



Overview of the Triple P – Positive Parenting Program (Triple P)

Triple P is a comprehensive, evidence-based positive parenting system that offers parents simple, practical strategies to:

- Build strong, healthy family relationships;
- Foster children’s social-emotional well-being and resilience; and
- Prevent and manage challenging behaviors calmly, consistently, and with confidence.

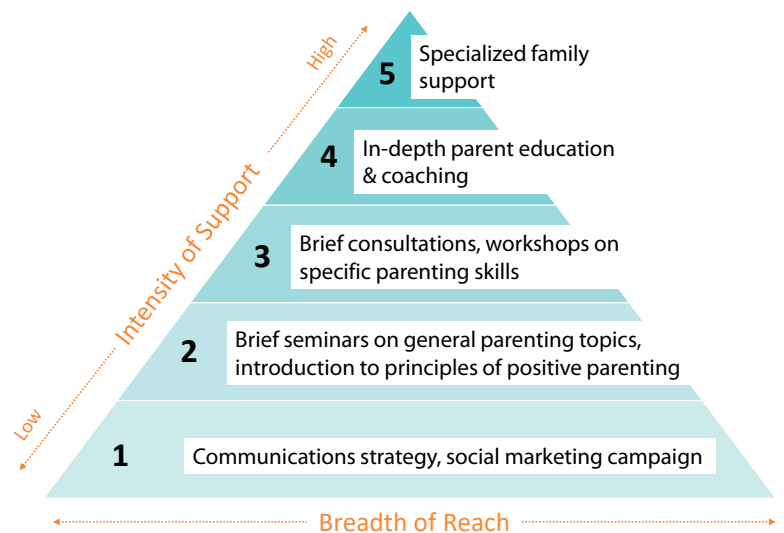
In Triple P and throughout this document, the word “parent” includes anyone who is a biological, foster, adoptive, or step parent, guardian, relative, or other caregiver in a parental role.

Triple P’s “toolbox” of practical strategies are grounded in these **positive parenting principles**, which recognize that children and youth thrive when their parents:

1. Create a safe, interesting environment
 2. Create a positive learning environment
 3. Use assertive discipline
 4. Have realistic expectations
 5. Practice and model self-care
 6. Adapt to having a child with a disability*
 7. Are part of a community*
- * Additional principles in Stepping Stones Triple P

Triple P is a **tiered system of support**, designed to reach an entire community with positive parenting messages (Level 1 Universal Triple P) and meet the unique needs of individual families by offering a range of programs of increasing intensity.

Lower tiers of services (Level 2 Seminars, Level 3 Primary Care) are intended to reach a wider audience and offer **brief or “light touch” support** on a variety of parenting topics. Higher levels typically reach a smaller population of families, offering **in-depth support and coaching** on all the Triple P parenting strategies that can be applied to many situations (Level 4 Group, Standard, or Fear-Less) or more **specialized support** (Level 5 Enhanced, Pathways, Family Transitions, and Lifestyle) that incorporates, or is offered alongside, the in-depth services.



Originally developed as a home visiting program in Australia, Triple P is now an internationally acclaimed program implemented in over 30 countries around the world. Each organization, community, or region can decide whether to implement specific tiers or programs within the Triple P system or adopt a population-based rollout (all tiers, for all families).



Triple P in Santa Cruz County

Implementation of a **population-based rollout** began in Santa Cruz County in 2009. The full suite of brief and in-depth Triple P programs is available in English and Spanish for families with:

- Children from birth – 12 years old (**Core Triple P**)
- “Tweens” and teens from 10 – 16+ years old (**Teen Triple P**)
- Children who have disabilities or special needs (**Stepping Stones Triple P**)
- Children who have moderate or high levels of anxiety (**Fear-Less Triple P – new!**)
- *Newborns or infants, or are pregnant or preparing for parenting a newborn or infant (**Triple P for Baby – coming soon!**)*

Triple P programs are also available for parents/caregivers seeking specialized support and strategies to:

- Build their own emotional resilience; cope with parental stress, anxiety, or depression; and decrease conflict and improve communication with a parenting partner (**Enhanced Triple P**)
- Address difficulties with their own emotional regulation that increases the risk of physical or emotional harm to their children (**Pathways Triple P**)
- Co-parent after a separation or divorce (**Family Transitions Triple P**)
- Develop family routines that increase healthy eating and active living (**Lifestyle Triple P**)

Triple P services are delivered by practitioners who have been **trained and accredited in specific programs for specific age groups by Triple P America (TPA)**. Services are offered **in person or virtually** in a range of ways, including one-on-one sessions, small groups, or large groups. A select number of **Triple P Online Programs** are available in English and Spanish for parents who prefer to learn at their own pace through videos, an online workbook, and periodic coaching sessions with a practitioner.

First 5 Santa Cruz County (First 5 SCC) serves as the lead agency, providing the backbone organizational support needed to implement, evaluate, and scale this countywide, evidence-based program (EBP) with fidelity. First 5 SCC coordinates all required training and accreditation sessions, guides the implementation and evaluation, implements the Level 1 social marketing campaign, serves as a central point of contact for referrals, and co-funds a portion of the direct services.

Local partners that contribute funding, provide Triple P services, and/or host Triple P programming include (but are not limited to): the County’s Human Services Department (HSD), Health Services Agency (HSA), Probation Department, Central California Alliance for Health, Kaiser Permanente, Community Bridges – Family Resource Collective, Encompass Community Services – Families Together, Stanford Children’s Health – Neurodevelopmental Foster Care Clinic, Santa Cruz County Office of Education – The Companion Project, Parents Center, Santa Cruz Community Health, Salud Para La Gente, independent practitioners, Janus of Santa Cruz, Santa Cruz Public Libraries, Watsonville Public Library, Pájaro Valley Unified School District, Cradle to Career Santa Cruz County, Special Education Local Planning Agencies (SELPA), the Santa Cruz Children’s Museum of Discovery, and more.

To learn more about Triple P in Santa Cruz County and evaluation outcomes, visit <http://triplep.first5scc.org>.

Triple P Training Schedule – 2024 (subject to change)

Registration is now open for training courses that will be offered between June – December 2024 for individuals/agencies serving families in Santa Cruz County. The **training schedule** is summarized below, followed by additional details on each training and type of service.



Learn More: <https://www.first5scc.org/triple-p-training-page> | **Register:** <https://bit.ly/TripleP-Training-Registration>

Level 3 Primary Care Stepping Stones Training (no prerequisites)

Description of Service	Training Dates	Pre-Accreditation	Accreditation (1/2 day)
Brief parenting support (1-4 sessions) on specific topics for families with children who have disabilities or special needs.	June 11 – 13, 2024 9:00 – 4:30 (8:45 on 1 st day)	June 25, 2024 9:00 – 4:30	July 9 or 10, 2024 AM: 9:00 – 12:30 PM: 1:30 – 5:00

Level 4 Standard Core Training (no prerequisites)

Description of Service	Training Dates	Pre-Accreditation	Accreditation (1/2 day)
In-depth, one-on-one parenting support (10-11 sessions) for families with children 2-12 years old.	July 16 – 18, 2024 9:00 – 4:30 (8:45 on 1 st day)	July 30, 2024 9:00 – 4:30	Aug 13 or 14, 2024 AM: 9:00 – 12:30 PM: 1:30 – 5:00

Level 4 Fear-Less Training (no prerequisites)

Description of Service	Training Dates	Pre-Accreditation	Accreditation (1/2 day)
In-depth program (6-8 sessions) for families with children with moderate to high levels of anxiety.	August 20 – 22, 2024 9:00 – 4:30 (8:45 on 1 st day)	Sept 6, 2024 9:00 – 4:30	Sept 24 or 25, 2024 AM: 9:00 – 12:30 PM: 1:30 – 5:00

Level 5 Enhanced & Level 5 Pathways Training (prerequisite: accreditation in any Level 3 or 4 program)

Description of Service	Training Dates	Pre-Accreditation	Accreditation (1 day)
Enhanced: support parents to build their emotional resilience & address partner conflict Pathways: support parents to build their emotional regulation skills & decrease risk of physical or emotional harm to their children.	Sept 10 – 12, 2024 9:00 – 4:30 (8:45 on 1 st day)	Sept 24, 2024 9:00 – 4:30	Oct 9, 10 or 11, 2024 9:00 – 5:00 (full day)

Level 5 Family Transitions Training (no prerequisites)

Description of Service	Training Dates	Pre-Accreditation	Accreditation (1/2 day)
Supplemental support (5 sessions) for parents adjusting to co-parenting after a separation or divorce. Offered prior to sessions on parenting strategies.	Nov 4 – 5, 2024 9:00 – 4:30 (8:45 on 1 st day)	Nov 19, 2024 9:00 – 4:30	Dec 3 or 4, 2024 AM: 9:00 – 12:30 PM: 1:30 – 5:00

Got questions? Contact First 5 Santa Cruz County’s Triple P Program Manager, Yesenia Gomez-Carrillo ygoomez-carrillo@first5scc.org or (831) 465-2203 or sign up to **attend an Informational Session**

April 26: https://bit.ly/TripleP-Info-April26	April 29: https://bit.ly/TripleP-Info-April29	May 1: https://bit.ly/TripleP-Info-May1	May 15: https://bit.ly/TripleP-Info-May15
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Triple P Trainings (applies to all training courses)

Who is Eligible to Enroll in Triple P Trainings?

- Anyone who is **committed to providing Triple P services** for families in Santa Cruz County is welcome to submit a training registration form. This includes, but is not limited to:
 - ✓ Parent educators and parent coaches
 - ✓ Family advocates
 - ✓ Home visitors
 - ✓ Community Health Workers or promotores
 - ✓ Librarians
 - ✓ Other parents and community members
 - ✓ Social workers
 - ✓ Counselors, therapists, and other behavioral health providers
 - ✓ Healthcare providers
 - ✓ Childcare providers, TK-12 educators
 - ✓ Faith-based leaders
- Individuals with **diverse backgrounds and identities** (e.g., race, ethnicity, gender, sexual orientation, primary language, culture, family structures, etc.) are strongly encouraged and supported to become part of the local network of accredited Triple P practitioners.
- Unless noted, Triple P trainings **do not have requirements** for prior training, education, degrees, or work experience.
- Agencies are encouraged (but not required) to have **at least one manager/supervisor trained and accredited** in each Triple P program that their staff will be delivering.

Training & Accreditation Requirements

Each Triple P training course holds **up to 20 practitioners** and takes 6-8 weeks to complete:

- The initial **training**, typically 2 or 3 days (required)
- A 1-day **pre-accreditation** workshop to prepare for accreditation (*optional but highly recommended*)
- An open-book, 30-question **accreditation quiz** (required, submitted at accreditation session)
- A half-day **accreditation session** to demonstrate knowledge and skills via role plays (required)
- A 1-hour training on First 5 SCC's **local data collection and evaluation procedures** (required)

What are the Expectations Before, During, and After Triple P Accreditation?

First 5 Santa Cruz County (First 5 SCC) will provide the **Triple P trainings and parent materials at no cost** to individuals/ agencies that sign a written agreement confirming their commitment to:

- Participate in all **required training and accreditation** sessions.
- Provide Triple P services to **a minimum number of parents/families per year** (minimum number varies, depending on the Triple P program).
- **Deliver Triple P services with fidelity** (e.g., only provide services that practitioner is accredited in, deliver services as designed, discuss adaptations with First 5 SCC, etc.)
- **Collect and submit data** for First 5 Santa Cruz County's evaluation of the Triple P program.
- Participate in ongoing **implementation support, continuous improvement, and fidelity coaching** with their supervisors, First 5 Santa Cruz County, and/or other Triple P practitioners.
- Maintain **communication with First 5 Santa Cruz County** about service provision, data collection, and implementation support needs.

Individuals or agencies that can't commit to the expectations above may purchase training slot(s) from First 5 SCC and purchase parent materials directly from Triple P America after accreditation.

Level 3 Primary Care Stepping Stones Training

Description of Service	Training Dates	Pre-Accreditation	Accreditation (1/2 day)
Brief parenting support (1-4 sessions) on specific topics for families with children who have disabilities or special needs.	June 11 – 13, 2024 9:00 – 4:30 (8:45 on 1 st day)	June 25, 2024 9:00 – 4:30	July 9 or 10, 2024 AM: 9:00 – 12:30 PM: 1:30 – 5:00

- **Prerequisite:** None
- **Register online:** <https://bit.ly/TripleP-Training-Registration>
- **Register by May 22, 2024** to receive the training materials prior to the 1st training day.
- After submitting a registration form, First 5’s Triple P Program Manager will follow up to confirm your/ your agency’s commitment. Once the written agreement is signed, you will be added to the roster.
- All Training, Pre-accreditation, and Accreditation sessions will be held on Zoom.
- The Zoom link and training materials will be provided by Triple P America prior to the first training date. Materials will be shipped to the business or residential mailing address provided in the registration form.
- Each practitioner will be assigned to (or sign up for) a half-day Accreditation session during the initial Training. First 5 SCC recommends blocking off both Accreditation dates in your calendar until a specific date and time has been confirmed by the Triple P America trainer.
- **Training on local evaluation procedures:** Date/time TBD

Overview of Level 3 Primary Care Stepping Stones Triple P

- **Stepping Stones Triple P** is for families with children who have developmental disabilities or special needs, such as intellectual disabilities, autism spectrum disorder, and ADHD. This program variant includes **7 principles of positive parenting** and **24 strategies** to Develop Positive Relationships, Encourage Positive Behaviors, Teach New Skills and Behaviors, and Manage Challenging Behaviors.
- **Level 3 Primary Care Triple P** is a brief service (1-4 sessions, one-on-one) for parents/caregivers seeking support for specific child social, emotional, developmental, and/or behavioral health issues.
- Practitioners use a combination of assessments, tip sheets or booklets, videos, role plays, coaching, and “homework” to help parents/caregivers set their own goals; develop and implement a parenting plan that is tailored to their cultural, linguistic, and family needs; and track and maintain progress.
- In Santa Cruz County, practitioners can offer these local adaptations of Primary Care Stepping Stones:
 1. **Workshop:** one-time, stand-alone class on a specific Stepping Stones topic
 2. **Brief Group:** 4 sessions with a group of parents on a specific Stepping Stones topic
- Once accredited in Level 3 Primary Care Stepping Stones, practitioners will be eligible to complete a shorter **special accreditation** process for **Level 3 Primary Care Core Triple** and gain access to the suite of tip sheets for families with children ages 0-12.

Minimum Service Delivery Requirement (to receive free training & parent resources)

- 10 parents/caregivers per year, per practitioner
 - May be higher for practitioners whose primary role is providing Triple P services and lower for practitioners that provide multiple types of brief and in-depth Triple P services
 - Requirement may be met through any combination of one-on-one sessions or group services.

Level 4 Standard Core Training

Description of Service	Training Dates	Pre-Accreditation	Accreditation (1/2 day)
In-depth, one-on-one parenting support (10-11 sessions) for families with children 2-12 years old.	July 16 – 18, 2024 9:00 – 4:30 (8:45 on 1 st day)	July 30, 2024 9:00 – 4:30	Aug 13 or 14, 2024 AM: 9:00 – 12:30 PM: 1:30 – 5:00

- **Prerequisite:** None
- **Register online:** <https://bit.ly/TripleP-Training-Registration>
- **Register by June 20, 2024** to receive the training materials prior to the 1st training day.
- After submitting a registration form, First 5’s Triple P Program Manager will follow up to confirm your/ your agency’s commitment. Once the written agreement is signed, you will be added to the roster.
- All Training, Pre-accreditation, and Accreditation sessions will be held on Zoom.
- The Zoom link and training materials will be provided by Triple P America prior to the first training date. Materials will be shipped to the business or residential mailing address provided in the registration form.
- Each practitioner will be assigned to (or sign up for) a half-day Accreditation session during the initial Training. First 5 SCC recommends blocking off both Accreditation dates in your calendar until a specific date and time has been confirmed by the Triple P America trainer.
- **Training on local evaluation procedures:** Date/time TBD

Overview of Level 4 Standard Core Triple P

- **Core Triple P** is designed for families with children from birth – 12 years old. This program variant includes **5 principles of positive parenting** and **17 strategies** to Develop Positive Relationships, Encourage Positive Behaviors, Teach New Skills and Behaviors, and Manage Challenging Behaviors.
- **Level 4 Standard Triple P** consists of in-depth parenting coaching and consultation, provided in 10-11 one-on-one sessions. Parents/caregivers learn and practice all 17 positive parenting strategies.
- These in-depth Triple P services are best suited for families with children between 2-12 years old who have concerns about their children’s social, emotional, and behavioral health. The program is particularly effective for families experiencing multiple and/or more serious parenting challenges.
- Practitioners use a combination of assessments, a workbook, videos, role plays, coaching, and “homework” to help parents/caregivers set their own goals; develop and implement parenting plans that are tailored to their cultural, linguistic, and family needs; and track and maintain progress.

Minimum Service Delivery Requirement (to receive free training & parent resources)

- 4 – 6 parents per year, per practitioner

Priority Populations

- Triple P is one of the evidence-based parenting programs identified in Santa Cruz County’s **Comprehensive Prevention Plan (CPP)**, which outlines multiple strategies to support child, youth, and family well-being and prevent involvement with the child welfare system.
- Individuals/agencies that are committed to providing in-depth, one-on-one Triple P sessions to families with children between 2-12 years old (Level 4 Standard Core Triple P) who are **referred by/through other CPP partners** will have priority for the training registration.

Level 4 Fear-Less Training

Description of Service	Training Dates	Pre-Accreditation	Accreditation (1/2 day)
In-depth program (6-8 sessions) for families with children with moderate to high levels of anxiety.	August 20 – 22, 2024 9:00 – 4:30 (8:45 on 1 st day)	Sept 6, 2024 9:00 – 4:30	Sept 24 or 25, 2024 AM: 9:00 – 12:30 PM: 1:30 – 5:00

- **Prerequisite:** None, however access to regular, high-quality supervision and prior, relevant experience and/or education are strongly recommended.
- **Register online:** <https://bit.ly/TripleP-Training-Registration>
- **Register by July 29, 2024** to receive the training materials prior to the 1st training day.
- After submitting a registration form, First 5’s Triple P Program Manager will follow up to confirm your/ your agency’s commitment. Once the written agreement is signed, you will be added to the roster.
- All Training, Pre-accreditation, and Accreditation sessions will be held on Zoom.
- The Zoom link and training materials will be provided by Triple P America prior to the first training date. Materials will be shipped to the business or residential mailing address provided in the registration form.
- Each practitioner will be assigned to (or sign up for) a half-day Accreditation session during the initial Training. First 5 SCC recommends blocking off both Accreditation dates in your calendar until a specific date and time has been confirmed by the Triple P America trainer.
- **Training on local evaluation procedures:** Date/time TBD

Overview of Level 4 Fear-Less Triple P

- **Fear-Less Triple P** is a cognitive-behavioral parenting intervention that supports parents to help children manage their anxiety more effectively. The program encourages parents to generalize strategies to all family members, not just the child who is experiencing anxiety.
- Currently, Fear-Less Triple P can be offered in 6-8 one-on-one sessions or group classes. This program is best suited for families with children between 6 – 14 years old who have moderate to high levels of anxiety that cause significant distress or impact on their everyday functioning.
- Over the course of 6-8 sessions, parents learn and practice how to: Understand anxiety; Promote emotional resilience; Set a good example and encourage realistic thinking; Understand avoidance; Respond to children’s anxiety; Teach children constructive problem-solving skills; Track and maintain progress.
- Practitioners use a combination of assessments, a workbook, videos, role plays, coaching, and “homework” to help parents/caregivers set their own goals; develop and implement parenting plans that are tailored to their cultural, linguistic, and family needs; and track and maintain progress.

Minimum Service Delivery Requirement (to receive free training & parent resources)

- 4 – 6 parents per year, per practitioner
 - May be higher for practitioners whose primary role is providing Triple P services and lower for practitioners that provide multiple types of brief and in-depth Triple P services
 - Requirement may be met through any combination of one-on-one sessions or group services.

Level 5 Enhanced & Level 5 Pathways Training

Description of Service	Training Dates	Pre-Accreditation	Accreditation (1 day)
<p>Enhanced: support parents to build their emotional resilience & address partner conflict.</p> <p>Pathways: support parents to build their emotional regulation skills & decrease risk of physical or emotional harm to their children.</p>	<p>Sept 10 – 12, 2024 9:00 – 4:30 (8:45 on 1st day)</p>	<p>Sept 24, 2024 9:00 – 4:30</p>	<p>Oct 9, 10 or 11, 2024 9:00 – 5:00 (full day)</p>

- **Prerequisite:** Accreditation in any Level 3 or Level 4 Triple P program.
- **Register online:** <https://bit.ly/TripleP-Training-Registration>
- **Register by August 21, 2024** to receive the training materials prior to the 1st training day.
- After submitting a registration form, First 5’s Triple P Program Manager will follow up to confirm your/ your agency’s commitment. Once the written agreement is signed, you will be added to the roster.
- All Training, Pre-accreditation, and Accreditation sessions will be held on Zoom.
- The Zoom link and training materials will be provided by Triple P America prior to the first training date. Materials will be shipped to the business or residential mailing address provided in the registration form.
- Each practitioner will be assigned to (or sign up for) a **full-day** Accreditation session during the initial Training. First 5 SCC recommends blocking off all Accreditation dates in your calendar until a specific date has been confirmed by the Triple P America trainer.
- **Training on local evaluation procedures:** Date/time TBD

Overview of Level 5 Enhanced & Level 5 Pathways Triple P

- **Enhanced Triple P** consists of four different modules (Practice Sessions; Coping Skills; Partner Support; Maintaining Progress & Closure) delivered in 3-8 one-on-one sessions. The modules address family factors that may impact and complicate the task of parenting (e.g. parental mood, partner conflict). Parents can choose which modules to complete. **Enhanced Triple P** can be offered to parents who completed a Level 3 program (one-on-one or brief group) or a Level 4 program and post-assessment results indicate they could benefit from extra support to make or maintain changes in parenting.
- **Pathways Triple P** is an intensive program for parents who have difficulty regulating their emotions or persistently misunderstand the reasons for their children’s behavior, and as a result may be at risk of physically or emotionally harming their children. Three modules, delivered in 2-5 one-on-one or group sessions, support parents to understand “parent traps;” understand the impact of their beliefs and behaviors on their children; and learn how to recognize, understand, and manage anger. **Pathways Triple P** can be offered to parents who completed a Level 3 program (one-on-one or brief group) or a Level 4 program.
- Practitioners use a combination of assessments, workbooks, videos, role plays, coaching, and “homework” to help parents/caregivers set their own goals; develop and implement parenting plans that are tailored to their cultural, linguistic, and family needs; and track and maintain progress.

Minimum Service Delivery Requirement (to receive free training & parent resources)

- 4 – 6 parents per year, per practitioner (Enhanced and/or Pathways sessions)

Level 5 Family Transitions Training

Description of Service	Training Dates	Pre-Accreditation	Accreditation (1/2 day)
Supplemental support (5 sessions) for parents adjusting to co-parenting after a separation or divorce. Offered prior to sessions on parenting strategies.	Nov 4 – 5, 2024 9:00 – 4:30 (8:45 on 1 st day)	Nov 19, 2024 9:00 – 4:30	Dec 3 or 4, 2024 AM: 9:00 – 12:30 PM: 1:30 – 5:00

- **Prerequisite:** None, however access to regular, high-quality supervision and prior, relevant experience and/or education are strongly recommended.
- **Register online:** <https://bit.ly/TripleP-Training-Registration>
- **Register by October 15, 2024** to receive the training materials prior to the 1st training day.
- After submitting a registration form, First 5’s Triple P Program Manager will follow up to confirm your/ your agency’s commitment. Once the written agreement is signed, you will be added to the roster.
- All Training, Pre-accreditation, and Accreditation sessions will be held on Zoom.
- The Zoom link and training materials will be provided by Triple P America prior to the first training date. Materials will be shipped to the business or residential mailing address provided in the registration form.
- Each practitioner will be assigned to (or sign up for) a **half-day** Accreditation session during the initial Training. First 5 SCC recommends blocking off all Accreditation dates in your calendar until a specific date has been confirmed by the Triple P America trainer.
- **Training on local evaluation procedures:** Date/time TBD

Overview of Level 5 Family Transitions Triple P

- **Family Transitions Triple P** is designed for parents who are experiencing personal distress from separation or divorce, which is impacting on or complicating their parenting. During five sessions, Family Transitions Triple P assists parents who need extra support to adjust and manage the transition of separation or divorce. It focuses on skills to resolve conflicts with former partners and how to cope positively with stress.
- Over the course of five session, parents learn and practice strategies to help themselves and their children talk about the impact of separation and divorce on the family, cope with emotions, challenge unhelpful thoughts, take care of themselves, manage conflict with a co-parent/former partner, and develop a new family identify and social supports.
- The **Family Transitions** sessions are offered to parents prior to beginning an in-depth (Level 4) program.
- Practitioners use a combination of assessments, workbooks, videos, role plays, coaching, and “homework” to help parents/caregivers set their own goals; develop and implement parenting plans that are tailored to their cultural, linguistic, and family needs; and track and maintain progress.

Minimum Service Delivery Requirement (to receive free training & parent resources)

- 4 – 6 parents per year, per practitioner