

Celebrating 25 years

Parenting and Family Support Centre
School of Psychology
Strategic Plan 2022-2026



Director's statement



The Parenting and Family Support Centre (PFSC) leadership team is excited to deliver this transformative strategic plan to guide the centre's development and innovation over the next five years.

The plan builds on 25 years of research and innovation that created the Triple P—Positive Parenting Program (Triple P). This unique multilevel system of evidence-based parenting support is the PFSC's flagship commercialised program. It's the world's most extensively studied and widely disseminated evidence-based parenting intervention.

Our 10-point plan summarises major shifts needed to ensure UQ remains a world leader in evidence-based parenting and family intervention development and research. These include ensuring all Triple P interventions and resources for children, parents, practitioners, trainers, and agencies are available online for flexible delivery options.

Triple P is used in many diverse cultural contexts around the world, however adaptations are required to ensure the most vulnerable and socially disadvantaged parents can access these programs.

Parents and health professionals across a range of backgrounds and cultures including Aboriginal and Torres Strait Islanders, are regularly consulted to develop and tailor Triple P for diverse requirements. One of

our priorities is to recruit early career Indigenous researchers to continue this work across parenting studies, family psychology, and prevention science.

Our Place, Our Future is a new program direction that will focus on developing and testing a new online intervention focused on the promotion of ecologically sustainable patterns of family living. This initiative is linked to the United Nations Sustainable Development Goals.

Another priority is to build capacity to conduct economic analyses for all new interventions including enhanced end-user and consumer engagement, and clear policy relevance.

The PFSC Strategic Plan (2022-2026) brings together expertise across UQ providing multiple opportunities for interdisciplinary collaboration, partnerships with industry and State and Federal Government, and international collaboration. It also importantly provides enhanced learning opportunities for the next generation of higher degree and early career researchers to revolutionise the PFSC's life changing programs.

“Ensuring UQ remains a world leader in evidence-based parenting and family intervention development and research.”

A handwritten signature in black ink, appearing to read 'Matthew Sanders'.

Professor Matthew R. Sanders
AO, PhD

Acknowledgement of Country

The Parenting and Family Support Centre (PFSC) at The University of Queensland acknowledges the Traditional Owners and their custodianship of the lands on which the PFSC operates. We pay our respects to their Ancestors and their Descendants, who continue cultural and spiritual connections to Country. We recognise their valuable contributions to Australian and global society.

Achievements at a glance



Innovation

165

Triple P professional resources and 117 translated resources

10

Program delivery modalities

20

Discrete parenting/family interventions

2

Successful ARC Centres of Excellence bids



Policy impact

95

PFSC publications cited in policy documents

268

Mentions in policy documents

5

Australian statewide implementations of Triple P



Research impact

590

Scientific publications authored by PFSC researchers 1996-2021

5,879

Average citation count of PFSC researchers (range 462-33,280), with h indexes 9-89

32%

Of publications involve international collaboration

240

Psychology graduates employed by Triple P International

\$18.9M

In grant funding

4+

HDR completions/year



Social impact

98,000

Trained providers

9,600

Training courses conducted

30

Countries where training has been conducted

7M

Estimated families accessing Triple P worldwide

58

Countries where Triple P trained providers reside

500,000

Queensland parents accessing Triple P in 5 years

813,734

Unique visitors to Triple P websites in the last 12 months

9:1

Cost benefit ratio=\$9 cost offset for every \$1 invested in Triple P implementation

Ongoing projects

Epidemiology of childhood social, emotional, behavioural and developmental issues

- Physical activity habits with young children in Australia
- The 'Prem-STARS' Program survey: Assessing needs and preferences of parents of very preterm children around the transition to school

Parenting and families across the lifespan

- Intergenerational co-parenting in Vietnam
- Parent attitudes and practices, gender role stereotypes and child preferences
- Supporting families in the context of adverse childhood experiences

Parenting across cultures

- Aboriginal and Torres Strait Islander Positive Parenting Collaborative Project: A community-led parenting support initiative
- Efficacy of Triple P in the context of Pakistani orphanages
- Indigenous parent wellbeing: Implications for early intervention parenting programs in Indigenous communities
- Promoting positive parenting and child and family wellbeing through Indigenous community services

Parenting in low resource environments

- Efficacy of parenting intervention for perinatal depression and infant developmental outcomes in a resource-constrained setting: Baby Triple P
- Family Life Skills Triple P pilot evaluation
- Raising children in healthy environments in India: Exploring 'Familial Agency' to mitigate the negative impact of environmental impoverishment

Living and learning environments

- The Alliance of Parents and Teachers (APT) Project
- Women's energy entrepreneurship and empowerment in remote Papua New Guinea

Parenting children with complex needs

- Change in quality of life 6 months after the implementation of sapropterin therapy: A mixed methods study
- Just how impactful? Evaluating parenting behaviours and parental self-efficacy as a function of child behavioural and emotional difficulties

Population-based approaches to parenting support

- Every family: The Australian Triple P system population trial will examine the effects of enhanced parenting support on multiple indicators of community disadvantage
- Bridging the gap between parents and parenting interventions: A model of initial parental engagement
- Mental health of young people with developmental disabilities: The Stepping Stones Triple P project

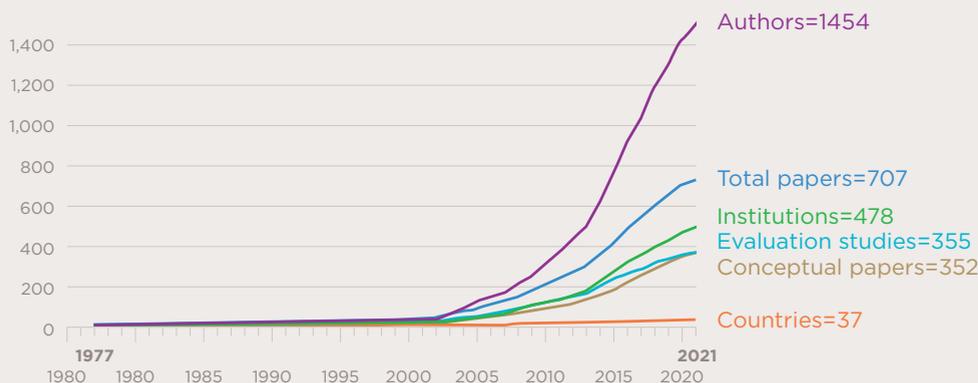
Use of technology to promote change

- Can an online parenting intervention improve outcomes for children with a chronic health condition? A pilot study
- Effectiveness of a low intensity online parent oral health self-efficacy intervention in improving tooth brushing practices of young children
- Engaging parents in online interventions for their child's behaviour problems by using action planning
- Evaluation of the Play Well Triple P online program promoting positive parenting in children's sport

Community engagement and implementation science

- Predicting the sustained implementation of an evidence-based parenting program with practitioner, organisation and program-related variables
- The impact of evidence-based parenting support in the real world

Growth in Triple P Research Output



Globally, Triple P research has been published by

1,454 authors from

478 institutions in

37 countries

Strategic plan

The PFSC Strategic Plan sets out ten strategic objectives, each tied to key outcomes, required resources and valued current and potential future partners. Actions encompass activities around policies, systems, staff and student development, investment and research communications.



VISION

Innovation to create a world where children, families and communities thrive



MISSION

To create a better world where parents, families and communities are empowered to create safe, caring, nurturing environments throughout the lifespan



WHAT WE
WILL DO

Redesign the Triple P system

Focus on living in a digital universe

Create and test a system of digital professional training

Enhance equity of access to evidence-based parenting support

Focus on Indigenous research team development

Enhance knowledge sharing and engagement

Focus on sustainable living

Explore the economics of evidence-based parenting support

Increase end-user and consumer engagement

Policy advocacy

Partner with us

Whether as a student, researcher, potential research partner or donor, there are many ways you can be a part of the Parenting and Family Support Centre's future and help us create change.

For more information,
please contact

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