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Ontario Network

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# Triple P Ontario Conference 2018

Courtyard Marriott Toronto Downtown  
Toronto, ON  
November 27-29, 2018

# Conference at a Glance

## November 27 *Tuesday Evening*

- 4:00PM Conference Registration Begins  
7:00PM [Prof. Matt Sanders Master Class](#)  
8:30PM **Welcome Social** *Sponsored by Algoma Family Services, Open to all Registrants*
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## November 28

- 7:30 Buffet Breakfast  
8:20 [Welcome](#)  
8:30 [Keynote by Professor Matt Sanders, Sponsored by Triple P in York Region](#)  
10:00 Break  
10:15 [Time to Shine! Veronika Manning & Danielle Bobinski](#)  
10:30 Workshops  
**A** - Triple P in Frontline Child Protection & Adapting Groups to Better Meet High Needs Families  
**B** - Your Organization and Online Learning with Parents  
**C** - Life with Kids is Messy and that's OK! Navigating the Use of Social Media to Support and Reach Parents  
**D** - Handling Challenging Workshop and Discussion Groups with Tact and Diplomacy  
12:00 Lunch  
1:00 [Keynote Research Presentations by Dr. Shawna Lee and Dr. Marie-Hélène Gagné](#)  
2:45 Break  
3:00 - Workshops  
4:30 **D** - Handling Challenging Workshop and Discussion Groups with Tact and Diplomacy  
**E** - Delivering Triple P in a Culturally Safe Manner in First Nations Communities  
**F** - Flexibility & Fidelity in the Delivery of Triple P  
7-8:30PM Shelley Marshall in Hold Mommy's Cigarette  
8:30 **Private Reception** with Matt, Shelley and All Keynote Speakers
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## November 29

- 7:30 Buffet Breakfast  
8:30 [Keynote by Dr. Christopher Mushquash, Sponsored by Lawson Foundation](#)  
10:00 Break  
10:15 [Time to Shine! Tammy Drazilov & Nesreen Elkord](#)  
10:30 Workshops  
**E** - Delivering Triple P in a Culturally Safe Manner in First Nations Communities  
**F** - Flexibility & Fidelity in the Delivery of Triple P  
**G** - Implementing Research in Practice - Reflections on the PECE Research Study / The Effects of Triple P on the Confidence of Early Childhood Education Students  
**H** - A Clinical Interpretation Chart of the Parenting Scale for Children  
Noon Lunch  
12:45 [Time to Shine! Tina Kinmond](#)  
1:00 [Keynote Dr. Susan Hopkins, Sponsored by Triple P of Hastings & Prince Edward County](#)  
2:30 **End of conference**

# Welcome

A warm welcome to all of you! Toronto, Ontario is the location of our 3rd conference organized to support delivery of quality parent education programs in Ontario. Triple P came to Ontario in 2005 and since then, has been selected as the program of choice for delivery of established and effective interventions for parents by many organizations with over 3,000 trained practitioners delivering programs.

The number of parents accessing Triple P is growing each year. The Ontario Triple P Network is working hard to ensure agencies and practitioners receive the support they need to sustain quality delivery.

With people attending from all across Canada and farther, this is a tremendous opportunity for experienced and new practitioners to learn, network and more importantly, share their successes. The workshops will not only help build Triple P delivery skills and knowledge but will help in thinking about how Triple P fits with all parents – from newcomers and Indigenous families to daycare settings. Each workshop is directed at further sustaining delivery in communities across the province and beyond.

Those who attended the conference in the Sault Ste. Marie left with many great memories, an abundance of knowledge and some new collaborations. We want you to enjoy these same experiences once again!

*Julie K. London and Jackie Lajoie, Co-Chairs of Triple P Ontario Network*

## 2018 Conference Committee

Brenda Clarke (Sault Ste. Marie)  
Gail Hamelin (TPI)  
Jackie Lajoie (Sault Ste. Marie)  
Joni Nelson (Thunder Bay)  
Julie K. London (HPE / York Regions)  
Shawna Lee (TPI)  
Sherry Beaton (Sault Ste. Marie)  
Wilma Kleynendorst (Thunder Bay)



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# Registration

Fee Option	Cost
Early Bird Two Day Conference Pass (deadline Nov. 6)	\$575
Two Day Conference Pass	\$625
Master Class - Included with Two Day Pass	\$50
Private Reception ( <i>limit 75</i> )	\$75
10% Discount available to five or more registering from <b>one</b> agency	

## Register NOW!

Register [now](#) using the online form. All confirmations will be sent by email so please ensure that your email address is correct. Registration includes breakfast, breaks and lunch.

**Registrations may not be shared.** Registration is available up to the first day of the conference.

**Master Class by Prof. Matt Sanders** - Available only to Triple P trained practitioners. Cost is included in two day pass. This class can be purchased as a stand alone.

**Cancellation Policy** - No refunds will be granted. A replacement can be identified by the registrant provided you forward details in email to [jlajoie@ssmic.com](mailto:jlajoie@ssmic.com)

# Travel and Accommodations

The conference is being held at the Downtown Courtyard Marriott on Yonge Street in Toronto. Close to exciting shopping, theaters and amazing restaurants, this newly renovated property with many amenities is the perfect location for the conference. Updated accommodations feature cozy reading chairs, mini-refrigerators, large windows, ample desks and free Wi-Fi. Many rooms benefit from sleeper sofas and balconies with views of Toronto.

Fly into Pearson or Billy Bishop airport. Catch a cab from Billy Bishop or the free shuttle that will take you to the Royal York Hotel which is right across the street from Union Station. From Pearson, catch the Union Person Express to downtown for only \$12.40 one way. Once at Union Station, take the TTC Subway #1 Northbound to College, walk up towards the Shoppers Drug Mart and the hotel is just past it at the corner. Catching a cab from either airport is also another option..

To book your reservation use the booking link under Venue on the website, call 1-416-924-0611 or use this [link](#) to book your room. Conference pricing in effect until October 30, 2018.

# Master Class

## Enhancing the Impact of Delivering Triple P

In this unique Masterclass event, delegates will learn directly from Prof. Sanders who will devote the entire session to exploring how the Triple P system can be applied creatively to enhance clinical outcomes with a range of different populations of parents and children. The challenges and possible solutions of using a self-regulation framework when parents appear to have limited self-regulatory capability will also be addressed.

*\*\*For any Triple P Practitioners not registered for the conference, a registration fee of \$50 will apply.*

## Community Event

Join us on Wednesday evening for the one-woman play, *Hold Mommy's Cigarette*, a performance that has gained national attention and earned multiple awards including the Gold award for Best Theatre Production (View Magazine) and Best New Discovery (Now Magazine)..

Shelley Marshall has inspired thousands of people as a public speaker, actor, comedienne, writer and producer. A graduate of Second City, Shelley uses comedy and creativity to tell her story.

As hilarious as it is heartfelt, *Hold Mommy's Cigarette* is an autobiographical play detailing Shelley's own personal struggle with mental illness, the suicide of her father, her own suicide attempt and her remarkable journey of the darkness of depression into a life of purpose, happiness and success.

Shelley's performance is an honest and unbridled story that brings awareness to mental illness and inspires dialogue about stigma and the importance of finding real solution to mental health issues.

This performance is suitable for adult audiences. For more information about Shelley, the show and for the public to purchase tickets visit [www.holdmommiscigarette.com/bio](http://www.holdmommiscigarette.com/bio)

Admission to this event is included in the registration fee for conference participants.

## Time to Shine!

Similar to TedTALKS, Triple P Style! Please join us in the main ballroom after morning and afternoon breaks for the "Time To Shine Talks". Your fellow practitioners will tell you a story worth sharing. These stories will show resourcefulness, creativity and innovations using Triple P.

*Laura Meisner*, Children's Centre Thunder Bay & *Danielle Bobinski*, Dilico. These two agencies collaborated to offer a Level 4 Full Day Triple P Group. Laura and Danielle will explain how the format worked in bridging the gap between parenting challenges and bringing home Triple P strategies  
*Tammy Drazilov & Nesreen Elkord*, Hôtel-Dieu Grace Healthcare. Tammy and Nesreen will describe the systematic, evidenced based process used to culturally adapt some delivery approaches for Arab newcomers to Windsor/Essex, while still maintaining the fidelity and impact of the original Triple P program.

*Tina Kinmond*, EarlyOn lead Family Space Quinte Inc. Tina will share her journey to successfully implementing Triple P into a men's medium security federal correctional institution.

# Keynotes



## Prof. Matt Sanders

### Keynote - Triple P as a Comprehensive Community-Wide Approach

Positive parenting has enormous potential to transform the lives of children, parents and communities. Parents' capacity for self-regulation influences many aspects of family life including how parents interact with their children, their use of positive parenting skills, avoidance of coercive parenting practices, mental health, managing their own emotions, and their relationships with partners, extended family and at work. Parenting programs such as Triple P seek to promote parents' capacity to self-regulate and parents, in turn, are taught skills that promote children's capacity to self-regulate their behavior and emotions and their relational competency. This presentation explores how the enhancing the self-regulation capacities and relational competence of parents and children affects the broader community. New directions for research and development of Triple P are discussed, along with implications for policy and practice.

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## Dr. Susan Hopkins

### Keynote -Self-Reg is Not Just for Kids: The Importance of Adult Self-Reg

Decades of research have shown that self-regulation is a key factor affecting behaviour, mood, cognition and social functioning in children and adults. According to Dr. Stuart Shanker (D. Phil.), enhancing self-regulation is primarily about understanding how stress affects people and what we can do to help children (and ourselves) understand, recognize and manage various kinds of stressors. In this presentation, Dr. Susan Hopkins, Executive Director of The MEHRIT Centre will cover:

- the impact of an excessive stress load on energy, mood and behaviour of parents and children
- the impact of parent stress on children and parenting
- Shanker Self-Reg®, a framework and method, for understanding and managing stress, tension and energy in order to enhance self-regulation across five domains of functioning (biological, emotion, cognitive, social and prosocial)
- the difference between self-regulation and self-control
- the difference between stress behaviour and misbehaviour
- how Self-Reg can help moms and fathers attain and maintain positive mood and energy levels that support effective parenting and parent/child relationships
- how Self-Reg can enhance and complement the effectiveness of parent education programs

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## Dr. Christopher Mushquash

### **Keynote - Pursuing Parenting Interventions that Align with Cultural Values**

The Truth and Reconciliation Final Report (2015) included the need for culturally relevant parenting programs within First Nations communities among the 94 Calls to Action. However, despite the need, there are few examples of how to go about developing such programs. Further, there are key issues requiring consideration (e.g., trauma) that do not typically feature in evidence-based parenting programs. In this presentation, Dr. Mushquash will discuss the importance of pursuing parenting intervention models that align with cultural values, and describe examples of potential approaches for consideration.

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## Dr. Shawna Lee

### **Research Overview: Positive Early Childhood Education Program (PECE)**

While there are a variety of programs and techniques that have been developed to support and address challenges with children's behaviour in early learning and care settings, few studies have focused on the effectiveness and implementation of such approaches with fidelity. Dr. Lee's discussion examines transitioning the use of strategies which support children's mental health in family environments, for use in educational settings. Insight on the significance of mental health prevention and intervention in early learning contexts, and the rationale for integrating strategies from evidence based parenting intervention programs into early learning and care systems are provided.



## Dr. Marie-Hélène Gagné

### **Research Overview: Quebec Triple P Trial: Processes, Outcomes and Lessons Learned**

Since January 2015, a continuum of Triple P services covering all five levels of the Triple P system is offered to parents of 0-12 year-old children in Quebec. At first, it was experimented in two communities, but it has been spilling-over since. This project was initiated by a university-community partnership dedicated to the prevention of child maltreatment. In each community, a local coalition of public primary care and child welfare agencies, primary schools, child daycare centres, and non-profit community organizations delivered Triple P Seminars, Primary Care, Group Triple P, and Pathways. The initiative also included a local social marketing campaign (flyers, posters, website). An extensive research trial assessed implementation processes and program effectiveness at both the family-level and the community-level. This presentation will describe the initiative and present various findings on implementation process, reach, and short-term effects on families. The presentation will end on the lessons learned from this whole adventure.

# Workshops

## ***Triple P in Frontline Child Protection & Adapting Groups to Better Meet High Needs Families***

**Christine Steer**, Child Protection Worker (CAS) / Triple P Coordinator (Healthy Families Coalition of Eastern Ontario)

Since 2009, the Children's Aid Society of the United Counties of Stormont, Dundas and Glengarry has adopted Triple P as one of the main component of our service delivery model in both the prevention and mitigation of child protection concerns, as well as in our ongoing support of the children and families we serve. Our Child Protection Workers in all departments as well as our Child and Family Workers (Child and Youth Care Workers) have been trained in a variety of Triple P programs and levels in order to be able to introduce and implement the program philosophies at an appropriate level as early as possible during our intervention with a family. Given the nature of child protection work, the clients we serve at times represent some of our more vulnerable families in the community. Over the years, the Society has worked closely with other community partners as a member of the Healthy Families Coalition of Eastern Ontario to ensure that Triple P is accessible and its benefits could be recognized by these families as well. While always maintaining the fidelity of Triple P, these specialized programs have provided the flexibility required for our practitioners to reach and successfully offer Triple P to these families along with all members of our community.

## ***Your Organization and Online Learning with Parents***

**Gail Hamelin**, Triple P Implementation Consultant

The availability of Triple P Online programs present organizations with an opportunity to further reduce barriers for parents to participate in parent education. This workshop will give participants a deeper understanding of the Triple P Online programs and strategies for integrating TPOL into existing services systems. Tools to equip staff with the information they need to effectively engage with and support parents with online learning will be shared in addition to research about the effectiveness of TPOL

## ***Handling Challenging Workshop and Discussion Groups with Tact and Diplomacy***

**Judy Baillie & Debbie Eberth**, EarlyON Educators, Brant

In our daily professional lives we connect with parents, staff and community service providers all of whom bring unique personalities into the mix. We often find ourselves trying to deal with irate, concerned or overly chatty participants who dominate our Triple P presentations. This can leave us feeling that we do not have the skills necessary to handle the challenges that just "come with the territory". In this presentation that includes a workshop booklet, we will look at various personality types, assertiveness skills, handling chatty participants and conflict management strategies. The goal is to help you set the stage for positive learning opportunities that support everybody and leave you feeling more confident that you can handle the confrontations that are sure to pop up.

## ***Life with Kids is Messy and that's OK! Navigating the Use of Social Media to Support and Reach Parents***

**Gwen Bennett & Natalie Riewe**, Simcoe Muskoka District Health Unit

This workshop will describe how social media was used to reach parents to: normalize parenting challenges, seek parenting education and increase awareness of local supports. Participants will have opportunities to:

- reflect on the needs of parents in their own communities,
- consider steps to support inclusive planning,
- learn how social media can be used to reach and support families and,
- understand how social media metrics can be used to evaluate campaign objectives.

The rationale and health promotion theories behind choosing platforms and developing content that reaches parents including: Facebook, Google search & display ads, Word Press, you tube as well as more traditional tools like website, radio and print advertising will be presented. Participants will learn how parent response and reactions influenced the implementation of the Life with Kids is Messy campaigns and the importance of working with community partners to in the development and implementation stages.

## ***Delivering Triple P in a Culturally Safe Manner in First Nations Communities***

**Crystal McLeod & Wilma Kleynendorst**, Children's Mental Health Services at Dilico Anishinabek Family Care,

**Michelle Anderson**, NIL TU,O Child and Family Services

A core value in delivering Triple P Programs in First Nations communities is to offer support in a culturally safe manner that incorporates the values and teachings of the community. In delivering Triple P services in Indigenous communities trust, respect and/or literacy issues can get in the way of parents benefiting from the program. At Dilico Anishinabek Family Care, all staff are trained to work with Indigenous parents in a culturally safe way. We will describe this staff training and share the strategies we employ in the delivery of Triple P to tailor our service delivery to the Indigenous population of Northwestern Ontario including the use of ceremony and land-based activities, adaptations to program delivery, and strategies that ensure service is delivered through a trauma lens

Michelle will describe some of the ways that have involved family members in services, by the collective preparation of a meal prior to group. Literacy issues have been addressed by inviting other family members to read and explain chapters in the workbook. In addition, she has developed flashcards that reduce the reliance on written material and allow her to cover the material in a game-like way. She will explain how to pace sessions to match group needs and how to ensure that services are sensitive to trauma.

## ***Flexibility and Fidelity in the Delivery of Triple P***

**Peggy Govers**, Deputy Head of Training (Canada) and Implementation Consultant, **Dr. Catherine M. Lee**, University of Ottawa,

Flexibility is recognized as a key component in the successful delivery of Triple P in a wide range of cultures and contexts. Selection of adjustments to delivery processes and explanations of content are based on assessment of unique client circumstances, but how is integrity of the evidence-based program then maintained? Practitioner development sessions provide individuals with knowledge of the essential content and sequence to deliver Triple P with fidelity, and practitioners are a sound source of information that enable them to tailor the delivery of Triple P to best meet the needs of the parents with whom they are working. This interactive presentation will address features of Triple P that support flexible delivery and tools that are in development to support decision-making and evaluation of adjustments to delivery to better enable communication (reporting and sharing) about flexibility in practice.

## ***An Interpretation Chart of the Parenting Scale for Children***

**Josée Patenaude**, Triple P Coordinator, Valoris for Children and Adults of Prescott-Russell

This workshop will present a clinical Interpretation Chart of the Parenting Scale for children. This Chart was developed by the presenter. It has been used by many practitioners over the past five years and has been shown to be helpful to present the results to parents. This Chart does not only present the three main categories Laxness, over reactivity and Hostility, but 8 different combination results. Each combination comes with a description of a parenting style and some discussion points to explore with the parent. Furthermore, some specific examples of Goals for Change were developed for each of these 8 combinations to maximize parental success and therefore, target more change in the pre and post-tests results.

*Available in English and French*

## ***Implementing Research in Practice- Reflections on the Positive Early Childhood Education Program Research Study***

**Melissa Lee, Cheyenne Scarlett, Mona Ahmadi**, Triple P Practitioner and Co-Researcher for the Positive Early Childhood Education Program

Triple P has proven over many years, in many countries, its effectiveness as a parenting support program. As we recognize that children's development is influenced by their environment beyond the immediate family, we began to consider the role of Early Childhood Educators (ECEs). The Positive Early Childhood Education (PECE) program has been created to support the needs of caregivers in early learning settings through intervention and prevention. The program combines previously used Triple P strategies that have proven effective within the family context, and some new strategies specific to implementation in early learning settings. A multi-agency partnership was created between Seneca College, York Region Early Intervention Services and Kinark Child and Family Services as they came together to implement this new branch of Triple P within the community of York Region. This mixed-method research study sought to measure the effectiveness of the PECE program by examining educator-child relationships and child behaviours before and after staff completed the PECE training. Data was collected from childcare centre staff through observation, interviews and surveys. In this presentation, key qualitative and quantitative findings from the participants will be shared. Implementation strengths, challenges and consideration for future trials will also be discussed.

***followed by...***

## ***The Effects of Triple P on the Confidence of Early Childhood Education Students***

**Mona Ahmadi**, Student and Researcher in the Bachelor of Child Development Program

In Ontario, professionals participate in a two-year diploma program to learn about child development and become Early Childhood Educators (ECEs). Studies have shown that burnout in early learning settings is prevalent as educators are overwhelmed when working with children's behavior that is experienced as challenging. This may cause educators to feel a loss of confidence in their ability to manage behaviour within childcare settings. The Positive Early Childhood Education (PECE) program was designed to support the needs of educators in childcare settings. As we implemented the PECE program, we recognized the importance of supporting educators before they enter the workforce. A mixed-method study was completed which sought to examine the confidence and competence of second-semester ECE diploma program students before and after completing the PECE program. This presentation will examine the results of data collected through student surveys and interviews as well as offer considerations for program implementation in the future. The findings of this research may aid in the development of diploma course content to support educators in feeling more confident managing and preventing the behaviors they experience to be challenging in childcare settings. Considerations for future trials will be discussed as we contemplate the significance of teaching students skills to feel more effective in supporting children's mental well-being within the community.

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