Promoting the Health, Safety, Resilience and Potential of Children by Increasing the Confidence and Skill of Parents

Carol Markie-Dadds
Triple P International
February, 2019
Parenting has a pervasive impact across the life-course

Parent-child relationship and parenting practices

Healthy brain development
Language, communication, literacy
Executive functions and self regulation
Academic attainment
Conduct problems/antisocial behavior
Anxiety and stress
Attentional problems

Social skills and peer relationships
Obesity
Chronic health problems
Pain management
Sedentary behavior and physical activity
Moral development
Screen time/Online behavior
Intensive family intervention
- Level 5
  - Individual, Group
  - Medium and high intensity

Broad focused parenting support
- Level 4
  - Individual, group, self help, online
  - Low intensity or “light touch”

Narrow focus parenting support
- Level 3
  - Individual, group, online
  - Low intensity or “light touch”

Brief parenting advice
- Level 2
  - Individual, group
  - Very low intensity

Communication strategy
- Level 1
  - Universal level
  - Very low intensity

The Triple P system
Promoting self-regulation through parenting programs

Self-regulation of behaviour

- Self-management tools
- Self-efficacy
- Personal agency
- Self-sufficiency

Minimally sufficient intervention

Reduced need for support
Individual practitioners capacity to make a difference

Model 1: 4 g
Model 2: 4s, 2 g, 40 OL
Model 3: 6s, 2g, 5DG, 40OL's
What can a population approach achieve? N = 1500 on SDQ

- Clinical range
- M = 8.2
- N = 119
What if we moved the Mean down by 1 SD

Clinical range

Scores

N = 79
Percentage reduction

34% reduction
40 Fewer Cases
A potential saving of $10,511,960
Compelling evidence for population approach

• **Sth Carolina** – significantly lower rates of substantiated child abuse reports, foster care placements & child abuse injuries treated at hospitals

• **Ireland** – population wide benefits across parenting and child social, emotional and behavior concerns including parents’ mental health

• **WA** – 15-year follow up, higher levels of literacy & numeracy, better school attendance (seniors), fewer emergency room visits

• **Santa Cruz** – rate of substantiated allegations of child abuse & neglect on a downward trend, now lower than state rate (2010-2015)
Benefits of positive parenting for parents, children and communities

Positive parenting – multiple benefits

- Education outcomes
- Child social & emotional wellbeing
- Family relationships/violence prevention
- Employment outcomes
- Adult mental health
- Child mental and physical health
- Child maltreatment

Education outcomes

Child social & emotional wellbeing

Family relationships/violence prevention

Employment outcomes

Adult mental health

Child mental and physical health

Child maltreatment
Economic benefits for the community

- **$13.83**
  It saves $13.83 for every $1 spent (Access Economics, 2010)

- **$9.17**
  Washington State institute of Public Policy (2017) estimated a $9.17 return on investment for each $1 spent on Triple P system

- **£5.05**
  The UK-based investing in Children estimates the Triple P system generates returns of £5.05 for every pound invested

- **$8m**
  NSW Triple P rollout leveraged $8m in value in first 2 years from a $5m investment (Nexus)
Taking parenting support to scale
Qld Govt policy - free, universal parenting support for families

$11.9m invested for 5 years including process evaluation

Full Triple P system available

811 practitioners completed training and accreditation

134 'Fast start' seminars

Supporting 260,000+ parents and carers

45,000+ opting for online access
Reaching diverse families in Queensland

<table>
<thead>
<tr>
<th>PROFILE</th>
<th>TARGET %</th>
<th>REACH 1 %</th>
<th>REACH 2 %</th>
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<tbody>
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<td>Low income (Health Care Card)</td>
<td>20.0</td>
<td>26.6</td>
<td>28.6</td>
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<td>2.9</td>
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<td>Single parent</td>
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<td>20.5</td>
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<tr>
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<td>77.0</td>
<td>73.6</td>
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<tr>
<td>Regional</td>
<td>34.9</td>
<td>22.1</td>
<td>25.3</td>
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<tr>
<td>Remote</td>
<td>2.9</td>
<td>0.9</td>
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Tailoring approaches to local context
## Going online to support vulnerable families

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Parent-reported outcomes of online
Parents’ Reported Confidence in Dealing with Main Concerns (1-10)

Disobedience  Tantrums  Fighting, aggression  Whining  Interrupting, demanding attention  Mealtime problems  Bedtime problems  Separation problems  Misbehavior while shopping  Problems in company

Pre: 8.2  8.15  8.19  8.21  8.37  8.37  8.36  8.25  8.19  8.16
Post: 5.48  5.51  5.36  5.61  5.85  5.86  6  5.99  5.8  5.73
A tiered, multilevel system of parenting support is needed

Participation is normalised and destigmatised

Evidence-based parenting support has multiple benefits for children, parent and communities
We acknowledge the Traditional Owners of the Countries throughout Australia that we work, live and walk and pay our respects to Elders, both past and present.