

Implementing Incredible Years in Norway 1999-2009.

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Norway has a nationwide implementation of the Incredible Years, funded by the Norwegian Ministry of Health. The funding is based on political decisions and a result of the Norwegian health authority's active search for evidence based methods for treatment of conduct problems in children. The first parent group was offered in the fall 1999 and the Norwegian IY mentors and group leaders and community partners are celebrating the 10-year anniversary in the fall 2009 in Trondheim.

In 2001-2004 a randomized control trial assessing the effect of IY Basic Parenting Program (Preschool version) and IY small group treatment program for children diagnosed with Oppositional Defiant Disorder (ODD) was conducted at the University of Science and Technology in Trondheim and the University of Tromsø (Larsson et al., 2008). The result of the trial was comparable to the research conducted by the program developer (Webster-Stratton & Hammond, 1997) and independent research groups (Scott, Spender, Doolan, Jacobs, & Aspland, 2001; Taylor, Schmidt, Pepler, & Hodgins, 1998). Based on the results from the Norwegian study, the decision to implement IY nationwide was made.

A comprehensive infrastructure to support the dissemination of IY has been built during the last six years. An implementation group at the University of Tromsø, led by trainer and professor Willy-Tore Mørch is planning and organising the dissemination, implementation and program fidelity in Norway.

To train and support new group leaders, mentors have been trained in all of the IY programs. Currently seven mentors and one mentor-in-training work with the IY parent program, three mentors and one mentor-in-training work with the IY treatment child group program, and two mentors work with the IY teacher training program. The Norwegian mentors meet regularly with the implementation group to co-operate on Norwegian implementation issues. The mentors take part in annually international mentor meetings.

The programs are disseminated both in mental health outpatient clinics for diagnosed children as well as in communities as prevention programs. When implementing IY in an area, the aim is to deliver the program both as prevention and as a treatment for clinical groups. In this way the programs is offered in different formats and dosage according to the needs of the children and parents. When an agency wants to deliver an IY program, they send an application to the implementation group located in Tromsø. . A slightly modified version of the IY Agency Readiness Questionnaire (ARQ) is used for this purpose. Every new agency must pass an examination of the allocated resources described in the ARQ to start training as an IY agency. When the agency is ready to start delivering the program, they are offered the training work shops, the IY equipment (manuals etc), and supervision free of charge.

To support new group leaders and ensure program fidelity regular supervision is offered to all group leaders. The supervision is given in groups, usually on whole days. When the leaders have completed accreditation the supervision is more infrequent but consultation days are still provided in order to sustain program fidelity delivery. Informal peer review among group leaders is encouraged in each area. New training of selected and accredited group leaders to become accredited peer coaches will be implemented in Norway in the years to come. It is recommended that agencies have peer coaches to provide ongoing support to new group leaders.

The implementation group in Tromsø conducts an annually survey by Quest back, to monitor the group leaders fidelity to the program (dosage, components delivered, etc) the number of families exposed to the program during the previous year.

So far approximately 75 agencies have implemented one or more of the IY Parent, Teacher or Child Programs. A total of 838 people have been trained from one of the programs in the past 10 years and of these, 100 are accredited. (see Norwegian IY web site for more information in Norwegian)

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