

## Description

The Incredible Years (IY) training series consists of three comprehensive, multifaceted and developmentally-based curricula for parents, teachers and children. The program promotes social-emotional competence and school-readiness skills. It also prevents and treats aggression and emotional problems in children from birth to age 12. Schools, school districts and related programs (including Head Start, day care and primary grades) may implement the IY curricula as early prevention programs for teachers, parents and children. Additionally, mental health centers may use the child and parent programs as treatment for families with children who are diagnosed with oppositional defiant disorder, conduct disorder or attention deficit hyperactivity disorder. Families with children at risk for aggression, defiance, oppositional and impulsive behaviors may also use the program. Pediatric offices or community-based organizations may offer this service.

## Evidence

- Parent programs have increased nurturing parenting and parent involvement in schools, while decreasing harsh discipline and behavior problems.<sup>1</sup>
- The classroom social skills and problem-solving curriculum increased children's school readiness (defined as social competence, emotional regulation and parent involvement), increased problem-solving and decreased conduct problems.<sup>1</sup>
- IY reduced parental depression and increased parental self-confidence.
- IY increased positive family communication and problem-solving.<sup>2</sup>
- IY reduced conduct problems in children's interactions with parents and increased children's positive moods and compliance to parental commands.<sup>2</sup>

## Implementation

The organization or school must commit to excellence, evidenced by good administrative support for IY and support for facilitator certification by certified trainers, as well as ongoing technical support and consultant workshops. The programs consist of DVDs, comprehensive facilitator manuals, books, take-home assignments and handouts. We recommend all group participants (parents, teachers and children) have their own individual books and that facilitators have their own manuals. You will need DVD equipment. Each group should have two group leaders. Group leaders complete a certification or accreditation process that involves attendance at a certified training workshop, peer review, video-recorded feedback and consultation.<sup>1</sup>

## Billing and Reimbursement

Billing and reimbursement varies by state. Some agencies have been reimbursed using group therapy insurance codes.

## Resources

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1. The Incredible Years: The Incredible Years Parent, Teacher and Child Programs Fact Sheet. Retrieved from: <http://www.incredibleyears.com/download/administrators/IY-Full-Fact-Sheet-2016.pdf>.
  2. The Incredible Years Program: Evaluation Design and Outcomes. 2013; Retrieved from: <http://www.incredibleyears.com/for-researchers/evaluation/>