



Triple P Positive Parenting Program

Outcome Analysis & Strategic Path Forward
Reporting Period FY 2023-2025



The Problem

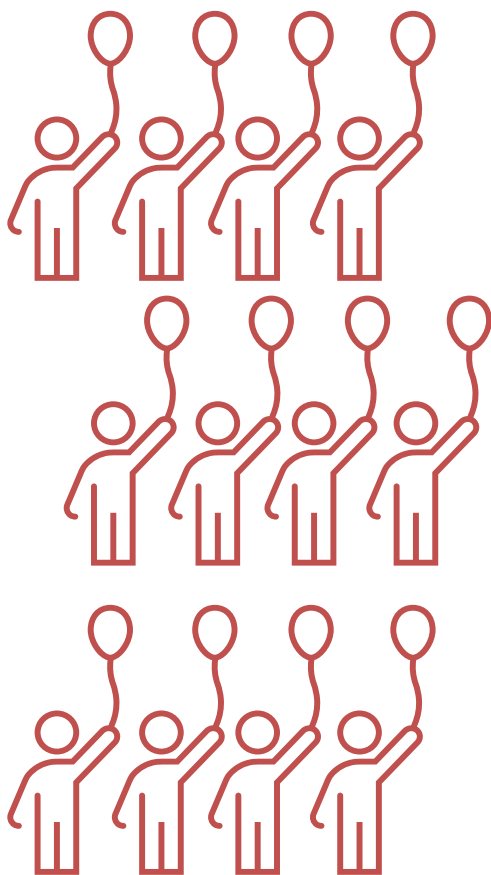
A disturbingly large number of children develop significant social, behavioral and emotional problems that are preventable



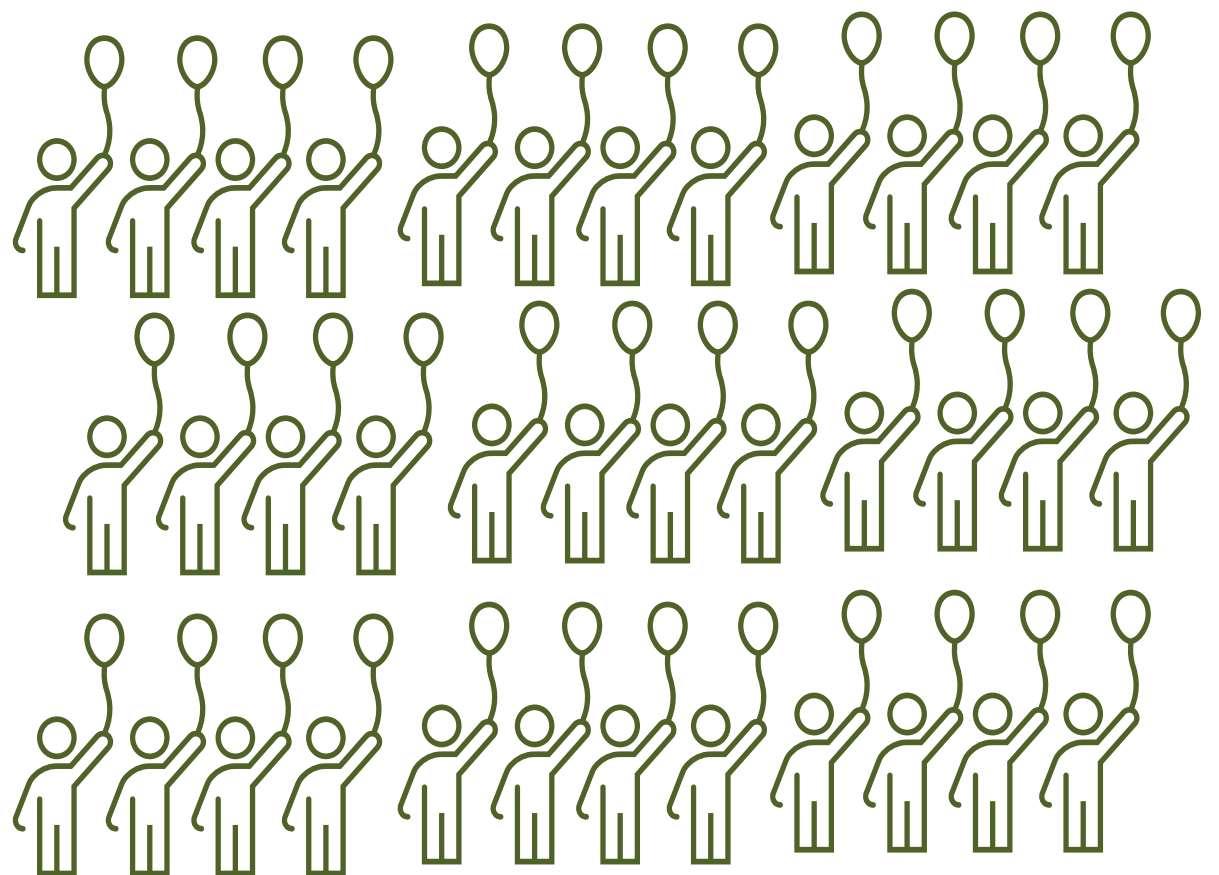
Significance of the Problem

Percentage of children with emotional or behavioral problems in the clinical range

15% Clinical



85% Non-Clinical



Sawyer et al., (2000)
Merikangas et al., (2010)
CDC Data (2023)

Triple P Positive Parenting Principles

Ensuring a Safe, Interesting Environment

- Create a safe space for exploration
- Provide stimulating activities
- Engage in creative play

Having Realistic Expectations

- Understand developmental stages
- Be flexible and patient
- Focus on progress
- Disciplined, gentle guidance

Using Assertive Discipline

- Clear communication
- Be consistent
- Use clear & positive reinforcement

Create a Positive Learning Environment

- Descriptive praise
- Encourage curiosity
- Create routines that promote learning

Taking Care of Yourself

- Make time for what you love doing
- Seek support
- Practice mindfulness & stress management



RAISE & SHINE
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First 5
MENDOCINO

Triple P (Positive Parenting Program) has an extensive evidence base linking it to improvements in both child mental health outcomes and parental well-being. It's considered one of the most well-researched parenting interventions globally.

Research on Specific Child Mental Health Disorders

A. Conduct Problems, Oppositional Defiant Disorder (ODD), and Disruptive Behaviors (The Strongest Evidence Base)

A. **Sanders et al. (2000):** *"The Triple P-Positive Parenting Program: A comparison of enhanced, standard, and self-directed behavioral family intervention for parents of children with early onset conduct problems."* **Journal of Consulting and Clinical Psychology.**

Key Finding: Found that all levels of Triple P (from self-help to therapist-led) led to **clinically significant reductions in child conduct problems**, dysfunctional parenting, and parental stress compared to a waitlist control. Gains were maintained for one year

B. Attention-Deficit/Hyperactivity Disorder (ADHD)

A. Triple P is often used as a **behavioral component** alongside medication. Research shows it improves comorbid oppositional behaviors, enhances parenting consistency, and reduces parental stress in families with ADHD children.

Bor et al. (2002): *"Prevention and early intervention of conduct problems in children from disadvantaged backgrounds."* **Australian e-Journal for the Advancement of Mental Health.**

Key Finding: While broader in focus, this study and others demonstrate that Triple P reduces hyperactivity and inattention symptoms as reported by parents and teachers, particularly when these co-occur with conduct problems.

C. Anxiety and Emotional Problems (Internalizing Disorders)

- A. Triple P's focus on creating a secure, predictable, and responsive environment helps reduce child anxiety
- B. Studies show reductions in child internalizing symptoms (e.g., anxiety, withdrawal) as a secondary outcome.

D. Prevention of More Severe Disorders

- A. A core strength of Triple P is its **public health, preventive focus**. By intervening early with parenting support, it aims to prevent subclinical behavioral problems from escalating into diagnosable disorders like Conduct Disorder. Longitudinal studies support this preventive effect.

Triple P Data - 2023 -25

Combined Two -Year PAFAS Outcomes Analysis Report

Program : Triple P Positive Parenting Program

Target Population : Parents involved with Family and Children Services (FCS)

Reporting Period : Year 1 (FY23-24) and Year 2 (FY24-25)

Total Participants : 400 (200 per year)

Executive Summary

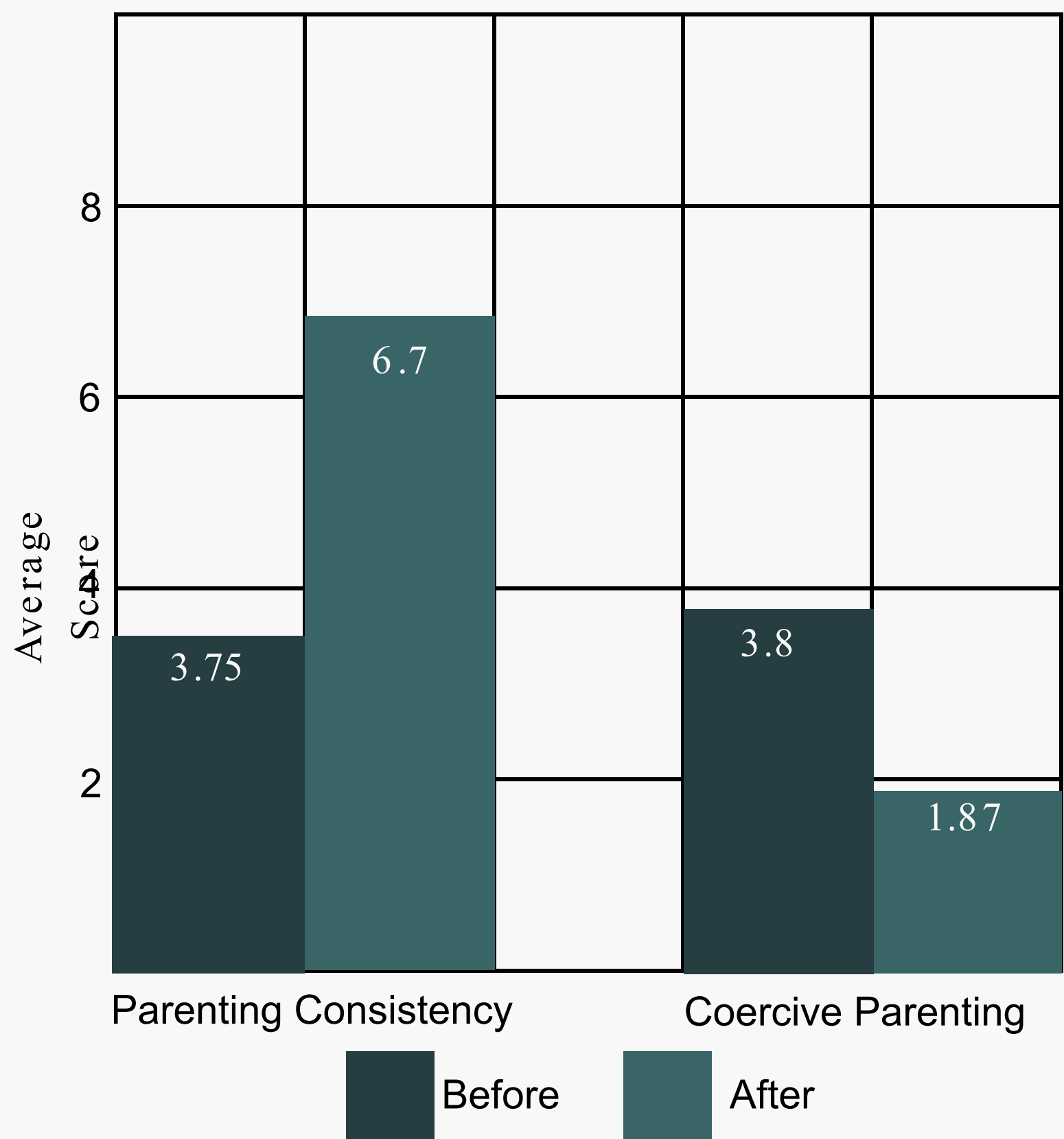
This comparative analysis of two years of data demonstrates that the Triple P program is not only highly effective but also remarkably consistent in producing positive outcomes for high-risk families. Both cohorts showed substantial and statistically significant improvements across all measured domains of parenting and family adjustment.

Key findings indicate that the program reliably:

- 1.Dramatically improves parental consistency and reduces harsh discipline.
- 2.Significantly enhances parental mental well-being, a critical foundation for change.
- 3.Fosters warmer parent-child relationships and more positive family environments.
- 4.Effectively reduces acrimony between separated parents.

Triple P Data - 2023 -25

Parent responses, before and after taking a Parenting Class

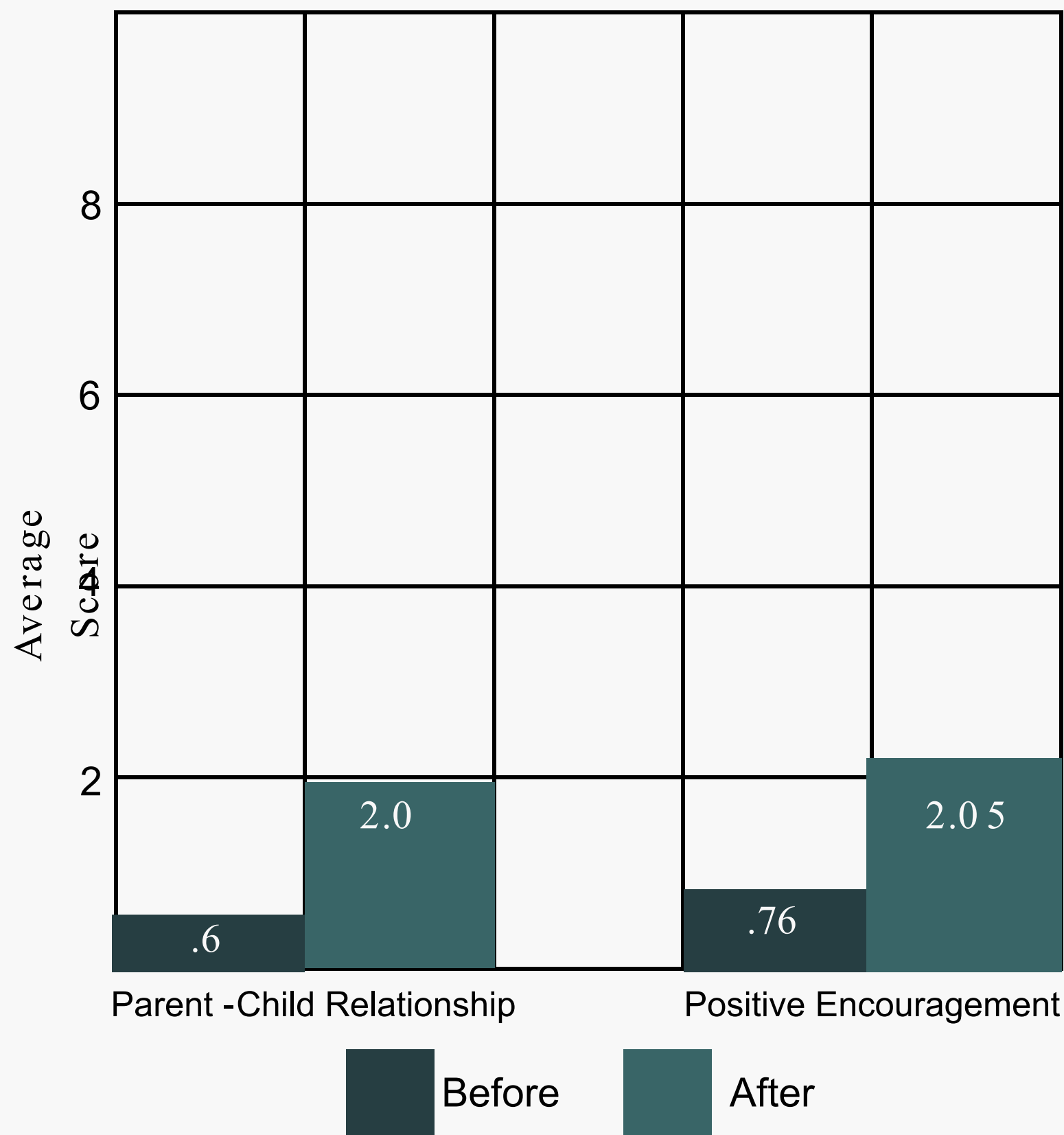


Parenting Consistency : Improvements of 53% and 56% show the program is exceptionally reliable at teaching parents to set clear rules and follow through, the bedrock of effective parenting.

Coercive Parenting & Family Relationships: Improvements around 50% were consistent across both years, showing a reliable reduction in harsh discipline and family-wide conflict.

Triple P Data - 2023 -25

Parent responses, before and after taking a Parenting Class

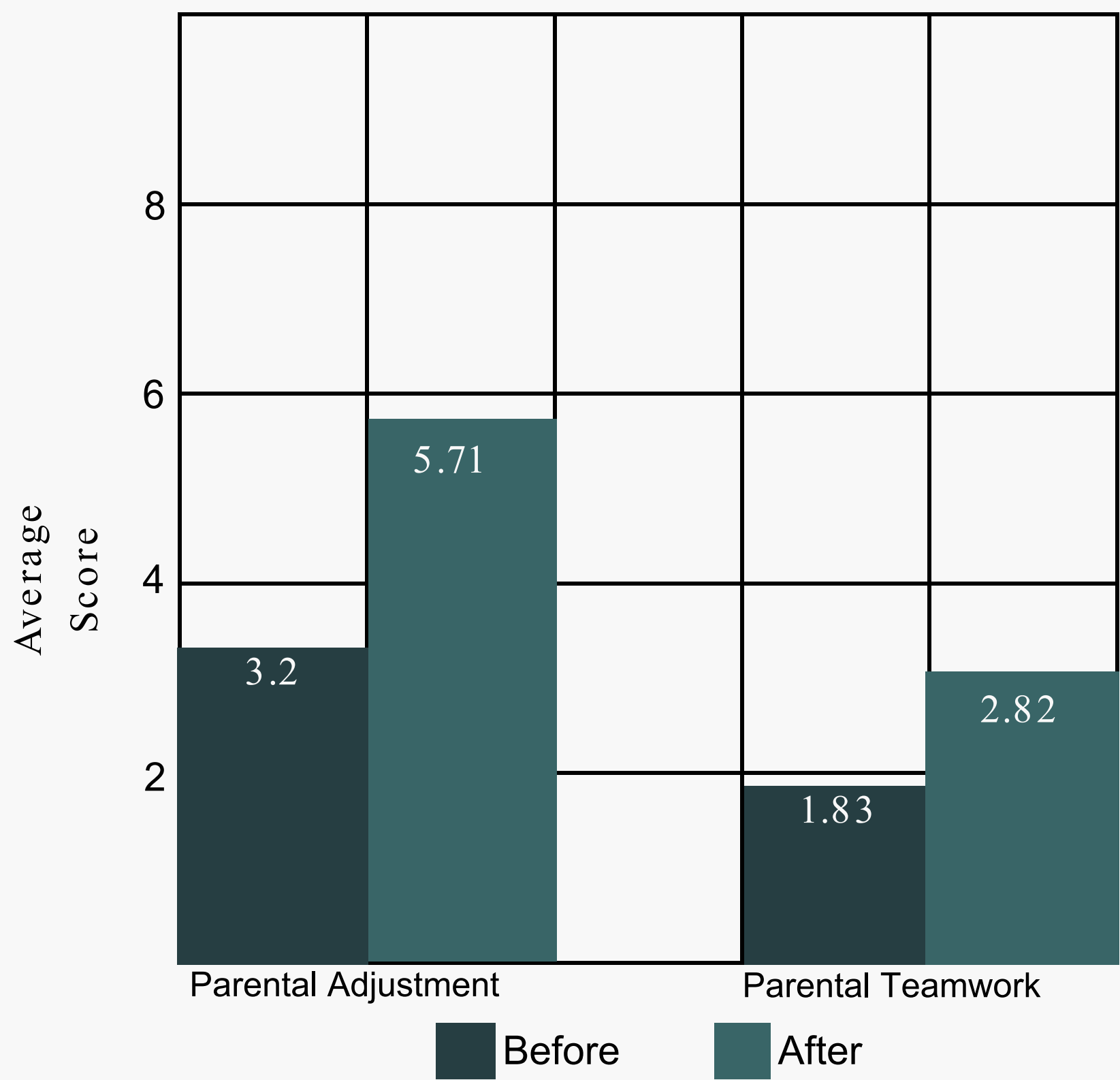


Parent -Child Relationship: The cohorts started at different baselines, but both groups ended at a similar, very healthy post-score. The program is effective for strengthening both moderately troubled and already-good parent-child bonds.

Positive Encouragement: Year 1 started with a higher (worse) score but showed a larger percentage improvement (40 % vs. 32%). This suggests a renewed focus on this skill was effective.

Triple P Data - 2023 -25

Parent responses, before and after taking a Parenting Class



Parental Adjustment: Both years saw a massive 56% improvement. This is perhaps the most critical finding: the program consistently and dramatically reduces parental stress, depression, and anxiety while boosting happiness and coping skills. This emotional regulation is the fuel for all other positive changes.

Parental Teamwork: This is the largest difference between years.
Insight : Co-parenting conflict appears to be a variable and deeply entrenched issue. Year 2's data suggests this cohort may have had more high-conflict separations, a factor that may require tailored intervention strategies.

Triple P Data - 2023 -25

Overall Conclusion and Recommendation

Conclusion: The two -year data provides robust, undeniable evidence of the program's effectiveness and reliability. The consistent pattern of improvement across all domains, especially in core areas like parental mental health and parenting consistency, confirms its value as a key intervention for families in the child welfare system.

Recommendation: Continue program funding without reservation. The data suggests considering an enhanced or specialized module focused specifically on reducing high level co -parenting conflict (Parental Teamwork) for cases where it is identified as a primary concern, as this area shows more variability in outcomes.