

Triple P Group Lifestyles (Family Nutrition & Fitness)

January 9, 10, & 11, 2017

- *Triple P Lifestyles is a family intervention support to help parents change their nutrition & physical activity routines to improve family health.*
- *Practitioners will be prepared to deliver 10 family sessions of Lifestyles to the parents of overweight or obese children at their own organization.*

You indicated interest in participating in the free Triple P (Positive Parenting Program) Group training that teaches a framework for parenting children from birth to age 12.

This evidence-based training that usually costs about \$3,000 per practitioner will be available for free in Inyo County on January 9-11, 2017. The course itself teaches participants:

- **Monitoring child height, weight, and BMA**
- **Assessing child & family functioning**
- **Strategies for promoting positive behavior change**
- **Active skills training in a group format**
- **Group dynamics & process issues**
- **Effective support consultation skills with parents**
- **Identification of indicators suggesting further intervention is appropriate**
- **Appropriate referral procedures**

After you complete this training, you'll also need to attend free accreditation sessions for ongoing access to Triple P resources, evaluation tools, and class materials. Pre-accreditation training is scheduled for February 22, and then you'll be assigned to a ½ day accreditation workshop on either March 6 or 7, 2017. (Please contact Jody if you have a preference.)

If you'd like to preview the workbook that practitioners use with parents, or if you want to talk to Jody Veenker from Inyo HHS about the topics covered in this class just call her at 760-873-6453 or email her at jveenker@inyocounty.us.

This is the only time we plan to offer Lifestyles in our 2-year community training cycle, so we hope you are able to participate in this rare opportunity to build capacity without any training fees or out-of-county travel costs.

Inyo Trainings Scheduled through December 2017:

Level of Training	Training Dates	Pre Accreditation Dates	Accreditation Dates
Level 4 Group	Nov. 29 – Dec. 1, 2016	Thursday, January 12	January 26-27, 2017
Level 3 Primary Care	Dec. 6 – 7, 2016	Thursday, Feb 9	Feb 23-24, 2017
Level 5 Group Lifestyles	Jan. 9 - 11, 2017	Wednesday, Feb 22	March 6-7, 2017
Level 5 Pathways	March 8 - 9, 2017	Day not required	May 11-12, 2017
Level 3 Primary Care	May 9 - 10, 2017	Friday, May 26	June 1-2, 2017
Level 4 Group Stepping Stones	Sept. 12 - 14, 2017	Friday, Nov. 3	November 16-17

Inyo Triple Network Quarterly Meetings:

Wednesday Aug. 10, 2016 from 3:30-4:30 PM

Wednesday Oct. 12, 2016 from 3:30-4:30 PM

Wednesday Jan. 11, 2017 from 3:30-4:30 PM

Wednesday Apr. 12, 2017 from 3:30-4:30 PM

Inyo County Health & Human Services is investing in developing a countywide system of parenting supports that benefit all our partners and practitioners. We hope you'll join us as we implement many different levels of Triple P training to form a network of consistent and easy to access parenting resources in many different health, education, and social settings that serve Inyo children and families.

The Centers for Disease Control released a report in 2009 that found Triple P significantly reduced incidents of child abuse and neglect when implemented in 9 counties across South Carolina. Here are some key research findings regarding Triple P. The full Triple P evidence base can be found at:

www.pfsc.uq.edu.au/research/evidence

Triple P reduces problem behavior in children and improves parents' wellbeing and parenting skills.

Nowak, C. & Heinrichs, N. (2008). A comprehensive meta-analysis of Triple P - Positive Parenting Program using hierarchical linear modeling: Effectiveness and moderating variables. Clinical Child and Family Psychology Review, 11, 114-144.

In communities where Triple P is widely available, children have fewer behavioral and emotional problems.

Sanders, M.R., Ralph, A., Sofronoff, K., Gardiner, P., Thompson, R., Dwyer, S., & Bidwell, K. (2008). Every Family: A population approach to reducing behavioral and emotional problems in children making the transition to school. Journal of Primary Prevention, 29, 197-222.

Parents using Triple P say they are less stressed, less depressed and don't use harsh discipline.

Sanders, M.R., Ralph, A., Sofronoff, K., Gardiner, P., Thompson, R., Dwyer, S., & Bidwell, K. (2008). Every Family: A population approach to reducing behavioral and emotional problems in children making the transition to school. Journal of Primary Prevention, 29, 197-222.

Triple P has been shown to slow rates of child abuse, reduce foster care placements and decrease hospitalizations from child abuse injuries.

Prinz, R.J., Sanders, M.R., Shapiro, C.J., Whitaker, D.J., & Lutzker, J.R. (2009). Population-based prevention of child maltreatment: The U.S. Triple P system population trial. Prevention Science, 10(1), 1-12.

Parents of children with Autism Spectrum Disorders using Stepping Stones Triple P report they are more satisfied as parents, their children's behavior has improved and their relationship with their partner is better.

Whittingham, K., Sofronoff, K., Sheffield, J. & Sanders, M.R. (2008). Stepping Stones Triple P: An RCT of a parenting program with parents of a child diagnosed with an Autism Spectrum Disorder. Journal of Abnormal Child Psychology, 37(4), 469-480.



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Study Finds Broad Access to Parenting Support Lowers Risk of Child Maltreatment

PRESS RELEASE

When parents have access to proven parenting information and support designed to address problems all families face—from tantrums to encouraging good behavior—key measures of child maltreatment fall, according to a study released in the Jan. 26, 2009 online edition of the journal *Prevention Science*.

The study, which was funded by the Centers for Disease Control and Prevention (CDC), found lower rates of confirmed abuse cases, child out-of-home placements, and hospitalizations and emergency room visits for child injuries in counties where parenting support was implemented.

"Previous studies have shown reductions in children's social, emotional and behavioral problems," said Ron Prinz, Ph.D., at the University of South Carolina, the study's lead investigator. "This is the first large-scale study to show that by providing all families, not just families in crisis, with access to parenting information and support, we can reduce the rates of child maltreatment in whole communities."

Using a multi-level system of parenting support called the Triple P—Positive Parenting Program, nine study counties in South Carolina implemented a wide range of support mechanisms for parents including local media, brief public seminars, and parent consultation by specially trained providers in clinics, schools, churches, and community centers.

Researchers estimate the results of this study could translate annually into 688 fewer cases of child maltreatment, 240 fewer out-of-home placements, and 60 fewer children with injuries requiring hospitalization or emergency room treatment for every 100,000 children under age 8.

"Engaging parents is an important step in our ongoing efforts to prevent child maltreatment and promote safe, stable, nurturing, relationships for children in all communities," said Rodney Hammond, Ph.D., director of the CDC's Division of Violence Prevention. Child maltreatment harms people and society, contributing to costly long-term health problems ranging from heart disease and obesity to depression and anxiety, making this type of prevention study critical."

For more information on the Triple P – Positive Parenting Program, visit www.triplep.net. For information on CDC's prevention research in child maltreatment, visit www.cdc.gov/injury.