

Incredible Years

- First 7 slides are results from a NIDA funded 5 year RTC in which parents were randomly assigned into SPIRIT Incredible Years (In home 13 sessions basic program—They also had 2 sessions of the Indian Family Wellness Assessment (motivational Interviewing) prior to IY sessions or usual care (Another parenting program in the community)).
- The last slide is not a RTC it is straight service delivery with Incredible Years and Healthy Marriage class based on a combination of Gottman and PREP. (Self report pre/post)
- We have recently upgrades and are now doing the new version, age level specific in more sessions.

SPIRIT PROJECT Evidence

57 Parent Tribal Affiliations Across 135 Families
at Pre-Assessment

Mean child age 6 years (54% Female)

86% of Parents were AI; 52% Hispanic
100% of Children AI; 64% Hispanic

40% of Families Income < \$20,000/year
28% of Sample Unemployed

SPIRIT PARTICIPATION

Initial Connection: 160 families

17 did not follow through with any part of the project (11%)

143 agreed to participate in the study & initiated IFWA (89%)

- 8 started the IFWA sessions, no follow-through to random assignment (6%)

- 135 completed all 3 IFWA session & randomize to condition (94%)

IY n=73 UC n=62

Of these 135 families:

110 completed all three project assessments (81%)

121 completed at least two assessment points (90%)

measurement frameworks

SPIRIT

Questionnaires (Parent): Family, Child and Personal Functioning

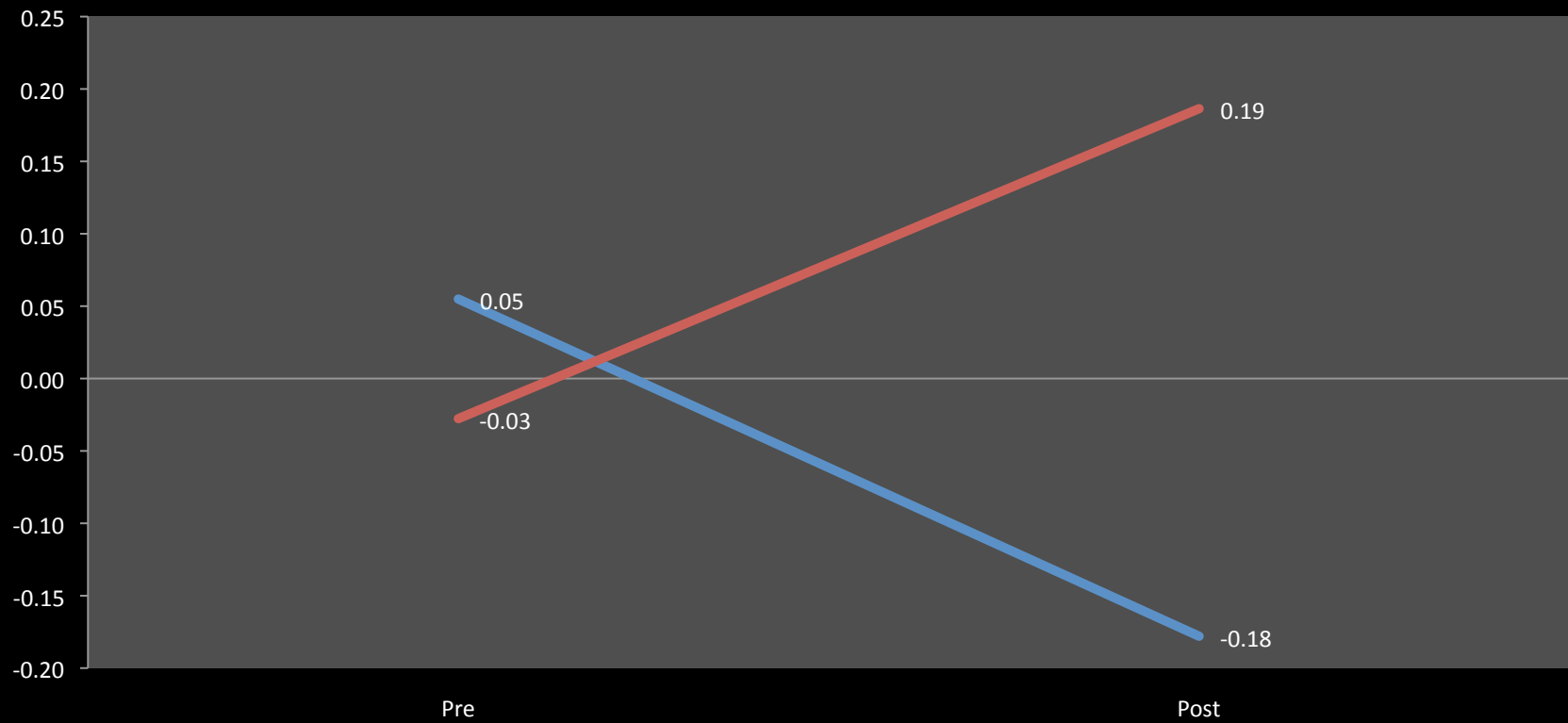
II. Direct Observation (Parent-child): Play interactions

III. Cultural (Parent): History, Generational Events, Racism, Anxiety

$F_{(1,120)} = 13.92; p < .001$

Ineffective Parenting

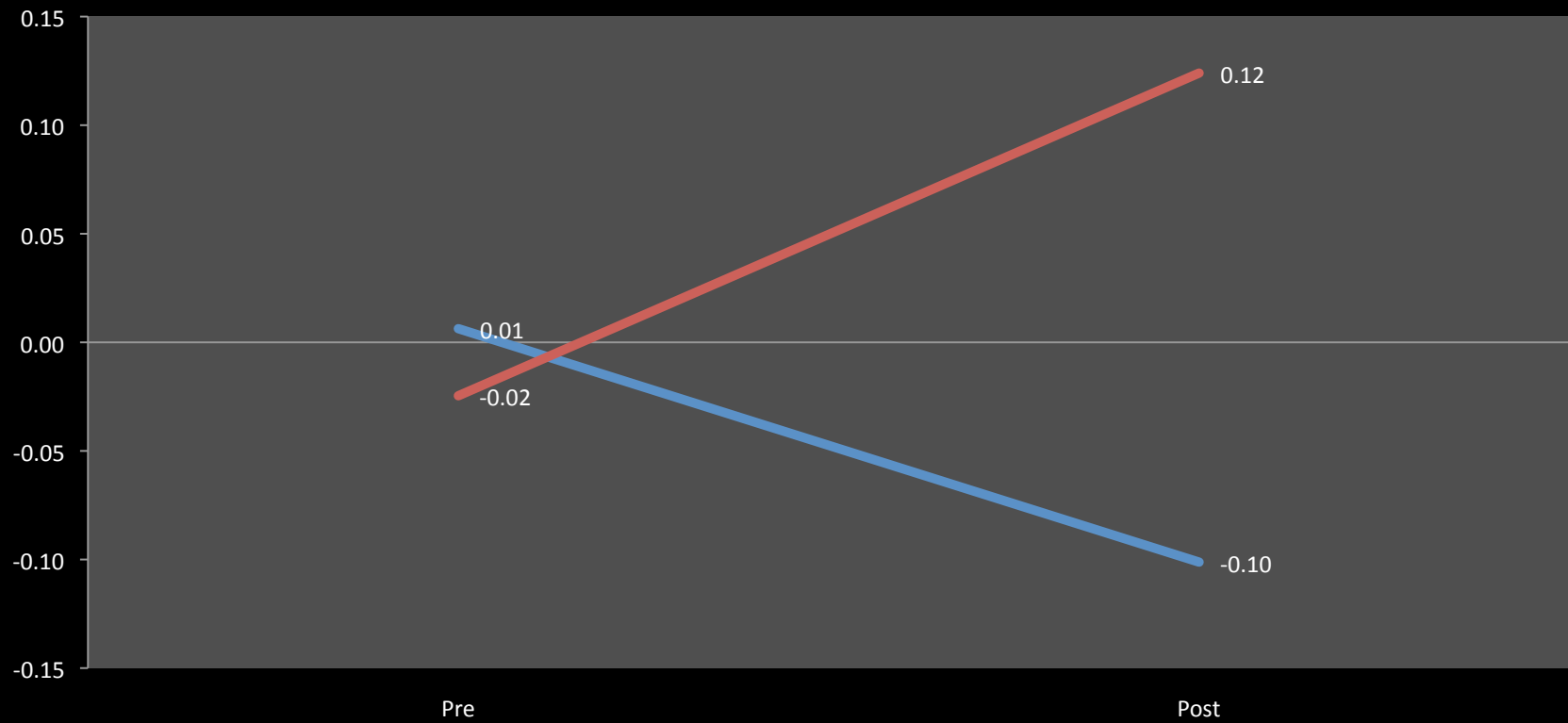
— Incredible Years — Usual Care



$F_{(1,119)} = 4.75; p < .05$

Child Difficulty

— Incredible Years — Usual Care



SPIRIT PAREN T-CHILD CHANGE

Parent Change Due to Intervention
Is Related To
Positive Child Change

$$r = .23$$

$$r^2 = .053$$

$$p = .05$$



Indian Child and Family Services

Improving the Well-Being of children: Native American Healthy Relationship Initiative



COMMUNITY MEMBERS SERVED

113 pre-assessments; 86 post; 100 in intervention

Average age: 36 years

Relationship Status: 42.5% married/living together;
21% divorced/separated; 4% widowed; 33% in other
arrangement

Average # people in household: 4

Educational Level: 21% less than high school; 35%
high school /GED; 33% vocational certification/some
college; 11% college degree/higher

Employment Status*: 28% currently employed; 28%
unemployed; 33% homemaker; 20% current student;
9% disabled unable to work; 9% other working
situation

Income Level Reported: 31% made less than \$10,000/
yr; 21% \$10,001 - \$20,000; 21% \$20,001-\$50,000;
28% above \$50,000

57% reported some or great deal of difficulty paying bills
each month; 45% did not have enough money left over
after paying bills.

* NOTE: Greater than 100% due to being able to report more than one category

FINDINGS

Over All Intervention Outcome:

Significant reduction in depression on the Beck
Depression Inventory (symptom total on average reduced
from 12 to 9) $t=2.55_{df=86}, p = .01$

Couple Intervention Outcome:

Significant reduction in negative or harmful conflict
tactics on the Conflict Tactics Scale (harmful tactics
reduced on average from 23 to 17) $t=3.27_{df=46}, p=.004$

Parenting Intervention Outcomes:

Significant reduction in parenting stress on the Parenting
Stress Inventory (total stress score reduced on average
from 147 to 139) $t=4.66_{df=75}, p < .001$

Significant reduction in child abuse potential on the Child
Abuse Potential Inventory (total score reduced on
average from 51 to 51) $t=3.15_{df=75}, p < .01$

Significant reduction problem child behaviors on the
Eyberg Child Behavior Inventory (total problems reduced
on average from 9.4 to 6.7) $t=2.47_{df=75}, p = .02$

Significant improvement in parent rating of the child
behavior on a 100 point scale (rating increased on
average from 62 to 69) $t=-2.48_{f=75}, p=.02$