

North Carolina Division of Social Services (NCDSS)

North Carolina's Department of Health and Human Services, Division of Social Services (NCDSS) invests in services that build strong families and reduce likelihood of child abuse and neglect.

With Community-Based Child Abuse Program support, **Incredible Years (IY)**, an evidence-based parent training program, is provided to an average of 950 North Carolina parents and caregivers per year.

Research demonstrates that IY is an effective program for parents and has been shown to¹:

- Reduce aggressive and disruptive behavior in children.
- Increase parents' positive affective response.
- Decrease parents' use of harsh discipline, criticism, and negative commands.
- Reduce parental depression and increase parental self-confidence.
- Increase parental involvement with teachers and classrooms.

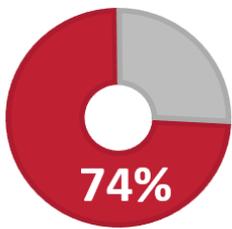
Studies have shown Incredible Years to be an effective prevention and intervention service. The California Evidence-Based Clearinghouse rates IY as Well-Supported by Research Evidence.²

"Following [Incredibly Years] treatment, mothers were observed to be more positive, less critical, more consistent, and more competent than were control mothers."³

Twenty-five (25) sites, serving 40 of North Carolina's 100 counties, offer up to 90 Incredible Years groups per year.⁴ To ensure fidelity to the IY model, NCDSS funds Prevent Child Abuse North Carolina to deliver implementation support to agencies offering IY and other prevention services.⁵

"I took this class to help me with discipline. I did learn about how to discipline effectively, but I also learned much more. . . I didn't realize how much positive praise, play, and rules and routine are tied to behaviors."

-IY Parent Participant



An external evaluation⁶ of 820 families in North Carolina's Incredible Years services found that **74%** of families experienced an **increase in positive parenting**.

Additionally, the evaluation found that North Carolinian families in the IY program gained critical skills known to reduce risk for child maltreatment.



66% of families experienced an increase in appropriate discipline.

60% of families experienced an increase in clear expectations.



57% of families experienced a reduction in harsh discipline.

57% of families experienced a reduction in inconsistent discipline.

Further, children's problem behaviors decreased, building greater likelihood of future academic and social success.



60% of families experienced a reduction in intensity of (children's) problem behaviors.

61% of families experienced a reduction in (children's) problematic behaviors.

Participants consistently express high ratings on the DSS Family Satisfaction Survey. The following quotes represent the overwhelming majority of parents' and caregivers' comments about their positive experience participating in Incredible Years.

"Our family will feel the impact of this program for years to come."

"This class has been beyond amazing for our family! The change I have seen in my boys and even in our relationship within my marriage has been wonderful."



This brief was created in partnership with FRIENDS National Center for Community-Based Child Abuse Prevention (CBCAP) and the North Carolina Department of Health and Human Services, Division of Social Services.



NC DEPARTMENT OF
**HEALTH AND
HUMAN SERVICES**

1 <http://www.incredibleyears.com/for-researchers/research-library/>

2 <https://www.cebc4cw.org/program/the-incredible-years/>

3 Baydar, N., Reid, M. J., & Webster-Stratton, C. (2003). The role of mental health factors and program engagement in the effectiveness of a preventive parenting program for Head Start mothers. *Child Development*, 74(5), 1433-1453.

4 For more information on NC DSS prevention services, visit: <https://www.ncdhhs.gov/divisions/social-services/child-welfare-services/community-based-programs>

5 PCANC Implementation Support Specialists provide technical assistance, phone coaching, video clip reviews, pre and post agency capacity assessments, evaluation support, and on site coaching for improving practice and enhancing model fidelity.

6 October 2019, Harman and Associates external evaluation using the Parent Practices Interview and the Eyberg Child Behavior Inventory.