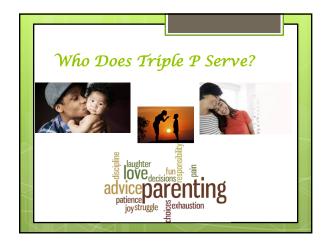




What is Triple P

The Triple P - Positive Parenting Program is a parenting and family support system designed to prevent - as well as treat - behavioral and emotional problems in children and teenagers. It aims to prevent problems in the family, school and community before they arise and to create family environments that encourage caretakers and children to realize their potential.



What does Triple P Look <u>Like?</u>

- Primary (Level 3) Discussion Groups
 Group Triple P & Group Teen (Level 4)
- Lifestyles
- Family Transitions
- Triple P Seminars Regular (to age 12); Triple P Seminars Teens
- Individual sessions

www.TripleP.org

Positive Parenting Program 5 Protective Factors; 5 Principles

- Five Protective Factors

 Parental Resilience

 Social Connections

 Concrete Support in Times of Need

 Knowledge of Parent & Child Development

 Social and Emotional Competence of Children

The Five Principles of Triple P

- o 1) Safe & Engaging Environment
 2) Positive Learning
 3) Assertive Discipline
 4) Realistic Expectations
 5) Parental Self-Care

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Our Successes

- Increased Partnerships
- Friend of the Court
- умся
- Head Start (end of 2016)
- District & Circuit Court Probation
- Child & Family Services
- New Intervention Triple P Transitions
- Increase in referrals from parents in classes

<u> 2018 - 2019 Plans</u>

- Expanding Triple P to increase access to more parents and families County-wide
 - More South County Classes Added
 - YMCA Preschool Partnerships
 - Connecting to more schools
- More Seminars to raise awareness (professionals and partner agencies)
- Greater alignment with community work around trauma and resiliency

<u>Resources</u>

<u>Susan Holcomb, LBSW</u> Triple P Provider Berrien County Health Department sholcomb@bchdmi.org (269) 235-0673

- Other:

 www.TripleP.org

 www.strengtheningfamilies.net

 www.bchdmi.org

