

## The Incredible Years (IY)

### **Target Population**

IY is ideal for children experiencing, or at risk for, emotional and behavioral issues. The parenting programs are for children ages 0-12 and the child and teacher programs are for children ages 3-8. This treatment is provided by IY-trained clinicians.

### **Treatment Setting**

This treatment was created to be implemented in varying settings.

### **Length/Frequency of Treatment**

Basic IY Parent Programs are 2-2.5 hours for about 8-16 sessions weekly in a group setting (9-12 for Advanced). The teacher program is 6 full-day workshops.

### **Referral Process**

Outpatient providers delivering IY can be accessed by calling the providers in the provider directory or contacting Member Services.

### **Website:**

<http://www.incredibleyears.com/>

### **Overview**

The Incredible Years (IY) is a model which includes programs for parents, children, and teachers. The goal of these interlocking programs is to prevent issues related to academic achievement and interpersonal relationships and to improve the overall well-being of children. This is achieved through programs designed to improve interpersonal skills, address problem behaviors and difficulties with emotion regulation, and learning to cultivate a supportive, safe environment for child development.

### **Core Components**

IY involves three training programs:

**1) Parent Programs (Basic and Advanced):** The goal of this program is to improve the parent-child relationship through minimizing harsh discipline, improving interpersonal skills, and helping parents learn to support/promote the child's social, emotional, and language development.

**2) Child Programs (Dinosaur School):** Programs for children in IY model address children's social and emotional abilities which includes learning to manage emotions, problem-solve effectively, and engage in appropriate classroom/home behavior. Specific programs for children with conduct/internal difficulties and ADHD are available.

**3) Teacher Programs (Classroom Management):** This program is for early childhood/elementary teachers and involves improving classroom management strategies to increase prosocial behavior, emotion regulation, and school readiness in children.

### **For more information visit:**

<http://www.incredibleyears.com/>