The Incredible Years
Dina Dinosaur Small Group Therapy (Treatment)

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/index.asp

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

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?

   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 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://www.incredibleyears.com/Library/default.asp](http://www.incredibleyears.com/Library/default.asp)
- Center for the Study and Prevention of Violence - [http://www.colorado.edu/cspv/blueprints/modelprograms/IYS.html](http://www.colorado.edu/cspv/blueprints/modelprograms/IYS.html)

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 20-22 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.

Revised 11-14-12
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 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 ½ 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: [http://www.incredibleyears.com/WI/hosting_costplanning.asp](http://www.incredibleyears.com/WI/hosting_costplanning.asp).

   **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. **What is needed to implement the Incredible Years DINA Small Group Therapy Curriculum?**
   Begin by reviewing the link below about launching the Incredible Years:

   Complete the readiness questionnaire to determine if the Incredible Years DINA Small Group Therapy 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 Small Group Therapy Curriculum?**
   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#Ordering)

   Order form for materials:

Revised 11-14-12
10. What Incredible Years DINA Small Group Therapy Curriculum costs should I budget for?

One-Time Only Initial Cost of Therapist Training

- Initial training costs for 3 days
  
Seattle Training: $400 for 3-day and $300 for 2-day training $400 \times \# \text{ of therapists} \text{ plus travel costs (transportation, lodging, meals, etc.).}

  
  Suggestion: budget $1100-$1500 per leader to be trained in Seattle
  Or,

  
- On-Site Training: $1500-$2000 per day for trainer \times 3 \text{ days} (this will be cost effective if you have more than 8-10 leaders but IYS doesn’t always have trainers available) \text{ 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 group therapists(approximately $1000-$1300 per series)
- Therapist manuals (therapists will want their own manuals) Cost $150 \times \# \text{ of therapists 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) \times \# \text{ therapists}
- Other videotape reviews –hourly fee $75
  
  Suggestion: budget $500 per therapist, for one year or for first 2 to 3 groups (or ask therapists to pay their own certification fee)

Ongoing Costs for the DINA Small Group in Schools (based on 6 children per group)

- Therapists’ time for delivering program - 2 hours per week \times 20-22 \text{ lessons @ cost per hour of two therapists}
- Child handouts or workbooks $10.00 per child \times 6 \text{ children} = $60
- Materials for activities $5 per child = $30
- Optional: prizes and additional stickers for children, e.g. books, buttons, etc.

- Funding to hire a local evaluator at the site’s discretion. The EPISCler Center 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.

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.

Revised 11-14-12
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 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.
- Concurrent parent and SGT programs can make it difficult for adults and children to find time to complete homework assignments for both groups.
- 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.

12. 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 814-863-2568 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 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.

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.

Revised 11-14-12
• 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 SGT Program?
Please contact the EPISCenter Incredible Years Prevention Coordinator, Kim Williams at 814-863-2214 or kwilliams@episcenter.org to learn about other sites implementing the IYS SGT Program in Pennsylvania.

This document has been prepared by the EPISCenter. The EPISCenter is a project of the Prevention Research Center, College of Health and Human Development at the Pennsylvania State University, and is funded by the Pennsylvania Commission on Crime and Delinquency and the Pennsylvania Department of Public Welfare as a component of the Resource Center for Evidence-Based Prevention and Intervention Programs and Practices.

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

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