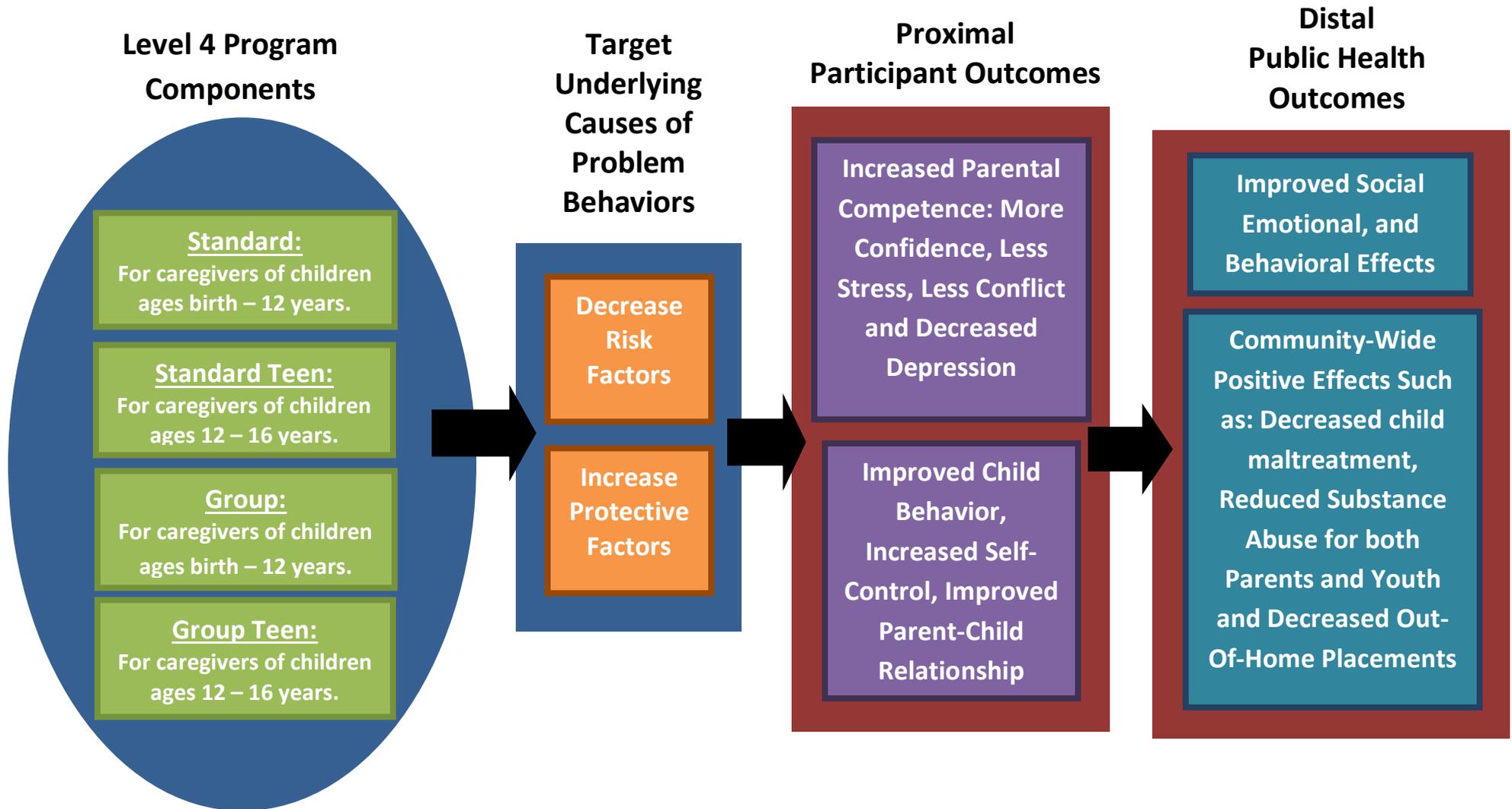# Positive Parenting Program (Triple P – Level 4)

This Logic Model was created by the Evidence-based Prevention and Intervention Support Center (EPISCenter)
at the Pennsylvania State University in conjunction with Triple P America.
Much of the information provided is based off of Triple P America's Logic Model.

Level 4 Program Components

Standard:
For caregivers of children ages birth – 12 years.

Standard Teen:
For caregivers of children ages 12 – 16 years.

Group:
For caregivers of children ages birth – 12 years.

Group Teen:
For caregivers of children ages 12 – 16 years.

Target Underlying Causes of Problem Behaviors

Decrease Risk Factors

Increase Protective Factors

Proximal Participant Outcomes

Increased Parental Competence: More Confidence, Less Stress, Less Conflict and Decreased Depression

Improved Child Behavior, Increased Self-Control, Improved Parent-Child Relationship

Distal Public Health Outcomes

Improved Social Emotional, and Behavioral Effects

Community-Wide Positive Effects Such as: Decreased child maltreatment, Reduced Substance Abuse for both Parents and Youth and Decreased Out-Of-Home Placements

Positive Parenting Program (Triple P – Level 4)

Program AIMS

Program Modalities

Specific strategies, methods, and techniques are used to accomplish the program goals.

Targeted Risk and Protective Factors

Risk factors, which increase the likelihood of negative outcomes (e.g., drug use, delinquency, school dropout, teen pregnancy, and violent behavior) are targeted for a decrease. Protective factors, which exert a positive influence and buffer against negative outcomes, are targeted for an increase.

Proximal Outcomes

Targeted outcomes that the program is designed to impact *immediately following* program completion.

Distal Outcomes

Outcomes impacted by the program *months/years following* program completion that have been demonstrated through research.

Enhanced Child Wellbeing
- Ensure a safe, stable, nurturing environment
- Address common developmental tasks

Competent Parenting
- Teach practical parenting skills in a self-regulatory way
- Provide minimally sufficient level of support to enable change

Improved Parent Adjustment and Partner Relationships
- Help parents develop personal coping skills
- Facilitate better communication between parenting partners

Improved Systems of Care
- Allow program available in multiple formats
- Deliver at a variety of locations that parents can access
- Promote Peer Assisted Supervision and Support

Healthier Communities
- Engage a wide variety of community partners

Risk Factors:
- Depressive Symptoms
- Family Conflict/Violence
- Parent Stress
- Parental Attitudes Favorable to Antisocial Behavior
- Poor Family Management
- Psychological Aggression/Discipline
- Rebelliousness
- Violent Discipline

Protective Factors:
- Attachment to Parents
- Coping Skills
- Family Rewards to Prosocial Behavior
- Non-Violent Discipline
- Parent Social Support

Child Outcomes:
- Improved child behavior
- Improved parent-child relationship
- Decreased adverse childhood experiences
- Improved appropriate autonomy
- Increased confidence
- Increased self-control

Parent Outcomes:
- Increased positive parenting
- Decreased coercive parenting
- Increased parental confidence
- Decreased parent stress, anxiety, depression
- Decreased parent conflict
- Improved marital satisfaction

Community Outcomes:
- Increased access to parenting support
- Decreased child maltreatment
- Decreased out-of-home placements

- Improved parent satisfaction with the parenting role
- Decreased stigma in seeking parenting support
- Reduced substance abuse for both parents and youth
- Increased graduation rates
- Less crime
- Lower rates of incarceration
- Better physical health for both
- Decreased medication prescriptions for children
- Decreased teen pregnancy
- Decreased mental health diagnosis
- Cost savings to communities/tax payers
- Increased Jobs within a community