



Standard Teen Triple P

What is Standard Teen Triple P?

Standard Teen Triple P provides parents with a broad focused parenting support intervention on a one-to-one basis for parents of teenagers up to 16 years of age. After thorough family assessment parents set their own goals, learn ways to encourage positive behaviour for teens, and teach their teens new skills such as problem solving, conflict resolution and self-regulation. Parents also learn ways to use appropriate consequences for misbehaviours (e.g. breaking family rules, taking inappropriate risks, emotional outbursts).

Who is it for?

Parents or caregivers who benefit from this programme are those that have concerns about their teenager's development and behaviour. They may be concerned that their relationship with their teen is not positive, that their teen has not learned independence and self-regulation skills, or that they have not found an effective way to discourage inappropriate or risk-taking behaviour. Parents are most likely to benefit if they can commit to completing the 10 weekly sessions.

What is covered in sessions with parents?

Session 1: Intake interview. The parent is interviewed to gather comprehensive information about their teenager's presenting behavioural concerns, developmental history, and family circumstances. They are asked to complete further assessment in the form of questionnaires and they are taught to use monitoring forms to track a specific teen behaviour throughout the following week.

Session 2: Interview with teenager and family observation. First the teenager is interviewed to obtain their perspective on family functioning and any presenting problems. This also serves as an assessment of mental status. The parent and teenager are then observed holding a problem-solving discussion.

Session 3: Sharing assessment findings. The practitioner provides feedback to the parent from all forms of assessment and develops a shared understanding of the nature, severity and causes of current concerns. From there, treatment is negotiated and the parent sets goals for their own and their teen's behaviour change.

Session 4: Encouraging appropriate behaviour. During this session, the parent is presented with three types of parenting skills that aim to enhance the quality of the parent-teenager relationships and promote a rich environment of encouragement and positive attention. These parenting skills include: strategies for developing a positive relationship with their teenager, strategies for increasing desirable behaviour, and strategies for teaching new skills.

Session 5: Using positive parenting strategies 1. This session involves the parent and teen being observed to practise strategies such as part of a daily meeting or how to review their behaviour contract. The practitioner uses a self-regulatory feedback process to assist them to evaluate their strengths and areas for improvement. They then set goals to further refine their skills.



Session 6: Managing problem behaviour. During this session, the practitioner introduces the parent to strategies to reduce misbehaviour and to help teenagers learn to manage their emotions. An emotional behaviour routine is presented and rehearsed.

Session 7: Using positive parenting strategies 2. This session again involves both the teenager and their parent/s. They are observed during a structured interaction as they review how things are going. The practitioner again uses a self-regulatory feedback process to assist them to evaluate their strengths and areas for improvement. They then set goals to further refine their skills.

Session 8: Dealing with risky behaviour. This session introduces the parent to a routine for addressing teenagers' risky behaviour, guides them through the steps of how to use the routine, and prompts them to use the routine at home in the coming week.

Session 9: Using planning ahead routines. This session assists the parent and their teenager to review how they have planned ahead for potential risky behaviour and situations. They have an opportunity to practise developing further plans with the support and feedback from the practitioner.

Session 10: Programme close. The practitioner conducts a progress review and discusses with the parent family survival tips and how to keep up the changes that have been made. Future problem solving exercises and a final assessment is completed. If necessary, referral options are discussed.

What resources do parents receive?

Each family will receive a copy of the Teen Triple P Family Workbook.

How much time is needed to deliver the intervention?

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

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
Standard Teen Triple P	7 hours (1 hour per session for 7 sessions)	1½ hours	3 hours (1 hour per home-visit for 3 visits)	2½ hours	1 hour	15 hours per family

*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 Standard Teen Triple P to families, practitioners must have completed an active-skills training programme and demonstrated their knowledge and competence in programme 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
Standard 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 practitioner receive?

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

- Practitioner’s Kit for Standard Teen Triple P (includes Practitioner’s Manual, and Teen Triple P Family Workbook); and
- Every Parent’s Guide to Teenagers [DVD].