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.
SPRINT 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

I. Questionnaires (Parent): Family, Child and Personal Functioning

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

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

$F_{(4,120)} = 13.92; \ p < .001$
SPIRIT CHILD RESULTS

Pre
Post

Child Difficulty

Incredible Years
Usual Care

F_{(4,119)} = 4.75; p < .05
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) $t=-2.48_{f=75}, p=.02$