

# DISASTER RECOVERY TRIPLE P

SUPPORTING FAMILY MENTAL HEALTH IN THE AFTERMATH OF EMERGENCY EVENTS

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*for every parent*

## DISCLOSURE

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## DURING AND AFTER EMERGENCIES

- Traumatic events can influence children's development
- The family environment impacts children's response to emergency events – positively and negatively
- Both parents and children are affected by these events, both immediately and over time

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## EMERGENCY RESPONSE

- Prevention & Mitigation
- Preparedness
- Response
- Recovery

## WHERE DO PARENTING SUPPORTS ALIGN WITH THIS MODEL?

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## TRIPLE P – POSITIVE PARENTING PROGRAM®

- Multi-level suite of family supports
- Delivered by multiple sectors, intended for wide reach
- Evidence-based and rigorously evaluated
- Translated and used around the world in over 25 countries
- Use of self-regulatory framework
- Available in Canada since 2002

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## DISASTER RECOVERY TRIPLE P

- Developed in response to flooding in Queensland in January 2011
- Subsequent adaptations to floods and fires in Alberta (Calgary 2013, Fort McMurray 2016)
- Services in Alberta provided by Parent Link Centres and Alberta Health

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# DISASTER RECOVERY TRIPLE P

## SEMINAR DESIGNED TO:

- Increase parent confidence in supporting their children
- Decrease children's challenges after the event

## PROVIDES AN ORIENTATION FOR PARENTS TO UNDERSTAND:

- Children's responses and triggers
- What causes some children/ families to be more vulnerable
- Common parent "traps" and alternative strategies

## REFERRAL FOR ADDITIONAL SUPPORTS AS REQUIRED

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## EXPERIENCE AND LEARNING

The program supports parents in understanding the impact of their own reactions and options for support.

### ACCESS TO THE PROGRAM WAS LIMITED BY:

- Competing demands
- Parent concerns
- Provider concerns
- Awareness

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## APPLICATIONS TO EMERGENCY MANAGEMENT PLANNING

- Increase awareness of parenting supports as a form of emergency preparedness
- Inclusion in response preparation (e.g. shelter management planning)
- Inclusion in recovery planning

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