



## Group Teen Triple P

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### What is Group Teen Triple P?

Group Teen Triple P is a broad-based parenting intervention delivered over eight weeks for parents of teenagers up to 16 years old and who are interested in learning a variety of parenting skills. Parents may be interested in promoting their teenagers development and potential or they may have concerns about their teenager's behaviour that they want to change. The program involves four (2 hour) group sessions of up to 12 parents. Parents actively participate in a range of exercises to learn about the causes of adolescent behaviour problems, setting specific goals, and using strategies to promote a teenager's skills development, managing inappropriate behaviour and teaching emotional self-regulation. Parents also learn how to plan around risk-taking behaviour or risky situations. Then there are three (15 to 30 minute) individual telephone consultations to assist parents with independent problem solving while they are practising the skills at home. The group then re-convenes to review progress, discuss maintenance and generalisation issues and complete final assessments.

### Who is it for?

Parents or caregivers that benefit from Group Teen Triple P are those who have concerns about their teenager's mild to moderate level of behavioural problems or simply wish to prevent behavioural problems from developing. Parents who have completed lower-level interventions and have not achieved the goals they wanted, may benefit from a Group Teen Triple P intervention. Parents need to be able to commit to the whole eight sessions.

### What is covered in sessions with parents?

**Session 1: Positive parenting.** This session provides parents with an introduction to what is positive parenting, factors that influence teenagers' behaviour, and how to set goals for change. Parents submit a completed assessment booklet at the beginning of this session.

**Session 2: Encouraging appropriate behaviour.** During this session, the practitioner discusses how to develop positive relationships with teenagers, increase desirable behaviour, teach new skills and behaviours, use behaviour contracts, and hold family meetings.

**Session 3: Managing problem behaviour.** In this session, parents learn how to develop family rules, deal with non-cooperation, acknowledge emotions, and use behaviour contracts. They have an opportunity to rehearse these routines to promote emotional self-regulation in the session.

**Session 4: Dealing with risky behaviour.** This session covers identifying risky situations, routines to deal with risky behaviour, and family survival tips. Parents also prepare for their telephone consultation sessions.

**Session 5-7: Implementing parenting routines 1-3.** The practitioner provides feedback from initial assessments that the family completed and then uses a self-regulatory feedback model to assist parents to review their implementation of parenting strategies and risky behaviour plans. From this, parents set goals for the further refinement of their routines, if needed.



**Session 8: Program close.** Parents return for a final group session to review progress and family survival tips, look at ways to maintain changes and problem-solving for the future, and to close the program. If necessary, referral options are discussed.

## What resources do parents receive?

Each family will receive a copy of the Teen Triple P Group Workbook. This workbook provides them with the content of all sessions, space to complete written exercises and an outline of all homework tasks.

## How much time is needed to deliver the intervention?

In addition to consultations, the practitioner should allow time for reviewing satisfaction questionnaires, and preparing for the sessions and/or supervision. Please see the table below for an approximate delivery guideline time for each group.

Course	Face to Face Consultation or Group Session Time	Questionnaire Scoring and Feedback - Pre and Post Assessment*	Telephone Support or Home Visit	Session Preparation and Post-Session Debrief/Supervision	Case notes and Report Writing**	Total Time
Group Teen Triple P	10 hours (2 hours per session for 5 weeks)	5 hours	15 hours  (10 families, 30 minutes each week for 3 weeks)	5 hours	5 hours	40 hours per group

\*An additional 2-3 minutes per family should be allowed for reviewing the Client Satisfaction Questionnaire (CSQ).

\*\*Not including comprehensive reports for government agencies.

## What is involved in provider training?

To provide Group Teen Triple P to families, practitioners must have completed an active-skills training program and demonstrated their knowledge and competence in program delivery through a skills-based accreditation process. The table below provides an estimate of the time commitment for practitioners to attend training and support days, as well as time needed for preparation and peer support.

Course	Number of Training Days (9.00am - 4.30pm)	Pre-Accreditation Day (9.00am - 4.30pm)	Preparation Time for Accreditation Day	Accreditation Day	Peer Support	Total Time
Group Teen Triple P	3 days	1 day	4-6 hours  (quiz and competency preparation)	Half day	2-3 hours  (hourly meetings per month)	5½ days

## What resources do practitioners receive?

Each practitioner will receive a copy of the following Triple P practitioner resources at training:

- Facilitator's Kit for Group Teen Triple P (includes Facilitator's Manual, CD Rom with Group Teen Triple P PowerPoint presentations, and the Teen Triple P Group Workbook); and
- Every Parent's Guide to Teenagers [DVD].