

## Readiness Tool: The Incredible Years ADVANCE Parent Program

During program selection, it is important to research and compare possible evidence-based prevention programs to ensure that you are selecting the program that is the best fit for your community and available resources. This tool is intended to help you plan for the implementation of an evidence-based program with a commitment to quality and long-term sustainability.

### Program Selection

**Is IYS ADVANCE a good fit for your community? While researching and comparing possible programs, consider the following information to determine if IYS ADVANCE is the best fit for the community.**

#### 1. Are these the risk and protective factors identified and/or prioritized by your community?

IYS Advance Targeted Risk Factors	IYS Advance Targeted Protective Factors
Poor Family Management ( Ineffective Parenting Skills, low monitoring)	Family Attachment ( Parent support for child social, emotional, & academic development)
Family Conflict	Family Opportunities for Prosocial Involvement
Family History of Antisocial Behavior (Numerous life stressors (negative life events, socio-economic disadvantage, & isolation)	Family Rewards for Prosocial Involvement (Parent effective communication skills, anger management, problem solving)
Ineffective parenting skills	Parent Support for child social, emotional and academic development
Numerous Stressors (negative life events, socio-economic disadvantage, and isolation)	Parent effective communication skills, anger management, problem solving
Low parent involvement with teachers	Positive, nurturing, developmentally appropriate parenting skills
Child biological factors (developmental delays, ADHD, cognitive, language)	Parent partnerships with teachers/schools

#### 2. Is the Incredible Years® ADVANCE Parent Program appropriate for the population you plan to target?

The *Incredible Years ADVANCE Parent Programs* target parents of children ages 3-12. The program targets parents of at-risk children who have completed either *the Incredible Years* BASIC preschool or school age program.

#### 3. What are the outcomes you intend to change in your targeted population?

**IYS ADVANCE has been shown to have the following outcomes:**

**Short-term:**

- Increase parent positive affect such as praise and reduced use of criticism and negative commands.
- Increase parent use of effective limit-setting by replacing harsh discipline with nonviolent discipline techniques
- Increased monitoring of children
- Reduced parental depression and increase parental self-confidence
- Increase positive family communication and problem solving

**Long-term:**

- Reduced youth conduct problems at home (less aggressive, destructive behavior, less depression, less use of drugs and alcohol, less likely to drop out of school, less criminal activity, less pregnancy)

## Implementation Planning Steps

### 4. Is it feasible for you to invest in the following key elements IYS ADVANCE is implemented?

- **Buy in:** Education is essential for the group facilitators as to what the program is, how it will be implemented, what the expectations are for implementing, and what type of support they will receive. Explain how IYS ADVANCE fits into the prevention programming plan. This is extremely important and should occur BEFORE training days.
- **Facilitator training days:** It is vital to train all people who will be implementing. It is also imperative to train additional people to help address attrition and to have sufficient staff in case of illness, etc.
- **Recruitment:** Sufficient parent participation is a vital part of the IYS ADVANCE and recruitment efforts need to be thoughtful and proactive. Here are some strategies to consider when recruiting parents for IYS ADVANCE.
  - Have an “elevator pitch” description of the class to give parents enough information and encourage them to contact you for more information.
  - Set a convenient time and place for program sessions.
  - Make sure fliers for the program mention the incentives you are offering: FREE childcare, dinner, programming, etc.
  - Use personal invitations at community based events and agencies. (For example: at preschools, back to school nights, community fairs)
- **Staff:**
  - Program Coordinator – The Coordinator assumes responsibilities such as coordinating staff training, scheduling programs, hiring and supervising facilitators and other staff, overseeing data collection and analysis, arranging program logistics (such as location, meals, childcare, transportation, and incentives), developing recruitment, referral, and marketing strategies, and guiding facilitators to ensure model adherence.
  - Facilitators – IYS ADVANCE is intended to be delivered by two trained facilitators.
  - Additional Staff – Childcare providers for children of parents attending the program.
- **Curriculum:** Curriculum materials are distributed by The Incredible Years. It is recommended for startup that sites purchase one full set of the curriculum and provide a manual for each facilitator.
- **Budget:** A budget of supplies and costs associated with running a 10-12 week parenting program including facilitator salaries, meals, childcare, transportation and incentives.
- **Data collection and analysis plan:** Determine the following: When evaluations (pre and post surveys) will be completed by parents participating in IYS ADVANCE. Who will be responsible for distributing and collecting the surveys? Who will be responsible for data entry? Who will be responsible for analyzing and reporting the data results?

## Implementation Steps

### 5. Can these expectations for quality and dosage be met within the existing structure and with the existing resources?

- 2 days of training in Year 1 before implementation begins
- Ongoing phone consultation with trainer/mentor for professional development
- Appropriate time provided for weekly program preparation
  - Set up homework folders/prepare handouts
  - Copy weekly parent evaluations
  - Make reminder phone calls to parents
  - Prepare incentives

- Arrange transportation
- Make midweek phone calls to parents for retention and to trouble shoot issues
- Review and provide feedback in parents' folders
- Debrief and plan for next class with co-facilitator
- Locate space for the program and childcare
- Arrange for meals or snacks.
- Arrange for childcare
- Recruit approximately 15 adults to participate in the program
- At first session or during an intake appointment, have parents complete the Parent Practices Interview (pre)
- Have TV and DVD player available for showing of vignettes.
- Follow weekly session checklist and program implementation guidelines while being flexible to meet the needs of the parents participating.
- Develop a process for video of program for certification process for facilitators
- Person trained in IYS ADVANCE to observe 2 of the 10-12 program sessions.
- Develop a process for regular feedback and collaboration about implementation for all IYS facilitators.
- At last session have parents complete the Parent Practices Interview (post)

### Steps for Assessing Program Impact

#### 6. Does the agency have the capacity to collect outcomes data and to monitor program fidelity?

##### **Data collection:**

- Pre surveys completed by parents before each program cycle starts.
- Post surveys completed by parents after each program cycle ends.
- Weekly parent evaluation forms to assess weekly parent satisfaction.

##### **Data entry/analysis and PCCD reporting:**

- A person(s) designated to take completed parent surveys and enter them into an Excel Spreadsheet for Outcomes Analysis and PCCD Quarterly Reporting Tool.
- A person(s) designated to complete quarterly reporting requirements for PCCD.

##### **Fidelity monitoring:**

- A person(s) to complete observations (20% of sessions, or 2 per 10-12 week cycle) and provide feedback on implementation quality using the IYS ADVANCE Parent Group Leader Checklist. All observers should complete the Incredible Years® ADVANCE Parent Program training.
- Regular time for collaboration and networking surrounding program implementation. Weekly is ideal, bi-weekly is recommended. This time will be used to discuss how well the program is being implemented and what barriers need to be addressed.

## Steps for Sustainability

**7. Can funds/resources be identified to sustain key implementation elements of the program beyond the initial seed funding? Make sure to carefully consider and designate those responsible for sustainability planning and securing funds/resources.**

- Have you designated a person or persons responsible for pursuing sustainability funding and allotted sufficient time for identifying funding sources and building relationships with potential funders?
- Will there be funds to provide annual training to Incredible Years® ADVANCE facilitators?
- Will there be funds to provide training for new staff?
- Will there be capacity to purchase/print evaluation tools and analyze outcomes data?
- Will there be capacity to continue to support staff time to conduct observations and monitor implementation quality?

**Additional assistance and resources for implementing the Incredible Years® ADVANCE Parent Program can be obtained by contacting the EPISCenter at 814-865-2649.**