



First Five Years - 2015-2019

Triple P

Positive Parenting Program

Strengthening families
in Elkhart County

An initiative of HEA in collaboration with partners in the community



HORIZON EDUCATION ALLIANCE



Positive Parenting: It Works!

The Triple P, the Positive Parenting Program, is a world-renowned, evidence-based parenting program that has been available in Elkhart County since 2015. Triple P is available for families with children from birth to 16 years old and for families who have children with developmental disabilities.

We are excited to share our report from our first 5 years of implementation, which show that:

- Page 6** Triple P is an effective and universal public health parenting intervention, designed to reach a broad population of parents.
- 10** Triple P is a community-wide system of partnerships.
- 18** A broad population of parents see positive outcomes from their Triple P experiences.
- 24** Triple P offers evidence-based support for parents of children with disabilities, as well.

We look forward to continuously growing and improving Triple P in Elkhart County so that families have the tools and support they need to raise, happy, healthy children. We hope you will join us in making this vision a reality.

Parenting Matters — A Triple P Credo

Raising children to become confident, capable, independent human beings is the hardest job many of us will ever face.

It's the only job that requires us to be on duty 24 hours a day, with no options for vacation time or sick days. Parenting can be a stressful, thankless job that takes over our every waking thought, and even our dreams.

The responsibility of keeping children physically and emotionally safe can be overwhelming at times, especially when everyday media headlines about violence and tragedies stoke our fears about worst-case scenarios.

It's a job that becomes even harder when we're faced with hurdles that seem impossible to change or overcome — unemployment, economic hardship, family violence, mental illness, homelessness or substance abuse, just to name a few.

Even the most loving, patient, and educated parents and caregivers can find themselves at a loss about how to help their child or handle challenging situations.

Yet, despite these stresses and worries, raising children to become confident, capable, independent human beings is also the most important and fulfilling job anyone can have. Becoming a parent or caregiver provides an opportunity to raise kind, helpful, resilient problem-solvers who will in turn raise the next generation of confident, capable, independent human beings. Although the job is frequently mastered through trial-and-error, none of us should have to learn on our own.

Every “parent” — whether a biological, foster or adoptive parent, grandparent,

other relative, or family friend raising a child — deserves to be surrounded by a village of other people who are ready to provide guidance, encouragement, and on-the-job training. It's the only way to succeed in this lifeline job.

The importance of positive parenting cannot be underestimated. Decades of research confirm that a child's relationships and experiences in the earliest years of life affect the architecture of the developing brain and lay the foundation for future social, emotional, physical and intellectual development.

“The parenting that surrounds the child and the context in which parenting takes place have been found to be the best predictors of outcomes for children” and are “the ‘building blocks’ of children's health and development.” (Measuring What Matters: A Guide for Children's Centres. Roberts, Donkin & Pillas, 2014)

Parents help build healthy brains when they notice and respond to children's needs with warmth and affection. The repetition of these “serve-and-return” interactions builds the neural connections that create a strong foundation for future learning, health and behavior. While the early years of life are the most active period of brain development, the brain continues to change in response to experiences throughout life.

With each new age and stage of development, children need responsive, nurturing caregiving in safe and engaging environments in order to learn, grow, and thrive. These are the experiences that teach children the skills to communicate with others, solve problems, regulate their emotions, and make healthy choices throughout life.



Goshen Community Schools parent liaison Vilma Padilla presents a Triple P seminar in Spanish.

From Parenting Support for Some to Support for All Parents: A New Paradigm

A letter from the Director of Triple P in Elkhart County, IN - Emily M. Herriott

Soon after moving to Elkhart County with my family in 2003, my husband and I started to experience increased challenges in parenting our two young sons. While we loved our boys and were dedicated to our family, we simply did not have the skills or understanding to effectively handle what I have now come to realize were very common challenges like disobedience, aggression, and bedtime issues. When we had the opportunity to attend an intensive 10-week-long parenting class, we did not hesitate to participate. And fortunately, this class ensured my husband and I got on the same page as far as our parenting, gave us numerous helpful strategies to



work effectively with our kids and helped us learn to focus on what our kids were doing well, rather than what frustrated us.

About two years later, I had the opportunity to become a parenting instructor for Child And Parent Services (CAPS), the same organization that hosted our parenting class. It was not until I started to work for CAPS that I came to understand the stigma parents feel when asking for support. For whatever reasons, since I was so willing to admit I was struggling, I figured that was how most parents felt. But my co-workers patiently educated me on the fact that most parents have trouble admitting they could use some help. The majority of the participants enrolled in CAPS parenting classes were parents who were ordered to be there.

After several years of facilitating these classes and then becoming the director of the parenting

education program at CAPS, two additional things became clear. One, not everyone needed the intense 10-week-long course my husband and I had taken. And two, while the support CAPS offered was good, it was time to invest in adopting an evidence-based parenting support program that was shown to be effective. It was then that we started to research for possible programs to bring to our community.

The program that kept coming to the top was Triple P — Positive Parenting Program. Not only did it have 30 years of research behind it that showed its effectiveness, but it was actually designed to meet different parents' needs: Triple P had varying levels of support that addressed issues for different developmental stages, and it had support specifically for parents who have children with developmental disabilities. The icing on the cake was that Triple P International understood that all over the world there was a stigma associated with getting parenting support and that for this program to be successful, we needed to work at normalizing parents getting support, while at the same time, getting this program in place and serving parents.

There was one hurdle to face: Triple P is not simply a curriculum you train some professionals in and they begin to support parents. Triple P is a public health approach to parenting, centered around the creation of a system of support across a community — bringing together organizations like schools, churches and social service agencies to have the biggest impact possible and to meet the needs across the entire population. At first, CAPS did not believe it had a strong enough partner to take this on. But soon, leaders at Horizon Education Alliance (HEA), a newer non-profit in the community focused on improving educational outcomes across the county, let us know that

they also wanted to bring Triple P to our community. HEA knew that for educational outcomes to improve, parents — who are the primary educators of their children — needed support.

So, with two lead implementers — CAPS and HEA — growing support from other diverse partners in the community and funding from the Community Foundation of Elkhart County (CFEC), we launched Triple P in January of 2015.

In these five years we have trained dozens of professionals to support parents using the evidence-based Triple P curriculum, partnered with almost 100 organizations to host Triple P events and refer parents into this system for support, and provided almost 4,000 instances of support to parents and caregivers that include one-time workshops to intensive one-on-one support ... and everything in between.

The impact this work has had, and the stories you will read in this report, paint a picture of parents from a variety of backgrounds who are less stressed about their parenting and have seen their children's negative behaviors decrease, all while parents move from using ineffective, punitive, and inconsistent parenting strategies to much more positive and effective strategies. Additionally, through hard work and innovative practices like regular radio segments, a growing presence in social media, and boots on the ground relationship building with parents, Triple P is well on its way to becoming a household name in this community.

Please join me in learning more about Triple P in Elkhart County. In this report, you will hear stories and data that tell of a community where every day more and more parents are being supported — so that they can raise children who are loved, cared for and capable of becoming their best selves.

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The Triple P System

The Triple P — Positive Parenting Program is a comprehensive, evidence-based support system for parents and caregivers designed to:

- Strengthen families by promoting positive relationships;
- Teach parents and caregivers simple strategies for preventing and handling parenting challenges; and
- Increase access to parenting information and support.

Originally developed as a home visiting program in Australia, Triple P is now an internationally acclaimed program used in 25 countries, has been translated into 21 languages and has helped over 4 million children and their families. In the United States, Indiana is one of 37 states where Triple P is available, and Elkhart County was the first county in Indiana to adopt Triple P. Elkhart County is implementing the full suite of programs with the goal of achieving a population-level impact.

WHAT PARENTS ARE SAYING:

“This was an amazing class. I am going to encourage my husband to attend others with me. It’s a great learning tool!”

English-speaking mom at Reducing Family Conflict workshop at CAPS in June 2019

Almost 40 years of international research has led bodies such as the World Health Organization, Centers for Disease Control, and the United

Nations to cite Triple P as an effective, evidence-based intervention. The endorsement of these agencies is based on evaluation outcomes such as: increases in confidence and emotional well-being of parents and caregivers, increased use of positive parenting practices, reductions in emotional and behavior problems among children and teens, and decreased conflict between partners over parenting issues.

Triple P is unique in its focus on improving family functioning and

child outcomes at a population level. Historically, many parent education programs focused on serving families identified as “high risk,” or those whose children already exhibit significant behavioral and emotional problems. Triple P utilizes a public health approach to make parenting information and support universally available to every family,

regardless of socioeconomic status or risk level. This enables communities to impact a broader segment of the population and reduces social stigma that often prevent parents from seeking help before a crisis occurs.

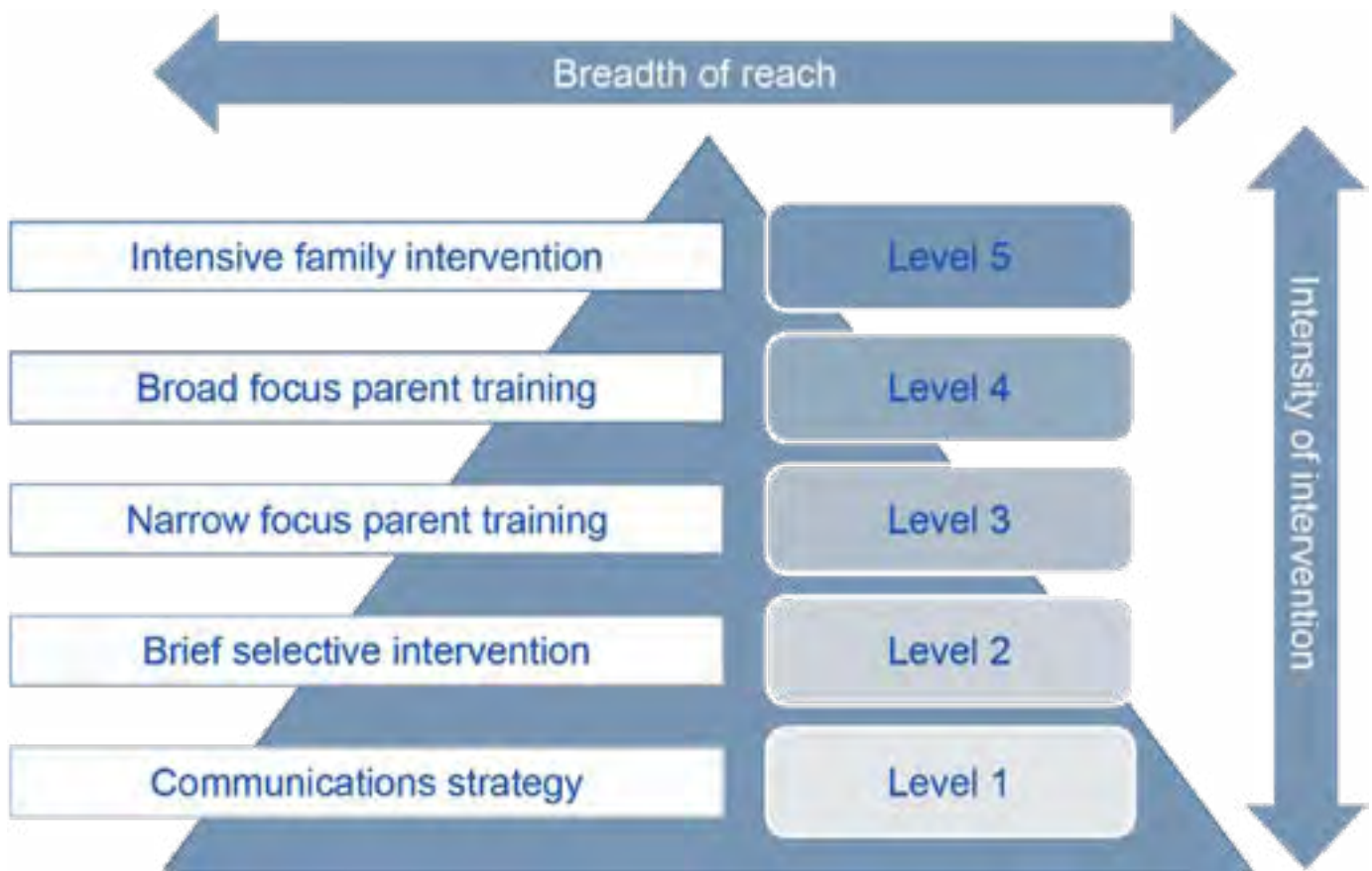
The Triple P system is designed to reach an entire community as well as individual families by offering **five “levels” of services and support**. (See figure above) Lower levels (1-3) reach a wider audience and offer brief or “light touch” support for parenting. Higher levels (4-5) typically reach a smaller, more specific audience, as not every parent needs or wants in-depth support.

Program variants are available for families with children birth-12, families with teens, and families with children who have special needs. Services are offered to individual parents, groups of families or online in a wide variety of settings such as schools, churches and social service agencies. **This multi-level, multimodal framework provides the ability to offer Triple P as a universal, preventative program**

to the entire community, while offering direct services that match individual families’ needs and interests.

Child development experts and economists alike agree that Triple P is effective and produces long-term benefits for children, families, and communities. Multiple economic analyses cite Triple P as a cost-effective intervention. The Washington State Institute for Public Policy’s 2015 analysis of evidence-based policies estimates that **every \$1 invested in the full Triple P system in Washington yields nearly \$8 in social and economic benefits associated with improved outcomes** (e.g. increases in participants; future wage earnings and decrease in publicly-funded program costs due to improved physical, mental and behavioral health). In a CDC-funded study, the research team estimated that the cost to implement the full Triple P system (\$12 per participant) could be recovered within one year by achieving a 10 percent reduction in the rate of child abuse and neglect.

The Triple P Pyramid



Backed by Evidence, Translated to Our Community

Nearly 40 years of international research have shown that adopting Triple P is a worthwhile investment. Parents and caregivers that utilize Triple P services report:

- Significant increases in their use of positive parenting styles,
- Improvement in child behavior,
- Increased levels of emotional well-being, and
- Reduced levels of conflict with their partners over parenting.

Across the U.S. and worldwide, Triple P has tangible, lasting impact. Research shows that Triple P:

- Is an **effective and universal public health parenting intervention.**
- Reaches a broad population of parents, and is responsive to **the needs of diverse families.**
- Brief, “light touch” Triple P **services are effective.**
- Triple P’s simple, practical parenting strategies **change families’ lives for the better.**

In the five years since implementing Triple P in Elkhart County, our evaluation results have remained strong and are consistent with findings from national and international research studies. As shown in this report, Triple P reaches a diverse segment of Elkhart County, including the Spanish-speaking community. Parents who complete the more in-depth interventions report more use of positive parenting styles and improvement in child behavior.

The persistence and diligence of our numerous community partners has demonstrated that it is possible to translate gold-standard research into everyday practice. This evidence-based program, when implemented with fidelity, benefits local children and families.

WHAT PARENTS ARE SAYING:

“Great teacher. I feel cared about.”

English speaking Mom at Coping with Teenagers’ Emotions workshop at Goshen Hospital in Feb 2019



Engaging Families Means Working Across the County and Across Sectors

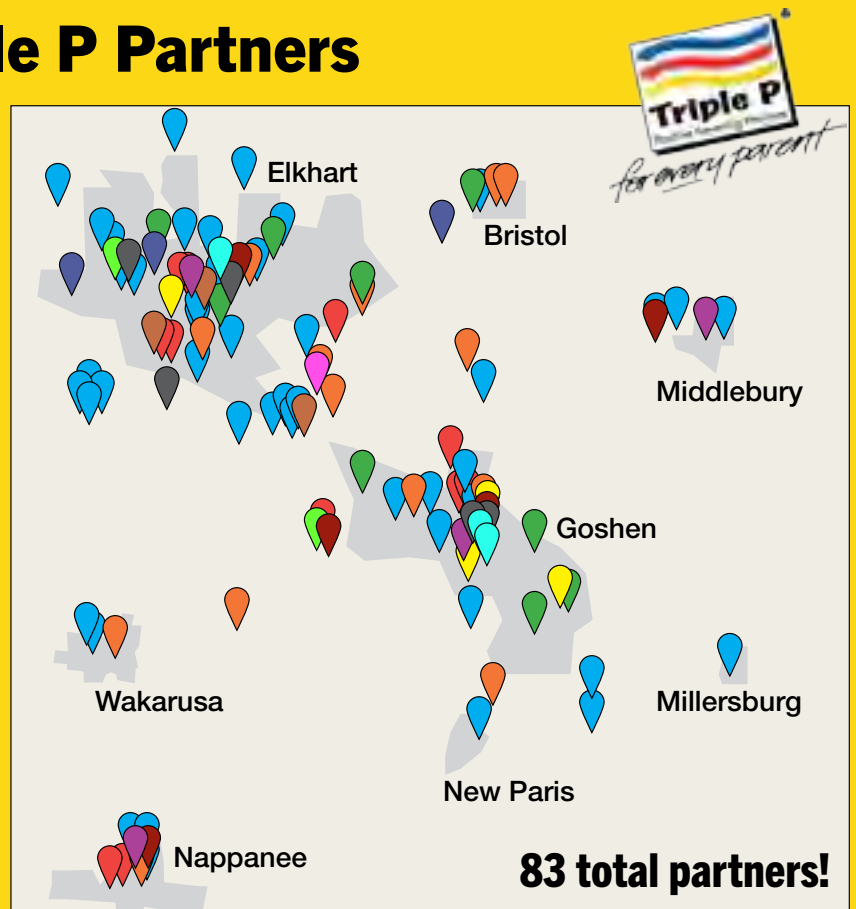
Triple P is a **public health approach** to parenting that works to destigmatize parents asking for support. We can provide all the support in the world, but if parents in a community think of parenting support as only for struggling parents — or for parents who are ordered to get support — they will not take advantage of it. **Triple P's core message is that parenting support is for everyone.**

Triple P utilizes two key strategies to normalize asking for support: one, **engaging a wide variety of sectors** that interact with parents; and two, **working with partners that are geographically located throughout the community.**

In Elkhart County, we have engaged **13 key sectors** at varying levels to reach families. The sectors include public libraries, schools, foster care organizations, the faith community, early learning centers, and others (see full list below in the graphic). Many of these organizations, such as school systems and libraries, have locations or branches spread geographically across the county. By engaging with organizations that serve families across our county of 200,000+ people, families all over are more likely to hear about Triple P in their own backyard. This helps them see that **getting parenting support is common, accessible and normal.**

Elkhart County Triple P Partners

-  Schools (public and private)
-  Early childhood education providers
-  Social service agencies
-  Youth serving organizations
-  Foster care organizations
-  Public libraries
-  Health care providers
-  Mental health providers
-  Churches/faith communities
-  Businesses
-  Parent groups
-  Disability organizations
-  Courts/juvenile probation



A Successful Triple P System is Built on Partnerships Across the Community

To build the Triple P system of parenting support in a community, a strong network of partners is needed. Before we began implementing Triple P, 20 organizations expressed interest in partnering with us and many more backed the proposal to bring this initiative to Elkhart County.

When we launched in early 2015, 14 organizations committed to having their staff trained in the Triple P curriculum. In the first couple of years, several of these organizations either had staff turnover or realized Triple P did not fit well with their other programming. It was hard to let these organizations go, especially because we invested time, money, and energy in training and supporting their staff.

Early in our implementation, we focused on keeping as many partners implementing as possible. But as our work evolved, we realized what mattered most was not the number of partners, but their commitment to the work and the quality of their parenting support.

What has become clear is that organizations who support parents as their core mission are more likely to be successful implementers of Triple P. And yet, other organizations are also vital to building this system. Even if organizations do not focus on parenting support, many of them need a strong referral source for the families they serve.

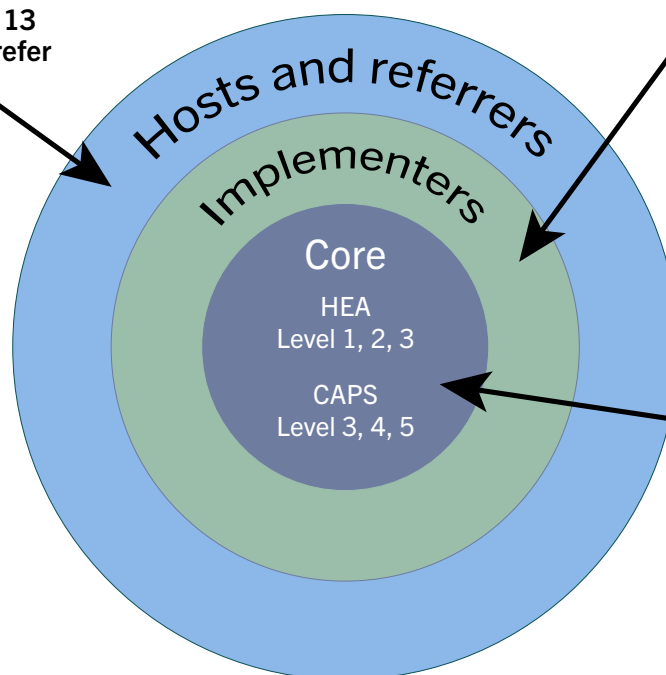
In time, we realized there are three key partners in this system of support — besides the parents and caregivers. There are partners who host Triple P events and invite the parents they serve to participate. There are partners who refer parents for needed support, and finally, there are the partners who actually provide Triple P interventions. And in this last group, CAPS and HEA serve as lead implementers.

CAPS's role as a lead implementer means they are the main provider of the more in-depth levels of Triple P support, largely working with families who have multiple parenting challenges. CAPS is also uniquely positioned to provide case management

Triple P System of Actors

First level: Partners from 13 sectors that host and/or refer into Triple P services

- Schools (Public/Private)
- Disability Organizations
- Court/Juvenile Probation
- Early Learning Centers
- Parent Groups
- Libraries
- Foster Care
- Health Care
- Mental Health
- Social Service Agencies
- Youth Serving Organizations
- Businesses
- Faith/Churches



Second level: Implementers of Triple P

RETA, Head Start, Oaklawn, Goshen Community Schools, Elkhart Community Schools, Concord Community Schools, Growing Kids, Lincoln Therapeutic

Note: Implementers also host and refer

Third level: Lead Implementers

HEA and CAPS: Providing organizational commitment and coordination for Triple P in Elkhart County.

Note: Lead Implementers also host and refer

services that assist families to meet basic needs such as housing, legal services, food, etc. HEA serves both as the “backbone” organization coordinating this countywide system and also filling gaps where no other organizations can help; this largely includes providing one-time seminars and workshops, a strong social media presence,

and supporting parents whose children have developmental disabilities.

Other providers of Triple P in our county include Concord Community Schools, Elkhart Community Schools, Goshen Community Schools, Growing Kids, Head Start, Lincoln Therapeutic, Oaklawn, and RETA.

A Community Rallies Around Parents

A letter from the President/CEO of Horizon Education Alliance, Brian Wiebe

The five-year mark of Triple P in Elkhart County is certainly something to celebrate! Some of my colleagues at HEA say they believe this is our biggest early accomplishment, and I tend to agree.



I want to take you back to the beginning of this journey, all the way back to the fall of 2009. Two hundred leaders from business, education, and community came together to discuss possible strategies for Elkhart County’s future. The Great Recession had rocked us, and we were in the national spotlight. Leaders from Middlebury, Nappanee, Elkhart, and Goshen gathered to discuss what we needed to do, and the conversation was inspiring. These community leaders kept repeating their belief in the importance of education — not just K-12 education, but early education — and the important role of parents, too. They also recognized, from the start, that any successful effort would rely on deep countywide collaboration.

After HEA was created in 2012, some of the early conversations were with CAPS (Child and Parent Services), and in February of 2013, CAPS CEO Candy Yoder joined two of us from HEA to travel to Los Angeles. The founder of Triple P, Dr. Matthew Sanders, was traveling to California from his home in Australia for a “Helping Families Change” conference. The three of us got to meet Dr. Sanders at a reception, which was a great honor, and I remember that we even invited him to Elkhart County!

Fourteen months later, Dr. Sanders did indeed come to visit us on his subsequent visit to the U.S. When he heard our county’s vision, he said that we could become a model place to study effective implementation of interventions, as he didn’t know of another community that was pursuing so many strategies across the lifespan. I certainly think he’d be proud of how Elkhart County has implemented Triple P, and probably other initiatives too.

For me, the most exciting development is our growth from a handful of organizations engaged in parenting support, to a number that is now, in late 2020, approaching 100. In the years ahead, I hope we can double and triple this number, as more businesses, churches, and community organizations become involved. More and more parents and caregivers in our county will be able to create family environments that encourage children to realize their full potential.

It has truly required broad and deep collaboration to make Triple P a success these first five years in Elkhart County. HEA and CAPS have benefitted from very strong partnerships with school leaders across the county, other nonprofits, and so many other people and entities you’ll learn about in the pages of this report. And, of course, we couldn’t have done this without the incredibly strong financial backing from the Community Foundation of Elkhart County. Truly this has been a team effort.

Becoming a “world-class place to live, learn, work, and play” (our HEA vision statement) necessitates becoming an outstanding place for families to raise their children. We have done good work in bringing Triple P to Elkhart County. Let’s keep this going!



Triple P in Elkhart County Team Leader Anna Sawatzky

A Triple P Practitioner’s Perspective: A New Process For Supporting Parents

Anna Sawatzky, Triple P Team Leader and Parent Aide Supervisor at CAPS

I started working as a home visitor in a child abuse prevention program in 2014, about 6 months before Triple P came to our county. I did general case management and worked on whatever goals the parent set. However, I was always stressed by the enormous need I saw for better parenting strategies. I had great strategies that I had read and learned about, which I used with my own children, but I had no method for teaching my clients beyond “you could try this” or “I think this would help.” I had no idea how to get the parent to the point where the strategy was their own -- or they had the tools they needed to implement it.

I was quite skeptical during my first Triple P training. I did not understand what made this method any different from what I had been

doing. But, since I was running out of options, and I continued to see families with a variety of challenges, I started using it. I quickly saw remarkable changes in the families I worked with. In each Triple P intervention, from a single session with a tip sheet to a 12-week in-depth course, we begin with prevention and relationship building. As parents strengthen the bond with their child, many of the discipline problems begin to melt away. We then work on setting and following through with calm, firm limits. It is fascinating how each family finds a unique combination of strategies and makes them their own as they implement them.

I noticed the biggest difference in my own stress level when I was observing parents having difficult interactions with their children. Using the Triple P approach, I would ask “what did you do well there?” and then “what could you have done differently?” As the parent took on the role of

evaluating their practice, the burden was off of me. And, at the same time, they were becoming more reflective about their own parenting.

When I meet a new family who wants to work on parenting, I still often have a moment of doubt. I sometimes think that their needs and problems are so huge that what I have to offer cannot possibly make enough difference. Or, I think that this family seems to have it all together and that Triple P cannot improve the situation. And yet, I have seen great impact across a wide range of families. Triple P always offers something that will help.

Triple P is not just a set of strategies. It's a method for guiding families through a process in which they create and fine-tune a parenting plan, and overcome the barriers that will come along with that plan. It is in guiding families through this process that real change occurs. Not only does family stress decrease and children's positive behaviors increase, but parents become increasingly empowered to tackle current and future challenges with hope and the knowledge to do so well.

The vast need for positive parenting in the community is no longer a source of stress for me, it is now a challenge that I and my colleagues have the tools to tackle. I find great joy in doing so.



WHAT PARENTS ARE SAYING:

“I love this program. At one time this program was of great help to our family. Hopefully Triple P can continue to have ongoing workshops [so parents can] learn more about parenting young children and teens.”

Posted in Spanish on our Facebook page by a mom who had participated in Primary Care



Brief Support Brings Big Changes for Families

One of the strengths of Triple P is the wide variety of interventions and levels of intensity available to address the needs of every parent. Primary Care is a Level 3 intervention most often delivered one-on-one in one to three brief sessions focused on a specific parenting question or challenge. The following stories show the ways even a brief session can make a big impact on a family.

This story was written by a parent who received Triple P support from Joni Bradberry, the Client Services Manager at Reason Enough To Act (RETA) and a Triple P practitioner:

I have taken several classes through Triple P both at the library with Trisha Lightfoot, who works for HEA in a group setting, and at RETA with Joni one-on-one. Both have been extremely helpful to me in parenting my foster daughter and my own 3 girls. One thing I love about Triple P is that immediately

after the consequence, quiet time, or time-out, they stress the importance of returning the child to the activity where the problem arose and giving them a chance to practice the good behavior. By implementing that “try again” and “role play” immediately after an unfavorable behavior, my girls have learned how to behave better, communicate, and they have learned the model of grace and second chances.

Most recently I had success with the Tidying Up Tip Sheet for preschoolers. I was having big battles with clean up time and my husband was coming home upset that the house was always a disaster. When I began implementing some of the tips from the tip sheet, like waiting for natural breaks in their play, or using transitions like changing locations or meal times to break up their clean up times into shorter, more manageable jobs, the battles nearly disappeared! We were cleaning up more often but it was quick and easy and not so overwhelming, and they rarely fought me on it. So when their dad got home the house was in much better order! I’m very thankful for the great tools I now have in my “parenting pocket” that I can use for my children to bring about obedience in a very positive way!

This story was shared by Theresa Maier, a Parent Coordinator for Elkhart Community Schools (ECS) and a Triple P Practitioner, about a parent she worked with during the spring of 2020:

A thoughtful kindergarten teacher referred a parent of twin boys to me. This family is in the military, travelling every 2 years, and consequently the boys were not able to attend preschool for long. There were ups and downs in kindergarten, as the boys were placed in different classrooms.

Mom struggles with anxiety as many parents who want the best for their children do! When the COVID-19 pandemic began she was thrust into a home situation doing e-learning as well as speech therapy for her two boys. Our platform for e-learning at ECS gives mandated assignments and optional assignments as well. Mom was having the boys do ALL assignments to keep them learning. Tantruming increased with one of the boys. Typically, a speech therapist works with the boys weekly on articulation issues. Being new to the community, mom was fairly isolated with the boys. Dad began working at home, rather than being gone a lot ... another complicated change!

Mom originally attempted to purchase toys online when the boys did as she asked. One of the boys throws tantrums when he doesn’t get his way or gets frustrated with his workload or therapy. We talked a lot about developmentally appropriate consequences and how Triple P works to use quiet time and then time-outs. Mom was doing a good job and just needed confidence that she could do this! While we were going through the Triple P Tantrum Tip Sheet, we discussed alternatives for toy purchases the boys began to expect.

We talked about Triple P family values and rules. Mom discussed rules and made a chart for the boys focusing on the positive, another Triple P principle. The rewards were listed on a chart and largely included spending one-on-one time with mom for a walk, playing a game, etc., rather than purchasing toys.

Mom shared that her breakthrough was using a behavior chart with rewards and focusing on the positive to increase her confidence and work more effectively with her boys. We left an opening after this brief support for mom to return to Triple P if she needed more help.

‘My girls have learned how to behave better, communicate, and they have learned the model of grace and second chances.’



In-Depth Triple P Support Makes Meaningful Impact for Elkhart County Parents

As mentioned on page 14, one of the strengths of Triple P is the wide variety of interventions and levels of intensity available to address the needs of every parent. The Level 4 Standard intervention is an in-depth, one-on-one approach lasting several weeks. The CAPS Parent Aide program (see Anna Sawatzky's letter on pages 12-13) utilizes Standard Triple P as one of its key tools in working with parents and families. The following stories from Parent Aide families illustrate the ways a more

in-depth intervention can bring about big changes in children's behavior, leading to better overall outcomes at home.

A story from a single mom and grandmother that participated in the Parent Aide program at CAPS

Linda (names have been changed) is a single mom who works full-time, sometimes overtime, and has an 8-year-old son. She struggled with coming home

every night exhausted, stressed out and still having to feed and care for her son.

Her son has been diagnosed with Attention Deficit Hyperactivity Disorder (ADHD) and has a sensory disorder, which often makes his behaviors difficult to deal with. When things got really bad and Linda could not calm her son down, she would often call the police. She said that this was the only thing she could think of to do.

Linda had support from her mother, but her mother was also often tired and not in good health. Linda learned about the Parent Aide Program at CAPS from her therapist at Oaklawn. She and her mother, the 8-year-old's grandmother, both gladly and readily enrolled in the Parent Aide Program. Through Triple P, Linda was able to learn how her stress and emotions affected her son. She would often get into power struggles with him which would lead to huge meltdowns on his part. This parent worked very hard on staying calm and ignoring negative behaviors while praising positive behaviors.

Now Linda has a better outlook on her son and a better understanding of his behavior. She told CAPS staff that now she

and her son are able to just be together and have fun without either one of them getting upset and "losing it." Grandma told CAPS staff that "Triple P was a God-send."

A story from a married couple who participated in the Parent Aide program at CAPS

Jim and Lucy (names have been changed) were referred for Triple P parenting support through the Parent Aide Program at CAPS by Head Start after their son was "expelled" from his preschool for behaving aggressively.

Both parents participated in Triple P and reported much improvement in their son's behavior at home. They formed a plan to slowly integrate him back into Head Start, where he was doing well by the time the school year ended. These parents did not think the strategy of time-out would work with their son, but they tried it anyway and said, "We don't know why other people say time-out doesn't work; it does!"

Jim and Lucy also reported that they learned to work together and support one another when it came to responding to their son's challenging behaviors, and that this made a big difference for their family.

The Triple P approach to Time-Out

Triple P uses time-outs in a way that greatly increases their effectiveness. This approach lets a child know ahead of time that this strategy will be used for more serious problems like temper outbursts, fighting, or hurting others. When a serious negative behavior happens, parents follow these steps:

1. Tell your child what to do
2. Back up your instruction with time-out
3. Remind your child of the rules
4. Ignore misbehavior in time-out
5. When time-out is over, help your child find something to do and watch for your child behaving well and praise them as soon as possible

Time-out is the last on the list of 17 strategies available for parents who have children 2-12. This means that a lot of other strategies are used to prevent and manage challenging behaviors before a parent uses time-out. The way Triple P teaches parents to use time-out is an extremely effective way of helping children learn self-control and acceptable behavior. It also helps parents stay calm instead of shouting at, threatening or spanking a child who has misbehaved. If a parent becomes angry, they risk losing their temper and hurting their children. Time-out gives everyone the chance to calm down.

WHAT PARENTS ARE SAYING:

"Thank you very much, the information was helpful and I can't wait to start a goal chart to help with [my daughter's] bedtime routines."

English speaking Mom at Developing Good Bedtime Routines workshop at Monger Elementary School in Oct 2018

Triple P is an effective and universal public health parenting intervention, reaching a broad population of Elkhart County parents.

Between 2015 and 2019, Elkhart County practitioners delivered

3,188

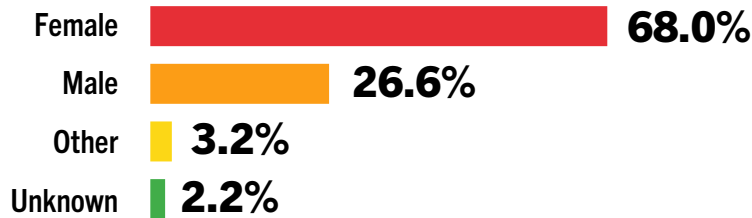
Triple P interventions including seminars and one-on-one sessions to

2,431

individual parents and caregivers from across the county and beyond.

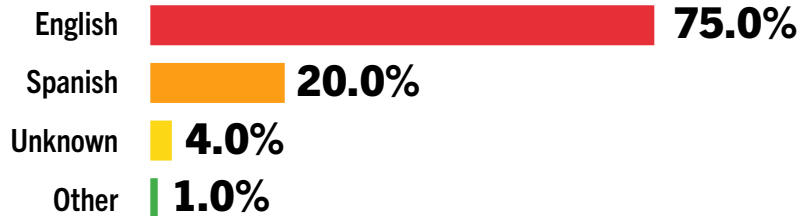
Participant demographic information

Gender



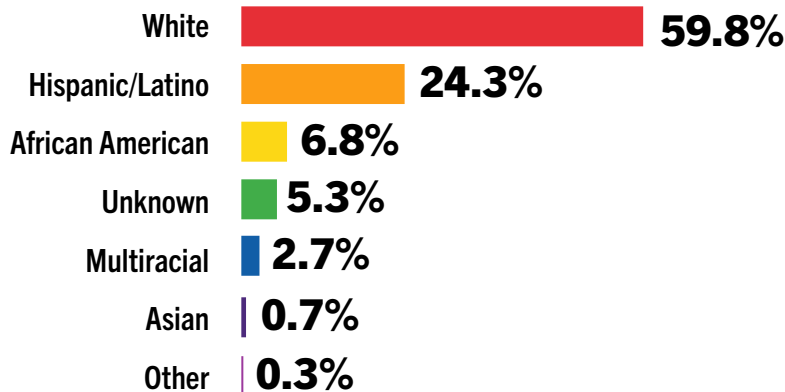
50.1% of Elkhart County residents are female (*United States Census Quick Facts, Elkhart Co., IN, 2019*)

Primary language



18.8% of people over age 5 in Elkhart County speak a language other than English at home (*U.S. Census Quick Facts, Elkhart Co., IN, 2014-18*)

Race/ethnicity

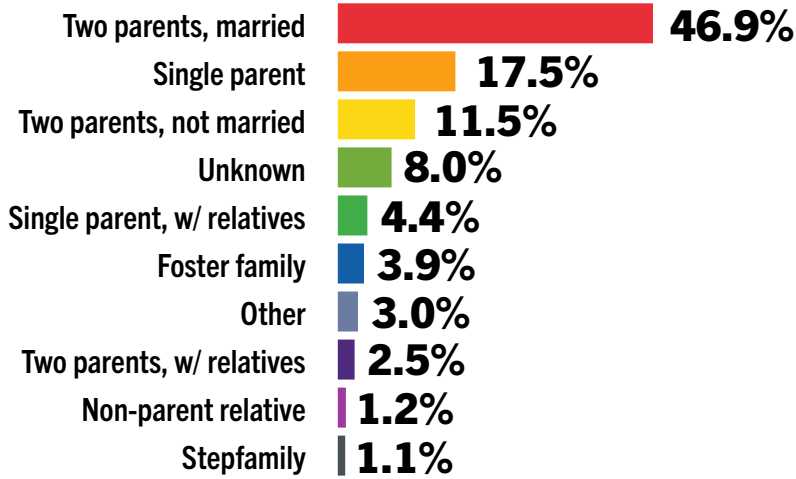


U.S. Census 2019 estimates for Elkhart County:

74.6% White/non-Hispanic
16.3% Hispanic/Latino
6.1% Black or African-American
2.5% Multiracial (two or more races)
1.2% Asian

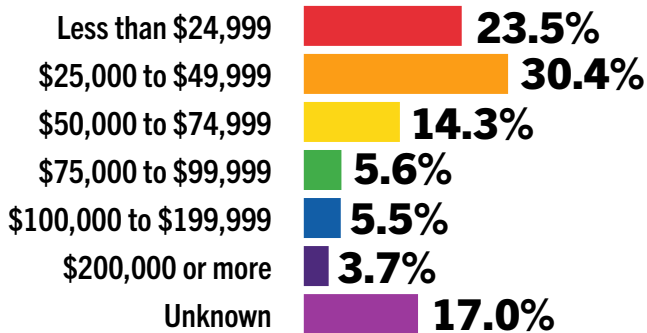
(*U.S. Census Quick Facts, Elkhart Co., IN*)

Household type



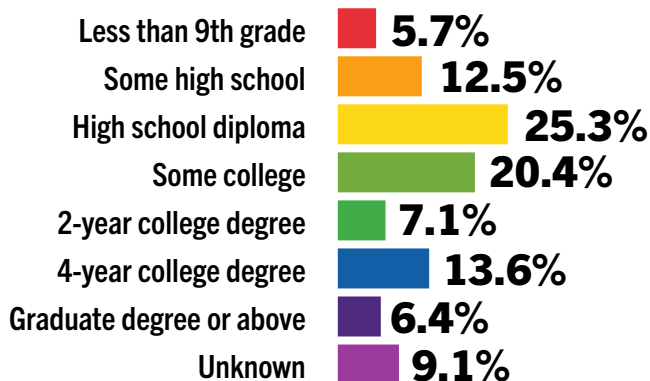
As of 2016, **36%** of households in Elkhart County are **single-parent households** (*Indiana Early Childhood Profile, ELAC*)

Household yearly income



\$55,399: Mean household income (in 2018 dollars) in Elkhart County, 2014-18 (*U.S. Census Quick Facts, Elkhart Co., IN*)

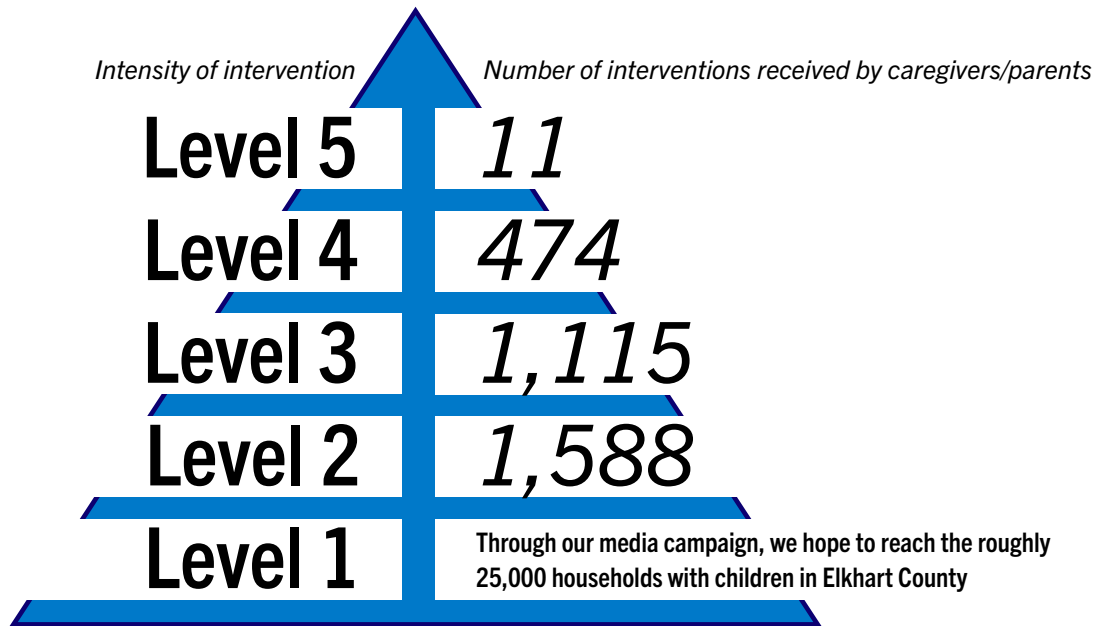
Education level



81.2% of residents 25 years old and older have at least a high school diploma, and **19.2%** have a 4-year college degree or higher in Elkhart County (*U.S. Census Quick Facts, Elkhart Co., IN, 2014-18*)

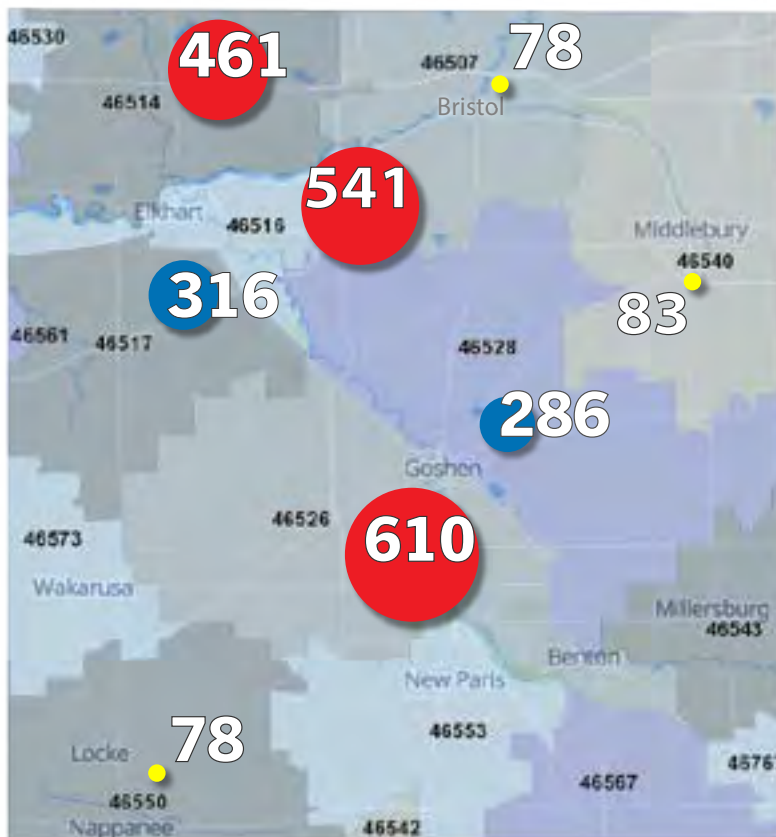
Triple P is an effective and universal public health parenting intervention, reaching a broad population of Elkhart County parents.

Number of parents served by intervention level:



Where the parents are, 2015-2019:

This map shows the ZIP codes in Elkhart County where the highest numbers of parents and caregivers served by Triple P live.



Map legend

- More than 400
- 100 to 400
- Less than 100

Other Elkhart County locations:

- 46561 (Osceola): 29
- 46567 (Syracuse): 19
- 46553 (New Paris): 18
- 46573 (Wakarusa): 17
- 46530 (Mishawaka/Granger): 9
- 46542 (Milford): 7
- 46543 (Millersburg): 7
- 46767 (Ligonier): 4

Notable non-Elkhart County locations:

- Allen County, OH: 6
- Anchorage, AK: 1
- Asheville, NC: 3
- Edwardsburg, MI: 5
- Etna Green, IN: 8
- Koontz Lake, IN: 5
- LaGrange, IN: 5
- Lakeville, IN: 7
- Mishawaka, IN: 46
- New Carlisle, IN: 6
- Niles, MI: 7
- Plymouth, IN: 5
- Rochester, IN: 7
- Shipshewana, IN: 7
- South Bend, IN: 61
- Warsaw, IN: 19

Triple P's simple, practical parenting strategies are changing families' lives for the better in Elkhart County.

94%

of Triple P participants — across all interventions — reported being satisfied with the intervention they received



On a 7-point scale where 1 is least satisfied and 7 is most satisfied, the mean satisfaction score for participants was

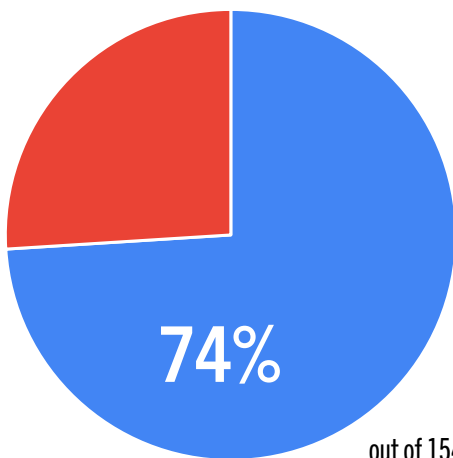
6.3



Outcomes of one-on-one interventions:

Primary Care

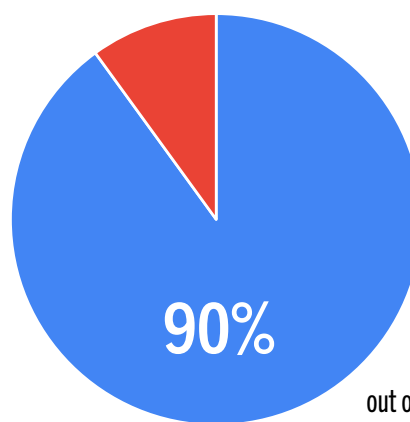
Primary Care is a brief Level 3 intervention delivered individually or in small groups to parents of younger children and teenagers.



of Primary Care and Primary Care Teen participants report an improved parenting experience.

Standard

Standard Triple P is a Level 4 in-depth intervention delivered individually to parents of younger children and teenagers.



of participants who completed the Parenting Task Checklist improved on at least one measure of parenting self-efficacy.

Also, **76%** (104 out of 137) had a reduction in child behavior difficulties on the Strengths and Difficulties Questionnaire (SDQ).

Triple P's simple, practical parenting strategies are changing families' lives for the better in Elkhart County.

Outcomes of group interventions:

Seminar

Triple P Seminars are 90-minute Level 2 interventions designed to be delivered to larger groups of parents. Seminar topics delivered in Elkhart County pertain to parents of younger children, teenagers, and children with developmental disabilities.

98%

of the 964 participants who completed surveys reported that **they intend to implement the parenting advice** they received during the seminar.

98%

of the 964 participants who completed the surveys reported that the seminar helped them gain an understanding of what they can do to **help their child learn new skills and behavior.**

Discussion Group

Triple P Discussion Groups are two-hour Level 3 interventions designed to be delivered in smaller groups of parents with time for discussion amongst the parents. Topics delivered in Elkhart County pertain to parents of younger children and teenagers.

90%

of the nearly 800 participants who completed surveys reported **overall satisfaction** after attending a Discussion Group. Some of the questions they responded positively to include:

- Did you receive the type of help you wanted from the program?
- To what extent has the program met your needs?
- Did you gain sufficient knowledge or information to be able to implement the parenting strategies introduced?

Group

Group Triple P is a Level 4 intervention delivered in a small group setting over the course of eight weeks. Group Triple P covers a wide variety of parenting topics for parents of younger children and teenagers.

86%

51 out of 59 caregivers who completed the Parenting Scale after their Group intervention **reduced their ineffective parenting behaviors.**

64%

38 out of 59 caregivers who completed the Strengths and Difficulties Questionnaire (SDQ) reported a reduction in **total child behavior difficulties.**

WHAT PARENTS ARE SAYING:

“It’s great [information], and we need more parents to attend.”

Spanish-speaking mom at Hassle-Free Shopping workshop at CAPS in May 2018





Stepping Stones for the Disability Community

Stepping Stones Triple P was developed by Triple P International specifically to meet the needs of parents of children with developmental disabilities. Stepping Stones, as with other Triple P curricula, is offered in a variety of formats and intensity levels.

After implementing Triple P for two years, in the spring of 2017 we brought together professionals from the disability community to get input on initiating Stepping Stones and assessing the greatest immediate need. This was the first concrete step we took to meet the needs of this unique community.

Stepping Stones Triple P can help with:

- Disruptive behavior
- Toileting
- Early learning skills
- Language and communication
- Mealtimes
- Self-care skills
- Social skills
- Fears and anxiety

A Practitioner's Perspective: A Much-Needed Support

Colleen Spano, Stepping Stones Triple P practitioner in Elkhart County

Six years ago, I started a business aimed at helping parents and community members learn how to create the best environments for people with disabilities. As a parent of a daughter with several disabilities, I knew how very different it was from raising my typically-developing children, and I didn't always know what to do to help her.

It is hard to be a parent, and it can be extra stressful when your child has special needs that can include an increased number of doctor and therapy appointments, or additional meetings with teachers and school staff. I learned a lot about parenting through the years, but I often felt like there needed to be specific support for families like mine.

A few years later, I was part of a local committee that brings together community service providers who help families and children. At one of our monthly meetings, a fellow member shared that Triple P in Elkhart County wanted to add to their menu of options, offering seminars specifically for parents who have children with disabilities.

'It is hard to be a parent, and it can be extra stressful when your child has special needs ... I often felt like there needed to be specific support for families like mine.'

The Seven Stepping Stones Triple P Principles of Positive Parenting

1. Having a safe, interesting environment
2. Having a positive learning environment
3. Using assertive discipline
4. Adapting to having a child with a disability
5. Having realistic expectations
6. Being part of a community
7. Taking care of yourself as a parent

They were seeking individuals to be trained as presenters who either had a child with a disability or worked with children with disabilities. Since I met both of those criteria, I applied to be trained.

And boy, am I glad I did! Since it can be so much more stressful for parents and for other family members to know how to best raise a child with different needs, it is vital to have the Stepping Stones program as part of our community.

Stepping Stones Implementation Timeline

Spring 2017

Gathered disability professionals to get input about which Stepping Stones intervention to implement first; decided on seminars

Fall 2017

Trained three individuals to provide seminars

Early 2018

Began providing Stepping Stones seminars

Spring 2018

Translated the seminar content into Spanish to meet the needs of Spanish-speaking parents

Fall 2018

In response to parents' responses on follow-up surveys, adapted the seminars to include more time for participants to create their parenting plans in class

Spring 2019

Trained two individuals in additional Stepping Stones interventions to meet parents' more specific and intensive needs

Since implementing Stepping Stones, 170 instances of support have been provided. We continue to look for meaningful partnerships with disability organizations to ensure families are aware of this support and can access it when needed.



Getting Creative to Help Parents Manage Children’s Screen Time

Triple P, in developing a comprehensive set of strategies and approaches to parenting, continues to evolve to account for new trends. Here in Elkhart County, one of the concerns that we heard parents talking about that wasn’t explicitly covered in Triple P materials was related to a relatively recent development: how can parents manage their kids’ use of their ever-present online technology?

From video game consoles to smartphones, from tablets to school-issued laptops, kids have more devices and more time on those devices than ever before. Even if parents have a good approach to managing the time children spend with screens, there are many other concerns related to constant connectivity: Who are my kids talking to online? Are they in danger? How do I balance monitoring their activity with respect for their growing independence and need for privacy as they grow older?

Triple P in Elkhart County came up with two ways to help local parents who were struggling with these questions.

‘Screenagers’

Emily Herriott, the director of Triple P in Elkhart County, was researching parenting approaches to screen time in 2017 when Triple P practitioner Donna Pangburn shared a 2016 documentary called “Screenagers: Growing Up in a Digital Age.” The director of “Screenagers,” Dr. Delaney Ruston, a physician from California, was inspired to document her journey as a parent of teenagers in the age of smartphones and share testimony and expertise from doctors, researchers, and other parents and caregivers of children across the continent.

After watching the documentary herself, Herriott shared it with practitioners on the Triple P team



Trained Triple P practitioner Donna Pangburn (left) and Emily Herriott, the Director of Triple P in Elkhart County, speak to attendees of one of the first local screenings of “Screenagers” in January 2018 at Northridge High School.

and asked one key question: Would watching this help parents deal with screen time struggles? While the documentary itself is not informed by Triple P directly, the group agreed that the principles of parenting shown in the film were consistent with Triple P strategies, and that it may help destigmatize parents seeking support with the screen time issue.

So, in partnership with local school leaders, Triple P facilitated public screenings of “Screenagers” for free at Goshen Middle School, NorthWood High School, and Northridge High School. Each viewing of the documentary was followed by a community discussion and time for parents to ask questions of school leaders, social workers, Triple P practitioners, law enforcement officials, and information technology experts. At Goshen, the documentary and discussion was also offered in Spanish.

In total, about 340 parents attended Triple P-sponsored “Screenagers” screenings and discussions, and heard information about related Triple P presentations they could attend to get more in-depth parenting support on screen time.

Screen time tip sheets and presentations

Without official materials on screen time from Triple P International, however, local practitioner and team leader Anna Sawatzky was feeling empty-handed when talking to her client families about screens and technology. Her solution: Create our own Triple P material.

Over the course of a couple of months in 2018, Sawatzky drew on her own expertise as one of the county’s first practitioners, as well as research into existing Triple P strategies and principles to write a new Triple P Tip Sheet — one of the cornerstones of Triple P Primary Care — to help parents manage their children’s technology use.

As she and Herriott worked on the new material, they developed one sheet for parents of children 0-12 years old, and one sheet for parents of teenagers, recognizing the differences in how parents and children relate at different stages of development.

Once the sheets had been written, revised, and laid out in a familiar Triple P Tip Sheet format, they were sent to Triple P America to ask if we would be approved to use this material with parents. The word came back that although Triple P was working on its own new Tip Sheets about screen time, ours were indeed approved, and that we could use ours as we would any official Triple P materials.

With that good news, Sawatzky and others set to work on Brief Primary Care presentations using the new Tip Sheets, material practitioners could deliver individually or in a small group setting in an hour or less. These new presentations became the support offered to parents after community screenings of “Screenagers.”

As families continue to work on finding the right balance with their children’s use of technology, Triple P in Elkhart County now has its own set of tools to support parents on that issue. As time goes on and trends change, we will keep working to offer presentations on the challenges that are most relevant to parents, whatever those might be.



Don Jantzi (left) and Triple P practitioner Sandy Imanse hand out Triple P balloons and informational flyers during a First Fridays event in downtown Goshen. Triple P volunteers host craft nights with kids and parents at downtown Goshen businesses during these events to help spread awareness of Positive Parenting Program.

Getting the Word Out About Triple P in Elkhart County

Spanish Language Radio Proves Popular in Elkhart County

Level 1 of Triple P (see Triple P pyramid structure on page 7) is a communication campaign that lets families know parenting support is available. Level 1 normalizes asking for support by saturating the community with positive parenting messages, and pointing parents and caregivers to practitioners who can provide Triple P services. Our goal has been to use a wide variety of media tools to reach diverse audiences in Elkhart County.

One of our early attempts was using social media posting parenting tips in English on our Facebook page. The Facebook posts were not



Diana Hepsiba Montiel

getting much traction. Soon we had the opportunity to partner with Beacon Health's outreach program to the Latino community, Dame Tu Mano (Give Me Your Hand) that already had a strong Facebook presence. Through this partnership, we were able to share Triple P posts in Spanish in tandem with Dame Tu Mano's popular radio segments that aired Monday thru Friday on La Raza radio station. Diana Hepsiba Montiel, who was Dame Tu Mano's Coordinator and a trained Triple P Practitioner, dedicated each of her Thursday morning radio

segments to sharing parenting tips. Additionally, she used this platform to highlight upcoming Triple P events. The combination of the Facebook posts, together with the radio segment, was more effective than the posts by themselves.

From this experience, we learned that one significant way to increase traction is to connect our messaging to a person or program who already has an established rapport with the target audience.

While Diana is no longer on the radio on a regular basis, she has built a Facebook Live following where she gives Triple P parenting tips and reaches between 2,000 and 10,000 (her biggest post yet!) individuals per week.

Taking What We Learned To The Airwaves ... in English

As we worked to increase Triple P's presence with English-speaking parents in Elkhart County, we decided to see if we could replicate the success we'd had on Spanish language radio with English-speaking radio listeners. To do this, we looked for a radio station that would be a good match for our work. There were a couple of options for our region, but by the spring of 2018, WFRN's large listening area, long-standing relationship with the community and focus on connecting with families, clearly made them the best match; soon WFRN became the home of Triple P with Trisha.

Triple P practitioner Trisha Lightfoot took to the airwaves on Friday mornings during the Family Friendly Morning Show with Doug and Cody! to discuss a variety of topics. Trisha often based these brief, 8-13 minute conversations on Triple P tip sheets, including topics for parents of infants, toddlers, school aged children, teens, and parents of children with disabilities. The hosts, Doug and Cody, were both parents themselves, so they approached these segments eager to hear the tips Trisha had to share and to discuss what these strategies looked like when they were implemented in the home.

We view Triple P with Trisha as our biggest success to date in our efforts to get the word out about

Triple P programming and to normalize parents seeking support. Not only did Doug and Cody actively participate in the Triple P with Trisha segments, but they occasionally brought their own parenting challenges (and successes) to the conversation, allowing their audience to see that everybody can benefit from support. As a result of this radio segment, we had parents come to our workshops and tell us they heard about Triple P on WFRN, including foster parents who were trying to create nurturing environments for the children in their care. We also had partners tell us how they appreciated hearing about Triple P on WFRN. This kind of exposure helped keep Triple P in the forefront of their minds as they referred families they served to Triple P. Most of the Triple P with Trisha radio segments are now on our YouTube channel, ensuring that this valuable content is still accessible to parents.

Reaching parents one-on-one at First Fridays in Goshen

First Fridays are a popular monthly event in downtown Goshen, the county seat of Elkhart County, and the home of Horizon Education Alliance, where Triple P in Elkhart County is based. To reach more parents and families, the Triple P Team Leaders, a few practitioners, and other volunteers worked with downtown businesses including Better World Books (now Fables Bookstore) and San Marcos Restaurant to host kids crafts activities during these First Fridays events.

While the kids are working on their crafts or coloring pages, Triple P practitioners, including Sandy Imanse, Trisha Lightfoot, and Anna Sawatzky, would be on hand to talk to parents and family members, and give out material on upcoming Triple P events. In a few cases, we were able to deliver a brief Triple P intervention to a parent or make a referral to further services because of the connections we made at these events.

To gain even more attention, we also handed out helium balloons on the streets of downtown Goshen during these events. As you can imagine, these were a hit with the little ones, and even some grown-up kids at heart!



Looking to the Future

Triple P in Elkhart County's first five years of implementation suggests that population-level change in parenting practices is an achievable goal. Because Triple P is designed to reach a broad population of parents while responding to different levels of need, it embeds the science of child development in the lives of parents and children across the economic and demographic spectrum. This universal approach is essential if we are going to truly and permanently "turn the curve" on child health and well-being in Elkhart County.

As we look ahead, we are encouraged by these early and promising results, but recognize that there is still work to be done to ensure that Triple P remains accessible to as many parents as possible, at the level of intensity that is most suitable and responsive to their needs. We invite parents, partners, and policymakers to join us in our next steps to achieve a population-level impact, including:

- Finding unique and effective ways to **engage with families** and include them in the planning and implementation of this program in the community;

- Continuing to **build relationships with the various sectors** that relate to parents (churches, early learning centers, non-profits, etc.) to ensure parents who need support hear about Triple P from trusted referral sources;
- Identifying untapped or underutilized partnerships or sources of public funding to help **ensure Triple P is sustainable** in our community;
- Advocating for policies and systems changes that would **institutionalize the Triple P system** on a large scale.

As Triple P becomes more and more a part of the fabric of this community, we have unprecedented opportunities to interrupt intergenerational cycles of parent-child interactions that lead to adverse childhood experiences and support families to raise healthy and productive children. Strengthening the positive bonds within families — for all families — is our best investment in the health, happiness and quality of life we value in Elkhart County.

Acknowledgements for the First Five Years

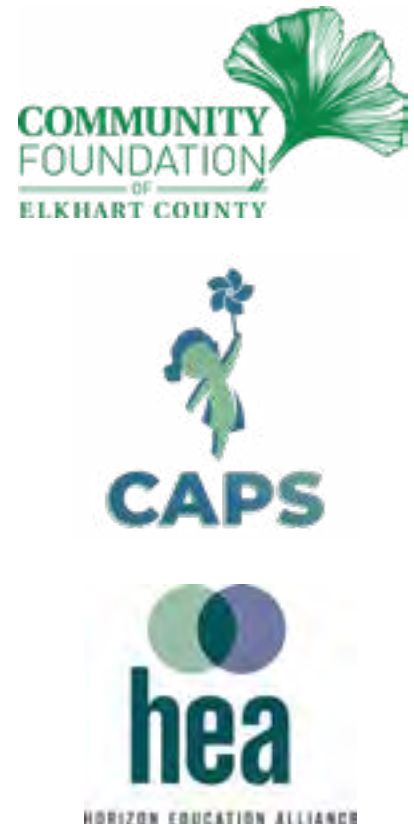
Triple P in Elkhart County is made possible through a strong partnership between **Horizon Education Alliance** and **CAPS** along with numerous other organizations. We are thankful to the Boards of Directors of HEA and CAPS for their support of Triple P in Elkhart County.

The **Community Foundation of Elkhart County** provided the initial \$250,000 grant to fund the first year of Triple P implementation in the county, including training and materials, and has provided the majority of funding each year since then, as well. We are very grateful to the Community Foundation of Elkhart County for their enduring belief in and support for this

approach to parenting support.

Triple P in Elkhart County has also benefited from financial support over several years from the **Beacon Health Foundation**, the **Bontrager Family Foundation**, the **Goshen Health Foundation**, and numerous individual donors. We are grateful for these ongoing partnerships.

We also thank the Triple P practitioners who are the front-line staff working with parents and caregivers, and the many Elkhart County organizations who support Triple P through hosting events, making referrals, spreading the word about Triple P, and training staff as practitioners.



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First Five Years - 2015-2019

Triple P

Positive Parenting Program

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(English-Spanish parent site)



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