

TEAM INFO

ADCS Behavioral Health Specialist

Name _____

Phone _____

Email _____

Triple P Consultant

Name _____

Agency _____

Phone _____

Email _____

Triple P Team Lead

Name _____

Phone _____

Email _____

Please contact your assigned subsidy specialist or the Post Permanency Subsidy office for more information on the Triple P referral process
Phoenix (602) 771-6470/Tucson (520) 885-8002



Please scan this QR Code for additional information on Triple P Services:



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POST PERMANENCY TRIPLE P PROGRAM



*"Parenting isn't a practice.
It's a daily learning experience"*
-Alora M. Knight



What is Post Permanency Triple P Services?

Post Permanency Triple P (Positive Parenting Program) is an evidence-based voluntary service designed to promote positive and caring relationships at early intervention. Triple P is proven effective through decades of international research and has shown to prevent and treat behavioral, emotional, and developmental issues in children by enhancing the knowledge, skills and confidence of parents. Some goals include to:

- Establishing minimal sufficiency and promoting self-regulation
- Improving communications about parenting issues
- Improving competence and confidence in parenting skills
- Reducing maladaptive attributions for children's behavior
- Reducing unrealistic expectations of children

How does this service benefit me and my Family?

The ADCS Subsidy Behavioral Health Specialist will work with the parent/caregiver(s) and Triple P provider to establish which level of service may be appropriate for the family. Once referred, the Triple P provider will work with the parents to look for strengths and needs to begin service planning. The duration of services will depend on the family's unique needs and consultation with the service provider.



0 – 12 & Teen

0 – 12 Triple P is administered at this target age population with needs of children who are demanding, disobedient, defiant, aggressive or generally disruptive. Triple P is used to teach parent/caregiver strategies to encourage their child(ren/s) social and language skills, emotional self-regulation, independence, and problem solving ability. These learned skills produce outcomes that promote family harmony, reduce conflict, maintain successful peer relationships, and prepare children for successful experiences at school. Parent/caregiver strategies include, but are not limited to:

- Developing good relationships with children
- Encouraging good behavior
- Teaching new skills & behaviors
- Managing misbehaviors



Teen Triple P teaches parents/caregivers how to encourage emotional self-regulation and to help their teenager develop the social skills they need to get along with others and be successful in school. These learned skills promote family harmony, reduces parent-teenager conflict, fosters successful peer relationships, and prepares teens for successful experiences at school. Parent/caregiver strategies include, but are not limited to:

- Advancing social & communication skills
- Encouraging emotional self-regulation skills
- Establishing independence skills
- Promoting problem-solving skills
- Developing positive relationships
- Managing problem behavior
- Dealing with risky behavior

Level 4 & 5

Level 4: Standard (0-12), Group (0-12), Standard Teen (13-16), Group Teen (13-16). Level 4 interventions focus on broad based parenting classes to provide parents/caregivers tools and strategies to manage a variety of child and youth situations. It covers Triple P's evidence based 17 core positive parenting skills that can be applied to a wide range of parenting situations to be used at home or in the community setting.

Level 4 services can be offered in standard or group format. Standard is one-on-one based to encompass active skills training methods: modeling, rehearsing, feedback and homework tasks. Moreover, group provides opportunities for parents/caregivers to learn through observations, discussion, practice and feedback with other parents/caregivers.

Level 5 (Pathways): Additional support for parents/caregivers that extends into intervention that focuses in on marital communication, partner support, mood management, and stress coping skills. Pathways can be offered as a brief adjunct to Level 4 lessons to families that face additional adversity factors and children that have increased behaviors.

Triple P Practitioner

A Triple P Practitioner will be assigned to the case as a knowledgeable expert to provide lessons, support, teach self-regulation, confidence, and positive parenting. The Triple P Practitioner can make arrangements to meet based on your family's needs. The practitioner is accredited through Triple P America to provide these services.

