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# Incredible Years Parenting Program: Developing an Evidenced-based Implementation Protocol



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## Purpose

The purpose of this project was to develop an evidence-based implementation protocol for the Incredible Years program at Fernbrook Family Center. The significance of this project was to generate a protocol manual that can be used as a guide for future implementation of the Incredible Years program.

## Literature Review

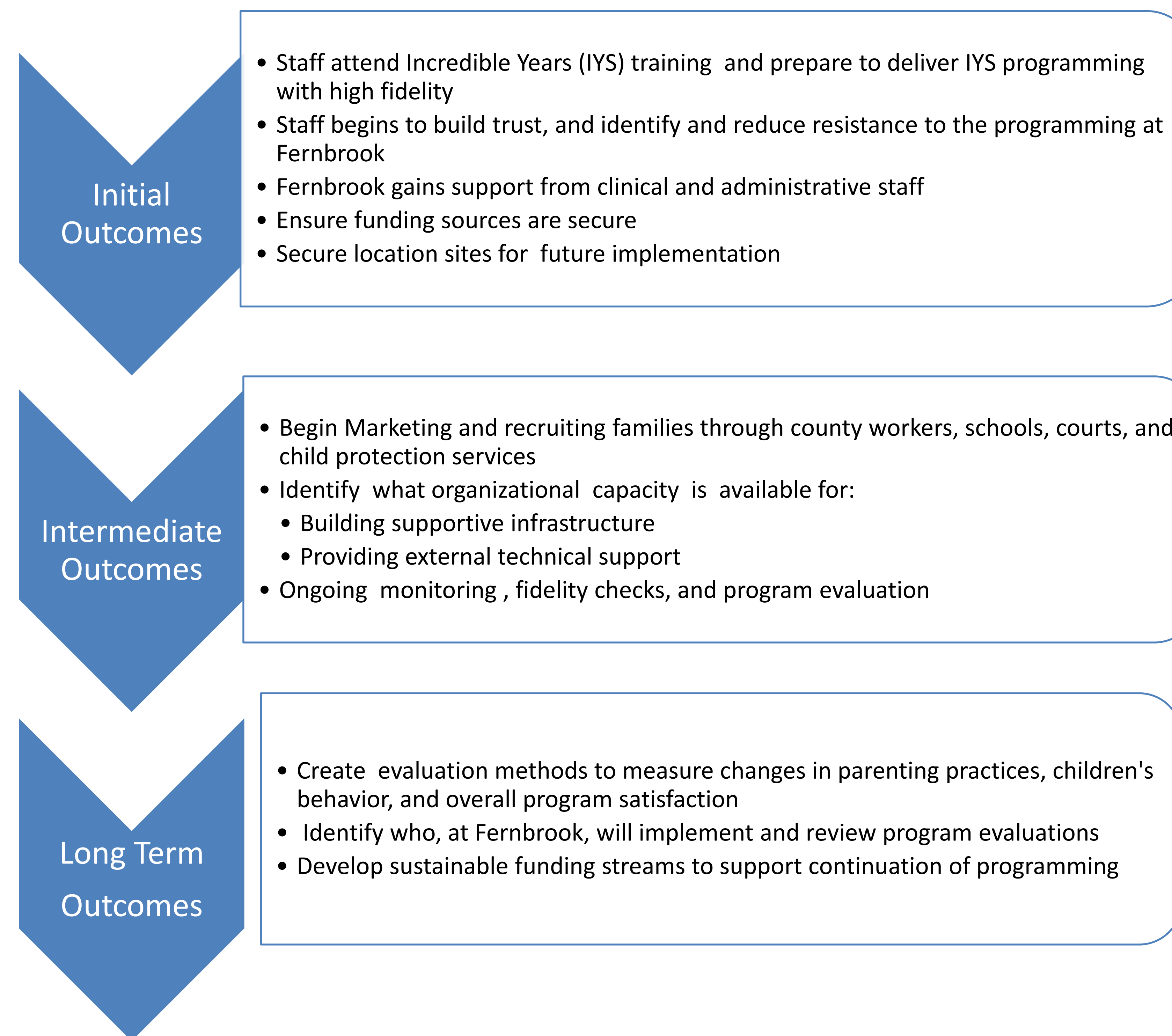
Implementation is a process an agency will need to work through in order for the program to be used as intended. It does not always proceed smoothly or as intended the first time around ( Fixsen, Naoom, Blase, Friedman & Wallace, 2005). Research has identified six stages of the implementation process, which are: exploration and adoption; program installation; initial implementation; full operation; innovation; and sustainability ( Fixsen et al., 2005). Successful implementation involves activities and outcomes at the practice level, organizational level, and systems level (Metz, Blase& Bowie , 2007). Webster- Stratton & Taylor (1998) found 4 critical tasks within the six stages of implementation. These tasks are: desire for change, obtaining administrative support, obtain support from clinicians, and implementing the program with clinical integrity.

## Methodology

A systemic literature review was conducted to identify best practices for implementation specific to parenting groups. Textbooks, hard-copy articles, and multiple electronic databases were utilized.

A logic model was conceptualized based on the findings in the literature to provide a visual of the process and components of implementing the Incredible Years program. The final step of this research was creating an evidence-based implementation protocol manual for the Incredible Years program.

**Figure 1: Logic Model Outcomes**



## Findings

- A major finding from completion of this project was the lack of a needs assessment prior to implementation. Without the identified need it was difficult to assess whether the Incredible Years program was the best available solution due to lack of definition or scope of the problem. In future implementation the first step should be a needs assessment within the community to ensure that the program being implemented is the correct solution for the perceived need within a community. This would increase the likelihood of future sustainability for the program.
- Prior to implementation of the IYS program, Fernbrook will have to elicit support from key staff at the clinical and administrative levels, secure funding streams, and find a location for the program. Fernbrook will then have to gain support from the community by marketing the IYS program to key stakeholders at the community level (i.e. county workers, schools, child protection workers, judges).
- Lastly, Fernbrook will need to have ongoing monitoring of the actual implementation through fidelity checks and program evaluations.

## Recommendations for Implementation

- Programs must be implemented with fidelity of the original model to preserve the behavior change mechanisms that made the original model effective (Arthur & Blitz, 2000 as cited in Webster- Stratton & Herman, 2010).
- Future implementation should include the following critical factors: selecting optimal group leaders or teachers to deliver the program; providing facilitators with quality training workshops coupled with ongoing supportive mentoring, consultation, peer, administrative, and facilitative supports; and ongoing program evaluating and monitoring of program dissemination fidelity. (Webster-Stratton & Herman, 2010).

## References

References available upon request