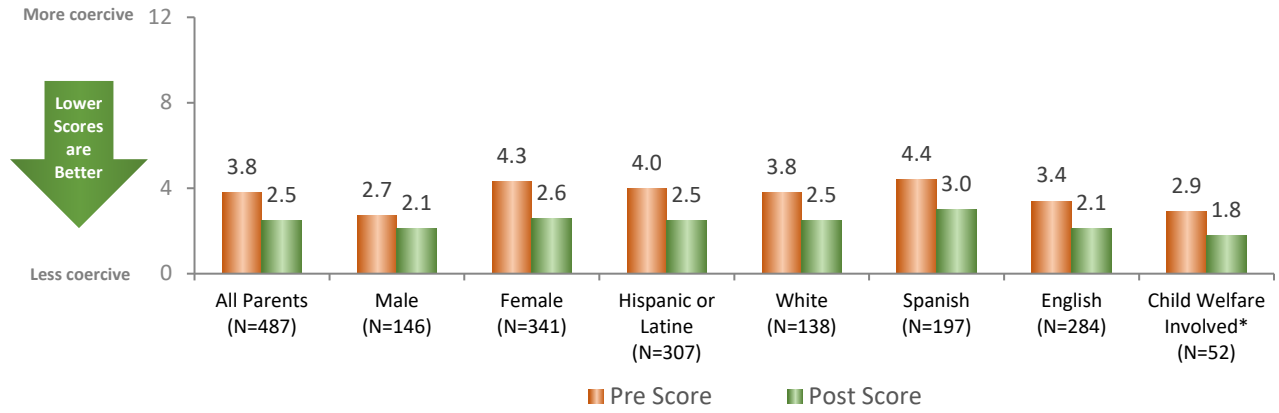
Source: Triple P data from the *Child Adjustment and Parent Efficacy Scale*: Total Intensity subscale, July 2018 – June 2026.
Note: For the analyses of the amount of improvement, participants whose assessment scores already reflect the lowest level of challenges at "Pre" are omitted from the improvement analyses, as no improvement is possible. There may therefore be a slightly lower number of clients included in the improvement analyses than the total number of all clients reported in these charts of average Pre/Post scores.
* The agency providing services to families where Child Welfare is involved (Parents Center) did not provide Triple P services in FY 2025-26. Therefore, the data for this subpopulation covers the years 2018-2025.

- **Increased use of positive parenting styles.** There were *significant* improvements in parents' overall style of discipline, as their parenting style became more consistent and less coercive through the course of the Triple P program.
    - In addition to the significant improvements in **consistent parenting**, on average All Parents and all sub-populations experienced a moderate to large *amount* of improvement.
    - Similarly, in addition to the significant decreases in **coercive parenting**, All Parents and almost all sub-populations (Female, Hispanic or Latine, White, primarily Spanish-speakers, primarily English-speakers, Child Welfare involved) also experienced a moderate to large magnitude of change.

Improvement in Consistent Parenting (2018-2026)



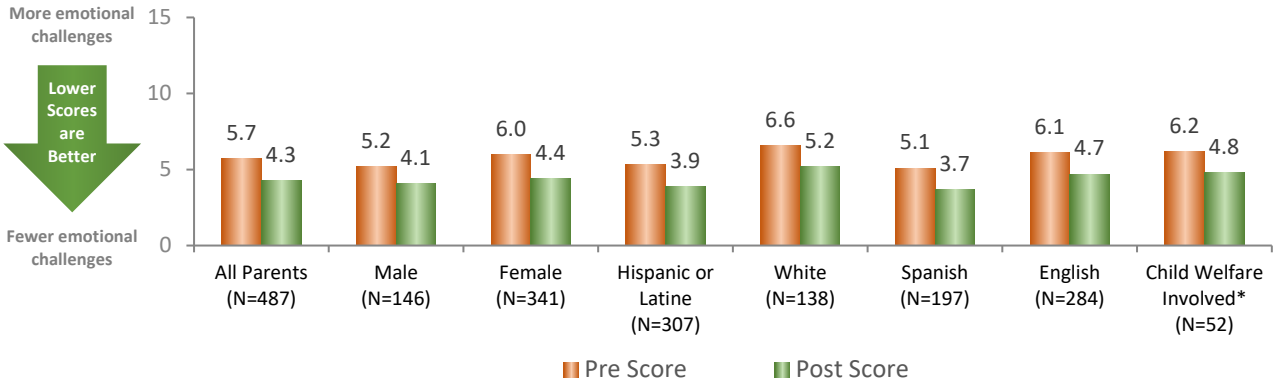
Decrease in Coercive Parenting (2018-2026)



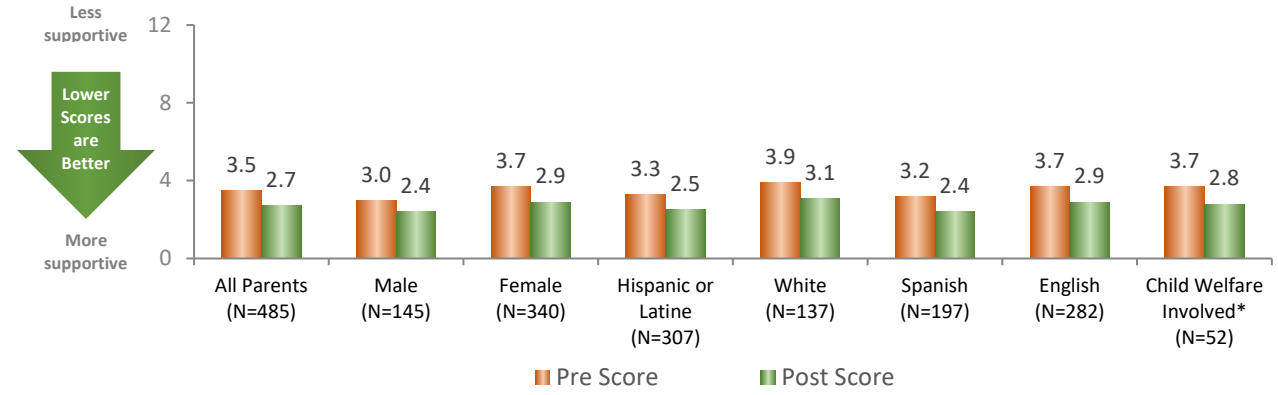
Source: Triple P data from the *Parenting and Family Adjustment Scales (PAFAS)*, Consistent Parenting and Coercive Parenting Subscales, July 2018 – June 2026.
Note: There is no clinical cut-off for this assessment's scores. For the analyses of the amount of improvement, participants whose assessment scores already reflect the highest amount of consistent parenting at "Pre," or lowest amount of coercive parenting at "Pre," are omitted from the improvement analyses, as no improvement is possible. There may therefore be a slightly lower number of clients included in the improvement analyses than the total number of all clients reported in these charts of average Pre/Post scores.
* The agency providing services to families where Child Welfare is involved (Parents Center) did not provide Triple P services in FY 2025-26. Therefore, the data for this subpopulation covers the years 2018-2025.

- **Improvements in parental emotional well-being and family relationships.** On average, parents reported significant improvements in their emotional well-being and significantly fewer relationship issues that were problems after participating in the program.
  - On average, All Parents and all sub-populations reported *significantly* **fewer emotional challenges**. All Parents and parents who were Female or primarily English-speakers also experienced a moderate to large magnitude of change, indicating that their improvement was not only statistically *significant* but also *meaningful*.
  - Similarly, on average, All Parents and all sub-populations reported *significant* improvements in **family relationships**, feeling more supported by the end of their services. In addition, parents who were primarily Spanish-speakers also experienced a moderate magnitude of change, indicating that their observed differences were not only *statistically significant* but also *meaningful*.

Parental Emotional Well-being (2018-2026)



Family Relationships (2018-2026)

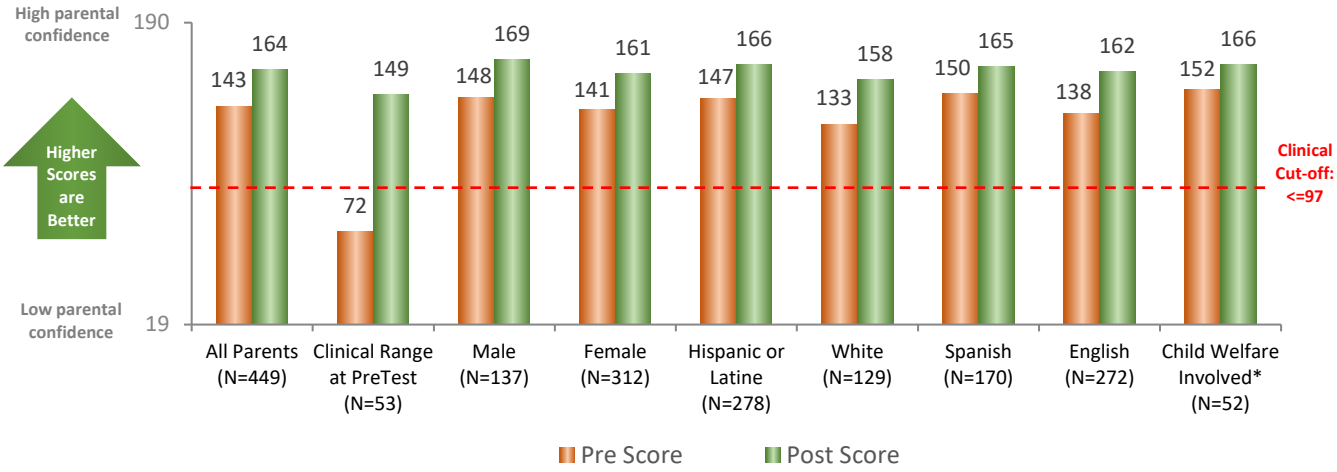


Source: Triple P data from the *Parenting and Family Adjustment Scales* (PAFAS): Emotional Well-being and Family Relationships subscales, July 2018 – June 2026.
Note: There is no clinical cut-off for this assessment's scores. For the analyses of the amount of improvement, participants whose assessment scores already reflect the lowest number of challenges at "Pre,", or highest amount of support at "Pre," are omitted from the improvement analyses, as no improvement is possible. There may therefore be a slightly lower number of clients included in the improvement analyses than the total number of all clients reported in these charts of average Pre/Post scores.
* The agency providing services to families where Child Welfare is involved (Parents Center) did not provide Triple P services in FY 2025-26. Therefore, the data for this subpopulation covers the years 2018-2025.

- **Increased parental confidence.** On average, all Parents and all sub-populations reported *significant* improvements in parents' confidence through the course of the Triple P program.
    - All Parents and almost all sub-populations (Male, Female, Hispanic or Latine, White, primarily English-speakers, and parents with scores in the Clinical Range of Concern at the beginning of their services) also experienced a moderate to large magnitude of change, indicating that their improvement was not only statistically significant but also meaningful.

- The amount of improvement and magnitude of change was particularly substantial for parents who had scores in the Clinical Range of Concern at the beginning of their services.

Improvement in Parental Confidence (2018-2026)

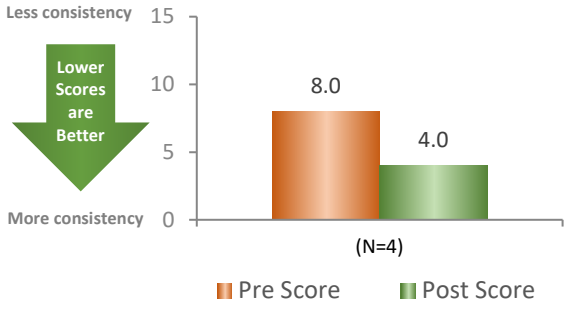


Source: Triple P data from the *Child Adjustment and Parent Efficacy Scale*: Parent Confidence subscale, July 2018 – June 2026.
Note: For the analyses of the amount of improvement, participants whose assessment scores already reflect the highest amount of confidence at "Pre" are omitted from the improvement analyses, as no improvement is possible. There may therefore be a slightly lower number of clients included in the improvement analyses than the total number of all clients reported in these charts of average Pre/Post scores.
* The agency providing services to families where Child Welfare is involved (Parents Center) did not provide Triple P services in FY 2025-26. Therefore, the data for this subpopulation covers the years 2018-2025.

- **Triple P Online.** This program is equivalent to a Level 4 Standard or Group program, but is provided as an online, self-paced course.

  Although the number of parents who have completed this program is small, preliminary results are already showing *statistically significant* improvements in consistent parenting through the course of the Triple P program. More results will be available as participation grows.

Improvement in Consistent Parenting
(Triple P Online; 2020-2023)

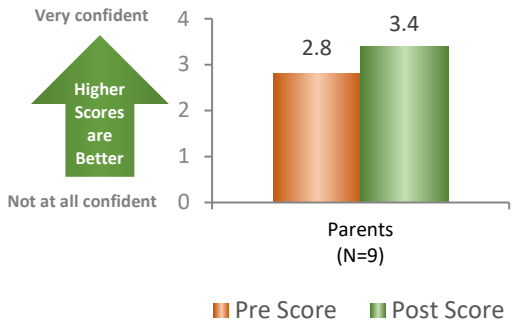


Source: Triple P data from the *Parenting and Family Adjustment Scales (PAFAS)*, Consistent Parenting subscale, July 2020 - June 2023.
Notes:
- For the analyses of the amount of improvement, participants whose assessment scores already reflect the highest amount of consistent parenting at "Pre" are omitted from the improvement analyses, as no improvement is possible. There may therefore be a slightly lower number of clients included in the improvement analyses than the total number of all clients reported in these charts of average Pre/Post scores.
- No new participants have completed this assessment since FY 2022-23.

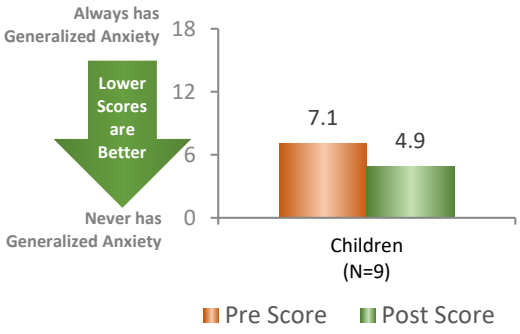
- **Support for parents of children with anxiety.** Fear-Less Triple P offers in-depth support (individually or in groups) to parents and caregivers of children aged 6 to 14 years who have anxiety.

  Although the number of parents who have completed this program is considered too small to begin analyzing, preliminary results are already showing *statistically significant* improvements in certain areas: parents are demonstrating increased confidence in managing their children's anxiety, parents are reporting lower levels of their children's generalized anxiety in comparison with other children their age, and parents are experiencing lower levels of depression. These statistically significant results are rather remarkable considering the very small number of parents in these analyses.

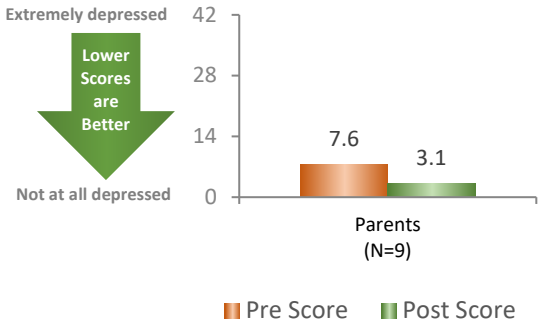
Increased Confidence in Managing Child's Anxiety
(Fear-Less Triple P; 2025-2026)



Lower Levels of Children's Generalized Anxiety
(Fear-Less Triple P; 2025-2026)



Lower Levels of Parental Depression
(Fear-Less Triple P; 2025-2026)



Source: (Confidence) *Parenting an Anxious Child Questionnaire;* (Anxiety) *Spence Children's Anxiety Scale – Parent Version;* and (Depression) *Depression Anxiety Stress Scales (DASS-21)*, July 2025 – June 2026.
Notes: For the analyses of the amount of improvement, participants whose assessment scores already reflect the highest ("best") levels of Confidence, and lowest ("best") levels of Generalize Anxiety and Depression at "Pre" are omitted from the improvement analyses, as no improvement is possible. There may therefore be a slightly lower number of clients included in the improvement analyses than the total number of all clients reported in these charts of average Pre/Post scores.

Level 5: Enhanced, Pathways, and Family Transitions

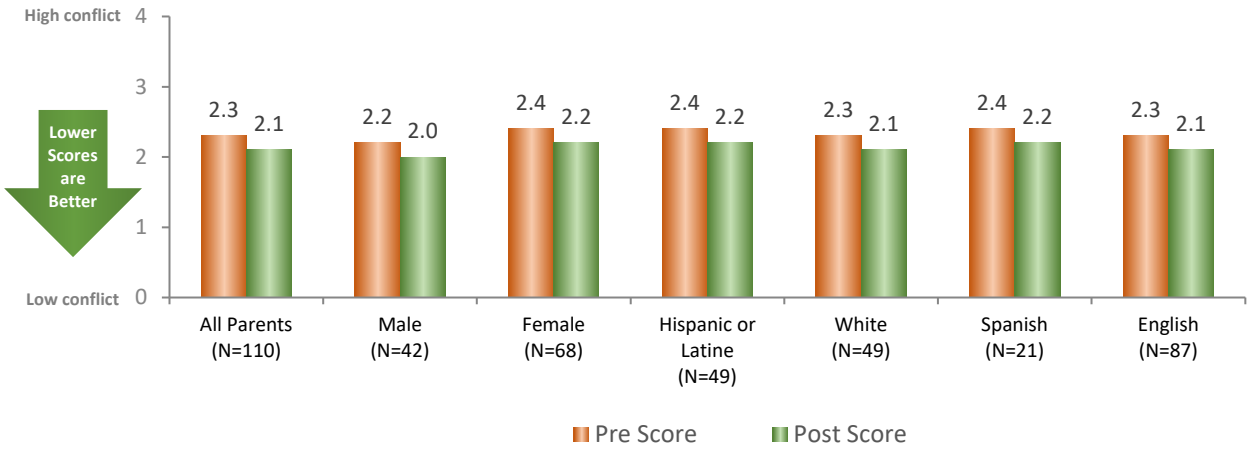
Level 5 offers additional support for families where parenting issues are compounded by parental stress and/or relationship difficulties *(Level 5 Enhanced)*, there is risk for child maltreatment due to parents' difficulties with anger management or negative beliefs about their children's behaviors *(Level*

5 Pathways), or parents are divorced or separated, and navigating a co-parenting relationship *(Level 5 Family Transitions)*.[36]

The following results demonstrate the considerable improvement in parents' ability to manage anger and decrease co-parental conflict, improvements in key parenting domains, and increased parents' confidence. As participation increases, additional analyses of the impact of these specialized programs on parents' competence in raising children, and on the quality of parent-child relationships will become available.

- **Reduced levels of conflict between divorced/separated parents.** After participation in Level 5 Family Transitions, All Parents and all sub-populations reported small, but *statistically significant* decreases in the level of conflict with their divorced or separated partner or co-parent.
    - In addition, some sub-populations (Female, Hispanic or Latine, and primarily Spanish-speakers) also experienced a moderate magnitude of change, indicating that their improvement was not only statistically *significant* but also *meaningful*.

Level of Co-Parental Conflict Between Divorced or Separated Parents
(L5 Family Transitions: 2013-2026)



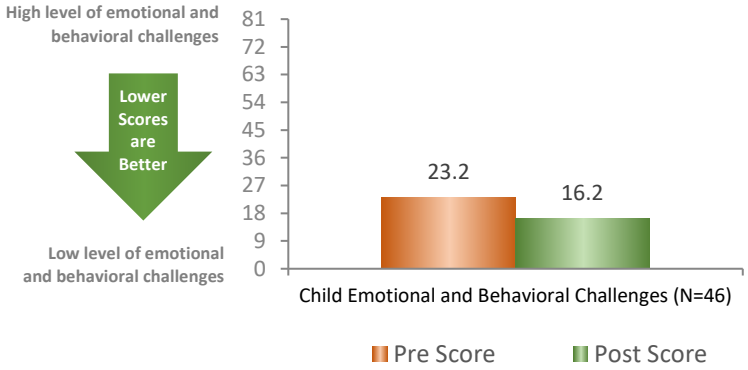
Source: Triple P data from the *Acrimony Scale*, 2013-2026
Note: For the analyses of the amount of improvement, participants whose assessment scores already reflect the lowest amount of conflict at "Pre" are omitted from the improvement analyses, as no improvement is possible. There may therefore be a slightly lower number of clients included in the improvement analyses than the total number of all clients reported in these charts of average Pre/Post scores.

- **Improvements in key parenting domains between divorced/separated parents and co-parents.** After participation in Level 5 Family Transitions, parents also reported small—yet also *statistically significant*—improvements in child emotional and behavior regulation, increased use of positive parenting styles, parental emotional well-being, and parental confidence.

[36] Level 5 Pathways and Level 5 Enhanced are programs that are designed to be provided after participants have completed a Level 4 Standard or Group service; Level 5 Family Transitions is a standalone program that doesn't require any previous Triple P services.

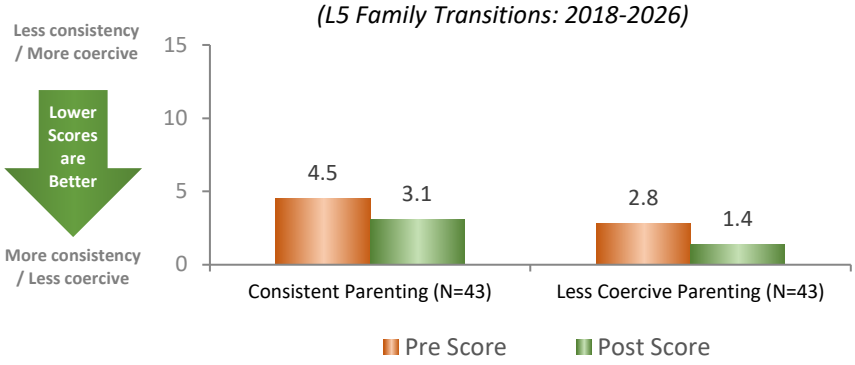
- On average, parents also experienced a moderate to large magnitude of change in child emotional and behavior regulation, positive parenting styles, and parental confidence, indicating that their improvement was not only statistically significant but also *meaningful*.

Improvement in child emotional and behavioral challenges
(L5 Family Transitions: 2018-2026)



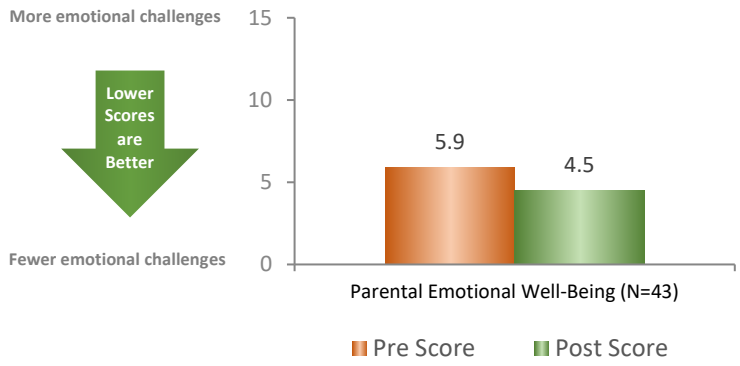
Source: Triple P data from the *Child Adjustment and Parent Efficacy Scale*: Total Intensity subscale, July 2018 – June 2026.

Improvement in positive parenting styles
(L5 Family Transitions: 2018-2026)



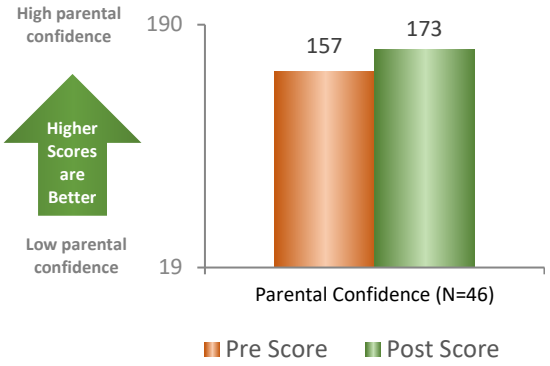
Source: Triple P data from the *Parenting and Family Adjustment Scales* (PAFAS), Consistent Parenting and Coercive Parenting Subscales, July 2018 – June 2026.

Improvement in parental emotional well-being
(L5 Family Transitions: 2018-2026)



Source: Triple P data from the *Parenting and Family Adjustment Scales* (PAFAS): Emotional Well-being subscale, July 2018 – June 2026.

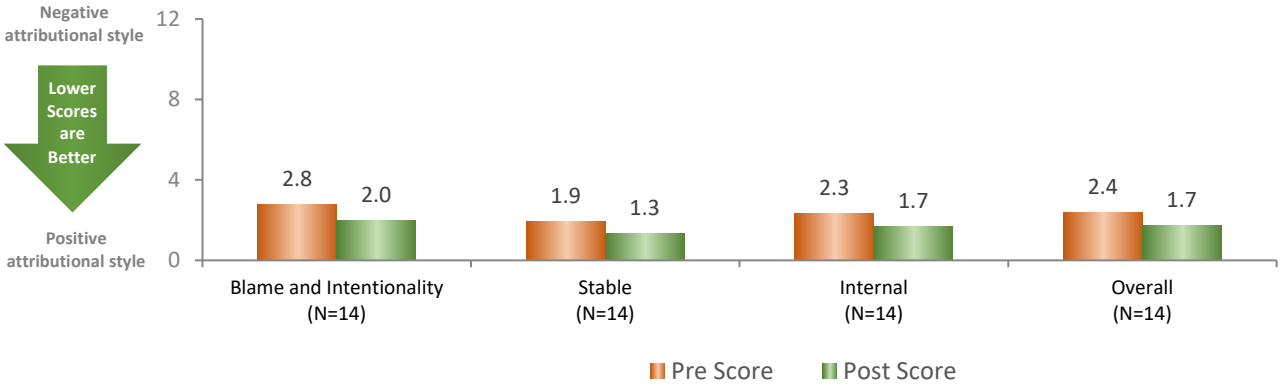
Improvement in parental confidence
(L5 Family Transitions: 2018-2026)



Source: Triple P data from the *Child Adjustment and Parent Efficacy Scale*: Parent Confidence subscale, July 2018 – June 2026.
Note: For all analyses of the amount of improvement, participants whose assessment scores already reflect the lowest level of difficulties at "Pre" are omitted from the improvement analyses, as no improvement is possible. There may therefore be a slightly lower number of clients included in the improvement analyses than the total number of all clients reported in these charts of average Pre/Post scores.

- **Improved anger management.** Level 5 Pathways helps parents learn how to handle anger or other difficult emotions, and to better understand the reasons for their children's behavior.
  - Results show that on average, parents who complete the program make *statistically significant* improvements in their anger management, and consequently respond more positively in their understanding of their children's behavior.
  - These results are particularly noteworthy considering the small number of parents who have participated in this program so far.

Parents attributions for children's behaviors
(L5 Pathways: 2013-2026)



Source: Triple P data from the *Parents Attributions for Child's Behavior Measure*, Jan. 2013 - June 2026.
Notes:
- For the analyses of the amount of improvement, participants whose assessment scores already reflect the most positive attributional style at "Pre" are omitted from the improvement analyses, as no improvement is possible. There may therefore be a slightly lower number of clients included in the improvement analyses than the total number of all clients reported in these charts of average Pre/Post scores.