

The Incredible Years

BASIC 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* BASIC Parent Training Program is a series of programs focused on strengthening parenting competencies (monitoring, positive discipline, confidence) and fostering parents' involvement in children's school experiences in order to promote children's academic, social and emotional competencies and reduce conduct problems.

Developer: Carolyn Webster Stratton, Ph. D.

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

FREQUENTLY ASKED QUESTIONS

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

The *Incredible Years BASIC Parent Programs* target parents of children ages 3-12. The BASIC Parent Training Program (Preschool/Early Childhood) is for parents of children ages 3 through 6. The School Age BASIC Parent Training Program is for parents of children ages 6 through 12. The programs can be targeted at parents of children who may be at risk for or have behavior issues or used as a general program for any parent interested in improving their parenting skills. The program emphasizes parenting skills that promote children's social competence and reduce behavior problems.

2. What risk and protective factors does the *Incredible Years BASIC Parent Programs* 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 BASIC Program*?

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

- Increase parent positive affect such as praise and reduced use of criticism and negative commands.
- Increase parent use of effective limit-setting by replacing spanking and harsh discipline with nonviolent discipline techniques and increased monitoring of children.
- Reduce parental depression and increase parental self-confidence.
- Increase positive family communication and problem-solving.
- Reduce conduct problems in children's interactions with parents and increases in their positive affect and compliance to parental commands.

* Six randomized control group evaluations of the parenting series by the program developer and colleagues at the University of Washington as well as five independent replications by other investigators.

Information and research articles demonstrating the impact of the *Incredible Years BASIC 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 BASIC Parent Program*?

Parent group leaders run the *Incredible Years BASIC 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 BASIC Parent Program* structured?

The link below will give you an overview of the *Incredible Years BASIC Parent Program*
<http://incredibleyears.com/programs/parent/>

- Two parent group facilitators lead between 10-14 parents in weekly sessions that last for approximately 2-2.5 hours each for 14 weeks.
- When possible, 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 BASIC 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 BASIC Parent Program*?

IYS BASIC Parent Group facilitators are required to participate in a three-day initial training in groups of no more than 25 people at one time.

7. How does our organization implement the *Incredible Years BASIC Parent Program*?

Considerations when implementing the Incredible Years BASIC Parent program include securing a location for programming, setting up childcare, preprogram meals for the families, transportation assistance, and planning for adequate participant recruitment. Reviewing the resources is helpful as you are planning for IYS BASIC Parent Program implementation. The EPSICenter can also help you with drafting a plan for successful implementation.

a. Begin by reviewing the link below about launching *the Incredible Years*:

<http://incredibleyears.com/for-administrators/>

b. Complete the readiness questionnaire to determine if the *Incredible Years* is a good fit for your organization:

<http://incredibleyears.com/download/administrators/agencyreadinessQ2014.pdf>

c. Review-Frequently asked questions about implementing the *Incredible Years* Training Programs:

<http://incredibleyears.com/about/faqs/>

8. How do I purchase the *Incredible Years BASIC 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/>

9. What *Incredible Years BASIC Parent Program* costs should I budget for?

One-Time Only Initial Cost of Leader Training

One-Time Only Initial Program Materials

Ongoing Consultation

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

- Day care for children (3 hours per night per provider x 14 sessions); number of providers will depend on number of children in day care. For 3 providers @ \$12 per hour. Approx. \$1500
- Food for dinners for groups (\$80 per group x 14 sessions). Approx. \$1100
- Group leaders' time for one group - 5 hours per week x 14 sessions x 2 leaders @ \$25 per hour. Approx. \$3500
- 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 Basic Parent Program.

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

10. What are some common barriers I might encounter with the *Incredible Years BASIC 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.
- Recruiting parents can be a challenge. In some areas, parents may be mandated to attend the program for various reasons and may not be voluntarily attending the program. Rural areas may struggle to recruit parents that may not have their own transportation or public transportation available to them.
- 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 parents engaged in the attending the program for the full 14 weeks. In order to achieve positive outcomes, it is important to have parents complete as many of the sessions as possible. There are built in supports with the Incredible Years to help with retention.

11. 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:

- Parent Practices Interview (EPISCenter Version)
- EPISCenter IYS BASIC Parent Program Weekly Evaluation Form
- IYS BASIC Parent Group Leader Checklist (Developer Version)

You may obtain copies of these tools by contacting the EPISCenter at 814-863-2568 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 BASIC Parent program

Sites funded by PCCD are required to report quarterly in E-grants utilizing the IYS BASIC 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.

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

- Local collaborative boards can play a vital 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.

13. Are there other sites in PA implementing the Incredible Years BASIC Parent Program?

Please contact the EPISCenter Incredible Years Prevention Coordinator at 814-865-2649 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>

The EPISCenter represents a collaborative partnership between the Pennsylvania Commission on Crime and Delinquency (PCCD), and the Bennett Pierce Prevention Research Center, College of Health and Human Development, Penn State University. The EPISCenter is funded by PCCD and the PA Department of Human Services. This resource was developed by the EPISCenter through PCCD grant VP-ST-24368.

