

NORTH CAROLINA IMPLEMENTATION GUIDELINES

THE INCREDIBLE YEARS BASIC PARENT PROGRAM

Prevent Child Abuse North Carolina (PCANC) provides support for quality implementation of The Incredible Years Basic Parent Program. These guidelines reflect the components necessary for effective implementation with program fidelity. For more complete information on The Incredible Years and model fidelity please refer to <http://www.incredibleyears.com/>.

TARGET POPULATION

IY BASIC programs are designed for a target audience of families experiencing challenges with their children's behavior. Custodial caregivers and other adults who help parent the identified child are appropriate group participants. IY BASIC Preschool program serves adult caregivers of children ages 3-6; IY BASIC School Age program serves adult caregivers of children ages 6-12.

Providers should also ensure that their target population aligns with any funder requirements.

STAFFING

COORDINATORS AND/OR SUPERVISORS

- Provide regular, ongoing one-on-one supervision for facilitators.
- Conduct at least two fidelity assessment observations per year, for each facilitator, to ensure model fidelity and provide strength-based feedback based on these observations.
- Provide opportunities for peer support within your team that could include the review of video clips and discussion of group dynamics.
- Encourage facilitators' weekly planning time for curriculum review and session delivery.
- Encourage and track facilitators' time and engagement in coaching and implementation support from PCANC, including video reviews.

FACILITATORS

- Attend IY facilitator training prior to implementation.
- Each group requires two trained facilitators. A trained back-up facilitator is recommended.
- Commit to implementing the manualized curriculum as intended.
- Support caregivers in using positive discipline strategies and developing new skills.
- Review curriculum and plan before each session, individually and with co-facilitator.

RECOMMENDED STAFF TIME FOR EFFECTIVE IMPLEMENTATION

- Facilitators need at least 9 hours each per week for program preparation, delivery, planning, and 1:1 supervision.
- An additional 6 hours per week are needed for coordination activities, including, but not limited to: promoting the program, recruiting parents, group logistics, paperwork, data collection, reporting, and providing support outside of group.
- Facilitators need a minimum of 9 hours per semester for staff time to participate in PCANC support, including video reviews, and up to 9 additional hours of support based on need.
- Coordinators are encouraged to participate in 7.5 hours of PCANC support per semester. Coordinators can participate in up to 8 additional hours of support based on need.

LOCATION & CHILDCARE

- Agencies should select a meeting location that provides a space for the group as well as childcare.
- The meeting location should minimize travel barriers for families. Transportation should be provided for families if needed.
- Quality childcare should be provided, with attention given to child to caregiver ratio.

GROUP DURATION AND DOSAGE

- IY Preschool is a minimum of 14 weeks of content; IY School Age is a minimum of 12-14 weeks of content; 16 weeks of implementation is encouraged for both programs to allow for surveys and graduation.
- Dosage is one, two-hour session, per week. Providing two sessions in one week should be avoided because caregivers need time to practice new skills.
- Program content should be covered as intended and presented in the same order as outlined in the curriculum.

GROUP SIZE, RECRUITMENT, ENROLLMENT, & COMPLETION

GROUP SIZE

- Optimal group size is 8 to 12 adults.
- Groups smaller than 6 adults or larger than 14 should be avoided.
- We encourage all groups to begin with at least 8 enrolled participants.
- Agencies will ensure appropriate childcare ratios by determining in advance how many children are expected.

RECRUITMENT & ENROLLMENT

- Recruitment should be viewed as an ongoing process. At a minimum, agencies should plan for at least 6 weeks of recruitment and preparation prior to each series.
- Providers should speak with each prospective family prior to a series to determine goodness of fit, review goals and expectations, discuss barriers to attendance, and confirm family members who will be participating.
- Agencies should enroll custodial caregivers as well as other adults in a parenting role.
- No new participants should join a series after it has begun.

COMPLETION

- Participants should be encouraged to attend as many of the 16 sessions as possible to graduate.
- Providers should check with their funders regarding other specific requirements for completion.
- A make-up session should be offered to support a caregiver in returning to group after an absence.
- Make-up sessions should be offered in person or via a virtual platform. Make-up sessions by phone should be avoided.
- Incentives are encouraged throughout the series to support participant retention.

PROGRAM EVALUATION

Network agencies participate in a statewide evaluation process and receive agency level and statewide reports as part of this process. Agencies are encouraged to use both process and outcome evaluation data to inform their work.