

February 12, 2010

Families to benefit from expansion of positive parenting program

Free, customized support available through Parent Link Centres

Calgary... The Alberta government has expanded the Positive Parenting Program (Triple P) to 45 Parent Link Centres across the province, giving parents greater access to a program proven to help build stronger families.

“Every parent has questions, from time to time, when raising their children,” said Minister of Children and Youth Services, Yvonne Fritz. “The expansion of Triple P is a vital part of our efforts to support and strengthen families through early intervention and will make a real difference in the lives of children and youth.”

Based on 30 years of research, Triple P is designed to assist families with flexible, timely support when they need it most. The program offers parents advice and resources tailored to their unique needs to handle common issues and more complex situations that can result when caring for children. Services range from offering general information or guidance, tip sheets, parenting advice and workshops to offering more advanced support to help parents experiencing significant behavioural issues with their children. Triple P is offered from Parent Link Centres free-of-charge.

“We have worked in partnership with Children and Youth Services and have incorporated the Triple P program to successfully build on the strengths of Aboriginal families,” said Program Coordinator/Cultural Advisor, Awo Taan Healing Lodge Parent Link Centre, Doreen Roy. “As a result of the success of the program, children who were once at risk of permanent guardianship have had their families restored and the Triple P program has instilled hope in the family unit.”

In 2010-11, the Alberta government will invest \$1 million in Safe Communities funding to support the continued expansion of Triple P, which will include additional training for Parent Link Centre staff across the province.

To learn more about Triple P, visit www.triplep.net or go to a Parent Link Centre nearest to your community. Parent Link Centre locations can be found at www.parentlinkalberta.ca.

The Government of Alberta has a clear plan for a strong economic recovery. *The Way Forward* will bring Alberta back into a surplus position in three years by trimming government spending; using cash reserves to protect key programs; continuing to invest in public infrastructure; and ensuring that our province's industries are competitive and continue to attract investment to provide jobs and prosperity.

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Backgrounder: Positive Results of Triple 3 Program

Media inquiries may be directed to:

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To call toll-free within Alberta dial 310-0000.

About Triple P — Positive Parenting Program

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- Triple P is a multi-level system of parenting and family support, which is designed to prevent severe behavioural, emotional and developmental problems in children by enhancing the knowledge, skills and confidence of parents.
- Support is available for parents of children up to age 16, at no cost.
- The program consists of five intervention levels, increasing in intensity.
 - **Level 1** promotes positive parenting strategies and parenting resources through co-ordinated information campaigns;
 - **Level 2** includes consultations with parents, and community seminars about specific parenting topics;
 - **Level 3** includes personal consultations for parents with a Triple P practitioner, to address particular concerns and create a customized parenting plan;
 - **Level 4** provides an eight-session parenting group or a 10-session individual family program; and
 - **Level 5** focuses on intensive family intervention for families where parenting difficulties are complicated by other sources of family distress, such as relationship conflict, parental depression or high levels of stress.
- A landmark study conducted over five years at the University of South Carolina shows that providing all families with access to proven parenting information and support can reduce rates of child maltreatment. The study and other research findings can be viewed from the Triple P website at www.triplep.net.
- The program was first introduced in 2007 and over the past two years has been expanded to all centres.
- To date, approximately 180 staff working in Alberta's Parent Link Centres have been trained in Levels 2 and 3, and 60 staff have been trained in Level 4.
- An additional \$1 million has been allocated through Safe Communities, through Budget 2010-11, to advance staff training to include Levels 4 and 5.
- Triple P is a renowned, evidenced-based parenting and family support strategy that is currently being delivered to families in 17 countries, including Alberta, British Columbia, Saskatchewan, Manitoba, Ontario and New Brunswick within Canada.

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