Triple P Inside Out: Group Triple P in a Womens Prison

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Overview

- My background
- Outline of the Triple P Programme delivered
- Practical challenges of working in a prison
- Group challenges
- Fidelity versus flexibility
- Outcomes
- Future directions
My Background

- I have worked as a Clinical Psychologist for 25 years
- I previously worked for CYFS Specialist Services for 15 years
- I have been a Triple P practitioner for 3 years
- I have undertaken Triple P with clients referred from CYFS, IBS, IWS, Probation & Corrections
Outline of Group Programme

4 session programme:

2. Promoting Children’s Development.
4. Planned Activities Routine, Questionnaires & a brief interview.
Practical Challenges Working in a Prison

- Getting into the prison
- Referral process
- Maintaining a group
- Safety issues
Group Issues

- Disparate client needs & experiences
- Inter-personal issues
- Emotional challenges
- Limited opportunities to implement
Relevance of Questionnaires
Lack of opportunity for participants to implement during the programme
Focus on how to use skills in current situation
Focus on how to maintain relationships with children while still in prison
Focus on how to reintegrate into the family upon release
Focus on impact of violence
Use of brief interviews & reports
Outcome

- No research undertaken or post release follow-up
- Generally very positive questionnaire results
- Strong anecdotal evidence of positive impact
- General wellbeing improved
- Positive self view
- Self efficacy
- Positive impact on ideas about reoffending
Future Directions

- Complex work which requires skilled practitioners
- More extensive & collaborative referral process
- Extension of programmes offered including Teen & Level 5 Triple P programmes
- Development of more relevant questionnaires, including impact on offending behaviour
- Expansion to be able to do full Triple P programme
- Would require cooperation of Corrections & Probation & possibly CYFS
- Research on wider impact of Triple P outcomes in this setting
Case Example
Case example continued