



SAMHSA - Science and Service Award 2009 Winner for Mental Health Promotion

Amherst H. Wilder Foundation

Incredible Years

651-280-2000

www.wilder.org

Starting in 2007, SAMHSA created the Science and Service Awards as a national program to recognize community-based organizations and coalitions for exemplary implementation of evidence-based services.

For more than 100 years, Wilder has combined direct service, research, and community development to address the needs of the most vulnerable people in Minnesota's Ramsey County. Through more than 70 diverse programs and services Wilder works with thousands of individuals every year to help them overcome barriers to learning, address their mental health, live with more independence, maintain affordable housing, and engage in their communities.

Wilder introduced Incredible Years to the community in 2004. Wilder implements the Teacher Classroom Management Program and the Dina Dinosaur Classroom Curriculum in our Child Development Center, a full-day early childhood care and education program. Wilder trains and mentors other providers, including Head Start, to assure program fidelity. Wilder also provides the Dina Small Group Therapy Program and the Preschool BASIC Parent Program. In Fall 2009, Wilder will coordinate local training in the new Parents and Babies and Parents and Toddlers programs, and will begin offering these new programs to community parents.

Implementation results between 2005 and 2008 demonstrate improvement for both parents and children participating in the program. Analyses of over 500 pretest-posttest Strengths and Difficulties Questionnaires showed children made statistically significant gains in: emotional symptoms, conduct problems, hyperactivity-inattention, peer problems, and prosocial behavior ($p < .001$). Significantly fewer children were reported to exhibit emotional and behavioral difficulties at discharge (34%) as compared to intake (48%). Additionally, analyses of 37 pretest-posttest Parent Practices Interviews revealed parents made statistically significant improvements ($p < .05$) in: harsh and inconsistent discipline, positive verbal discipline, praise and incentives, physical discipline, and clear expectations. Most significant was a decline in self-reported use of harsh and inconsistent discipline ($p < .001$).