

FAR WEST CENTER

TRIPLE P (POSITIVE PARENTING PROGRAM)

- ✚ Triple P (Positive Parenting Program) at Far West Center is unique as we are reaching out to adults with mental health problems who are also functioning in a parenting role. Our focus is to strengthen parenting skills and enrich the parent/child relationship in a therapeutic environment.
- ✚ Focuses on preventing more severe emotional and behavioral problems in children by assisting parents through increasing their knowledge, skills, and strengths to address problem behaviors.
- ✚ **Group Triple P at Far West Center**
 - ◆ Focuses on broad parenting skills training.
 - ◆ Parents who need intensive training in positive parenting skills.
 - ◆ Addresses parents of children with more severe behavioral problems, or parents with health or mental health conditions affecting parenting skills.
 - ◆ Specifically designed for parents with children up to 12 years old, reside in Cuyahoga County, and are currently receiving some level of mental health assistance/treatment from a source.
 - ◆ Group Triple P is an 8-session program: total of five 2-hour group sessions and three telephone consultations (sessions 5-7).
- ✚ **Purpose of Triple P**
 - ◆ Increase parental competence and confidence in raising children.
 - ◆ Increase parents' competence in managing common behavior problems and developmental issues.
 - ◆ Reduce parents' use of coercive and punitive methods of disciplining children.
 - ◆ Improve parents' communication about parenting issues.
 - ◆ Reduce parenting stress associated with raising children.
 - ◆ Manage the impact of severe mental illness on parenting effectiveness.
- ✚ **Core positive parenting principles**
 - ◆ Ensuring a safe, interesting environment
 - ◆ Creating a positive learning environment
 - ◆ Using assertive discipline
 - ◆ Having realistic expectations
 - ◆ Taking care of oneself as a parent
- ✚ **Parenting skills promoted through Triple P**
 - ◆ Developing positive relationships
 - ◆ Encouraging desirable behavior
 - ◆ Teaching new skills and behaviors
 - ◆ Managing misbehavior
- ✚ Triple P Program Coordinator at Far West Center has received accreditation to provide Level 4 Group Triple P.
- ✚ Made possible through a grant from United Way of Greater Cleveland (Families Needing Support for Child Rearing). Currently there is no fee for service to participate in Group Triple P.

For more information, please contact Carrie Cook, LISW-S at (440) 835-6212 x244 or ccook@farwestcenter.com.