A Practice to Address Child Disruptive Behavior by Promoting Social, Emotional, Behavioral Health & Success:

Is the Evidence Based Practice Incredible Years Right for your Agency?

Ceth Ashen Ph.D., Mentor
Carolyn Webster Stratton, Ph.D., Developer
1411 8TH AVENUE WEST
SEATTLE, WA 98119
WWW.INCREDIBLEYEARS.COM
Agenda

- Welcome & Introductions
- Overview of IY Programs (Dina and Parenting Groups)
- Brief Research Overview
- Description of IY Programs (Interactive Exercise)
- Fidelity
- Cost
- Certification for PEI & IY

Thank You!
Introductions

- Agencies Represented
- Role/Title
- Target Population
- Menu of EBP/EBT
- Group Services
- Struggle with waiting list? Access to Care?
Target & Focus of Incredible Years:

- Supporting Parents and Helping Children who struggle with disruptive behavior to be successful.
- Children with Comorbidity (Trauma, Anxiety and Depression) are also successful.
- Prevention, Early Intervention and Intervention (across the continuum of care)
WHY ARE WE HERE?

• Why are we & line staff all in this field?
• What accounts for change- especially with our behaviorally acting out children (ages 2-12)? *(Only for programs we are covering, 0-12 for all other programs)
• What moves our children to change their behavior?
Incredible Years Overview of Parent & Dina (child) Programs

• If you serve....
• If you have clients 2-12...
• If you want great outcomes..
• And you have practitioners interested in providing Group Service Delivery...
• IY is a great practice!
I Y Building Blocks For Promoting Children’s Social, Emotional & Academic Skills: IY Parent, Child & Teacher Programs
IY Parenting Program Group
Methods & Process – Fidelity Delivery

- Developmentally based
- Culturally sensitive – address parent goals
- Emphasizes the therapeutic relationship: “Collaborative Process”
- Coping Model- self-reflective learning
- Video modelling/DVDs
- Role play practice & rehearsal
- Goal Setting & Self-monitoring
- Home activities
- Group support
- Sensitive to socioeconomic barriers
The Incredible Years® Basic Preschool Program (Ages 3-6 years)

Preschool BASIC Parent Program
Incredible Years® Preschool Basic Program
Developmental Milestones

- Emotional Self-regulation Skills
- Secure Attachment for Discovery & Exploration
- Social & Friendship Skills
IY Basic Preschool Program – Dosage
14 Sessions (Prevention) & 18-20 Sessions (High Risk) (3-6 years)

- Increase parent understanding of developmentally appropriate, nurturing parenting practices
- Use persistence, academic, social and emotional coaching as well as child directed play to promote academic readiness skills
- Praising and motivating children
IY Basic Preschool Program – Dosage
14 Sessions (Prevention) & 18-20 Sessions (High Risk) (3-6 years)

- Predictable routines & schedules
- Positive and consistent discipline approaches for misbehavior
- Helping children self-regulate, use appropriate social skills, problem solve, and develop imaginary play
- Promote parent-teacher collaboration
Incredible Years® School Age Program
(6-8 and 9-12 years versions) 12-20 sessions

School Age BASIC Parent Program
Ags 6 to 12 years
Incredible Years® School Age Program
Developmental Milestones

• Problem Solving Skills
• Developing Independence, Self-confidence & Sense of Responsibility
• Social & Friendship skills
Incredible Years® School Age Program
(6-8 and 9-12 years versions) 12-20 sessions

Building Strong Family Connections

• Importance of parental attention and special time
• Using academic, persistence, social and emotional coaching
• Setting predictable household rules, responsibilities and routines
• Clear and respectful limit setting
• Following through with logical and natural consequences
Incredible Years® School Age Program
(6-8 and 9-12 years versions) 12-20 sessions

Building Strong Family Connections

- Setting household responsibilities
- Household rules about drugs, alcohol, sexual activity & computer use
- School homework routines & coaching
- Understanding importance of monitoring children’s whereabouts at all times
- Teaching children to problem solve
- Collaborating with teachers
The Incredible Years® Advanced Program
Ages 4-12 years
IY Advanced Parent Program
8-12 sessions (6-12 years)

Building Supportive Families

• Effective Communication Skills
• How to Give and Get Support
• Anger Management
• Depression Management
• Adult Problem-solving Skills

• Problem-solving with teachers
• Teaching Children to Problem Solve
• Conducting effective family problem solving meetings
Who is Scoped to Provide IY?

- Anyone who has the ability to bill for Collateral/Rehab Skills building
- Clinicians (Licensed, waived)
- Case Managers (BA + 2 Years exp.)
- Parent Partners (scoped to bill for aforementioned services)
A Brief Review of the Research for IY
IY Parent Programs for Prevention of Conduct Problems

- 4 RCTs by developer with high risk populations
- 8+ independent replications

Findings:
- Increases in positive parenting
- Decreases in harsh discipline
- Reductions in conduct problems
- Increases in child social competence
IY Parent Programs for Treatment of Conduct Problems & ADHD

- 8 randomized control trials (RCTs) by developer
- 6+ independent RCT replications with diagnosed children

**Findings:**
- Increases in positive parenting
- Decreases in harsh discipline
- Reductions in parental depression
- Increased parental self-confidence
- Reductions in conduct problems
- 2/3 of children in normal range at 3-year & 10-year follow-up
IY Dina Dinosaur Social and Emotional Skills Child Programs

Child Dinosaur Classroom Prevention Program
Ages 3 to 8 years

Child Dinosaur Treatment Program
Ages 4 to 8 years
The Incredible Years®
Child Program Content: Dinosaur School

- New Friends and School Rules
- Succeeding in School
- Understanding Feelings
- Problem Solving
- Anger Management
- Talking with Friends and Being Friendly

Child Dinosaur Classroom Prevention Program
Ages 3 to 8 years

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Dinosaur Child Classroom Program for Prevention of Conduct Problems

- 2 RCTs by developer with children ages 3-8 years in Head Start and primary grades

Findings
- Increases in school readiness
- Improved emotional regulation
- Increases in social skills
- Reductions in behavior problems
- Increases in problem-solving with peers
Dinosaur Small Group Child Program for Treatment of Conduct Problems

- 3 RCTs by developer (children ages 4-8)
- 1 independent RCT replication

Findings
- Improved emotional language, social skills, and cognitive problem solving strategies with peers
- Reductions in conduct problems at home and school
- Reductions in hyperactivity & inattention
Child training produces improvement in emotional literacy and social behavior with peers at school. For highly aggressive children the combination of parent and child training produces better long-term results than either alone.
INTERACTIVE EXERCISE

• TURN TO YOUR PARTNER – LIST 1 thing you are working hard to change, develop or improve upon at work (e.g. agency protocols, productivity, implementation of EBPs, Readiness for audits, Improved quality of service delivery, etc.)
Interactive Exercise Part 2

• NOW list 1 thing you are proud of..
Interactive Exercise Part 3

• What is Specific Labeled Praise?
Interactive Exercise Part 4

• Now give your partner 1 specific labeled praise.
Review of Protocol: What are Practitioners Doing in Groups?

- Agenda for each group (see Praise Outline)
- Checklist for each group (see Praise Checklist)
- Brief Evaluation for each session (See Eval.)

**Helps with fidelity & note writing!**
Fidelity refers to the **quality** or **integrity** of program implementation - that is, the degree to which the program is delivered as it was designed in the original model.
Important Components of Program Implementation Fidelity

- **Adherence**: Program delivered with all core components using protocols & materials
- **Exposure/Dosage**: In frequency and length of time as program recommended for target population addressed
- **Quality**: Program delivered using group leader methods & processes & protocols prescribed by developer
- **Participant Responsiveness/Attendance**: Extent participants are engaged and involved
- **Differentiation**: Program tailored according to population served
Why is Program Fidelity Important?

Program fidelity leads to effective outcomes similar to published results. Studies have shown the greater the fidelity the better the outcomes.
I’d leave out this slide. The next page has more global statistics (for all preschoolers, not just Head Start), and the numbers on the next slide are actually higher and make your point better, I think.

mjreid, 8/29/2005
The belief that some intervention is better than none is erroneous.

There are significant correlations between IY treatment fidelity and effect size. (Scott, 2004; Webster-Stratton 2010; Lochman 2009)

Estimated effect of program impact was incrementally affected by the number of sessions participants attended.
For IY parenting prevention research the most significant effects occur with 9 or more 2-3 hour weekly sessions. (Baydar et. al., 2003).

For IY parenting treatment research with diagnosed children larger reductions in behavior problems were found for families who had 20 weeks versus 10 weeks of treatment.
Agencies Achieving Fidelity

- **Consult** with IY prior to implementing: determine agency readiness and goodness of fit
- Develop a **realistic training plan**
- Develop a **realistic budget**: include training, staff time, materials, evaluation, and consultation
- **Plan evaluation**: measure outcomes for families and teachers
- **Plan for scaling up** and sustaining IY practices
### Program Material Cost:

<table>
<thead>
<tr>
<th>Program</th>
<th>Description</th>
<th>Cost</th>
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</thead>
<tbody>
<tr>
<td><strong>PRESCHOOL Basic Program</strong> (Ages 3-6)</td>
<td>Language Combo Spanish &amp; English (manual in English)</td>
<td>$1,970.00</td>
</tr>
<tr>
<td><strong>SCHOOL AGE Basic Program</strong> (Ages 6-12)</td>
<td>Language Combo Spanish &amp; English (manual in English)</td>
<td>$1,670.00</td>
</tr>
<tr>
<td><strong>SMALL GROUP DINOSAUR Child Training Program</strong> (Small Group Therapy) (ages 4-8)</td>
<td></td>
<td>$1,375.00</td>
</tr>
</tbody>
</table>

*Discounted: Preschool Basic + School Age Programs*  
$3,050.00

### Training Cost:

- $400 per person for initial (3-day)  
- $200 per person consultation day  

*Eligible to Bill PEI after Initial Training - need to complete consultation day prior to 1 year.*

### Materials (books/cds):

- *The Incredible Years: A Trouble Shooting Guide for Parents of Children 2-8 Years Old* (by Carolyn Webster-Stratton) $17.95 (2-99), $15.95 (Spanish)  
- *Spanish Version Audio Book CD Set - The Incredible Years: A Guide for Parents of Children 2-8 Years Old* (SPANISH) $30.00
Starting, Scaling Up, and Sustaining IY Programs in your Agency

Develop a Culture of Program Fidelity in your Agency

- Encourage buy-in among group leaders and supervisors
- Contract to receive official IY trainings for each program
- Provide group leaders with time and support
- Prioritize peer support within the agency
- Set up on-going consultation with IY experts
- Provide funding and logistical support for the group leader certification/accreditation process
- Identify strong leaders to become IY Peer Coach for Agency
- Work towards training a certified/accredited IY Mentor
Strength of IY Training & Dissemination under PEI

Protocol for training up a team (recommend a supervisor and at least 4 practitioners).
1. Send to a initial training (3-day Parent Group or Child (Dina))
   CAN BILL PEI AFTER THIS FIRST TRAINING
2. Recommended to utilize consultation calls for a new team (and to send local level champion)
3. Send practitioners to a 1 day consultation day (video taped session)
4. PEI ELIGIBLE TO BILL!

Strongly Recommended for Sustainability:
1. IY Certification to support local level sustainability- Peer Coach and Mentor Certification Process.
Strengths and Challenges of IY Dissemination

Strengths!
• Great Outcomes (ECBI, YOQ, SDQ, Clinical interview)
• Decrease in Parent Stress, Improvements Parent Child Bond/Relationship
• Clarity and support to document services well—Support from IY regarding Fidelity tools.
• Decrease in Practitioner Attrition (prof. development)
• Increase in Job Satisfaction for group leaders
• KIDS GET EMOTIONALLY, BEHAVIORALLY, REALTIONALLY & SOCALLY HEALTHIER! CASES CLOSE and GOALS ARE MET!
• Parents feel more successful parenting
• Parents gain a support network
• Cost Effective
• There is a train the trainer model for your agency to support the development of IY professionals.

Challenges:
• Need to complete more outcomes
• Group facilitation is not for all providers.
• There are more group notes—A good EHR. Helps!
• Fidelity is important and programs need support all the way to the top in order to be successful.
• We need more referrals and outreach due to cases closing (getting better..)
• Agencies who succeed—have an algorithm for engaging parents-attendance can be a struggle
• We need more certified IY professionals to help practice and service providers to be successful.
Where Are Programs Being Delivered?

- Head Start Centers, Sure Start
- Primary Grade Schools
- Mental Health Centers
- Community Health Centers (nurses, Toronto, UK)
- Jails for Incarcerated Parents (Scotland, Holland)
- Homeless Shelters
- Foster Parents (New York)
- Home Visits (Native Americans, California)
- Businesses as Employee Benefit (Goodwill)
- Doctor’s Offices
Trainers/Mentors by Country
(December 2015)

- Australia 1
- Canada 3
- Denmark 4 (*2 in-process)
- Ireland 2 (*1 in-process)
- Netherlands 2
- New Zealand 8 (*2 in-process)
- Norway 12 (*1 in-process)
- USA 21 (*9 in-process)
- Portugal 2
- Russia 1
- England 14
- Scotland 1
- Northern Ireland 2 (*1 in-process)
- Wales 3

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Research paints a picture of both hope and warning. It tells us that young children are resilient; parents, teachers, and healthcare professionals can work together to support children’s social and emotional competence and school success while reducing problem behaviors. Research also warns about the risks if we don’t provide this kind of support for higher risk young children.
PREVENTION & EARLY INTERVENTION:
Building Society’s Bank Account for the Future