

The Incredible Years

Dina Small Group Therapy (Treatment)

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

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 a classroom or small group setting.

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 (SGT) or can be used by teachers as a prevention program for an entire classroom of students (Universal).

Developer: Carolyn Webster Stratton, Ph. D.

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

FREQUENTLY ASKED QUESTIONS

1. What population is the *Incredible Years* DINA Small Group Therapy designed to target?

The *Incredible Years* Dina Dinosaur Small Group Therapy targets children ages 4-8 years old who have been identified as “difficult”, highly aggressive or anxious.

2. What risk and protective factors does the *Incredible Years* DINA Small Group Therapy target?

<i>Protective Factors Targeted for an Increase</i>	<i>Risk Factors Targeted for a Decrease</i>
School Opportunities for Prosocial Involvement	Poor Academic Performance
School Rewards for Prosocial Involvement	Low School Commitment
Interaction with Prosocial Peers	Favorable Attitudes Towards Antisocial Behavior
Emotional regulation	Child aggressive behavior
Social skills & positive friendships	Poor problem solving skills
Effective problem solving	Poor social skills & emotion literacy
Positive relationships and teaching from parents and teachers	Early initiation and persistent conduct problems
	Low academic readiness

3. What kind of outcomes can be expected from the *Incredible Years* DINA Small Group Therapy Curriculum?

In research studies*, the *Incredible Years* DINA Small Group Therapy 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 Small Group Therapy 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 -
<https://www.blueprintsprograms.org/programs/616999999/incredible-years-child-treatment/>

4. Who can deliver the *Incredible Years* DINA Small Group Therapy Curriculum?

Only licensed therapists or counselors should deliver the *Incredible Years* DINA Small Group Therapy sessions.

5. How is the *Incredible Years* Dina Small Group Therapy Curriculum structured?

The *Incredible Years* DINA Small Group Therapy Curriculum is delivered in 2-hour weekly small group sessions (6 children/group with two facilitators) lasting 18-22 weeks. It is recommended to offer the *Incredible Years* DINA Small Group Therapy Curriculum in conjunction with a weekly *Incredible Years* BASIC parent group to address how parents can help foster their child's learning in the IYS DINA Small Group as their children are learning new skills.

6. What kind of training is needed for the *Incredible Years* Dina Dinosaur Small Group Therapy Curriculum?

Therapists who will be delivering the *Incredible Years* DINA Small Group Therapy Curriculum are required to participate in an initial three-day training in groups of no more than 25 people at one time.

7. What is needed to implement the *Incredible Years* DINA Small Group Therapy Curriculum?

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

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

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

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

8. How do I purchase the *Incredible Years* DINA Small Group Therapy 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://www.incredibleyears.com/order/>

9. What *Incredible Years* DINA Small Group Therapy Curriculum costs should I budget for?

These are initial and ongoing considerations when budgeting for this program:

- Teacher Training Days
- Program Materials
- Consultation Calls
- Teachers' time for delivering program
- Child handouts or workbooks
- Materials for activities
- Optional: prizes and additional stickers for children, e.g. books, buttons, etc.

10. What are some common barriers I might encounter with the *Incredible Years* DINA Small Group Therapy Curriculum?

- Recruitment issues may occur for the DINA Small Group program. Depending on the location of the site, recruiting a sufficient number of children for the group may be an issue. Sites need to educate referral sources and develop relationships to help create buy in for the program and receive appropriate referrals.
- Some sites may experience difficulties in retention particularly if families/children are mandated to attend the program due to the additional stressors seen in mandated populations.
- Finding an appropriate mix of children for the group and to not create too much of a "high need" group should be considered when recruiting for the groups.
- Training for small 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.

11. What evaluation tools should I use?

Below is the list of evaluation tools recommended by the Penn State EPISCenter to collect the outcomes needed to report to PCCD for the *Incredible Years* Dina Dinosaur Small Group Therapy Curriculum:

- EPISCenter IYS DINA Small Group Annual Facilitator Survey
- EPISCenter IYS DINA Small Group Student Evaluation (PreK and K)
- EPISCenter IYS DINA Small Group Student Evaluation (Grade 1 and 2)
- IYS DINA Small 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 DINA SGT program.

Sites funded by PCCD are required to report quarterly in Egrants utilizing the IYS DINA Small Group Therapy 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 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 SGT Program?

Please contact the EPISCenter 814-863-2568 or EPISCenter@psu.edu to learn about other sites implementing the IYS Dina Small Group Training Program in Pennsylvania.