

The Incredible Years parent, teacher and child programmes

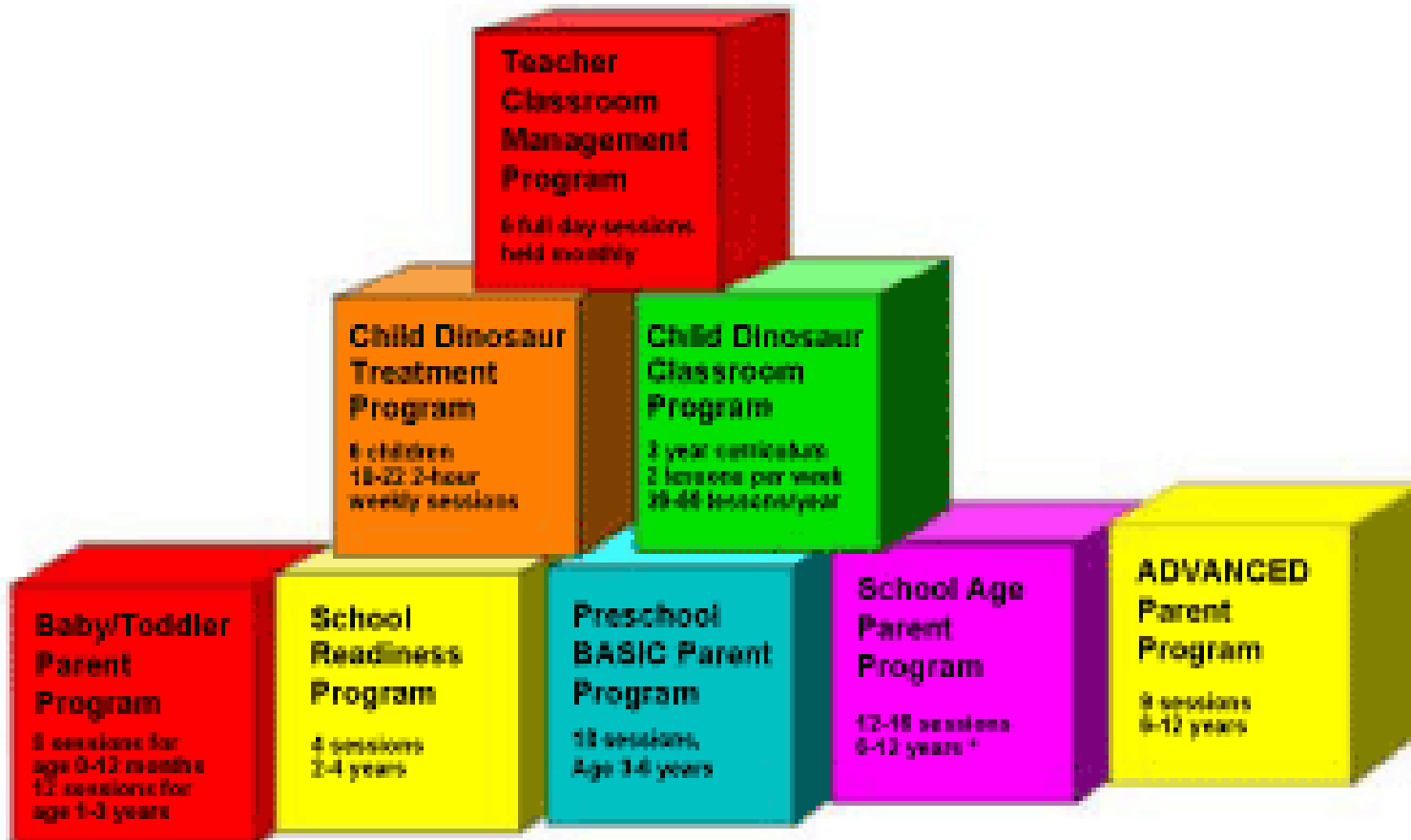
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Psychologist, Ministry of Education,
Special Education. Coordinator of
the Incredible Years Project

Focus today will be on the...

- Incredible Years parent and teacher programmes
- New Zealand experience with the programmes
- Incredible Years Parent Programme DVD produced by ministry in 2008.

The Incredible Years series of programmes were...

- developed by Professor Carolyn Webster-Stratton University of Washington, Parenting Clinic
- the product of 30 years of quantitative and qualitative research.



The ministry and the Incredible Years Pre-school Basic Parent Programme

- 2006 delivered to approximately 100 participants in 6 districts
- 2008 delivered to over 600 in 29 districts

Ministry decision to deliver parent training was informed by a number of reports:

1. Fonagy 2000 (UK)
2. Church 2003 (NZ)
3. Interagency Plan 2007 (NZ).

Why choose Incredible Years?

The 'evidence' of effectiveness...

- Ministry of Education Review of Evidence for Incredible Years undertaken for the Reducing Challenging Behaviour project by Malins 2005.
- Randomised control group trials by the programme developer.
- Replicated by a number of studies in other countries eg Wales, England, Norway.
- Follow-up studies by Webster-Stratton (US) and Scott (London).

Programme series had also been classified as ‘exemplary best practices’

Evaluated by a panel of national experts for the Office Juvenile Justice and Delinquency Prevention 2000.

What did this involve?

14 dimensions including:

- theoretical foundations
- quality of research methodology
- outcomes
- cultural and age appropriateness
- dissemination capability.

Early NZ experience was
positive and promising

- Lees 2002 (Masters Thesis)

The teacher and parent programmes

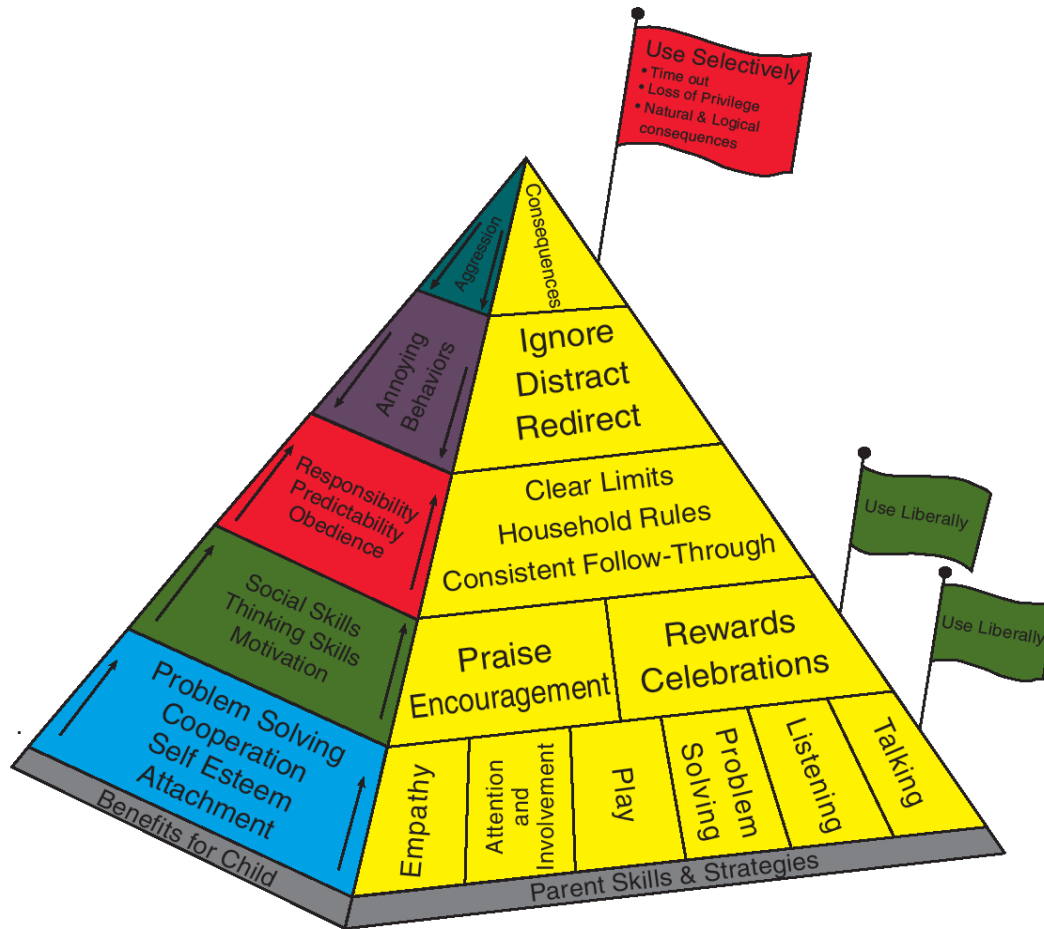
Parent and teacher programme objectives

Short term:

- reduce conduct problems
- promote social, emotional and academic abilities in children
- facilitate parent and teacher competence.

Long term objectives

- To promote positive adult – child relationships.
- To prevent delinquency, drug abuse and violence.



Parenting Pyramid

Parent groups

- 12 – 15 participants.
- 2 parent group leaders.
- 16 – 20 weekly sessions.
- 2 -2.5 hours a week.

The group process

- Collaborative.
- Uses a coping (vs expert) model.
- Employs analysis and discussion of 'microsocial events' between adults and children as seen on video vignettes.
- Draws out principles from parent comment/discussion.
- Applies principles through role play 'practices', group problem-solving and home activities.

Why?

Research has found these to be the key elements to assist parents to learn and implement new parenting strategies and to generalise them to new situations as they arise.

New Zealand evidence of effectiveness of Incredible Years Parent Programme

- Data gathered by Ministry since 2006.
- Werry Centre report on marae-based programme in Auckland 2009.
- Fergusson, Stanley and Horwood 2009

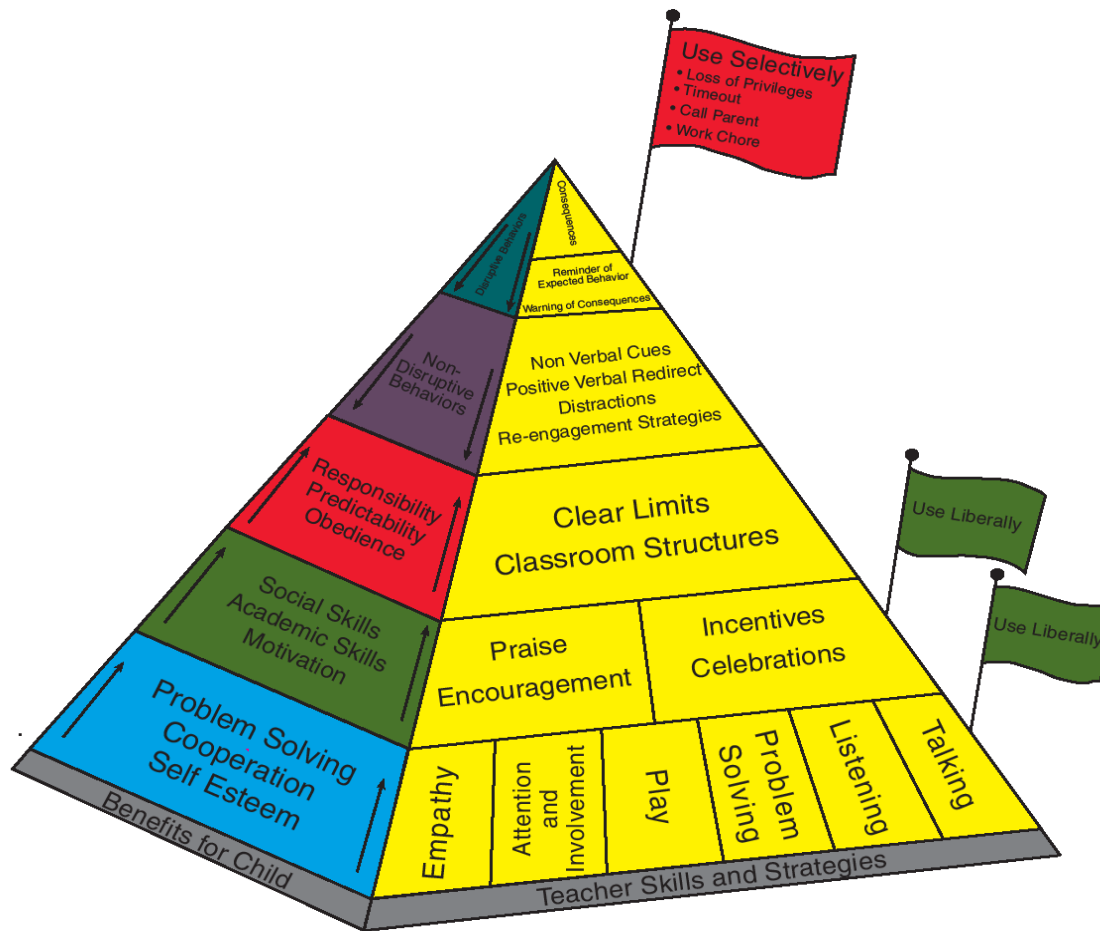
Analysis of 214 ministry parent participants (quantitative and qualitative data)

Outcomes for Māori and non-Māori were the same for:

- effectiveness and
- satisfaction with the programme.

The teacher programme evidence of effectiveness

- Randomised controlled trials for clinical populations and as school-based preventative programme by Webster-Stratton.
- Replication study in Wales.
- NZ 2006 trial qualitative and quantitative data.



Teaching Pyramid

Delivery of Teacher Classroom Management Programme

- Methods identical to parent groups
- Five whole days (or 10 half) over five months

Ministry 2009 Incredible Years Teacher Classroom Management Programme

- Trialling 2 programmes for teachers (students ages 5-8yrs) and 1 for early childhood teachers.
- Effective Classroom Management Group Leader Training in June.

Why this Teacher Classroom Management Programme?

- Evidence is good.
- Parents and teachers have a joint understanding of a range of child management strategies.

and the child programme can be added ...

- Incredible Years trained teachers adopt the Dino School Programme in classes (prevention).

(Professor Judy Hutchings, Bangor University)

The challenges of adopting an evidence based programme

- Training of group leaders.
- Time needed to learn a new programme.
- Ongoing 'quality control' and supervision requirement.
- Tension between reactive and proactive work.

The DVD made by Ministry in 2009

The journey of three New Zealand families attending the Incredible Years Basic Parent Programme (15 minutes)

This was made:

- for caseworkers to discuss the programme with prospective participants
- to provide information for potential referees and other professionals.

Please collect your copy and
watch it!

Questions?