

Incredible Years Experience in Norway

Siri Gammelsæter,
IY Clinical Trainer, Regional Centre for Child and Youth Mental
Health and Child Welfare, Norway

- ▶ 1997–Norwegian Research Council conference
- ▶ New methods for working with children and youth with behavioral problems
- ▶ Public funding of implementation of three programs IY, parent management training (PMT) and Multi Systemic Therapy (MST)
- ▶ Covered the age range of 3–18 years

Implementation process in Norway

- ▶ 1999: Start of the first parent groups and training of groupleaders
- ▶ 2000: Start of the first Dinosaur-groups and training for group leaders
- ▶ 2002 – 2005: Clinical trial. RCT of parent- and Dinosaur groups
- ▶ 2005 – today: Dissemination period
- ▶ 2007 Piloting the universal parent program
- ▶ 2007 – 2008: Universal prevention trial. RCT of universal parent program
- ▶ 2008: Piloting the classroom management program
- ▶ 2009 – today: School and kindergarten trial. RCT of school and kindergarten programs
- ▶ 2010: Piloting The attentive parenting program (universal)
- ▶ 2012 – today: Piloting The baby program
- ▶ 2012: Preparing a RCT of The baby program

IY in Norway

- ▶ Nationwide implementation
- ▶ Financed by Directory of Health
- ▶ University of Tromsø in charge of implementation, in collaboration with university of Trondheim and Uni Research Health Bergen
- ▶ Mentors and peer coaches in different parts of the country
- ▶ 15 years later–the IY programmes are working well in Norway –even if the programs come from a different culture

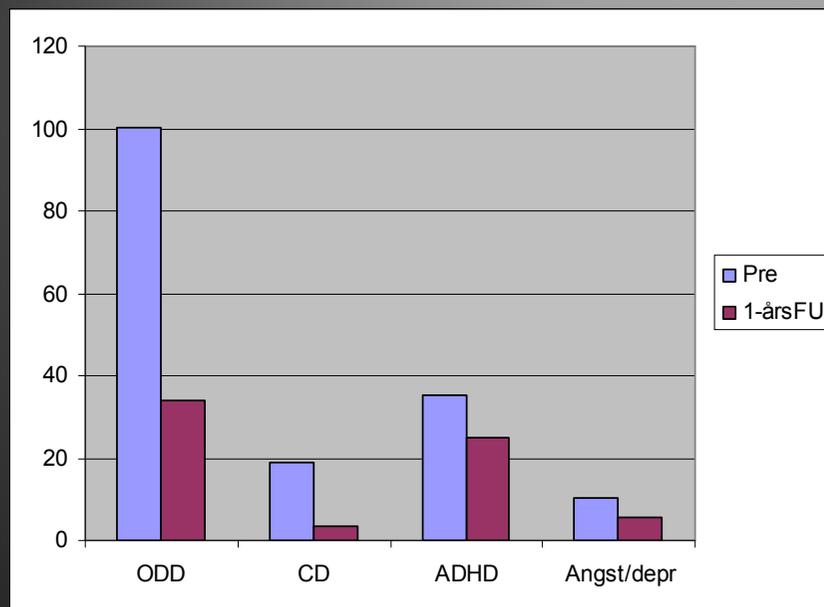
The Incredible Years

- ▶ A series of interlocking evidencebased programs for parents, children and teachers.
- ▶ The goal of the programs is to treat and prevent young children's behavior problems
- ▶ Recommended in the Norwegian National Guidelines for ADHD, as parent training for young children with ADHD
- ▶ The programs have been researched for 30 years
- ▶ The programs are used world wide in mental health services and as preventive programs in communities.

The programs in operation



The Norwegian RCT 2002–2005



Treatment
(Diagnosed children)

Mental Health
Clinics

Clinic
>90%
ECBI

Indicated and selective
prevention

Public
Services
<90% og
ECBI

Health Care
Services
Child Protection
Family Centers

Universal
Prevention

Public Services
(Normal Range)

Health Care
Services

→ Referral