

# **The Incredible Years**

## **Dina Dinosaur Classroom Curriculum (Prevention)**

### **Program Summary:**

The *Incredible Years* DINA Classroom/Small Group Curriculum is a child training curriculum that strengthens children's social, emotional and academic competencies such as understanding and communicating feelings, using effective problem solving strategies, managing anger, practicing friendship and conversational skills, as well as appropriate classroom behaviors. The child training program can be used by counselors or therapists to treat "difficult" and highly aggressive children in small groups or can be used by teachers as a prevention program for an entire classroom of students.

**Developer:** Carolyn Webster Stratton, Ph. D.

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

### **FREQUENTLY ASKED QUESTIONS**

1. **What population is the *Incredible Years* DINA Classroom Curriculum designed to target?**  
As a prevention program, the *Incredible Years* DINA Classroom Curriculum is designed to target children ages 3-8 in preschool or elementary school classrooms.
2. **What risk and protective factors does the *Incredible Years* DINA Classroom Curriculum target?**

#### ***Protective Factors Targeted for an Increase***

- School Opportunities for Prosocial Involvement
- School Rewards for Prosocial Involvement
- Interaction with Prosocial Peers
- Emotional regulation
- Social skills & positive friendships
- Effective problem solving
- Positive relationships and teaching from parents and teachers

#### ***Risk Factors Targeted for a Decrease***

- Poor Academic Performance
- Low School Commitment
- Favorable Attitudes Towards Antisocial Behavior
- Child aggressive behavior
- Poor problem solving skills
- Poor social skills & emotion literacy
- Early initiation and persistent conduct problems
- Low academic readiness
- Poor relationships with parents, teachers and peers

### 3. What kind of outcomes can be expected from the *Incredible Years* DINA Classroom Curriculum?

In research studies\*, the *Incredible Years* DINA Classroom Curriculum has been shown to:

- Reduce children's aggressive and disruptive behavior
- Increase prosocial behavior
- Increase positive conflict management skills and social skills when interacting with peers and teachers
- Increase problem solving strategies and increased emotion literacy on assessments

\* Randomized control group evaluations of the child training series by the program developer and colleagues at the University of Washington as well as independent replications by other investigators.

**Information and research articles demonstrating the impact of the *Incredible Years* DINA Classroom Curriculum can be accessed at:**

- The Incredible Years Parents, Teachers and Child Training Programs-  
<http://incredibleyears.com/for-researchers/>
- Center for the Study and Prevention of Violence -  
<http://www.colorado.edu/cspv/blueprints/modelprograms/IYS.html>
- SAMHSA's National Registry of Evidence-based Programs and Practices (NREPP)-  
<http://www.nrepp.samhsa.gov/ViewIntervention.aspx?id=93>

### 4. Who can deliver the *Incredible Years* DINA Classroom Curriculum?

The *Incredible Years* Dina Dinosaur Classroom Curriculum is typically taught by preschool or elementary classroom teachers.

### 5. How is the *Incredible Years* DINA Classroom Curriculum structured?

This curriculum is delivered 2-3 times a week by teachers in the classroom. It consists of 20-30 minute circle time lessons, followed by small group practice activities and promotion of skills throughout the school day. Program also includes letters to be sent home to parents with suggestions for home activities parents can do with their children. These activities reinforce the classroom learning and promote parent involvement.

### 6. What kind of training is needed for the *Incredible Years* DINA Classroom Curriculum?

Teachers who will be teaching the *Incredible Years* Dina Dinosaur Classroom Curriculum are required to participate in an initial three-day training in groups of no more than 25 people at one time.

### 7. How does our organization implement the *Incredible Years* DINA Classroom Curriculum?

Considerations when implementing the *Incredible Years* DINA Classroom Curriculum include pre-implementation discussions with teachers to engage them in the importance of teaching SEL skills and where the lessons will be taught as part of their regular classroom curriculum, who will be responsible for supporting teachers in implementation, how will parents be engaged with the curriculum, and how to tie the curriculum to academic goals. Because the IYS DINA Classroom Curriculum is a prevention model program, additional considerations may need to be made for students who need additional supports.

Reviewing the resources is helpful as you are planning for Incredible Years DINA Classroom Curriculum implementation. The EPSICenter can also help you with drafting a plan for successful implementation.

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

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

Complete the readiness questionnaire to determine if the *Incredible Years* DINA Classroom Curriculum is a good fit for your organization:

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

Frequently asked questions about implementing the *Incredible Years* Training Programs:

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

#### **8. How do I purchase the *Incredible Years* DINA Classroom Curriculum?**

Questions and answers about purchasing the *Incredible Years DINA Classroom Curriculum* can be found at the links below:

[Centralized Materials Ordering Process for PA Providers](#)

[Order form and price list](#)

Order Directly from the Incredible Years: <http://incredibleyears.com/order/>

#### **9. What the *Incredible Years* DINA Classroom Curriculum costs should I budget for?**

**One-Time Only Initial Cost of Teacher Training**

**One-Time Only Initial Program Materials**

**Ongoing Consultation**

**Ongoing Costs for the DINA Curriculum in Schools (based on 24 children per class)**

- Teachers' time for delivering program - 2 hours per week x 60 lessons @ \$25 per hour = Approx \$3000
- Child handouts or workbooks
- Materials for activities
- Optional: prizes and additional stickers for children, e.g. books, buttons, etc.

**Total Ongoing Costs for Child Classroom Program \$135 per child (since teacher is already teaching this hourly fee may be deducted reducing the ongoing costs of this curriculum to \$15 per child)**

#### **10. What are some common barriers I might encounter with the *Incredible Years* DINA Classroom Curriculum?**

- Data collection can be difficult to manage if you are implementing in a large amount of classrooms. A pre and post assessment is required for each child receiving the *Incredible Years*

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- DINA Classroom Curriculum. A site needs to pre-plan for how the data will be collected, by whom and at what time points to ensure that consistent data collection methods are used.
- Materials sometimes are backordered for the IYS DINA Classroom Curriculum, particularly the puppets because they are handmade. This can cause a delay in implementation since the puppets are an integral part of the curriculum. Sites need to order materials as soon as possible or purchase alternative puppets that are available. (The EPISCenter can provide sites with information with alternative puppet resources)
  - Training for teachers needs to be scheduled as soon as possible because the demand for training can cause a wait time and slow down progress of implementation.

### **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 for the *Incredible Years* DINA Classroom Curriculum:

- EPISCenter IYS DINA Classroom Annual Teacher Survey
- EPISCenter IYS DINA Classroom Student Evaluation (Pre K and K)
- EPISCenter IYS DINA Classroom Student Evaluation (Grade 1 and 2)
- IYS DINA Classroom Teacher Child Process 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 DINA SGT program.

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

The EPISCenter is available to help sites develop an evaluation strategy for the Incredible Years Program at (814) 863-2568 or [EPISCenter@psu.edu](mailto:EPISCenter@psu.edu).

### **12. 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.

### **13. Are there other sites in PA implementing the Incredible Years DINA Classroom Program?**

Please contact the EPISCenter Incredible Years Prevention Coordinator at 814-865-2649 or [IYS@episcenter.org](mailto:IYS@episcenter.org) to learn about other sites implementing the IYS in Pennsylvania.

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