**Partnership:** Down East Partnership for Children

**Activity Name**: Triple P

**EC Profile ID: FS30**

**PSC: 5505**

FY22 Logic Model

| Need Statement | Target Population | Program Components | Evidence-Based/Informed Practice | Outputs | Outcomes | Required County Level Indicators/ Strategic Framework Indicators |
| --- | --- | --- | --- | --- | --- | --- |
| ***Component 1:***  There are 8110 children, ages 0-4 in Edgecombe and Nash Counties whose families could benefit from family support services. Families need to have access to support and information to raise healthy children.  *Kidscount.org*  Family support addresses the 5 protective factors to help build strengths and help create a family environment that promotes optimal child and youth development. | Families who have children ages birth-5 who participate in DEPC programs including: Scholarship Program, Kaleidoscope Play & Learn Groups, Circle of Parents, and The Incredible Years.  Families who contact the Family First line searching for Parenting advice/help.   * General public * Head Start Families * NC Pre-K Families * Families who have children receiving NC Infant-Toddler Services (ages Birth-2)   Families whose children are eligible for exceptional children’s program services through NC Public Schools (ages 3-5) | *Triple P Level 1 Stay Positive Campaign (Outreach)*  *Triple P Level 2 Brief Primary Care*  *Triple P Level 2 Selected Seminars*  *Triple P Level 3 Discussion Groups*  *Triple P Level 4* | *Evidenced Based-In Resource Manual* | **Level 2 Brief Primary Care:**  ***40 parent/caregivers*** will receive Level 2 Brief Primary Care Triple P  *(20 of the 40 parent/caregivers will be Play & Learn Group Participants)*  *(50 children will be impacted by Brief services)*  (SS Output-Number of parents/guardians  participating)  **Level 2 Selected Seminars**  ***6 Seminars*** Will be offered to at least **50 parent/caregivers**  (impacting at least 60 children per year)  (SS Output- Number of parents/caregivers participating)  **Level 3 Discussion Group**  ***4 Discussion Groups*** will be offered to at least **32 parent/caregivers** (impacting 40 children per year.)  (SS Output-Number of parents/guardians participating)  **Level 4 Group**  ***One level 4 Group series*** will be offered to at least 12 caregivers (impacting 20 children per year.) | **Level 2 Brief Primary Care:**  75% parents who receive **a Level 2 Brief Primary Care** AND a follow-up will report that the program helped parents to deal more effectively with their child’s behavior based on the Triple P Client Satisfaction Questionnaire.  *(Question # 6:*  *Score of 5 or above indicates a positive response.)*  50% parents who receive a **Level 2 Brief Primary Care** AND a follow-up will report that the program helped parents to deal more effectively with problems that arise in your family based on the Triple P Client Satisfaction Questionnaire.  *(Question # 7:*  *Score of 5 or above indicates a positive response.)*  **Level 2 Selected Seminars:**  85% parent/caregivers who participate in a **Level 2 Triple P Seminar** will report that they gained sufficient knowledge or information to be able to implement the parenting advice presented in the seminar based on the Triple P Parent Satisfaction Survey.  *Question # 6; Score of 5 or above indicates a positive response)*  85% parent/caregivers who participate in a Level 2 Triple P Seminar will report that the seminar was helpful in gaining an understanding of what you can do to help your child learn new skills and behaviors based on the Triple P Parent Satisfaction Survey.  *(Question # 8; Score of 5 or above indicates a positive response)*  **Level 3 Discussion Group**  80% parent/caregivers who complete a Discussion Group will report that they gained sufficient knowledge or information to be able to implement the parenting strategies introduced based on the Triple P Discussion Group Satisfaction Questionnaire.  *(Question # 5: Score of 5 or above indicates a positive response)*  **Level 4 Group**  Of the 12 caregivers registered, 10 will complete the series (attend 6 out of the 8 sessions.)  80% of caregivers who complete the Level 4 group series will report that the program helped them deal more effectively with their child’s behavior. (Question #6: score of 5 or more)  Track the percentage of parents that increase positive parenting practices as reported by the Triple P Level 4 Parenting Scale | **Smart Start Required County Level Indicators:**  Rate of investigated reports of child abuse/neglect per 1000 children ages 0-5.  **Minimum Standard:**  <5.0% and >12%  A low and high range has been set based on the distribution of identified children among counties. If the county is outside the range, the partnership will convene meetings to review data.  **DEPC 2020 Strategic Framework**  As a result of participating in DEPC programs, 85% of parents report that they received knowledge and/or information to help support their child’s growth and development.  As a result of participating in DEPC programs, 75% of parents report understanding of child development and parenting strategies that support physical cognitive, language, social and emotional development. |

Worksheet 1

| Program  Components | Documented Research | Written Guidelines |
| --- | --- | --- |
| ***Component 1:***  *Triple P Level 1*  *(Stay Positive Campaign)*  *Triple P Level 2 Brief*  *Triple P Level 2 Selected Seminars*  *Triple P Level 3 Discussion Groups*  *Triple P Level 4 Group* | Evidenced Based: Established in SS Resource Guide  Evidenced Based” Well Established in SS Resource Guide  Evidenced Based” Well Established in SS Resource Guide    Evidenced Based” Well Established in SS Resource Guide  Evidenced Based” Well Established in SS Resource Guide  Nowak, C. and N. Heinrichs, *A comprehensive meta-analysis of Triple P-Positive Parenting*  *Program using hierarchical linear modeling: Effectiveness and moderating variables.* Clinical Child and Family Psychology Review, 2008. **11**: p. 114-144.  Triple P America. *Triple P America*. [Website] n.d. Retrieved from <http://www.triplep-america.com> | Include:   * If written guidelines are available, provide a copy of the written guidelines for service delivery * If written guidelines are not available, provide a detailed description of program guidelines that ensures adherence to best practices, service quality, and consistency across staff   Written DEPC implementation guidelines for DEPC services. |

**Additional Program Information and Guidelines**

1. For each unique Program Component listed in the above Logic Model provide a narrative description.

Each Program Component narrative should:

* Provide a full detailed description of the specific activity component
* Describe responsibilities of each staff contributing to that program component (Please differentiate between Smart Start and non-Smart Start funded staff)
* Indicate the number of sessions/series to be delivered including frequency and duration
* Indicate detailed strategies being utilized for outreach and marketing to reach the target audience with each component
* Indicate location(s) of service delivery
* Incorporate program guidelines as outlined by NCPC
* Indicate curriculums, best practices used to guide program delivery
* Ensure agreement with information provided in the Logic Model

The Down East Partnership for Children (DEPC) provides a coordinated model of services dedicated to launching every child in Edgecombe and Nash Counties as a healthy, lifelong learner by the end of third grade.  Research shows that students who are proficient in reading by the end of third grade can shift from the idea of “learning to read” to the idea of “reading to learn.” The foundation for literacy and learning does not just happen by attending school each day, but instead is supported, built, and impacted by 4 foundational blocks which contribute to grade level reading proficiency and future successes. These 4 foundational blocks are: Health, Engaged Families and Coordinated Communities, High Quality Early Childhood Environments and Ready Schools 365 days a year, inside and out. The Triple P Program fits nicely within both the Health (Health and development are on track beginning before birth) and Family & Communities (Families are engaged and supported by coordinated communities) building blocks within DEPC’s 2022 Strategic Framework.

In addition to ensuring that the programs and activities provided by DEPC fall into at least one of the 4 foundational building blocks, DEPC also utilizes practices within the Strengthening Families framework, adopted by the Center for the Study of Social Policy by helping to build on one or more of the identified 5 “Protective Factors”. Extensive research and evidence have shown that, when Protective Factors are present and robust in a family, the risk of child abuse and neglect diminishes. The five Protective Factors are: *Parental Resilience, Social Connections, Concrete Support in Times of Need, Knowledge of Parenting and Child Development and Social and Emotional Competence of Children*. All DEPC’s Family Services programs help families to strengthen at least one or more of the Protective Factors. Specifically, the Triple P Program helps to strengthen families *Knowledge of Parenting and Child Development, Parental Resilience and Social Emotional Competence of Children.*

The Triple P-Positive Parenting Program® (Triple P) is a system of evidenced-based education and support for parents and caregivers of children and adolescents (from birth to age 16). The program was developed as a public health model developed by Professor Matt Sanders and colleagues from The University of Queensland, Australia. The program is supported by over 35 years of ongoing research conducted by academic institutions around the world. The Triple P model is being delivered across the US in many jurisdictions that embrace the Strengthening Families Framework, and in over 25 countries across the globe. The Triple P program increases parenting skills and parenting confidence by engaging, encouraging, and empowering families to address common child social, emotional, and behavioral problems. Triple P interventions are available for a broad range of families experiencing the typical and everyday challenges of raising children, as well as those experiencing more complex psychological and behavioral problems. The Triple P system utilizes a self-regulatory framework where parents are encouraged to produce their own solutions to their parenting issues and/or problems. The accredited Triple P providers assist the caregivers through techniques such as discussions, setting goals and role rehearsals for parents to produce viable positive parenting strategies and solutions to solve their parenting problems. There are five levels of the Triple P system which provides varying intensities of support through a range of delivery formats (e.g. one-to-one, small, or large groups, web-based, self-help).

Currently there are 5 DEPC staff (Family Services Program Manager, Family Services Coordinator I, Kaleidoscope Play and Learn Group Coordinator, Family Services Specialist II, NC PreK Coordinator who are trained and accredited in either Level 2 (Seminars), Level 3 Triple P (Primary Care, Primary Care-Stepping Stones, Discussion Groups) and/or Level 4 (Standard and Group) showing the commitment and value that DEPC places on the Triple P Program. Family Services Coordinator I will be trained in SFY 2022 in all available levels; Subsidy Specialist will also be trained in Level 2 Brief Primary Care. DEPC staff consistently promotes our Triple P services to all the families we work with. Information regarding upcoming seminars, discussion groups, individual help and group help is available in our Family First office, is published quarterly in our Building Blocks newsletter and available on social media. Play and Learn group participants are encouraged to take advantage of the Triple P program and are eligible for a $25 Walmart gift card if they can do so and meet certain other specified criteria. Staff who deliver a Triple P service will document services provided within the Family First and WLS systems. DEPC is anticipating hiring a Family Services Coordinator I full time staff person spring 2021, who will coordinate all Triple P program components. The Program Manager will report all results and evaluation data.

**Level 1**

At DEPC, outreach for Triple P (Level 1 Stay Positive Campaign) will happen in 2 ways. DEPC is part of a larger Triple P support network offered through the Halifax County Health Department, which supports 10 counties in our region. As the lead coordinating agency, the Halifax County Health Department works with DEPC and other county agencies to determine upcoming training needs, steps to take regarding advertising, selecting individuals to be trained and the dissemination of Triple P promotional materials, including the quarterly Triple P Stay Positive Tip Paper. Additional outreach within the Edgecombe and Nash communities for direct DEPC Triple P services for families will provided by Family Services staff. All Family Services and community outreach staff will be responsible for advertising and recruiting for DEPC Triple P Brief Primary Care, Discussion Groups, Seminars and Level 4 group.

**Level 2 (Brief Primary Care)**

DEPC will offer Level 2 (Brief Primary Care) services to caregivers who call the Family First Line, caregivers who participate in DEPC’s scholarship and NCPK program (see below for “Enhanced support to Scholarship Families”) and caregivers who participate in Kaleidoscope Play & Learn groups at DEPC and in the community. Brief Primary Care is a one-on-one counseling session between a primary care provider and a parent utilizing a variety of Triple P tip sheets based on the parent’s need and/or child’s behavior problems. Sessions can be face-to-face (when deemed acceptable based on COVID-19 restrictions), over the phone or via a virtual platform and deal with specific behavioral problems or parenting issues. Brief Primary Care may be delivered in just one session which can be as short as 15 minutes or can last up to an hour. After participating in a Level 2 Brief Primary Care session, the Triple P provider will

follow-up with the caregiver to discuss how the brief intervention worked and to determine the next steps, which could include additional Triple P Brief Primary Care Sessions or referrals to more intensive parenting resources such as The Incredible Years, Triple P Discussion Groups, or Triple P Level 4 Group. Caregivers will be asked to complete a Triple P Client Satisfaction Survey after their last follow-up.

**Level 2 (Selected Seminars)**

DEPC will also offer Level 2 Seminars to groups of caregivers who have children ages birth-5. Six seminars will be offered during the year at DEPC. Triple P Seminars will be co-facilitated by DEPC staff who are accredited in this level. Each seminar last 1 ½ hours and can be offered independently or as a 3-session series. If delivering the seminar in person, a light meal will be offered, and childcare provided if needed. If delivering virtually, caregivers will be able to pick up a meal gift certificate. To encourage participation, each participant will receive a Triple P seminar tip sheet, a participation incentive, and a $5.00 gas card voucher. Seminar topics include: The Power of Positive Parenting; Raising Confident, Competent Children and Raising Resilient Children. If a caregiver has individual needs, they can be referred to Level 2 Triple P Brief services, Triple P Discussion Groups, Level 4 group, or other intensive programs such as The Incredible Years. The staff providing the service will enter the caregiver’s information and attendance into the Family First system and the Work Life Systems database for tracking purposes. Session may occur in person or remotely.

**Level 3 (Discussion Groups)**

Triple P Level 3 Discussion Groups will be offered to groups of parents (with an average of 10 to 15 in a group) 4 times per year either in person at DEPC or via a virtual platform. Discussion group topics include: Managing Fighting and Aggression, Dealing with Disobedience, Developing Good Bedtime Routines and Hassel Free Shopping. Because Discussion Groups are offered to a limited number of caregivers, they have an opportunity to share details regarding their parenting issues based on the topic of the discussion group. The Triple P providers utilize the self-regulatory framework to help caregivers identify tracking systems and positive parenting strategies to begin trying to eliminate the child’s problem behaviors. If in person, dinner and childcare will be offered; if offered remotely a restaurant gift certificate will be offered following each Discussion Group. Caregivers will also receive a Discussion Group Booklet, a participation incentive, and a $5.00 gas card. The caregiver’s information and attendance will be entered into the Family First database and the Work Life Systems database for tracking purposes. The Family Services Coordinator I will provide all necessary paperwork (sign in sheets, satisfaction surveys) incentives and materials to the staff facilitating the Discussion Group. All paperwork satisfaction surveys and sign in sheets will be given to the Family Services Program Manager for data and evaluation purposes. Session may occur in person or remotely.

**Level 4 Group**

Group Triple P is a very thorough method of delivery used for the prevention of behavioral problems and for motivated caregivers to gain a more in-depth understanding of positive parenting. One Level 4 Group series will be offered to at least 12 caregivers of children ages birth to five during the year either at DEPC or virtually. The Level 4 Group series consists of five group sessions and three telephone support calls, for a total of 8 caregiver/facilitator interactions over a period of two to three months. The first four sessions help caregivers understand Triple P strategies through observation, discussion, practice, and feedback. Each session lasts for up to two hours. After the initial four sessions, parents have around three weeks to practice the strategies at home. During this time, they receive three personal support phone calls from their provider. These calls are a chance to review any strategies the parent may be having difficulties with. There is also a final group session for review and to evaluate progress. Caregivers will receive a $5 gas card and a developmentally appropriate play incentive after each in-person meeting. Those who have 6 out of 8 caregiver/facilitator interactions (in-person sessions and consultation calls) will be considered to have completed the program and will receive a $25.00 Walmart gift card. It is anticipated that 10 caregivers will complete the Level 4 group series. If in person, a light dinner and childcare will be provided. If offered remotely, caregivers will be given a restaurant gift certificate. DEPC Family Services Program Manager is registered for a Level 4 Group training In February 2021. Session may occur in person or remotely.

Enhanced Support to DEPC Scholarship Families

DEPC’s CCR&R (Child Care Resource & Referral) Subsidy Program oversees the DEPC Child Care Scholarship Program which provides subsidized childcare for families of young children who are either working and/or in school. The Family Services Program supports these parents through a variety of ways. Each family who participates in the Subsidy Program receives individualized consumer education and referral services from a trained Family Services Specialist and/or the Subsidy Specialist regarding the best childcare option that meets their family’s individual needs. At each Scholarship Orientation, parents are informed and given written information about the Triple P program and are encouraged to call DEPC if interested in a Triple P service.

1. Staff

|  |  |  |
| --- | --- | --- |
| Job Title | FTE | Minimum Education & Experience Requirements (Please indicate any requirements if mandated by your EB model) |
| Family Services Program Manager (JC) | <1 | Job Description |
| Family Services Coordinator II (SP) | <1 | Job Description |
| Playgroup Coordinator (DB) | <1 | Job Description |
| Family Services Specialist II (IR) | <1 | Job Description |
| Program Director (KH) | <1 | Job Description |
| Family Services Coordinator I (To be hired) | <1 | Job Description |
| Subsidy Specialist (KJ) | <1 | Job Description |
| NCPK Coordinator (JH) | <1 | Job Description |
|  |  |  |

1. Does this activity contain grants of any kind or incentives to participants?

Yes  No

What is given to participants? If you have checked yes, describe in detail, and attach a copy of any associated grant agreement(s).

Caregivers who participate and complete necessary evaluations in Level 2 Seminars and/or

Level 3 Discussion Groups will receive a $5.00 gas card and a developmentally appropriate participation incentive (children’s book, toys etc.…) to practice new positive parenting strategies learned during the Triple P session.

Caregivers who participate in Level 4 Group will receive a $5.00 gas card for each in-person session as well as a and a developmentally appropriate participation incentive (children’s book, toys etc.…) to practice new positive parenting strategies learned during the Triple P session. Those who complete 6 out of 8 caregiver/facilitator interactions and complete all necessary evaluation paperwork will receive a $25.00 Walmart card.

Staff will follow DEPC’s guidelines for distributing gift cards by checking out and returning unused cards to designated personnel. Participants will sign for all gas cards, participation incentives and gift cards.

1. Is any portion of this activity Medicaid reimbursable?

Yes  No

If you have checked yes, describe in detail.

1. Community Collaborations:

Describe how this activity will fit into the continuum of services available to your selected target population. Please ensure description extends beyond a list of community collaborators.

Among strong collaborations within the agency itself, the Child Care Resource and Referral Family Services Program communicates and meets regularly with individuals from community agencies, such as local Health Departments, local Departments of Social Services, schools, other family resource centers, childcare providers, local businesses, as well as homeless and domestic violence shelters. These collaborations ensure that the community is aware of all services available to families and that appropriate referrals can be made on behalf of families. The CCR&R (Child Care Resource & Referral) Program (Provider Services, Family Services and Subsidy Services) coordinates a quarterly Child Care Resource and Referral Advisory Committee that consists of parents, childcare providers, businesses, and community service agencies.

1. History of Results

Describe the recent successes of your program and more directly for your proposed activity. Describe specific positive results/outcomes/outputs for your activity that directly speak to the likelihood of future success.

During the FY 2019-2020, Triple P services provided included 8 seminars with 67 caregivers participating (2 more seminars than projected), 51 Level 2 Briefs and 2 Discussion Groups with 11 caregivers participating. We were scheduled to provide 4 more Discussion Groups during the spring 2020 but the COVID-19 pandemic prevented this from occurring. A total of 181 children were impacted due to their caregivers receiving a Triple P service during the 2019-2020 year.

Based on caregiver responses on the Triple P Seminar Parent Satisfaction surveys:

100% of caregivers reported that they gained sufficient knowledge or information to be able to implement parenting advice

98% of caregivers reported that the seminar was helpful in gaining an understanding of what they could do to help their child learn new skills and behaviors

Based on caregiver responses on the Discussion Groups Parent Satisfaction surveys:

100% of caregivers reported that they intended to implement positive parenting practices.

1. Cash/In-Kind Contributions Plan:

Please detail your plan for meeting the required 5% cash/in-kind contribution for FY20. Contributions may include (but are not limited to): cash donations, non-state grants, office or classroom space, staff support, professional/non-professional volunteer services, discounts, meeting supplies and materials.

1. Contract Activity Description (CAD)
2. Triple P will support the prevention of social, emotional, and behavioral problems in childhood, prevention of child maltreatment, and strengthening of parenting and parental confidence. This program will have a multi-level framework so information and professional support can be tailored to the individual needs of the families seeking services. The levels of direct service intervention supported through this activity will include one or more of the following: Level 2, to provide information and advice for parents with specific concerns regarding common child development or minor behavior issues, Level 3- to provide consultations or active skills training for parents with specific concerns about discrete child behavior problems, Level 4- to provide group and individual settings for motivated caregivers to gain a more in-depth understanding of positive parenting for the prevention of behavior problems. Meals and/or snacks may be provided for any level of Triple P interventions, as well as gift cards up to $25.00, gas cards in the amount of $5.00 and other incentives to parents completing Triple P intervention. Childcare may be provided for parents attending in-person sessions. Family Services staff will implement the activity. Activities will occur remotely as needed. Supervision will be provided by the Family Services Coordinator II, Program Manager, and oversight by the Program Director. Staff will provide program support as needed.