

# Overview of IY programmes: Seattle and Wales

managers workshop presentation

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Websites:

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(practice) [www.incredibleyears.wales.co.uk](http://www.incredibleyears.wales.co.uk)

## **Government initiatives for high risk children now focusing on early, and evidence based, programmes**

**Wales has led the way through the Parenting Action Plan and by specifying the delivery of evidence based parenting programmes in Flying Start services.**

**The IY programme has formed part of this strategy**

**The IY teacher classroom management and classroom Dinosaur School programmes are now added to the WAG funding for parent leader training**

# Why choose the IY Parent Child and Teacher programmes: evidence from Seattle

- Over thirty years of research
- High standards of evidence and long term follow-up
- Effective as clinical and preventive programmes
- Identified in every systematic review
- Identified by the US Office of Juvenile Justice and Delinquency Prevention as a model “Blueprint” programme for violence prevention.
- One of only 11 from 600 programmes reviewed that met the stringent criteria for evidence - tools for replication and effective implementation and independent replication
- One of only two programmes identified by NICE as effective for the treatment of conduct disorder
- Equally effective with different cultural groupings, caucasian, african, asian and spanish americans

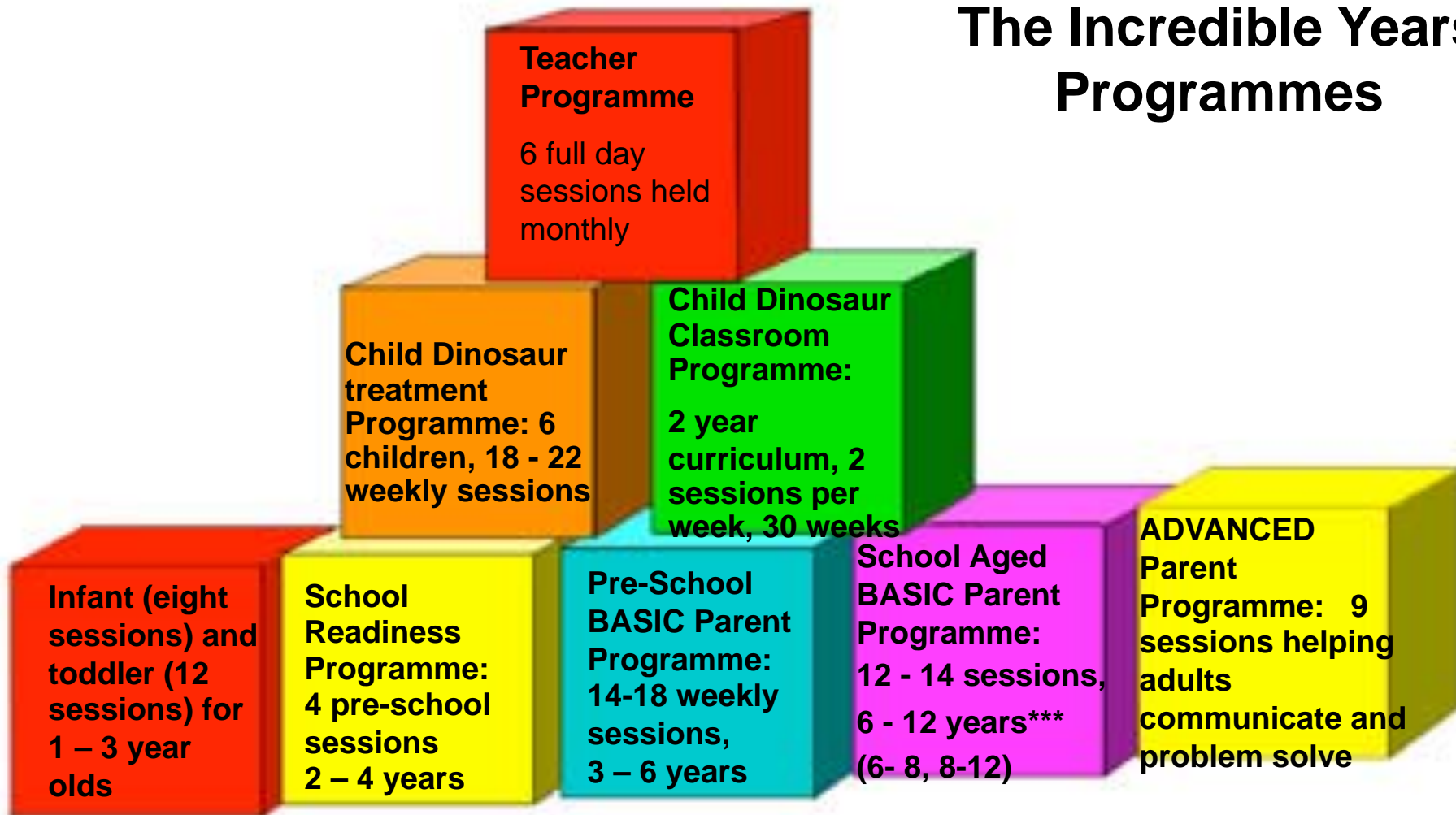
# Evidence from Wales

- Demonstration projects on all programmes, parent, child and teacher
- Sure Start study with parents of high risk children (RCT) across North and Mid-Wales
- Children at risk of ADHD
- Teacher classroom management RCT (Gwynedd)
- Fidelity research
- Toddler parent programme (RCT with services across Wales)
- Nursery staff research
- Looked after children research

# International Developments:

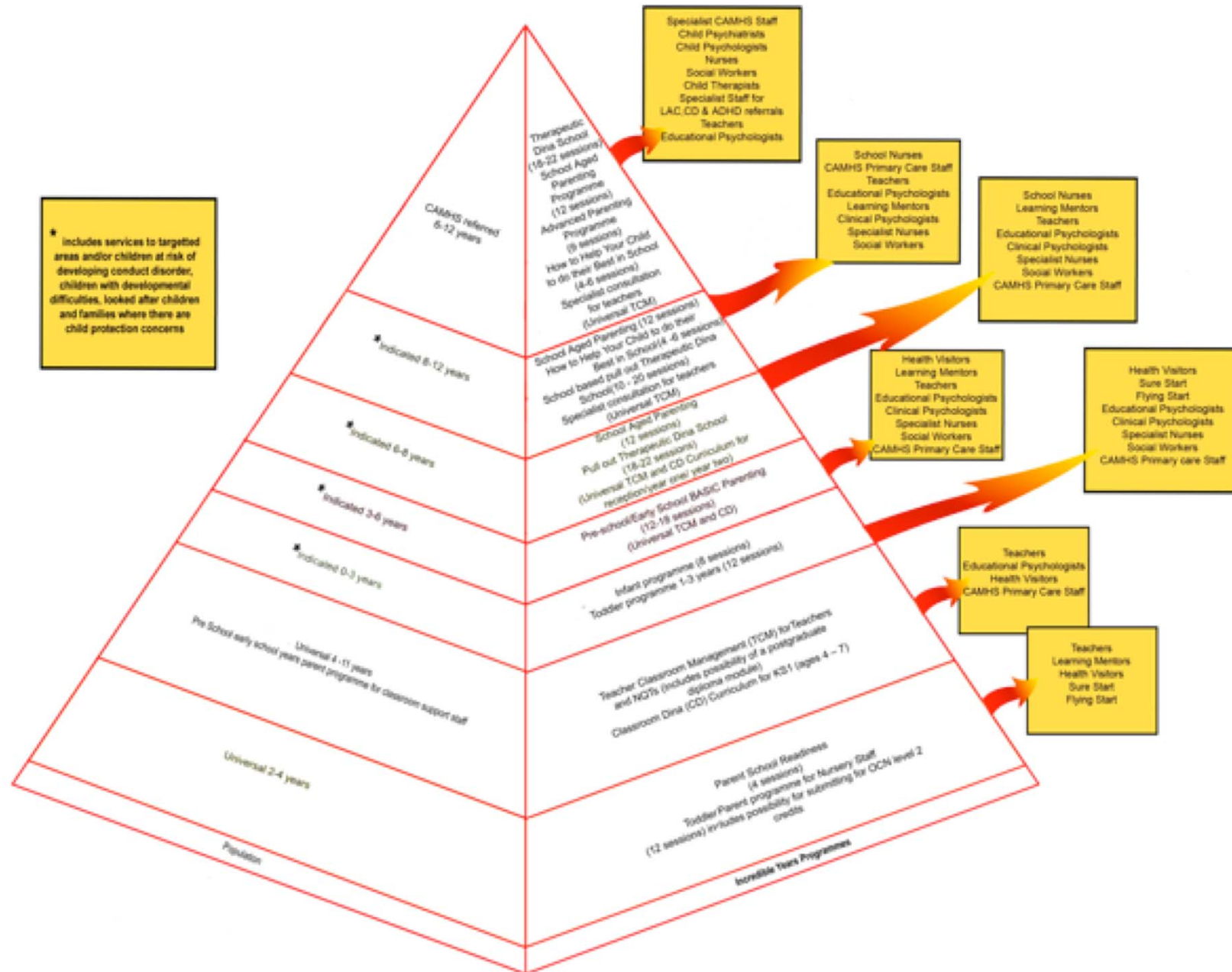
- Canada – parent programme
- Sweden – parent programme
- Norway – the Government strategy
- England - Pathfinder and NAPP supporting the parent programme
- Jamaica - child & teacher programmes
- Portugal - parent programme
- Denmark – parent programme
- Finland – parent programme
- Australia – parent programme
- New Zealand – parent, teacher and child programmes
- Russia – parent programme
- Ireland (Eire and NI) – all programmes

# The Incredible Years Programmes



\*\*\*The School aged programme also has an additional four session unit on helping your child to do their best in school

# Suggested Incredible Years Programme Strategy for Wales



# Fidelity in Incredible Years programmes

- Content – social learning theory
- Process – collaboration, individual goals, shared problem solving
- Access – transport, meals, child care, timing of groups etc.

# Having supported an evidence based programme the challenge is making it work in practice especially with high risk families

- Do the programmes have the tools to enable them to be replicated?
- Do the service providers fully equip staff with tools, materials, training and supervision?
- The challenge for service providers:

Evidence based programmes only work well if delivered with "fidelity" - most programmes delivered in service settings are not faithful replications

## Welsh Assembly Government funding - Parenting Action Plan for Wales 2006 - 2010

Training and ongoing supervision for group leaders across Wales commenced April 2006

Other funding from WAG:  
the translation of IY book into Welsh

a contribution to 2007 and 2008 annual conferences and 2007 newsletter

funding research into the effectiveness of the toddler programmes in Flying Start areas

2008 leader survey

Also:

Foster carer research (WORD funded)

# The Commitment required of CYPs to access training

- Agree to provide programme materials for trained staff
- Ensure staff have sufficient time to run the programme and access supervision
- Support staff in working for leader certification
- Participation in any evaluation
- Ideally to identify a lead person to take the work forward and work towards becoming a programme mentor (or peer coach)