



Triple P AZ: Presentation to the Governor's Council on Child Safety & Family Empowerment

**Cricket Mitchell, PhD, Contracted Triple P AZ Coordinator for Prevent
Child Abuse Arizona, May 15, 2025**



Today's Presentation



Positive Parenting

Brief overview of positive parenting



Triple P

A dive into what makes Triple P unique among positive parenting programs



Triple P AZ

A description of Triple P AZ capacity building efforts since 2015



Triple P AZ Outcomes

Benefits to Arizona's families from our local evaluation data



PositiveParentingAZ.org

Triple P AZ referral website to help families find available Triple P providers and courses



Q&A

Time to ask those questions!

Triple P AZ Capacity Building

**Prevent Child Abuse
Arizona is grateful to
have received private
and public-agency
investment in capacity
building for Triple P
since 2015**





Positive Parenting

- a nurturing approach that prioritizes creating a supportive and loving environment for children
- emphasizes warmth, understanding, and responsiveness
- focuses on building strong relationships and fostering healthy development
- encourages teaching and guiding children towards positive actions (rather than focusing on correcting negative behaviors)





What Makes Triple P Unique?

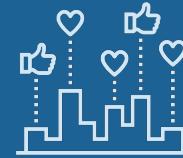
□ Parents have multiple options



- Variants for parents of children ages 0-12, teens, children with special needs, children with anxiety, perinatal parents, parents at risk of maltreatment or experiencing other difficulties that interfere with their ability to effectively parent



- 1:1 or Group-based
- Seminars, Workshops, and Multi-Week Classes
- Virtual, in-person, or self-paced online courses

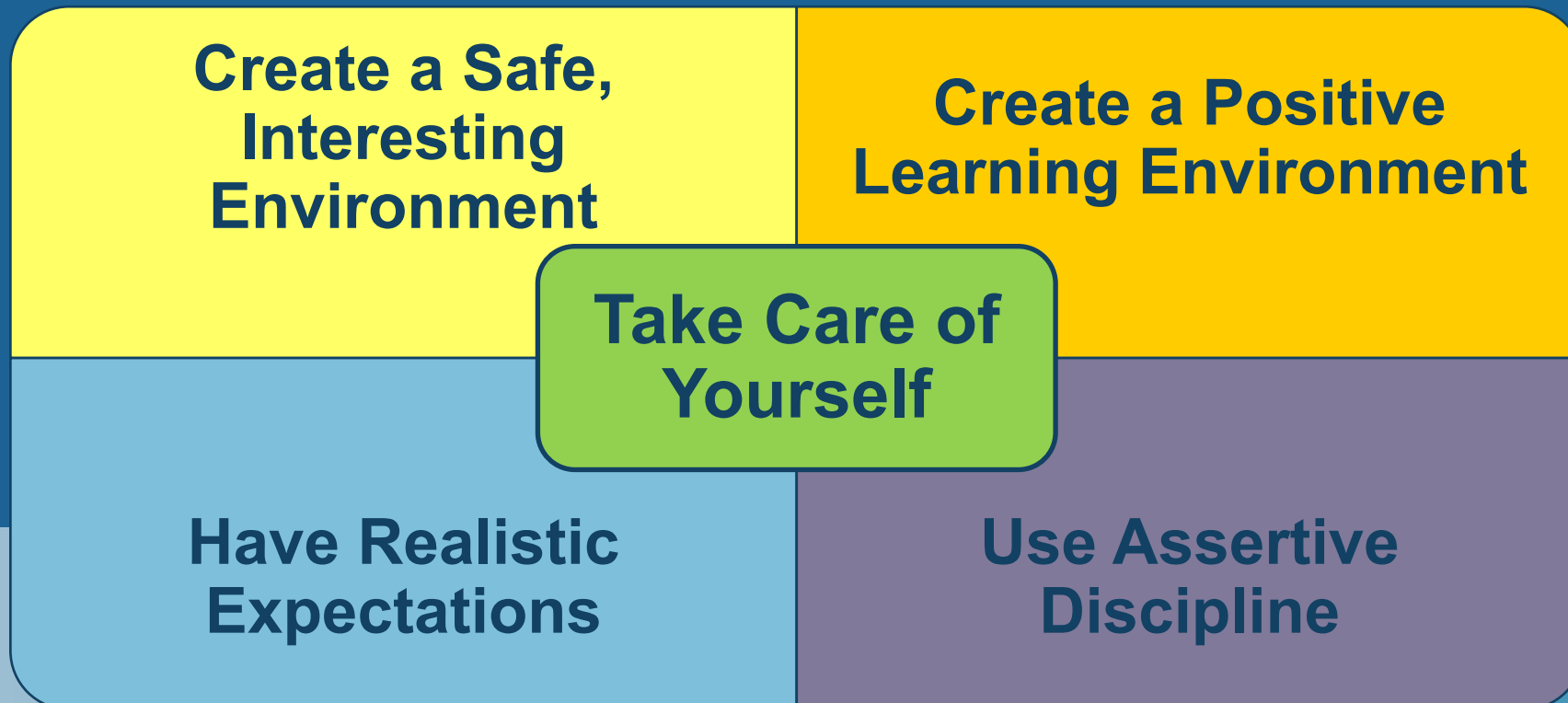


- Diverse settings - provided where parents are
- Diverse workforce – only prerequisite is experience working with families



What Makes Triple P Unique?

- Core principles include an emphasis on parental self-care





Triple P's Top Ten Tips for Parents

□ Publicly-available resource with simple, yet impactful positive parenting guidance for parents, e.g.:

1. **When your child wants to show you something, stop what you are doing and pay attention to your child.**
4. **Give your child lots of descriptive praise when they are doing something you would like to see more of.**
7. **Set clear limits on your child's behavior.**
9. **Have realistic expectations.**
10. **Look after yourself. It is difficult to be a calm, relaxed parent if you are stressed, anxious, or depressed. Try to find time every week to let yourself unwind or do something that you enjoy.**

Links to Triple P's Top Ten Tips for Parents from Prevent Child Abuse Arizona's Positive Parenting AZ website, <https://positiveparentingaz.org/>:

- [TriplePTopTenTips_English](#) & [TriplePTopTenTips_Spanish](#)



What Makes Triple P Unique?

□ Process emphasizes self-regulation

- ❖ All Triple P emphasizes self-regulation, using parallel processes at multiple levels
 - ❖ Triple P trainers build practitioner self-regulation skills during the three-phase training & certification process
 - ❖ Triple P practitioners use techniques to build parent self-regulation skills during their instruction
 - ❖ Parents practice and apply self-regulation skills, modelling these for children and other family members



Triple P and Self Regulation

The key process that sets Triple P apart from other evidence-based parenting programs is its emphasis on building parental self-regulation

Self-regulated parents:

- Guide their own behavior
- Cope with powerful emotions
- Demonstrate self-control
- Manage their thoughts and feelings
- Focus their attention, problem-solve, and organize their resources

Self-regulatory skills learned in the context of parenting are generalizable to other aspects of life.

Intergenerational research demonstrates that as parents learn to self-regulate, children learn to self-regulate.





Triple P Supports Families to Strengthen Protective Factors

Parental
resilience

Social
connections

Knowledge
of parenting
and child
development

Concrete
support in
times of need

Social and
emotional
competence of
children



What Makes Triple P Unique?

- **Over 40 years of international research with diverse families and communities**
 - ◆ All Triple P interventions have at least two randomized controlled trials that demonstrate sustained positive benefits
 - ◆ Meta-Analyses (studies of studies) demonstrate benefits across different types of Triple P offerings



Triple P Outcomes



20 languages
25+ countries
40+ years of research

Benefits to Parents and Children¹

- ❑ Improved parent wellbeing
 - ❑ Decreased stress
 - ❑ Decreased anxiety
 - ❑ Decreased depression
- ❑ Improved family functioning
 - ❑ Improved communication skills
 - ❑ Improved relationships
- ❑ Improved parenting competencies
- ❑ Decreased child behavior problems



¹ Sanders, M. R., Kirby, J. N., Tellegen, C. L., & Day, J. J. (2014). The Triple P-Positive Parenting Program: A systematic review and meta-analysis of a multi-level system of parenting support. *Clinical Psychology Review*, 34(4), 337–357.



Triple P Outcomes



20 languages
25+ countries
40+ years of research

Community-Level Impacts: Improvements in Child Welfare Indicators²

rates of child
maltreatment

31% ↓

out-of-home
placements

21% ↓

child injuries
due to
maltreatment

13% ↓

² 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. <https://link.springer.com/article/10.1007/s11121-009-9123-3>

Triple P AZ

Prevent Child Abuse Arizona Statewide Supports



Triple P Training

Contract with Triple P America to expand the workforce, increasing capacity to bring Triple P to AZ families (no train-the-trainer model, certification does not expire)



Stipends for Triple P

To support the delivery of Triple P with parents who wouldn't otherwise be able to participate (e.g., uninsured/underinsured).



Parent Resource Materials

To support providers without funding for resources to provide parents with evidence-based positive parenting materials



Implementation Support

From contemplation through training and established programs

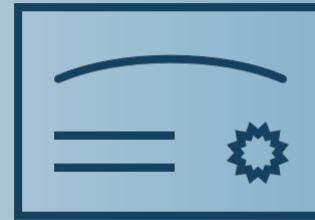


Evaluation

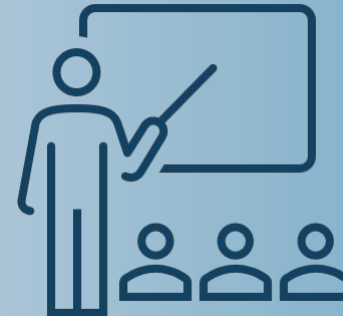
Supporting programs in demonstrating the benefits of Triple P with their families

Triple P AZ

**Prevent Child Abuse
Arizona Capacity Building
Efforts**



**898 Triple P
Certifications**



**478 Triple P
Practitioners**



**182 Organizational
Partners**

7th Dream Helping Hearts A New Leaf DVHEART Program Adelante Healthcare ADHS Health Start Another Level of Community Service Arion Care Solutions Arizona Autism United	Cochise Family Advocacy Center Coconino County Juvenile Court Community Bridges Community/Independent Practitioners CPLC Community Outreach Easterseals Blake Foundation CPLC De Colores	Kaibab Behavioral Health Lifewell Behavioral Wellness Little Colorado Behavioral Health Centers LUCA Counseling & Wellness Center Lutheran Social Services of the Southwest Maggie's Place	Pilgrim Rest Foundation Pilgrim Rest Community HUB Raising Special Kids San Carlos USD San Tan Behavioral Health Santa Cruz Family Resource Center Save the Family Foundation
Arizona Center for African American Children	CPLC Parenting Arizona	Maricopa County Department of Human Services	City of Scottsdale Family Resource Center
Arizona Complete Health Avondale Resource Center	Cradle 2 Crayons	Maricopa County Regional School District	Short Creek Dream Center
Arizona Department of Child Safety Arizona Department of Corrections-Inmate Programs and Reentry	Dou-Bro'z Creighton ESD & Family Resource Center	MATFORCE MHC Healthcare	Sojourner Center Sonoran Prevention Works
Arizona PBS, Education & Community Impact	Crossroads Substance Abuse Recovery & Relapse Prevention	Maricopa County Department of Public Health	Tempe UHSD Teenage Pregnancy & Parenting Program
Arizona Youth Partnership Arizona's Children Association Asteria Counseling & Consulting Aviva Children's Services Bayless Integrated Healthcare Benevilla Family Resource Center Black Mothers Forum Microschools Buckeye Family Resource Center Candelen Care For The Caregivers Casa De Los Ninos Behavioral Health	Family Involvement Center Family Service Agency Family Service Aides Father Matters Foster Care Initiatives Glendale ESD & Family Hub	MIKID Neighborhood Ministries Northland Therapy New Freedom New Life Center North Country Healthcare	Southwest Behavioral & Health Services Stepping Stones Therapy Strategies for Success Sunrise Therapy Tempe Elementary School District Spectrum Health Group Terros Health Arizona Families F.I.R.S.T. Terros Health Children's Services The Guidance Center Touchstone Health Services UA Cooperative Extension Cochise County
Casa De Los Ninos Community Outreach & Engagement	Hope Community Services	Salt River Pima Maricopa Indian Community	UA Cooperative Extension Coconino County
Catholic Charities Community Services Catholic Charities Westside Head Start/Early Head Start Casa Grande Alliance Catalysts Helping Increase Potential Center for Health & Recovery	Hope Incorporated Hope Lives-Vive la Esperanza Hope Women's Center Hopi Day School Human Resource Training	Native American Fathers and Families Association Open Hearts Pantano Christian Church Paradise Valley USD Family Resource Center Paseo de Paz Counseling	UA Cooperative Extension Santa Cruz County UA Cooperative Extension Pima County UA Cooperative Extension Yavapai County Vail Unified School District Valle del Sol
Child & Family Resources Child Crisis Arizona Choose Life Wellness Christian Family Care City of Tempe Clarvida (Pathways of Arizona)	Intermountain Centers for Human Development Hushabye Nursery ICAN: Positive Programs for Youth JFCS Healthcare Centers JFCS Homebased Services JFCS Shelter Without Walls	Phx Children's Hospital Center for Resiliency and Wellbeing Peoria USD Family Resource Center Phx Children's Hospital Injury Prevention Phx Children's Hospital Inpatient Programs Phx Rescue Mission City of Phoenix Birth to Five Head Start	Valleywise Health Verde Valley Sanctuary Veteran's Affairs Medical Center - Phoenix West Yavapai Guidance Clinic With Intention Counseling Yavapai Family Advocacy Center

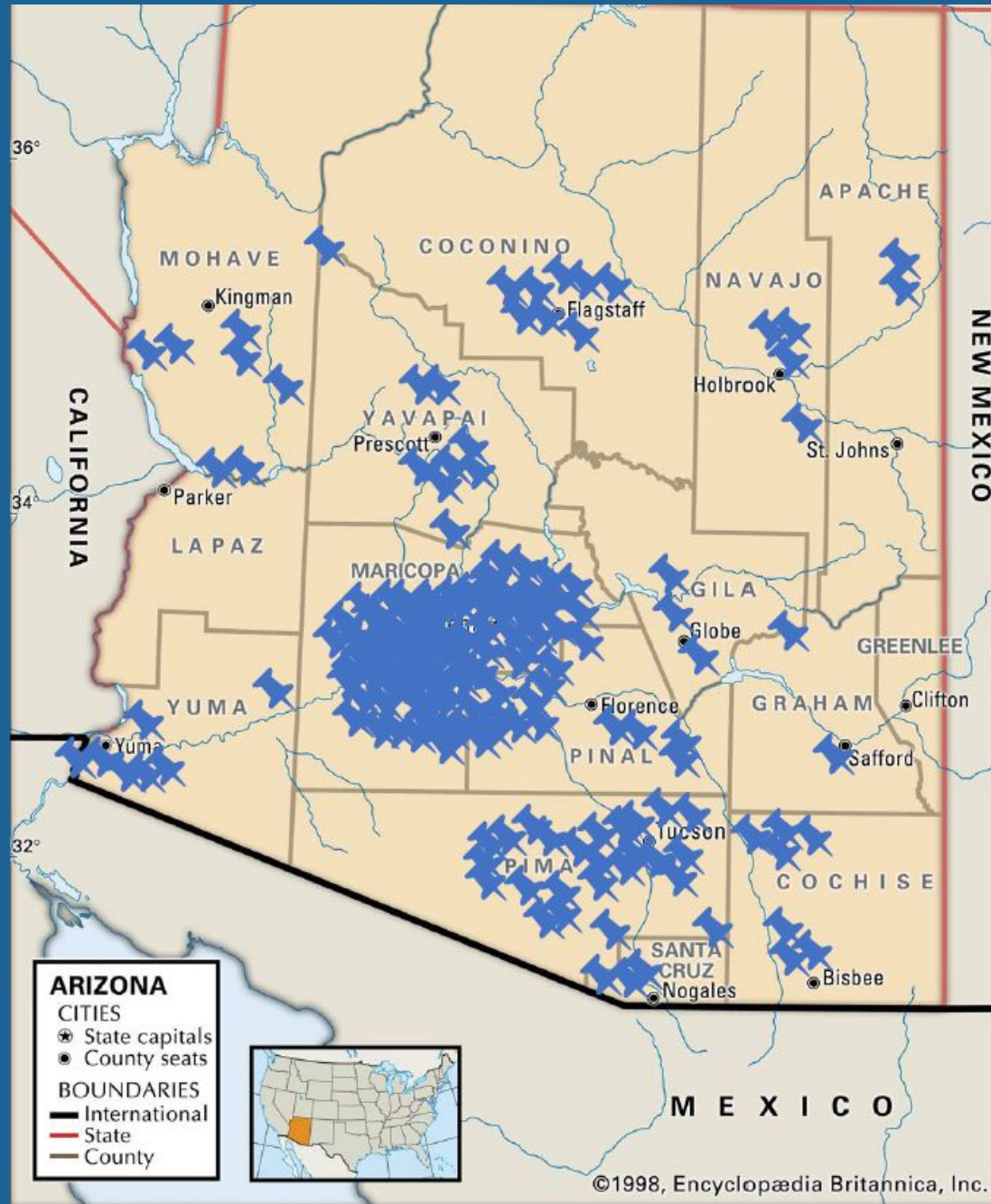
478 Triple P AZ Practitioners

*not all providers currently implementing

Triple P AZ

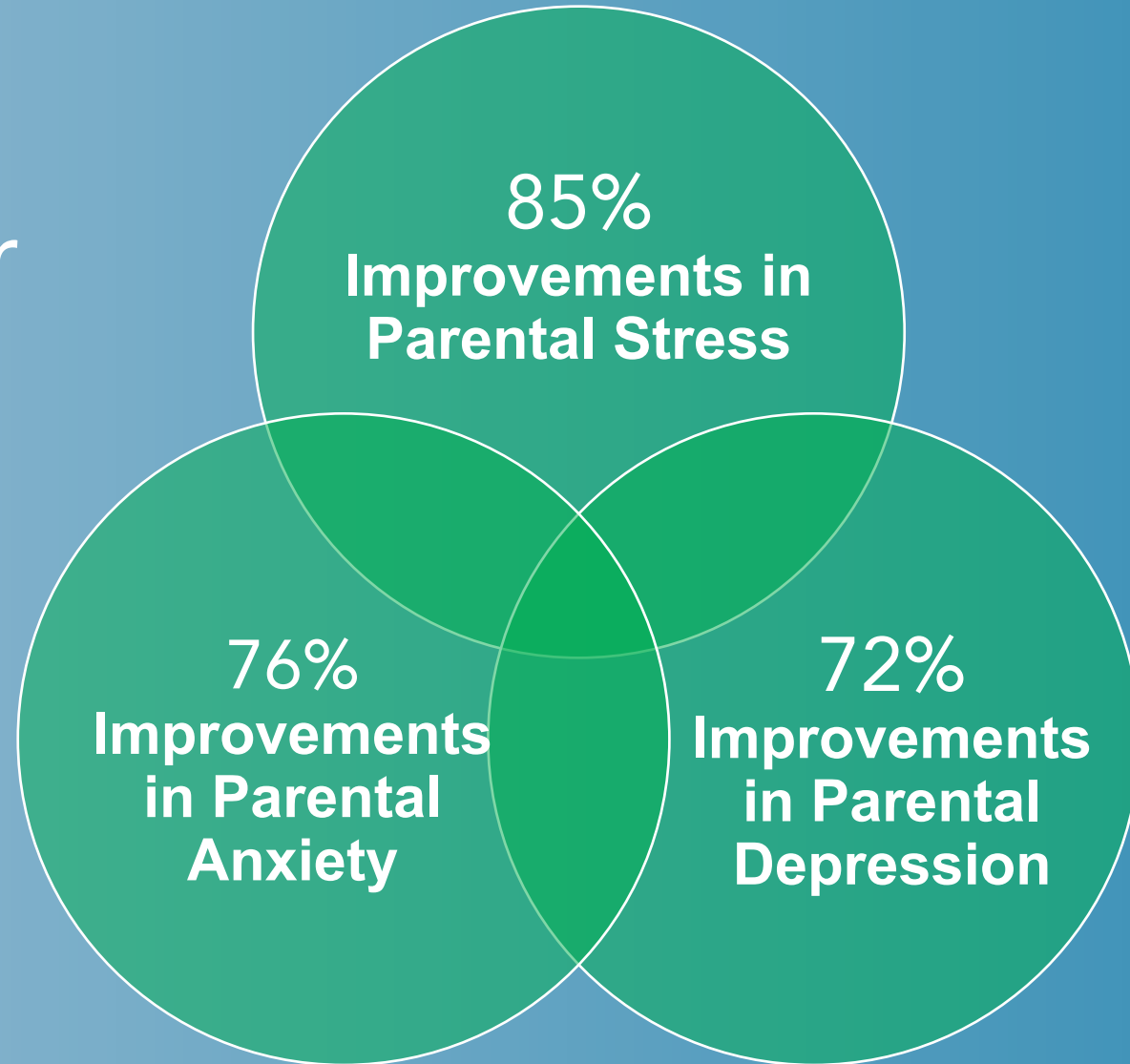
Statewide Reach

182 organizational partners





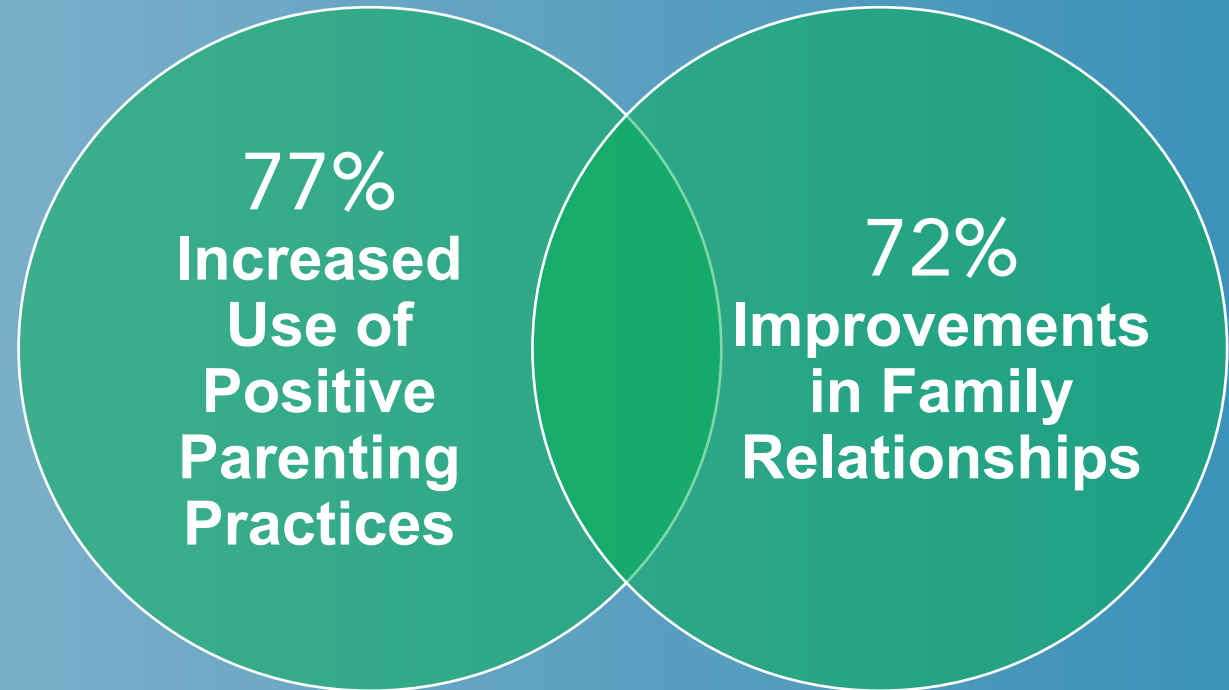
Triple P AZ Outcomes: Our Local Data



*Clinically significant improvements after participation in Level 4 Triple P



Triple P AZ Outcomes: Our Local Data



*Clinically significant improvements after participation in Level 4 Triple P



Triple P AZ Outcomes: Our Local Data



9 out of 10 parents/caregivers report the highest quality ratings for Arizona's Triple P services



9 out of 10 report that the program helped them to deal more effectively with their children's behavior



8 out of 10 report that the program helped them to deal more effectively with problems that arise in their families

Triple P AZ Referral Website

Referral
Directory

Available
Courses



PositiveParentingAZ.org

Triple P AZ Referral Website: Directory



POSITIVE
PARENTING
PROGRAM

[Home](#) [About Triple P](#) [Directory](#) [Resources](#) [Course Calendar](#)

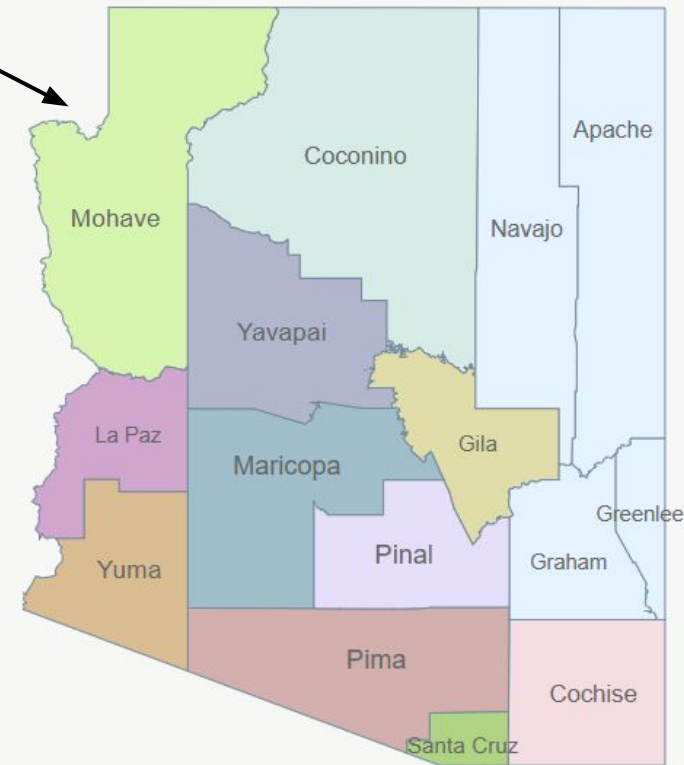
Interactive
State Map

ARIZONA STATE

TRIPLE P DIRECTORY

Check out the list of Positive Parenting Program® (Triple P) providers throughout the state who are open to accepting referrals. Please contact them directly for more information.

Click on your county to view providers in your area.



Triple P AZ Referral Website: Course



[Home](#) [About Triple P](#) [Directory](#) [Resources](#) [Course Calendar](#)

TRIPLE P COURSE CALENDAR

As a group of Triple P providers we have come together to provide a single place for parents to view available courses. If you are a provider with a course you'd like to list, please scroll below the list and fill out the form on this page.



AVAILABLE COURSES

Please view our list of available Triple P courses below. The registration and/or contact information for each course is included, please click on the gray bar to see details.

Please note: This list may not include all available courses, and providers in your area may have upcoming courses that are not posted here. To inquire, you can reach out to providers listed in the referral [directory](#).

APRIL 16TH • MIÉRCOLES/WEDNESDAY 11:00 AM-12:30 PM • IN PERSON (PHOENIX) – IN SPANISH!

TRIPLE P LEVEL 2 SEMINAR SERIES: CRIAR HIJOS RESILIENTES

[+ DETAILS](#)

APRIL 17TH • THURSDAY 6:00 PM-7:30 PM • IN PERSON (COTTONWOOD)

TRIPLE P LEVEL 2 – POWER OF POSITIVE PARENTING

[+ DETAILS](#)

Clicking on
the plus sign
expands the
course
details

Recent Challenge: Federal Stop Work Order

Triple P AZ Capacity Building Efforts Stopped Abruptly with a March 24, 2025, Federal Stop Work Order Impacting AHCCCS SUBG ARPA Funds

FY24-25 Triple P AZ Supports Cancelled

- 18 of 50 Triple P training spots for Arizona providers to become certified to provide a Triple P intervention they selected based on the needs of the families and communities they serve
- 55 of 65 stipends to support Triple P service delivery with families who wouldn't otherwise receive it (e.g., uninsured/underinsured and/or providers without a funding source or billing mechanism)
- 47 of 50 orders for Triple P parent resource materials to support providers' Triple P service delivery with Arizona families

Prevent Child Abuse Arizona is committed to continuing this body of work and is actively working on a strategy to maintain the program.

Questions



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