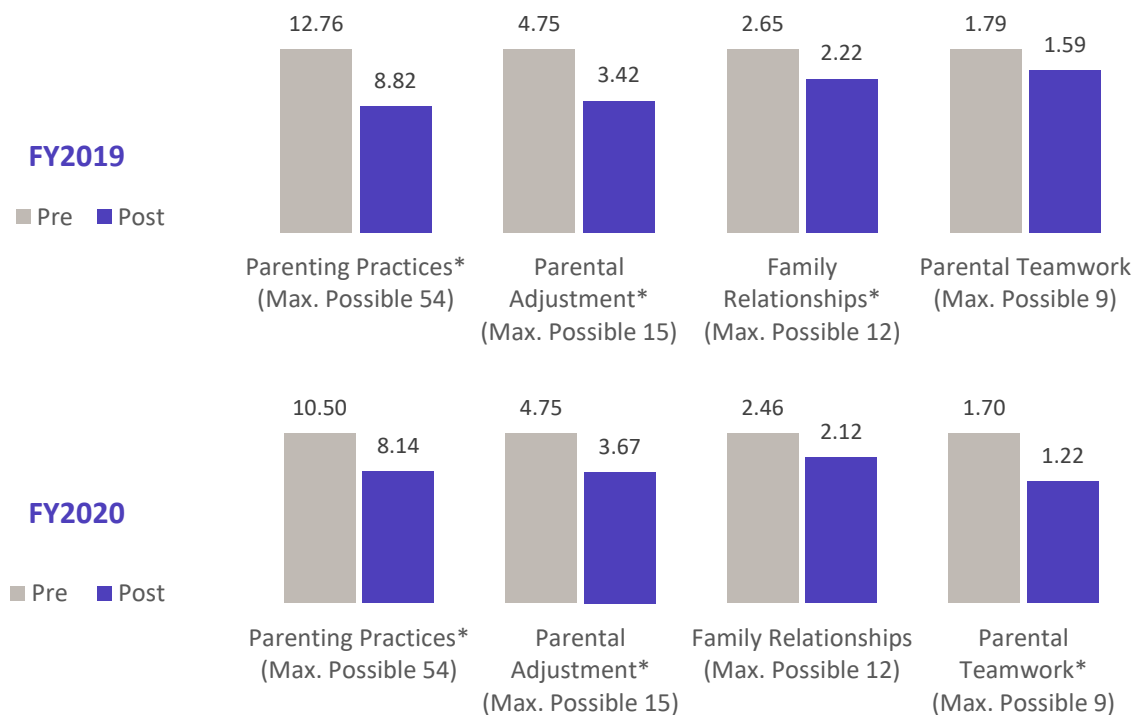


for complete demographic details of participants who completed both assessments for each fiscal year.

Two programs provided Triple P services between July 2018 and June 2020: Interface Children and Family Services and New Dawn Counseling. New Dawn served most participants (65%) who completed a pre- and post-assessment. Appendix 3 describes pre- and post-assessment scores by contractor for each year.

Finding 1: Participants reported consistent, positive changes in parenting skills across both years of the program. As shown below (Exhibit 1), average scores for each scale decreased each year, demonstrating improvement (somewhat counterintuitively, lower scores on the PAFAS scales demonstrate stronger practices and relationships).³ All improvements were statistically significant except FY2019 *Parental Teamwork* and FY2020 *Family Relationships* scales.

Exhibit 1: Average Score Changes Suggest Improved Practices

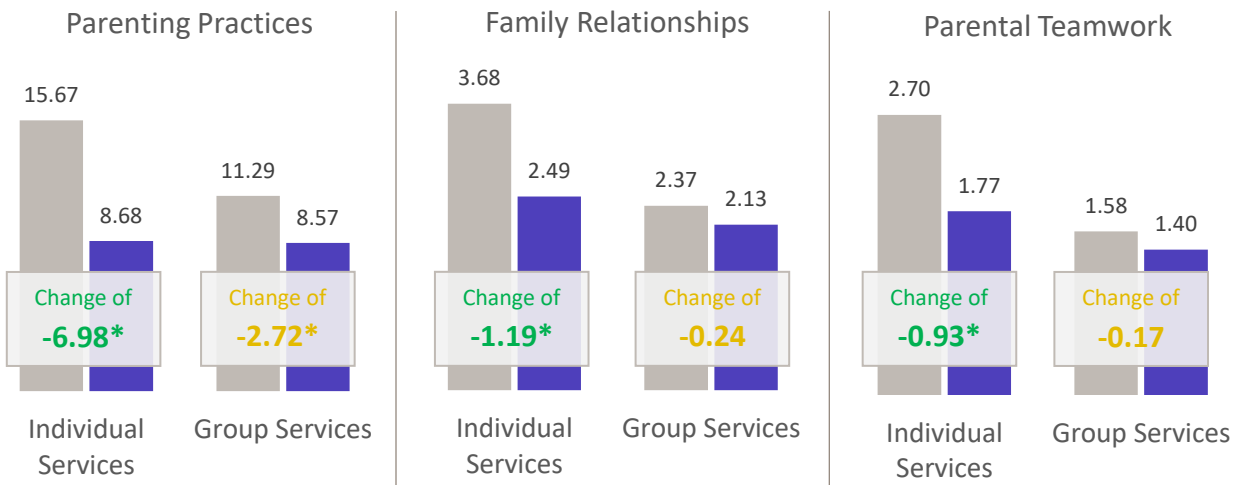


*Statistically significant decrease in scores from pre- to post-assessments ($p < 0.03$).

³ Scale items are scored on a Likert scale from 0 to 3. After reverse scoring items as indicated in the PAFAS scoring key, we summed the Total Score for each scale. Because the number of items in each scale was not uniform, the possible range of Total Scores varied across the four scales. For example, *Parental Adjustment* has a possible range from 0 to 15 and *Parental Teamwork* has a possible range from 0 to 9.

Finding 2: Parents/caregivers who received *Level 4 and 5 Individual Services* showed greater improvement in parenting practices than participants who received only *Level 4 Group Services*.⁴ On average, participants who received Individual Services reported statistically significantly greater improvement in *Parenting Practices, Family Relationships, and Parental Teamwork* than those who did not participate in Individual Services, even when controlling for hours of service.⁵ For example, as shown below (Exhibit 2), post-assessment *Parenting Practices* scores among participants in Level 4 and 5 Individual Services decreased by almost seven points, compared to a change of less than three points among participants who did not receive Level 4 and 5 Individual Services. Though the trend was the same for the fourth scale, *Parental Adjustment*, the difference between the two groups was not significant.

Exhibit 2. Individual Services Participants Reported Stronger Growth



*Statistically significant change in scores from pre- to post-assessments ($p < 0.04$).

Finding 3: Differences in hours of participation were not consistently associated with differences in growth between pre- and post-assessment scores. Parents/caregivers who participated for more hours in Level 4 and/or 5 services reported greater improvement in parenting skills, though the difference was statistically significant for just two scales, *Parenting*

⁴ Among participants who completed both a pre- and post-assessment, 84% participated only in Level 4 Group Services, while 16% received Level 4 and 5 Individual Services. One quarter (25%) of Individual Services participants also participated in Group Services, but did not have significantly different scores from their peers who only participated in Individual Services.

⁵ This difference was not significant when looking only at FY2020 participants, likely because of the small sample size (just 7% of participants received Individual Services in FY2019-20).

Practice and Parental Teamwork.⁶ When controlling for participation in Level 4 and 5 Individual Services, participants with more hours of service reported statistically significantly greater improvement in only one scale, *Parental Teamwork*.

Finding 4: Gender, primary language, and race/ethnicity were not consistently associated with differences in growth between pre- and post-assessments. Neither a participant's gender, race/ethnicity, nor primary language was associated with differences in scores across any of the scales. However, post-assessment scores among parents/caregivers who received Triple P Level 4 and/or 5 services from Interface demonstrated statistically significantly greater growth in *Parenting Practices* and *Parental Teamwork* than participants receiving services from New Dawn, even when controlling for participation in Individual Services.

Conclusion

Participants' PAFAS scores suggest improved parenting practices, parent-child relationships, family adjustment, and family relationships over the course of their participation in Triple P Level 4 and 5 programming. Notably, the difference between pre- and post-assessment scores varied by the type of Triple P services received by the participants, with those participating in Individual Services showing the greatest improvement in PAFAS scores.

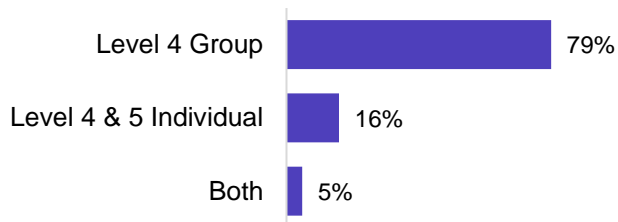
⁶ Significant at $p < .001$. FY2019 participants also reported significantly greater improvement in *Family Relationships* ($p = .005$).

Appendix 1-Participation of Parents/Caregivers Completing Pre- and Post-Assessments

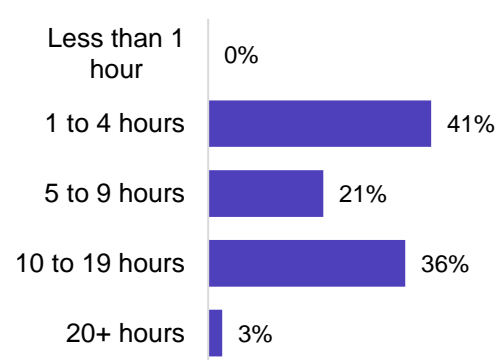
A. FY2019

In **FY2019**, of the 653 parents/caregivers who received Level 4 and/or Level 5 Triple P services, 36% completed both a pre- and a post-assessment (n=234); the average time between assessments was nine weeks during which participants received, on average, eight hours of service.

Type of Triple P Level 4/5 Service



Hours of Triple P Level 4/5 Service



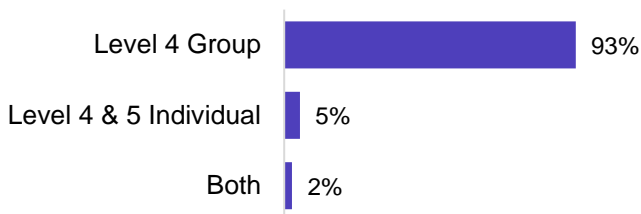
Participants by Contractor



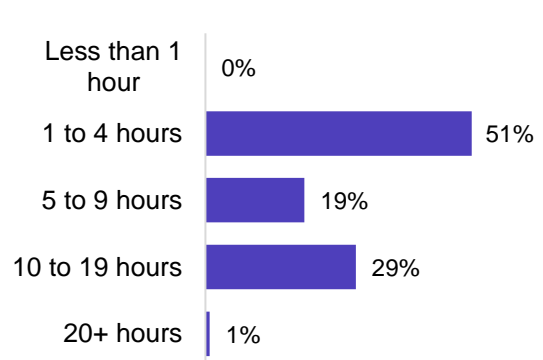
B. FY2020

In **FY2020**, of the 314 parents/caregivers who received services, 39% completed both a pre- and a post-assessment (n=121); the average time between assessments was eight weeks during which participants received, on average, six hours of service.

Type of Triple P Level 4/5 Service



Hours of Triple P Level 4/5 Service



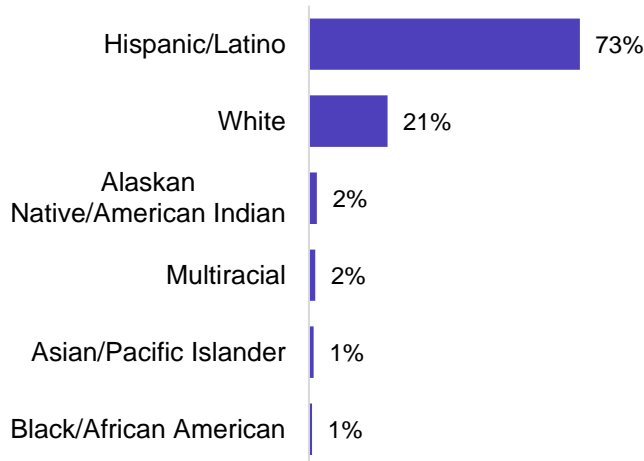
Participants by Contractor



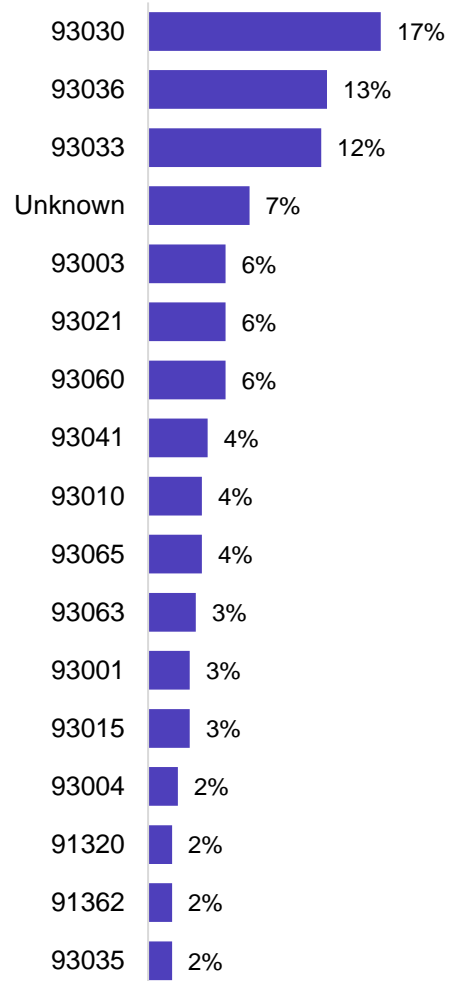
Appendix 2-Background of Parents/Caregivers Completing Pre- and Post-Assessments

A. FY2019 (n=234)

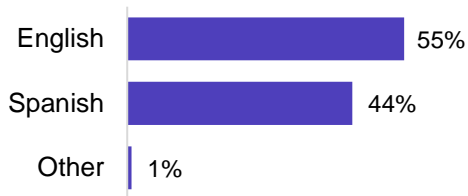
Race/Ethnicity



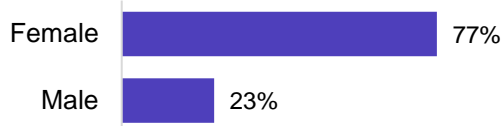
Zip Code of Residence*



Language



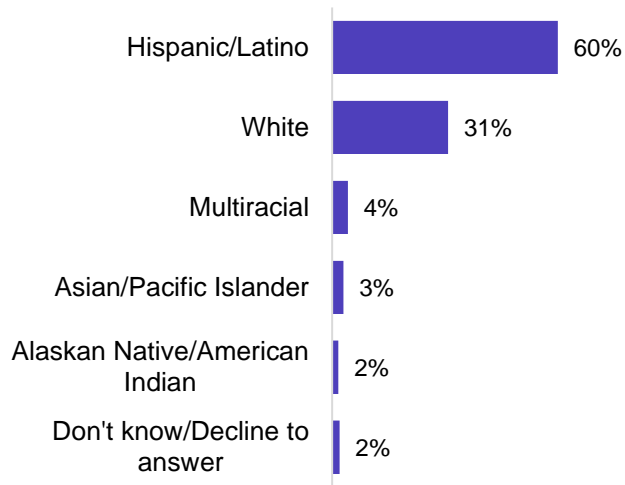
Gender



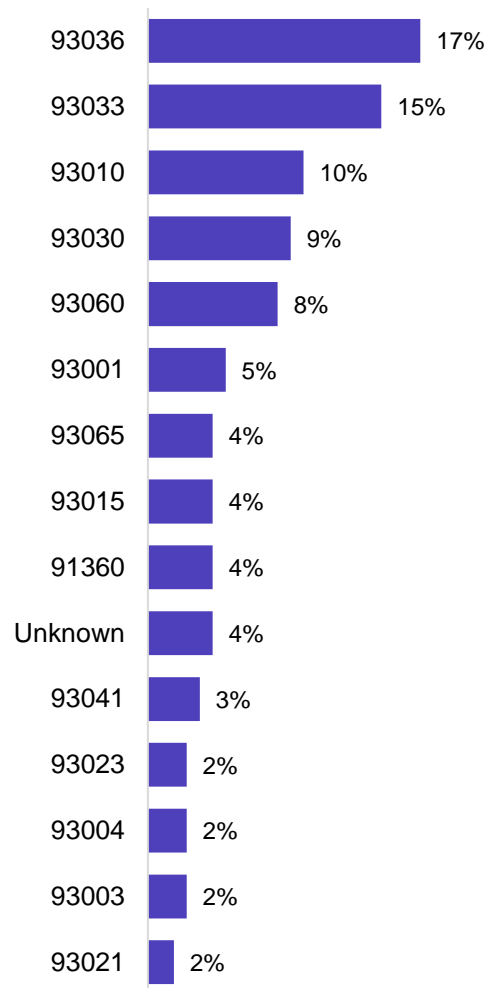
*Less than 1% resided in each of the following zip codes: 91344, 91360, 91361, 93011, 93013, 93020, 93034, 93040, 93062, 93012, and 93023.

B. FY2020 (n=121)

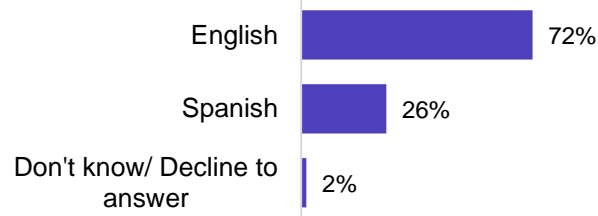
Race/Ethnicity



Zip Code of Residence*



Language



Gender



**Less than 1% resided in each of the following zip codes: 91320, 91361, 93006, 93012, 93022, 93035, 93063, and 93111.*

Appendix 3-Average Scale Scores by Contractor

A. FY2019 (n=243)

	Interface Triple P (n=82)			New Dawn (n=152)		
	Pre	Post	Change	Pre	Post	Change
Parenting Practices	12.85	7.66	5.20* <i>p</i> =.000	12.71	9.44	3.27* <i>p</i> =.000
Parental Adjustment	4.99	3.45	1.54* <i>p</i> =.000	4.63	3.41	1.22* <i>p</i> =.000
Family Relationships	2.99	2.26	0.73* <i>p</i> <.002	2.46	2.20	0.26 <i>p</i> =.176
Parental Teamwork	2.18	1.39	0.79* <i>p</i> <.003	1.57	1.69	-0.12 <i>p</i> =.563

* Statistically significant at *p* < .01

B. FY2020 (n=121)

	Interface Triple P (n=44)			New Dawn (n=77)		
	Pre	Post	Change	Pre	Post	Change
Parenting Practices	11.07	8.66	2.41* <i>p</i> =.007	10.18	7.84	2.34* <i>p</i> <.002
Parental Adjustment	4.80	4.25	0.55 <i>p</i> =.202	4.73	3.34	1.39* <i>p</i> <.001
Family Relationships	2.45	2.52	-0.07 <i>p</i> =.848	2.47	1.88	0.58* <i>p</i> <.03
Parental Teamwork	1.91	1.36	0.55 <i>p</i> =.087	1.58	1.14	0.44 <i>p</i> =.108

* Statistically significant at *p* < .03