

# METRO WEST TRIPLE P PRACTITIONERS NEWS

Volume 2, Issue 1

September/August 2014

## Your Triple P Practitioner Support Worker is:

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## Dear Practitioner,

Welcome to August/September edition of the Metro West Triple P Practitioners' News. In this edition we will be exploring various topics such as using parenting surveys and implementing Triple P for lifestyle issues such as childhood obesity.

Also, we have re-instated network meetings for practitioners of Aboriginal Triple P. Though small, the group is committed to developing a project to improve engagement of local Aboriginal families.

We will also be organizing training in 2015 specifically for you. The training will be focused on how to run a parenting group in a trauma informed way. Details to follow shortly.

## The next Triple P Facilitator's Practitioner Combined Network Meeting is coming up!

**WHEN:** Wednesday Sept 10, 2014

**WHERE:** SydWest Multicultural Services,  
Ground Floor 125 Main St, Blacktown

**TIME:** 1.00pm-3.00pm

**Afternoon Tea Provided**

RSVP to Sharmila



At this meeting **Belinda Power** from **Resourcing Parents** will be presenting about the Resourcing Parents website.

You will learn how **maximize the website** to promote your events, order your resources and track your work.

This event will be particularly **useful for Bi-lingual practitioners.**

## RECONCILIATION ACTION PLAN: TRIPLE P & FWT+DP'S JOURNEY

FWT+DP is committed to Reconciliation. FWT+DP's vision for reconciliation is based on our philosophy of inclusion and respect. We recognize and acknowledge the many negative impacts of colonization on Aboriginal and Torres Strait Islander families and communities, both past and present.

FWT+DP aims to incorporate and maintain strategies to address fairness, justice and equality across our organisation. To this respect, we are committed to developing a relationship with all our Aboriginal Triple P facilitators and seek to develop a network which will support them in their work.

The Triple P project has tentatively organized a few meetings for Aboriginal Triple P practitioners as well as non-Aboriginal practitioners trained in Indigenous Triple P. A few actions have come from these meetings. However, we are striving to improve our reach and engagement.

Please contact me if you would like to be part of our Aboriginal Triple P facilitators network or if you would like more information about our organization's reconciliation journey. You can reach me at: [sharmilaf@fwtdp.org.au](mailto:sharmilaf@fwtdp.org.au)

## 2014 LEADING PRACTICE CONFERENCE

***This had been the most informative, involved, passionate conference I have attended since being a Family Worker since 2006- the selected presenters have been so inspiring.*** -Conference Attendee

The 2014 Leading Practice Conference was held over two and half days from July 28th to July 30th at the Novotel and Rooty Hill RSL, Rooty Hill NSW. The conference in total had over 250 attendees.

The topics explored at the conference were 'Place Based Initiatives Transforming Communities' and 'Trauma Informed Services System'.

Place-based initiatives have the capacity to facilitate change by giving people the tools they need to plan, collaborate and execute change. However, such approaches also have their challenges. Keynote speakers such as Michael McAfee from Promise Neighbourhoods at PolicyLink USA and Dr. Tim Moore from the Centre for Community Child Health, Royal Melbourne Children's Hospital, VIC spoke of their work in nurturing and developing place based initiatives here in Australia and abroad. They spoke of the importance of leadership and collaboration as well as the need for valid data in order to create and sustain these initiatives.

Trauma informed interventions recognise and respond to the ongoing physical and emotional consequences of trauma in the lives of the individuals, families and communities we work with. The conference gave particular attention to the impacts of colonisation on Aboriginal families and communities. Our own Maria Losurdo and Jackie Stewart presented 'Victors' Story' as a keynote address. Along with Mary Jo McVeigh from Cara House and Cindy Blackstock from First Nations Child and Family Caring Society, Canada, they contributed to a powerful narrative of survival, hope and change.

In all, the conference was a dynamic event. Which left many inspired and challenged. Thank you to all who attended and presented.

***Did you attend the conference? What were your conference highlights?***

## PARENT SURVEYS: TO USE OR NOT TO USE

ADAPTED FROM A PRESENTATION BY  
DR CHRISTINE MCCLEOD

There are a variety of psychological tests which are associated with the Triple P parenting program. The main tests which will be discussed are the *Depression, Anxiety and Stress Scale (DASS)*, *Strengths and Difficulties Questionnaire (SDQ)* and the *Parenting Scale (PS)*. The information provided by these questionnaires can be useful (among other things) to assess effectiveness of your intervention (e.g. parenting group) and to understand the needs/issues of your clientele. However, if you do not plan on analysing or calculating the data, it may be best to not administer the questionnaires at all.

### ***Depression, Anxiety and Stress Scale (DASS)***

The DASS is a set of three **self-report scales** designed to measure the **negative emotional states** of depression, anxiety and stress. The DASS will **measure the parents'/ caregivers' emotional state** in the last week. It is a free test (to obtain, copy and administer). On the DASS, high scores indicate that the client has greater severity of distress. The DASS cannot give you a clinical diagnosis. But if a client has high scores, they may have considerable symptoms and may require a referral to further services.

There are different versions of the DASS. The results they provide are all comparable. The difference therefore, is the questionnaire's length. The original version of the DASS is quite long. The DASS-21 is shorter but you need to double the scores to analyse the results. The Black Dog Institute has developed a DASS questionnaire that is only 10 questions long, it can be accessed [here](#). Because it is easier to use, it is recommended that you use the Black Dog Institute's version of the DASS.

### ***Strengths and Difficulties Questionnaire (SDQ)***

The Strengths and Difficulties Questionnaire (SDQ) is also a free test (to obtain, copy and administer). The SDQ screens **children's behaviour from the point of view of the adult/teacher/caregiver**. The SDQ is targeted at children aged 4-17 years of age. There is a modified SDQ for children who are 2-4 years of age. Please make sure you choose the right version (i.e. ask the parents' how old their children are before you administer it).

All versions of the SDQ assess about 25 attributes, some positive and others negative. These 25 items are divided between 5 scales: emotional symptoms, conduct problems, hyperactivity/inattention, peer relationship problems, and prosocial behaviour. The SDQ also has specific 'post intervention' questionnaires. In conjunction, these two SDQ questionnaires can be used to evaluate specific interventions, such as parenting groups.

SDQ resources can be accessed [here](#). There is also a computerised scoring and report writing program for the SDQ. If you are interested in this please click this link/ email: [youthinmind@gmail.com](mailto:youthinmind@gmail.com).

### ***The Parenting Scale***

The Parenting Scale **measures dysfunctional discipline practices in parents**. It is a 30-item, **self-report scale** that looks at: laxness which is permissive, inconsistent discipline; over-reactivity which is harsh, emotional, authoritarian discipline and irritability; and hostility which is the use of verbal or physical force.

All 30 items are scored on a 7 point scale, with low scores indicating good parenting and high scores indicating dysfunctional parenting. The recommended clinical cut-off scores for each subscale are different for mothers and fathers. The scale can be downloaded [here](#).

***What has been your experience of using these questionnaires?  
Do you use them frequently, infrequently or not at all?***

**TRIPLE P RESEARCH SNAP SHOT:**

***DO PARENTS OF OBESE CHILDREN USE INEFFECTIVE PARENTING STRATEGIES?***

*Morawska, A and West, F (2012) conducted a study to clarify the relationship between ineffective parenting styles and the development and maintenance of childhood obesity. The study concluded that there may be a link between parenting styles and childhood obesity but more research needs to be done.*

*This article can be accessed [here](#).*

**The researchers found that:**

In comparison to parents of healthy weight children, parents of obese children:

- used different disciplinary practices;
- used fewer health promoting strategies;
- lacked confidence in managing children’s lifestyle behaviours; and
- were more likely to be obese or overweight themselves.



Also, in comparison to healthy weight children, it was found that obese children had a higher incidence of had challenging behaviours, social problems, and emotional symptoms.

The study shows that parenting and family functioning may impact upon the development and maintenance of childhood obesity. It concludes that strategies to address the ineffective parenting strategies may assist in reducing childhood obesity.

***Do you have programs that address childhood obesity? Are the strategies effective?***

***Further research articles about Triple P can be accessed [here](#).***

***(Including free access to full articles).***

**SERVICE SNAP SHOT:  
NGALLU WAL  
ABORIGINAL CHILD & FAMILY CENTRE**

**Who are you?**

We are a child, family and community service. We integrate child care with community based programs. Our focus is Aboriginal children who are 0-4yrs of age. This includes their families and community who live with in the Blacktown Local Government Area.

**What do you do deliver?**

We provide long day care and occasional care for children 0-6 years of age. In our community centre NSW Health services runs a baby drop in clinic and an immunisation clinic. We also have a Women’s group, sewing group, computer classes run by TAFE, an Elders group, a Kids club, and a homework help for primary age. In summary we aim to be a one stop shop for Aboriginal Families who live in the Blacktown LGA.

**Want to learn more or to refer?**

Please call us! Our child care number is **9671 5890** and our community centre phone number is **9672 4173**.

**SHARE YOUR STORIES**

Why not share one of your stories about the things you are doing well or things you have learnt while delivering Triple P.

We would love to hear about it and it may just help other practitioners experiencing the same thing!

Would you like to see something included in the newsletter?

Email: [sharmilaf@fwt dp.org.au](mailto:sharmilaf@fwt dp.org.au)

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