**The Incredible Years**

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

**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 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/index.asp](http://www.incredibleyears.com/index.asp)

**Contact:** Lisa St. George, lisastgeorge@comcast.net or (888) 506-3562

**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 4-8 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://www.incredibleyears.com/Library/default.asp

• Center for the Study and Prevention of Violence - http://www.colorado.edu/cspv/blueprints/modelprograms/IYS.html


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 three initial training days in groups of no more than 25 people at one time.
7. **How much does training cost?**
   Three day workshop held in Seattle, WA:
   $400 plus expenses including travel, lodging, and meals.
   Three day workshop held at your site:
   $1500-$2000/day trainer fee plus expenses including travel, lodging, and meals. An additional \( \frac{1}{3} \) day travel fee may be added based on your site location and amount of travel time to your site.

   **PA Training Coordination:** The EPISCenter works with Lisa St. George at IYS and potential PA training sites to coordinate training to meet PCCD grantees needs. Please contact the EPISCenter’s IYS Prevention Coordinator, Kim Williams at kWilliams@episcenter.org or 814=863-2214 to discuss potential training dates and capacity.

   For additional information on the costs associated with hosting an IYS BASIC Parent Program training workshop as well as an excel spreadsheet to help sites estimate costs, click on this link:

   **PLEASE NOTE:** Due to increased demand for onsite IYS DINA Classroom Program training workshops, it is important to contact Lisa St. George, IYS training coordinator at lisastgeorge@comcast.net or (888) 506-3562 as soon as you know you will need training. Possible training dates may be up to 6-9 months from initial contact.

8. **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:

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

   Frequently asked questions about implementing the Incredible Years Training Programs:
   [http://www.incredibleyears.com/About/faq.asp#Training](http://www.incredibleyears.com/About/faq.asp#Training)

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

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Questions and answers about purchasing the Incredible Years DINA Classroom Curriculum can be found at the links below:
http://www.incredibleyears.com/About/faq.asp#Ordering
http://www.incredibleyears.com/About/faq.asp#Materials

Order form for materials:
http://www.incredibleyears.com/download/incredible-years-price-list.pdf

10. What the Incredible Years DINA Classroom Curriculum costs should I budget for?

One-Time Only Initial Cost of Teacher Training
- Initial training costs for 3 days
- Seattle Training: $400 for 3-day and $300 for 2-day training $400 x # of teachers plus travel costs (transportation, lodging, meals, etc.).
  Suggestion: budget $1100-$1500 per teacher to be trained in Seattle
  Or,
- On-Site Training: $1500-$2000 per day for trainer x 3-4 days (this will be cost effective if you have more than 8-10 teachers but IYS doesn’t always have trainers available) plus travel and hotel expenses, workshop handouts and books, etc.

One-Time Only Initial Program Materials
- See web site and brochure for particular program prices
- Agency or school may purchase one set of tapes to be shared by multiple teachers(approximately $1000-$1300 per series)
- Teacher manuals (teachers will want their own manuals) Cost $150 x # of teachers plus shipping charge.
  Suggestion: budget $1500 per program

Ongoing Consultation
- Hourly rate $150 per hour (suggested 2 hours a month)
- Daily consultation rate for onsite group $1500 (1-day per year), plus expenses
- Videotape review and certification ($400 per leader) x # teachers
- Other videotape reviews –hourly fee $75
  Suggestion: budget $500 per teacher, for one year or for first 2 to 3 groups (or ask teachers to pay their own certification fee)

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 $10.00 per child x 24 children = $240
- Materials for activities $5 per child = $120
- 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)
• **Funding to hire a local evaluator at the site’s discretion.** The EPISCenter provides funded sites with a spreadsheet for calculation of measures for reporting outcomes to the Pennsylvania Commission on Crime and Delinquency. Sites may consider identifying an evaluator for additional evaluation services, if desired.

• **Verification of implementation quality visit by developer or designee.** PCCD funded sites are required to have the implementation quality of their program verified by the developer or trainer in year two of their grant. The Quality Assurance Review Process for The Incredible Years is outlined [here](http://www.episcenter.psu.edu/ebp/incredible/evaltools).

Estimated cost: $200 per hour for interview and write up by Carolyn Webster Stratton. Grantees should budget for 3 hours total for each IYS program component that is being implemented.

Each site should contact Lisa St. George at (888) 506-3562 or lisastgeorge@comcast.net for an estimated cost of to fulfill this requirement.

11. **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 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.

12. **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](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

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analyzed data from all of the evaluation tools. If more extensive analysis is desired locally, sites may wish to identify additional evaluation support.

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

13. 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.

14. Are there other sites in PA implementing the Incredible Years DINA Classroom Program?
   Please contact the EPICenter Incredible Years Prevention Coordinator, Kim Williams at 814-863-2214 or kwilliams@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/index.asp

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The EPICenter can be contacted at 814-863-2568 or via email at EPICenter@psu.edu.