

Incredible Years Incredible Collaboration



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The IWK Health Centre

- The IWK Health Centre was looking for an evidence based parenting group to adopt in 2009
- After much research, Incredible Years was chosen



Criteria for Selection

- Evidence based (20+ yrs of research on this program)
- Manualized (to promote treatment adherence/fidelity)
- Appropriate for parents of children 3-5 years (preschool) and 6-12 years (school age)
- Appropriate for use in a clinical setting with children with diagnosed disruptive behavior disorders (ADHD, ODD)
- Training provided
- Mentorship model for future expansion of the program (group leader -> certified group leader -> mentor)
- Fits with wider evidence base for what works with these kids (behavior management training for parents), with added emphasis on promoting positive attachment

The Incredible Years Parenting Program

- The Incredible Years programs for parents and teachers are evidence based and have been shown to reduce challenging behaviors in children and increase their social and self-control skills.



- Evidence shows that upon completion of the program effective parenting skills have turned around the behaviors of up to 80 percent of the children of participants.



Idea to Collaborate



- It was recognized that families cross over many community and hospital services and a consistent evidence based approach to parenting was needed to provide the best possible care
- Bringing a facilitator from Incredible Years to Halifax enabled 27 folks to be trained from various community services across the province
- It made fiscal sense increasing community capacity to provide parenting groups that previously were only available through the IWK

Initial Funding

- Educational funding for a new role through Child and Youth Strategy allowed for training of one clinician, attached to the Follow Up Next Day Service
- It was the direction of the steering committee, which consists of several partners, to have a trainer come to Halifax and invite community partners interested in running groups to the training rather than send one staff to Seattle Washington

Who To Invite to the Training?

- Staff who work directly with families and could commit that they would run groups once trained
- Staff that would offer groups in their community setting



Impact

- Each group requires two facilitators
- During the training, the importance of partnering across sectors was stressed
- Partnerships between departments have developed with staff crossing over and facilitating groups with community partners
- This has led to not only better service delivery but better understanding and working relationships

Impact

- Reduced wait lists for Mental Health and Addictions
- Some families on wait lists have removed themselves as their needs have been met through the group
- Families that still require service are appropriate referrals for intensive intervention

Impact

- Groups are now being run across the province allowing more families to take part closer to or in their own communities
- Families receive intervention in a community setting rather than a hospital setting
- A data base has been set up to track who has been trained and groups run
- Facilitator questionnaire

Questionnaire Data

- Participant
- Organization
- When were you trained?
- How many groups have you run to date?
- Do you have any future groups planned? If so, when?
- Where have your groups been run?
- How many sessions do you run?
- How long is each session?
- What time of day do you run group(s)?
- Do you have an Incredible Years binder?
- Was child care provided?
- How many participants per group?
- What barriers have you encountered?
- Recommendations/ Comments

Tele-Health

- To enable families to participate from areas that do not currently have groups running, the IWK has offered Tele-Health as an option
- As the IWK has a Maritime mandate, a family from New Brunswick was able to participate in a group

Subsequent Sessions

- The success of the first training prompted the Mental Health and Addictions Program at the IWK to fund three subsequent sessions
- Work is underway now to provide another training opportunity in the Fall of 2011 - there is already a wait list

Primary Health-Supporting Facilitators

- Through IWK Primary Health, facilitator meetings are held quarterly to provide support
- Facilitators can share successes and challenges as well as network and set up future partnerships



Partnerships

East
Dartmouth
Boys and
Girls Club

IWK

Schools
Plus

Primary
Health

Bayers
Westwood
Family
Resource
Centre

East
Preston
Resource
Centre

Public
Health

Dept Of
Community
Services

Eastern
Shore
Family
Resource
Centre



Chebucto
Family
Centre

Dept of
Education

Journey
Home Visitor
for
Cumberland
County

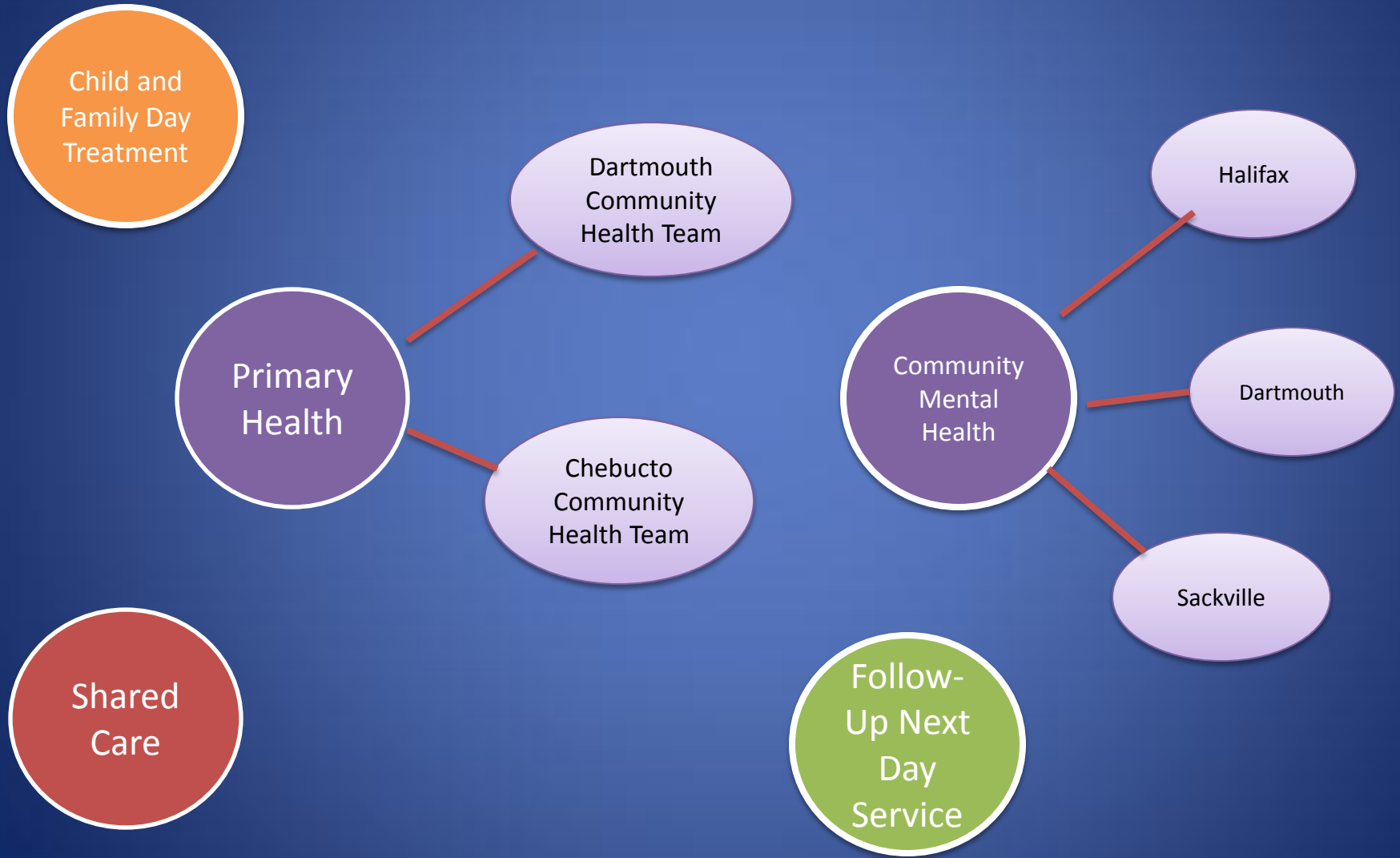
Capital
Health

Dept of
Justice

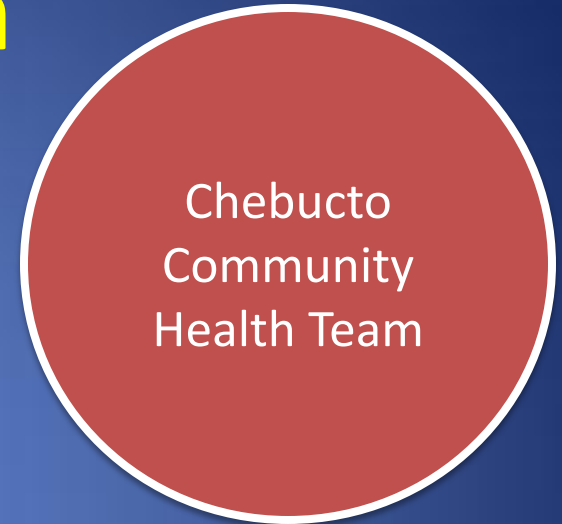
Aboriginal
Parenting
Journey

Maggie's
Place
Amherst

IWK Teams Running Groups



Primary Health



Schools Plus/HRSB

Oxford
School

Joseph
Howe
School

Nelson
Whynder
School

Burton
Ettinger
School

Harbour View
School

Duc
d'Anville
School

Ross Road
School



Evaluation



- During the training session, evaluations are filled out at the end of each day (Training takes three days)
- Parent sessions include a standardized evaluation form to be filled out at the end of each session plus an overall evaluation at end of group



Incredible Years

Incredible Collaboration



Questions?