

The Incredible Years

ADVANCE Parent Training Program*

Program Summary:

The Incredible Years are research-based, proven effective programs for reducing children's aggression and behavior problems and increasing social competence at home and at school. The Incredible Years includes several stand alone programs including a BASIC parent training program, an ADVANCE parent training program, a teacher training program, and a social emotional child program called DINA that can be used in the classroom or in a small group setting.

The *Incredible Years* ADVANCE Parent Training Program builds on the BASIC Parent Training Program by focusing on parent interpersonal issues such as effective communication and problem solving skills, anger management and ways to give and get support. The program comprises the following components: How to Communicate Effectively with Adults and Children, Problem Solving for Parents-Adults, and Teaching Children to Problem Solve.

Developer: Carolyn Webster Stratton, Ph. D.

Website: <http://www.incredibleyears.com>

FREQUENTLY ASKED QUESTIONS

1. What population is the *Incredible Years* ADVANCE Parent Program designed to target?

The *Incredible Years* ADVANCE Parent Program targets parents of at-risk children who have completed either the *Incredible Years* BASIC preschool or school age program.

2. What risk and protective factors does the *Incredible Years* ADVANCE Parent Program target?

Protective Factors Targeted for an Increase

- Family Attachment
- Family Opportunities for Prosocial Involvement
- Family Rewards for Prosocial Involvement
- Positive, nurturing, developmentally appropriate parenting skills
- Parent support for child social, emotional and academic development
- Parent partnerships with teachers/schools
- Parent effective communication skills, anger management, problem solving

Risk Factors Targeted for a Decrease

- Poor Family Management
- Family Conflict
- Family History of Antisocial Behavior
- Ineffective parenting skills
- Low monitoring
- Numerous stressors (negative life events, socio-economic disadvantage, and isolation)
- Low parent involvement with schools/teachers
- Child biological factors (developmental delays, ADHD, cognitive, language)

3. What kind of outcomes can be expected from the *Incredible Years ADVANCE Program*?

In research studies*, the *Incredible Years ADVANCE Parent Programs* have been shown to:

- Improved family communication and conflict resolution skills
- Improved problem solving and coping skills.
- Fewer child behavior problems.

* Two randomized control group evaluations of the ADVANCE parenting series by the program developer and colleagues at the University of Washington.

Information and research articles demonstrating the impact of the *Incredible Years ADVANCE Program* can be accessed at:

- The Incredible Years Parents, Teachers and Child Training Programs- <http://incredibleyears.com/for-researchers/>
- Blueprints for Healthy Youth Development- <http://www.blueprintsprograms.com>
- SAMHSA's National Registry of Evidence-based Programs and Practices (NREPP)- <http://www.nrepp.samhsa.gov/ViewIntervention.aspx?id=311>

4. Who can deliver the *Incredible Years ADVANCE Parent Program*?

Parent group leaders run the *Incredible Years ADVANCE Parent Program*. Parent group leaders can come from many different backgrounds including counseling, social work, psychology, nursing, and education. Parent group leaders should have training in child development, behavior management, and running a group.

5. How is the *Incredible Years ADVANCE Parent Program* structured?

- Two parent group facilitators lead between 10-14 parents in weekly sessions that last for approximately 2-2.5 hours each for 10-12 weeks.
- Typically, food, childcare, and transportation are provided for each session.
- The parent group facilitators use a variety of methods to build relationships with the parents and lead them in learning positive parenting practices by using:
 - DVD vignettes of parents and their children
 - Discussions
 - Goal setting and problem solving
 - Skills training and practice
 - Group brainstorming to identify social learning principles and effective strategies
 - Role play and behavioral rehearsal
 - Homework assignments including practice and reading
 - Weekly leader phone calls to parents

The *Incredible Years ADVANCE Parent Program* is based on principles of video modeling, observational learning, rehearsal and practice, self-management, self-reflection, and cognitive self-control.

6. What kind of training is needed for the *Incredible Years ADVANCE Parent Program*?

IYS ADVANCE Parent Group facilitators are required to participate in two initial training days in groups of no more than 16 people at one time.

7. How do I purchase the *Incredible Years ADVANCE Parent Program*?

Questions and answers about purchasing the *Incredible Years BASIC Program* can be found at the links below:
[Centralized Materials Ordering Process for PA Providers](#)

[Order form and price list](#) for PA providers

Sites may also order directly from the Incredible Years: <http://incredibleyears.com/order/>

8. What *Incredible Years ADVANCE Parent Program* costs should I budget for?

One-Time Only Initial Cost of Group Leader Training

One-Time Only Initial Program Materials

Ongoing Consultation

Ongoing Costs for Parent Groups (based on one group of 14 parents for 12 weeks)

- Day care for children (3 hours per night per provider x 12 sessions); number of providers will depend on number of children in day care. For 3 providers @ \$12 per hour. Approx. \$1200
- Food for dinners for groups (\$80 per group x 12 sessions). Approx. \$1000
- Group leaders' time for one group - 5 hours per week x 12 sessions x 2 leaders @ \$25 per hour. Approx. \$3000
- Parent Books Magnets (optional) for parents
- Parent Handouts Room for parent group (may be provided at no charge by agency or school)
- Optional: prizes for parents, e.g. children's books, bubble bath, candles, etc.

The Incredible Years provides a cost planning excel worksheet at the link below to help determine what costs you should budget for when implementing the ADVANCE Parent Program.

<http://incredibleyears.com/download/administrators/incredible-years-cost-planning-estimate-worksheet-for-agencies.xls>

9. What are some common barriers I might encounter with the *Incredible Years ADVANCE Parent Program*?

- Training for parent group facilitators needs to be scheduled as soon as possible because the demand for training can cause a wait time and slow down progress of implementation.
- Arranging childcare for children during the parenting sessions and may take some extra effort depending on the number of children.
- It can be a challenge to keep these parents engaged in the attending the program for the full 12 weeks. It is important to achieve positive outcomes to have parents complete as many of the sessions as possible. There are built in supports with the Incredible Years to help with retention.

10. What evaluation tools should I use?

Below is the list of evaluation tools required by the Penn State EPISCenter to collect the outcomes needed to report to PCCD for the *Incredible Years ADVANCE Parent Program*:

- EPISCenter IYS ADVANCE Parent Program Parent Survey
- EPISCenter IYS ADVANCE Parent Program Weekly Evaluation Form
- EPISCenter IYS ADVANCE Parent Program Observation Log
- IYS ADVANCE Parent Group Leader Checklist (Developer Version)

You may obtain copies of these tools by contacting the EPISCenter at 814-865-2649 or download them from the EPISCenter's website at <http://www.episcenter.psu.edu/ebp/incredible/evaltools>.

Sites are expected to monitor implementation quality and fidelity. Fidelity observations are to be conducted by an observer who has been trained in the Incredible Years ADVANCE Parent program

Sites funded by PCCD are required to report quarterly in E-grants utilizing the IYS ADVANCE Spreadsheet for Outcomes Analysis and PCCD Quarterly Reporting. The evaluation tools and spreadsheet provide analyzed data from all of the evaluation tools. If more extensive analysis is desired locally, sites may wish to identify additional evaluation support.

11. In what ways can I involve my local prevention board?

- Local collaborative boards can play an important role in program development and sustainability. At start-up, present the research behind the Incredible Years and share your local goals for the program.
- Provide board members with a fact sheet, the program's logic model, theory of change, and demonstrated outcomes.
- Help them to understand ways in which they can contribute to the program's local success.
- Identify potential program champions or community gatekeepers that can help to build relationships that may lead to program support.
- Provide frequent verbal reports on the program's impact and at least annually provide a written summary of program outcomes.
- Identify board members to become engaged in generating outcome reports and securing sustainability funds.

12. Are there other sites in PA implementing the Incredible Years ADVANCE Parent Program?

Please contact the EPISCenter Incredible Years Prevention Coordinator at 814-863-2568 or iys@episcenter.org to learn about other sites implementing the IYS in Pennsylvania.

*Information for this FAQ has been excerpted from the Incredible Years website:
<http://www.incredibleyears.com>

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