

Triple P Level II
Wake County Human Services

Session One

1. Introduction and Assessment
 - Introduce self warmly (if not already known to parent)
 - Identify parent's immediate need and goals
 - Ensure parent is suitable for Triple P or refer on as required
 - Outline nature of the program (e.g. two 10-minute sessions)
2. Introduce a Parenting Plan
 - Introduce a parenting plan from a tip sheet or develop a plan using the *Parenting Plan* form
 - Outline overall structure of the tip sheet or *Parenting Plan* form highlighting key steps
 - Link tip sheet or parenting plan to parent's goals
 - Teach key steps of prevention and management routine
 - Prompt parent to note key steps on *Parenting Plan* checklist
 - Check parent's reaction to the strategies presented
 - Check parent's ability to implement the strategy
 - Remind parent to check tip sheet if they get stuck
 - Check parent understanding and whether information is sufficient
3. Goal Setting
 - Encourage parent to set implementation goals
 - Teach parent to use the *Goal Achievement Scales*
4. Session Close
 - Review key points covered in the session
 - Ask parent to complete the *Parenting Experience Survey*
 - If necessary, introduce monitoring

Session II follow up (by phone or in person)

1. Agenda (outline proposed session goals and gain consent from the parent)
2. Update on progress (review the parenting plan)
 - Review monitoring, if conducted (try to link changes in child's behavior with parenting strategies used)
 - Review implementation of the parenting plan and/or homework practice goals
 - Ask what worked or what the parent did well (at least two positive points):
 - Ask what the parent/s could have done differently
 - Fine-tune parenting routine and rehearse strategies as required
 - Check for any obstacles to implementation and develop a coping plan to overcome obstacles
 - Ask parent what improvements they have seen (child's behavior and their own) and refer to original goals and *the Goal Achievement Scales*.
 - Ask parent what further improvements would like to see & prompt how they could achieve these goals
3. Referral (only if necessary)
 - Reinforce parent for improvements made to date
 - Discuss referral options for higher-level parenting support and the format of these levels
 - Ask parent if they would like further support
 - Provide details of where parent can access additional support
4. Session Close
 - Review key points covered in the session
 - Ask parent to complete the *Parenting Experience Survey and Client Satisfaction Questionnaire*
 - Congratulate and thank parent for participating in Triple P