

Meera Kumanan (00:00):

First, welcome to Courtney Towne and Sarah van Driel, both implementation consultants at Triple P America. Could you start us off by giving a brief overview of what Triple P is?

Courtney Towne (00:13):

Sure. Happy to. But I'm gonna start kind of small, like at its essence what Triple P is all about. At the end of the day, at a very, you know, kinda granular level is giving each and every parent that interacts with the program, the confidence to just really feel good about navigating everyday parenting tasks. That is absolutely what we're going for. That every caregiver, every parent, grandparent, and uncle neighbor who's around kids, has an opportunity to just be exposed to things that might help them feel like that this is a rewarding relationship, that they are providing something to kids that feels really good. And of course, in turn and children are feeling really like nurtured and that they're in an environment that feels really supportive and that, you know, that relationship's positive and kids have the confidence to then go out into the world and, you know, interact well with others and, and get along.

Courtney Towne (01:03):

And that's really what we're trying to do. But the way the system of Triple P has been developed and it's really a system, it's not, you know, you talk about some parenting programs and our name is the Positive Parenting Program, but it's so much more than just a program. It's really evolved over decades now of research and trials in different parts of the world. Literally to really have this approach of like, if we're gonna be serious, our tagline is reaching every parent, then we have to have a program model system, if you will, that is going to offer incredible flexibility in how we get this out there.

Meera Kumanan (01:38):

Great, thank you. I especially appreciate your emphasis that this is a system of interventions. The more I learn about Triple P, the more I see just how multifaceted it is and how it has been adapted into such vastly different context. Could you two explain a little bit more about what your roles are?

Courtney Towne (02:00):

Sara and I have the really fun job, I think, of partnering with different communities, you know, in the Carolinas and in other states as well, to really build on that vision. Like how, how do we think about in your community, every single caregiver out there, and how do we reach them? How do we get this information to them that we know is shown to be in the evidence really effective?

Meera Kumanan (02:18):

So you're really doing that on the ground work of finding ways to translate evidence into practice, especially in ways that fit the community's resources and values. What does that work look like? How do you begin or approach it?

Sara van Driel (02:32):

Cause I think when we go into talk to folks about Triple P communities, about Triple P, there several things that we think about, you know, coming to mind if a community's gonna roll out Triple P, we gotta first start with that vision, right? So Courtney had said nicely in the description that our tagline is for every parent, when we say for every parent, we really mean for every parent. So if you're gonna adapt the full Triple P system, it it, it is, you know, embracing that vision of getting it out across the entire

community first. And then once that vision is, is had by one or a few then it comes to building a team of people that knows the community. Then we need to know what our community looks like. Who are the parents in our community? How are the parents touched in the community, who is connected with families in the communities?

Sara van Driel ([03:24](#)):

And, and then from there it's looking at, you know, what resources do we already have for families? What resources are we missing? And that's when then when we can come into, okay, which versions of Triple P are we going to do? Where the other big considerations, what's our workforce look like? This looks very different in a rural community versus an urban community, right? So the Triple P system is, is built so that you can start with wherever a community is. And that might not be everybody that you want around the table to at, at the very beginning to start, but you start with the workforce that has that vision and then, and then can kind of build.