



**Incredible Years Mentor Meeting
University of Turku, Finland, 2026**

Hot Tips: Small Tune Ups that Make a Big Difference

Carolyn Webster-Stratton MS, MPH, PhD



Welcome

Tervetuloa

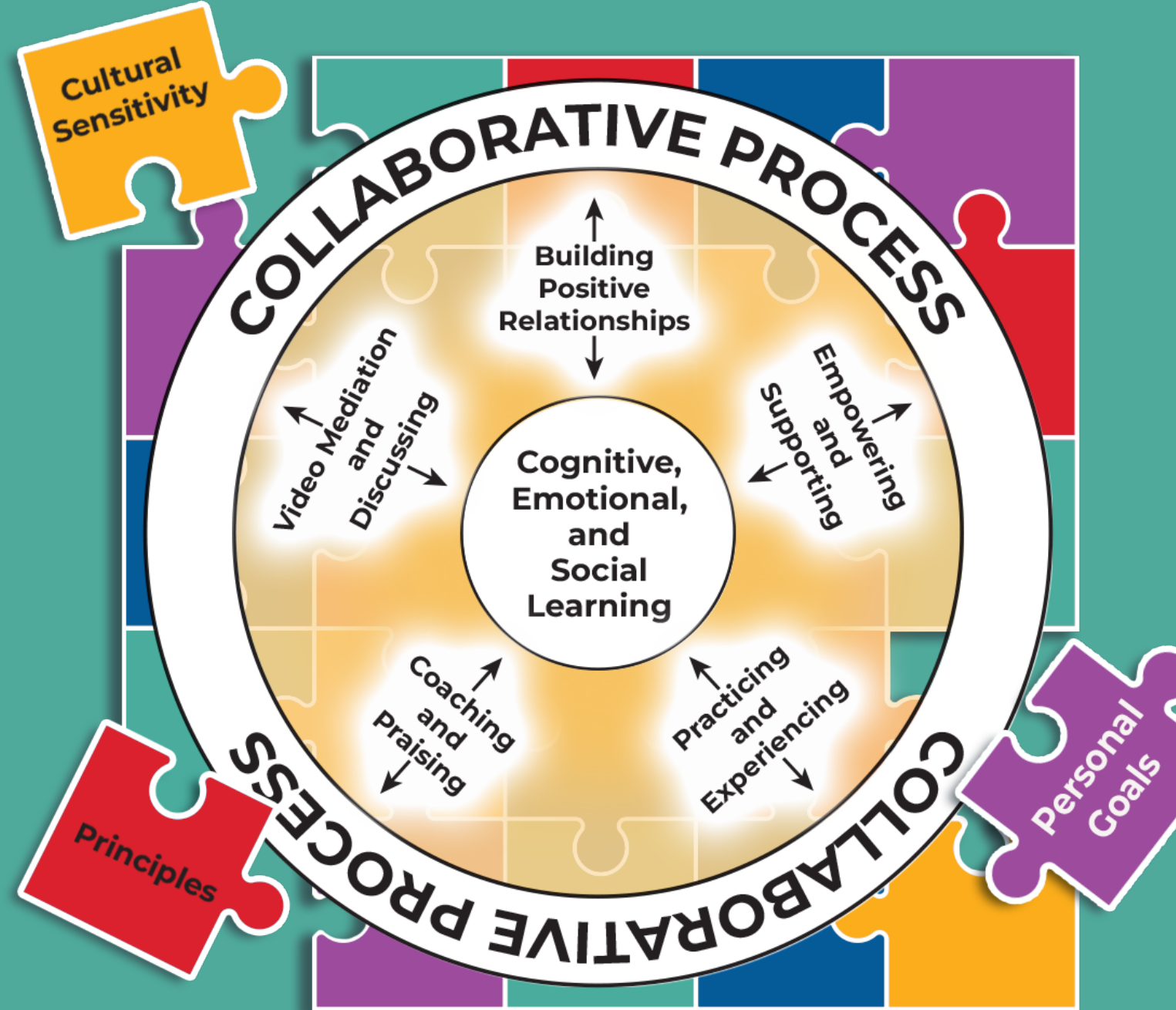
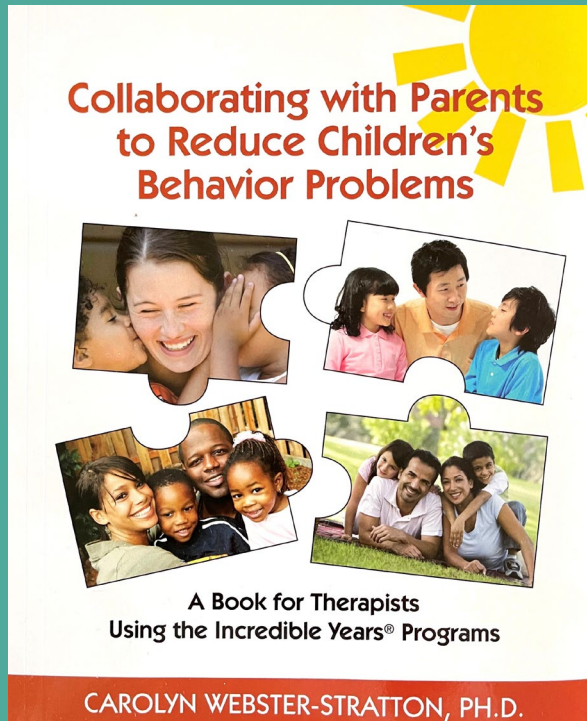




Connecting the Incredible Years Program Puzzle Pieces for Parents and Teachers Scotland Mentor Meeting, 2024



Connecting the Puzzle Pieces across Teacher, Parent & Child Programs



Buddies Discover at Least 2 Unknown Puzzle Pieces
of New Mentor (present Friday)

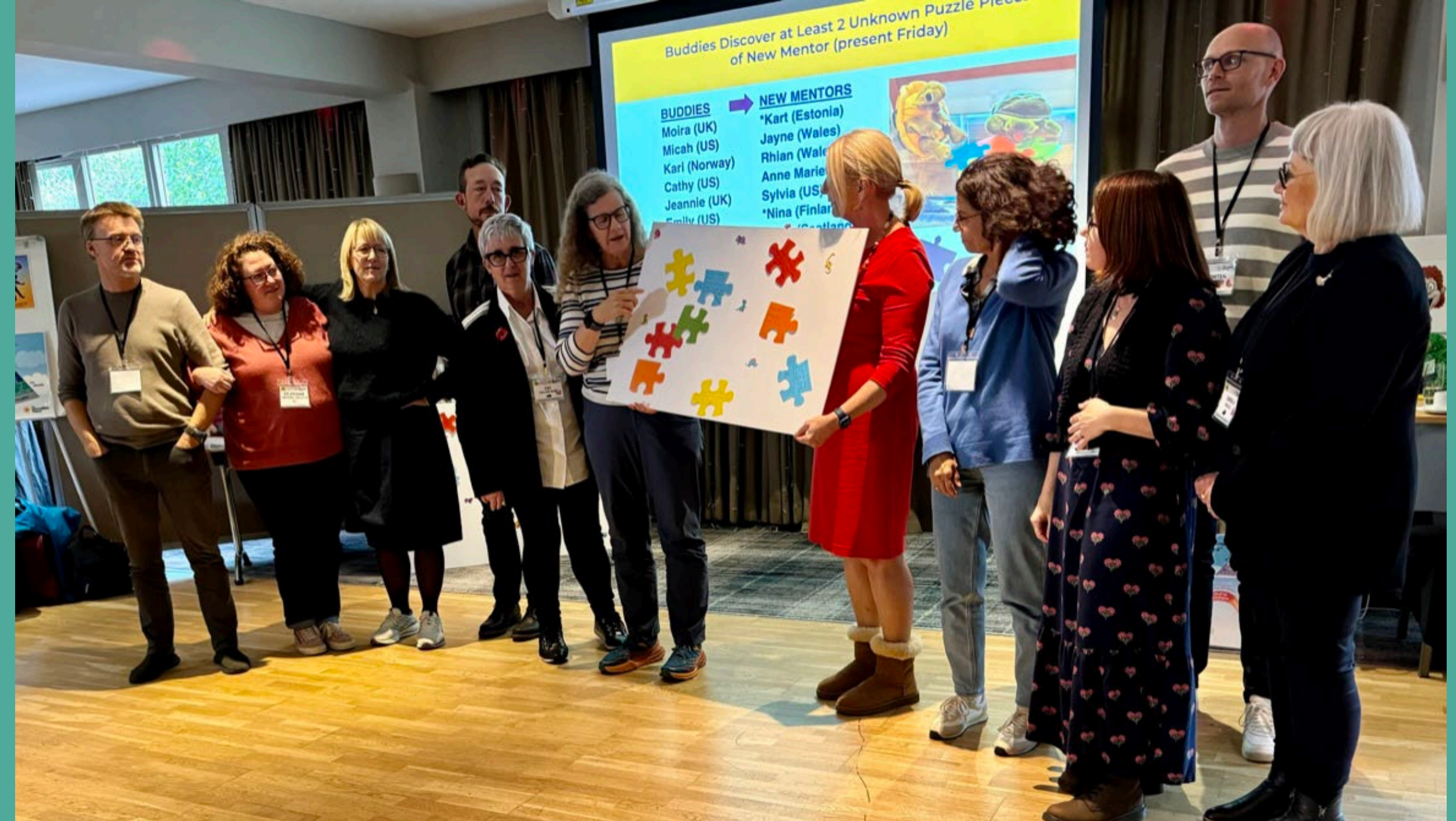
BUDDIES

Moir (UK)
Micah (US)
Karl (Norway)
Cathy (US)
Jeannie (UK)
Emily (US)

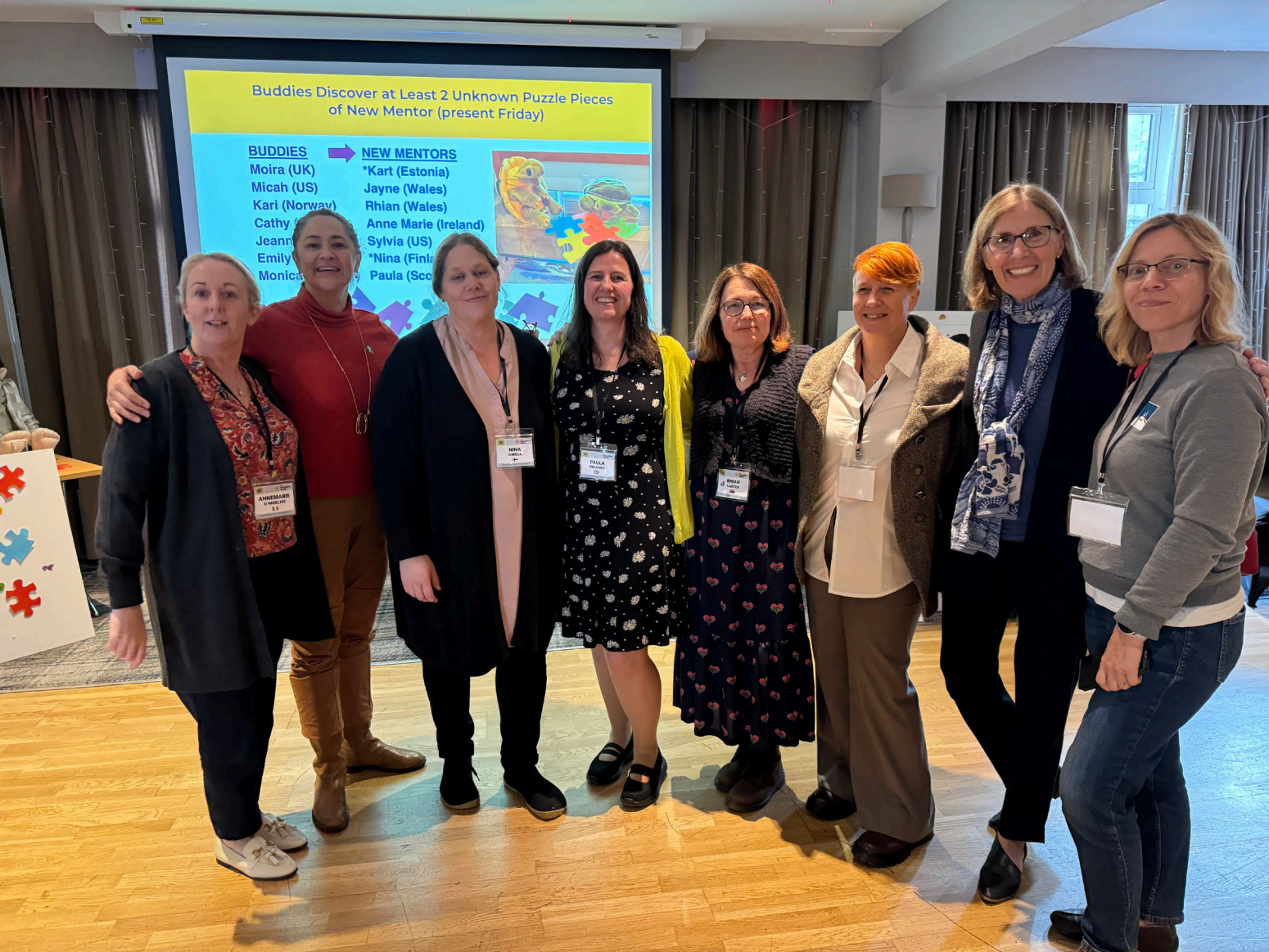


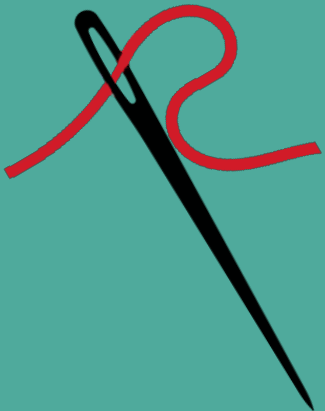
NEW MENTORS

*Karl (Estonia)
Jayne (Wales)
Rhian (Wales)
Anne Marie
Sylvia (US)
*Nina (Finland)
*Scott (Scotland)



New Peer Coaches & Mentors in Training (2024)





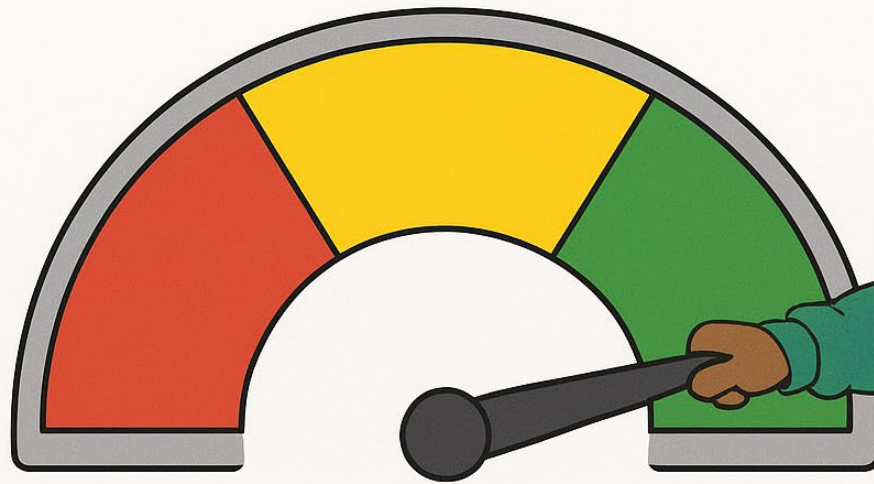
Moving the Needle Forward Los Angeles Mentor Meeting (2025)



IY Mentor Meeting Los Angeles Children's Hospital 2025



MOVING THE NEEDLE



**AN INTEGRATED
MULTI-LEVEL SYSTEM
OF DELIVERING IY
PROGRAMS**



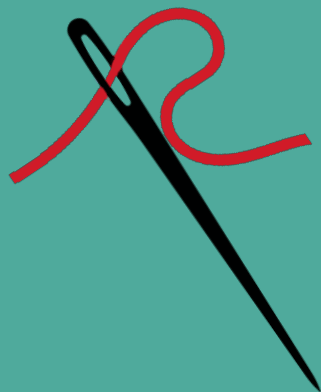


Moving the IY Needle Forward

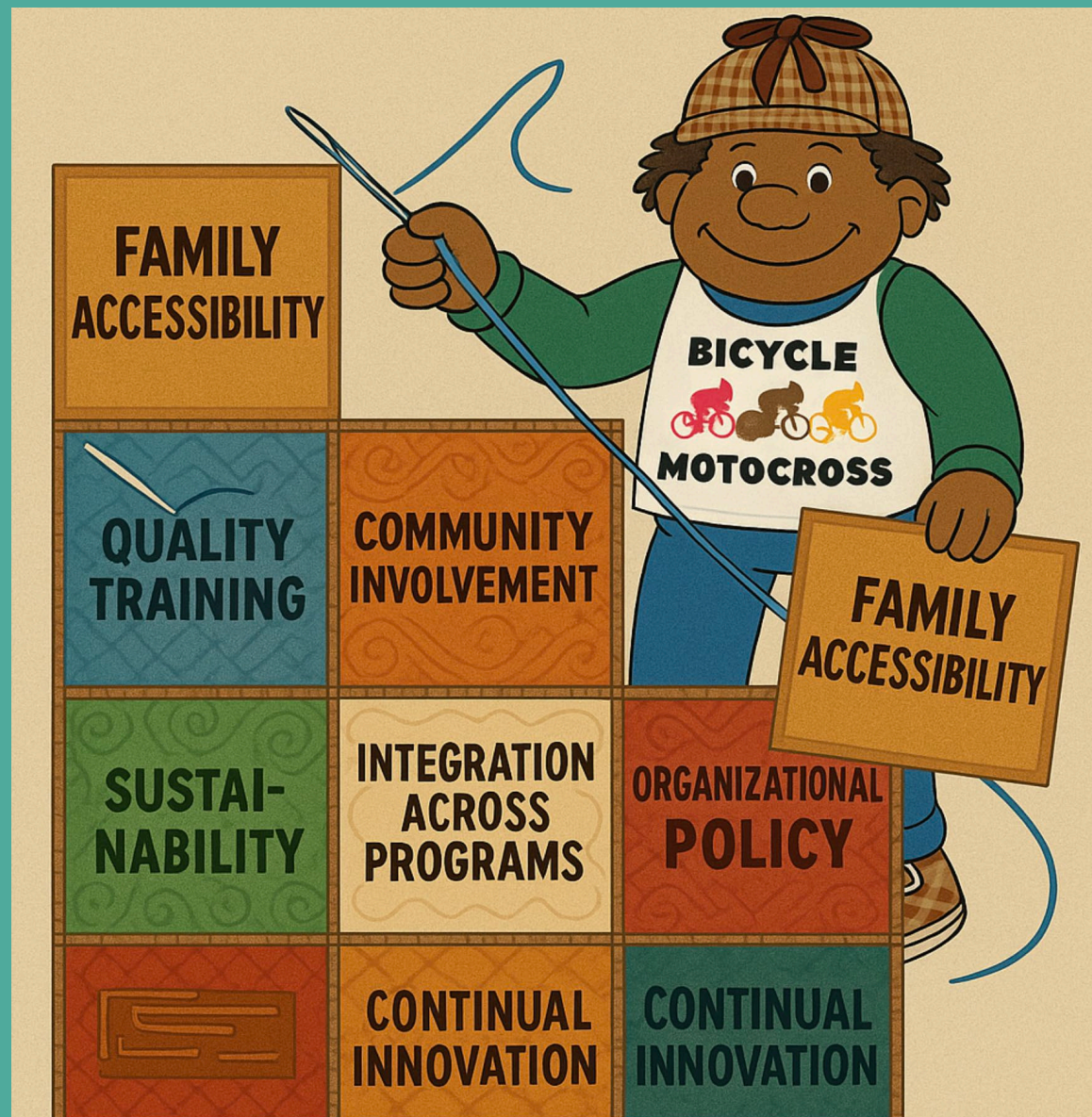


**Multi-Disciplinary
& Global
Implementation &
Research with
Incredible Years
Programs**





Moving the IY Needle Forward: Piecing Together a Hybrid Quilt



IY Support Team

MENTOR
MEETING
2026



Malaysia Guzman
Empower Solutions
Consultant



Lisa Wallace-Gloria M.Ed.
Implementation Manager



**New Clinical Director
Incredible Years, Sept 2025**

Emily Haranin, Ph.D.



Completed IY Peer Coach Accreditations (2025) **Congratulations**



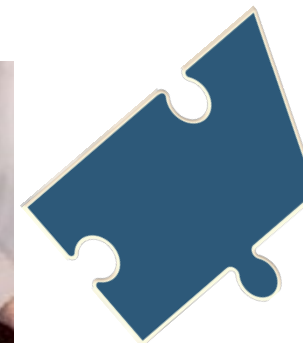
**Catherine
Corbette
(Scotland)
Parent Peer
Coach**



**Marie-Josée
Letarte
(Quebec,
Canada), Parent
Peer Coach**



**Jayne Snare
(Wales)
Peer Coach,
Autism**



**AnneMarie O'Murchu
(Ireland)
Peer Coach, Basic**

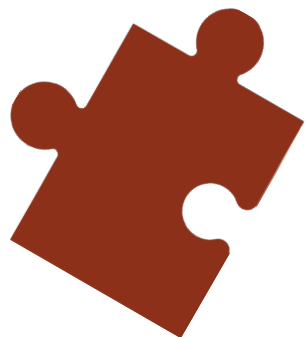


**Paivi Lindberg
(Finland) Peer Coach,
Parent**

(cwebsterstratton 2026)



New Peer Coaches in Training 2026



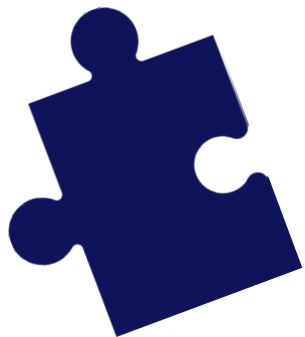
**Johanna Kivisto
(Finland) TCM**



**Gunn Karin Brechan-Skjetne
(Norway) Autism Parent**



**Aušrinė Smaleckaitė
(Lithuania) Basic Parent**



**Heather Hall
(USA) Small
Group Dina**



**Carina Vecchi
(USA) Basic Parent**





New Mentors in Training 2026



**Cassie
Borlasse (NZ) -
Basic Parent**



**Catherine
Corbett
(Scotland) -
Basic
Parent**



**Eva Corson
(NZ) - Autism
Parent**



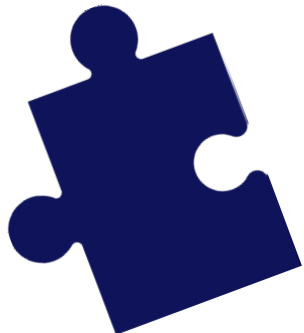
**Jayne Snare
(Wales)
Autism Parent**



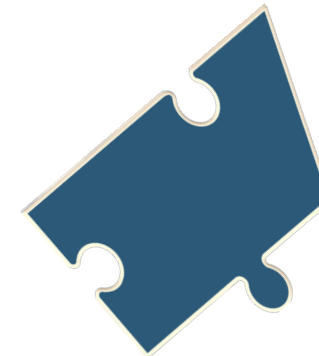
**Paivi Lindberg
(Finland) - Basic
Parent**



**Paula Milanesi
(Scotland) - Basic
Parent**



**Silvia Gutierrez
(USA) - Basic
Parent**





Completed IY Mentor Accreditations (2026) Congratulations



**Lucy Gregory
(New Zealand)
Autism & Basic
1.0 Parent**



**Sandra Pickering
(new Zealand) TCM**



**Lisa Christensen
(New Zealand)
TCM**



**Karen Legge
(England)
Parent Basic 1.0**

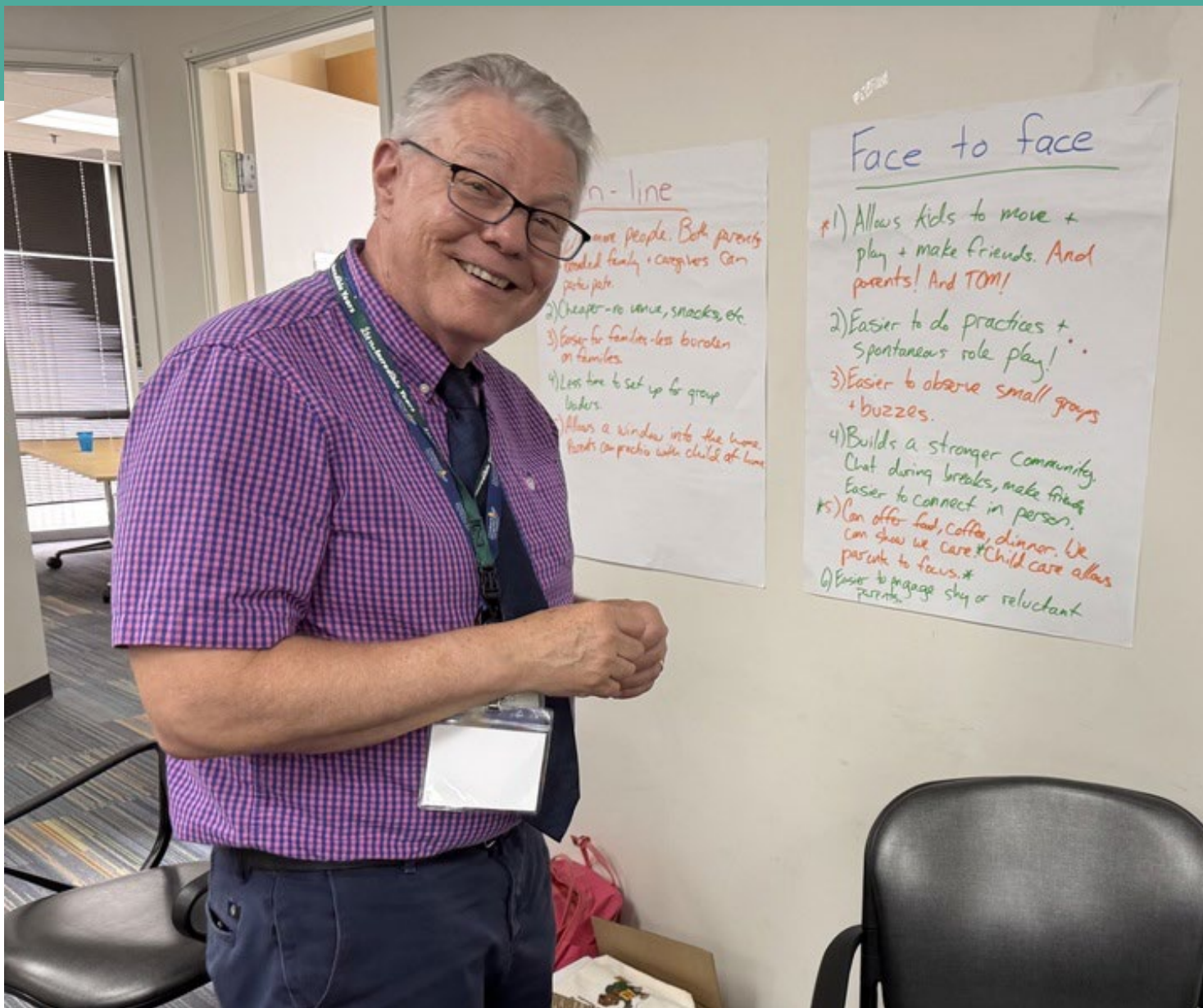


**Rhian Carter (Wales) -
Basic 1.0 Parent**



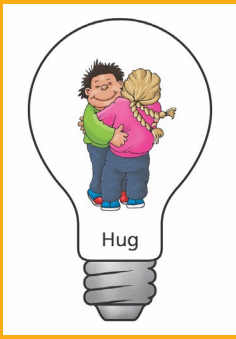
**AnneMarie O'Murchu
(Ireland)
Parent Basic 1.0**

Dean Coffey's Award



Sparkles Distinguished Career Award for Practice and Training

Society of Clinical
Child and Adolescent
Psychology (SCCAP),
APA



Awards to Luminary Mentors 20 years Plus



Sue Evans



Kate Rhee



Jeannie Gordon



Oddbjorn Londa



Kari Walmsness



Cathy Morrissey



Dianne Lees



Buddies Discover at Least 2 Hot Tips about New Mentor-in-Training (present Friday)



BUDDIES

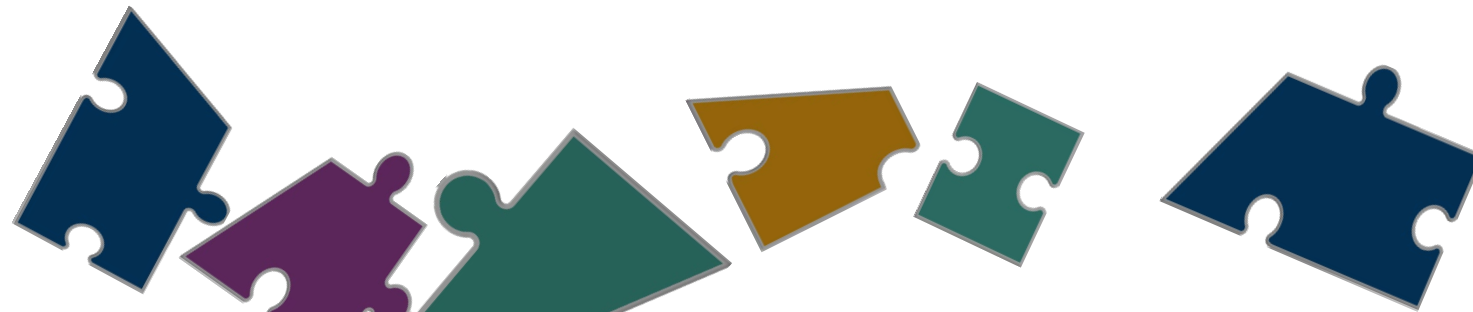
Kari Walmness (Norway)
Lisa Christensen (NZ)
Lucie Gregory (NZ)
Kart Kase (Estonia)

Janne Evertsen (Norway)
Jane Snare (UK)



NEW MENTORS/COACHES (8)

Catherine Corbett (Scotland)
Johanna Kivisto (Finland) TCM
Karen Legge (England)
Carina Vecchi (USA) (2025)
Heather Hall (USA) (2025)
Paivi Lindburgh (Finland) (2025)





Thank you University of Turku Incredible Years Finland Team



Paivi Lindberg
Basic Parent Program
Peer Coach

Nina Simola
Basic Parent
Program Mentor

2026 Hot Tips: Small Tune Ups that Make a Big Difference



Ideas



Fine tune



More Light



Sparkle



Reflect

Small Groups Develop Hot Tips



Light Bulbs



Bright Sparks



Tune Ups



Reflections



Flashlights

Continuing to Tune Up on-line and In-Person Program Delivery

How many group leaders are being trained in the IY parent, teacher and child programs?

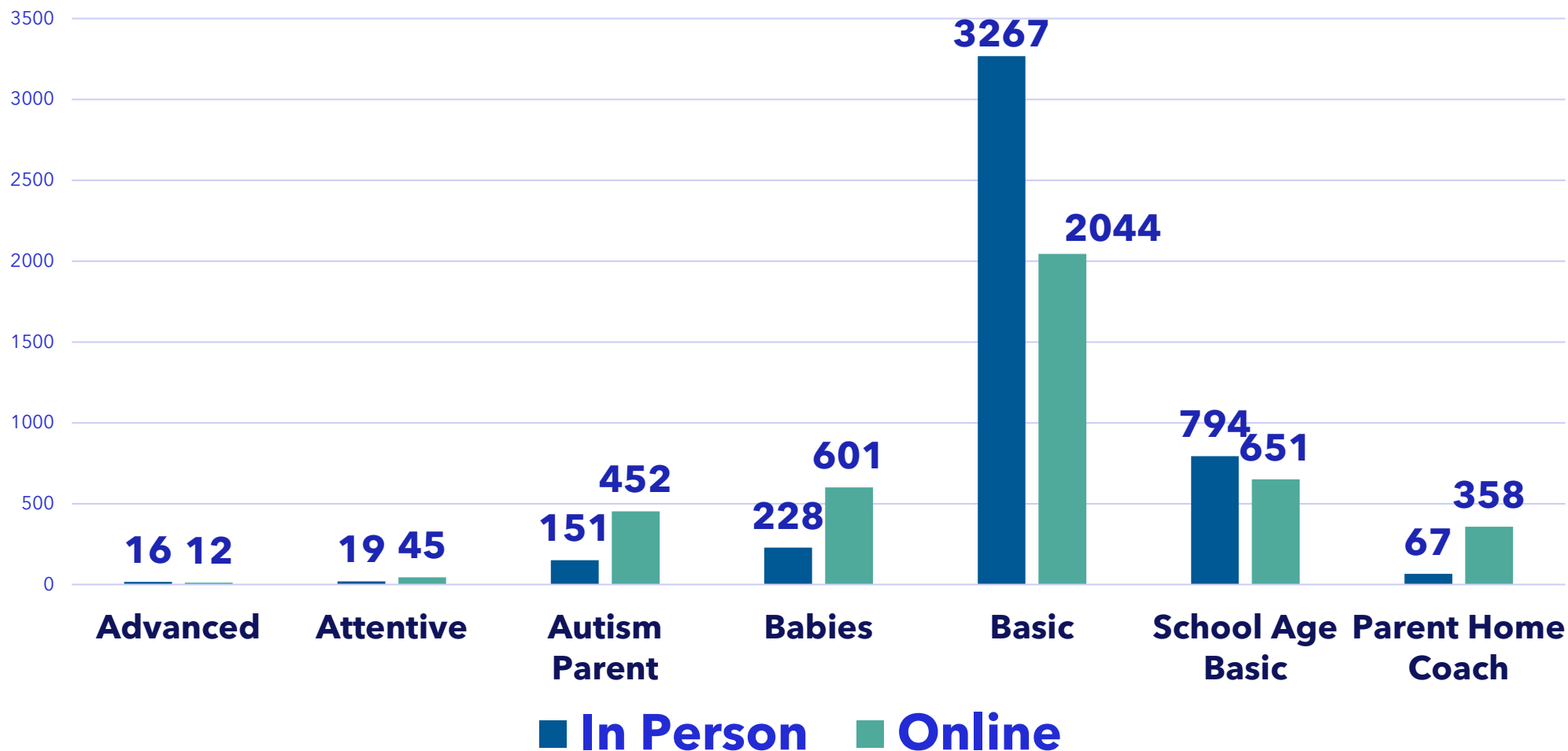
(2020-2026)

Which IY programs need more attention?

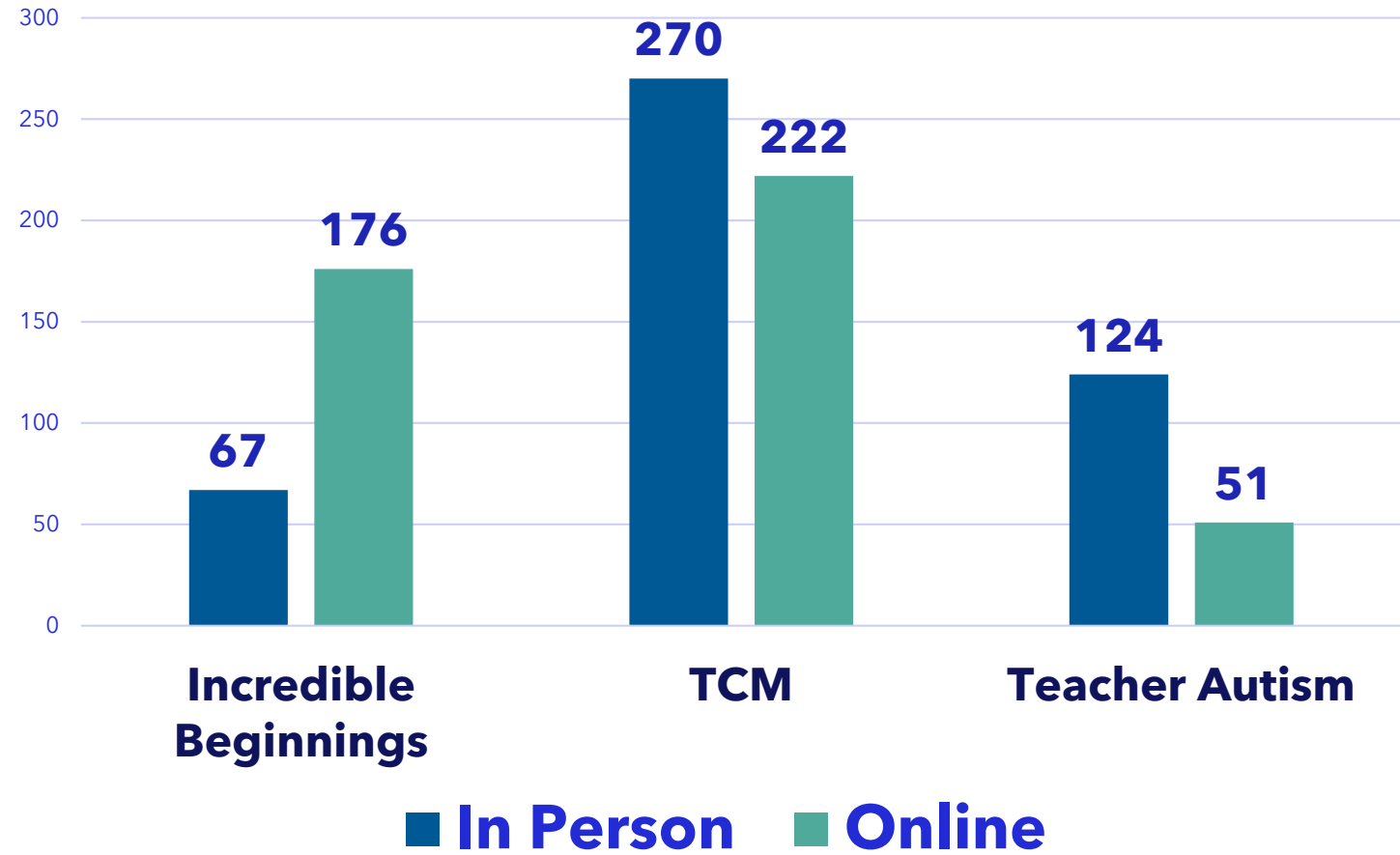




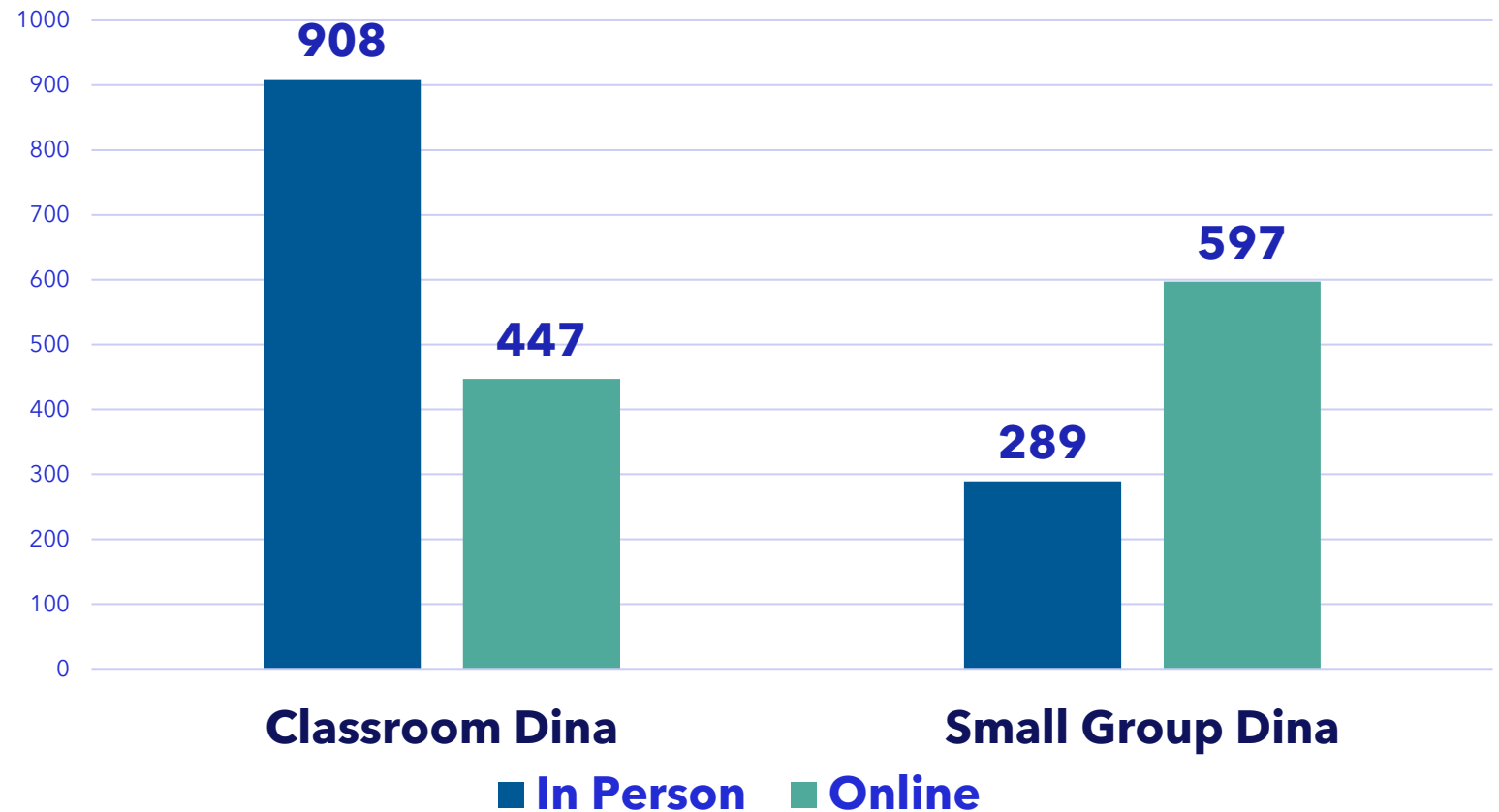
IY Parent Group Leaders Trained In-Person & Online (2020-2026 May)



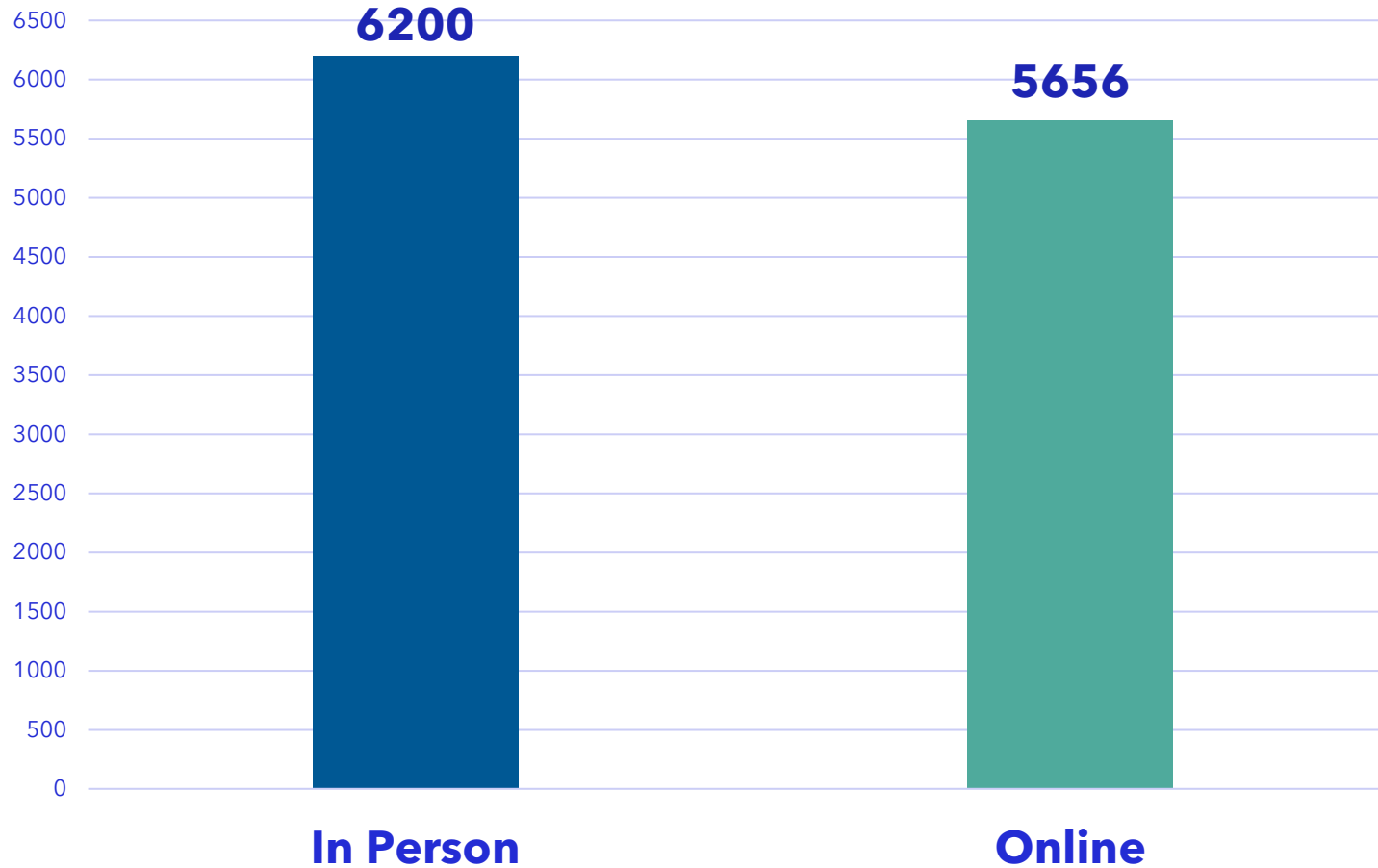
IY Teacher Group Leaders Trained In-Person & Online (2020-2026)



IY Child Dinosaur Group Leaders Trained In-Person & Online (2020-2026)



Total Group Leaders Trained – All IY Programs In-Person & Online (2020-2026)



Tuning Up On-line and In-person Training

Carolyn Webster-Stratton Ph.D.



Can Online Streaming Work?



- Learning quality
- Level of Engagement
- Technological Concerns
- Resistance to Change
- Organizational Issues

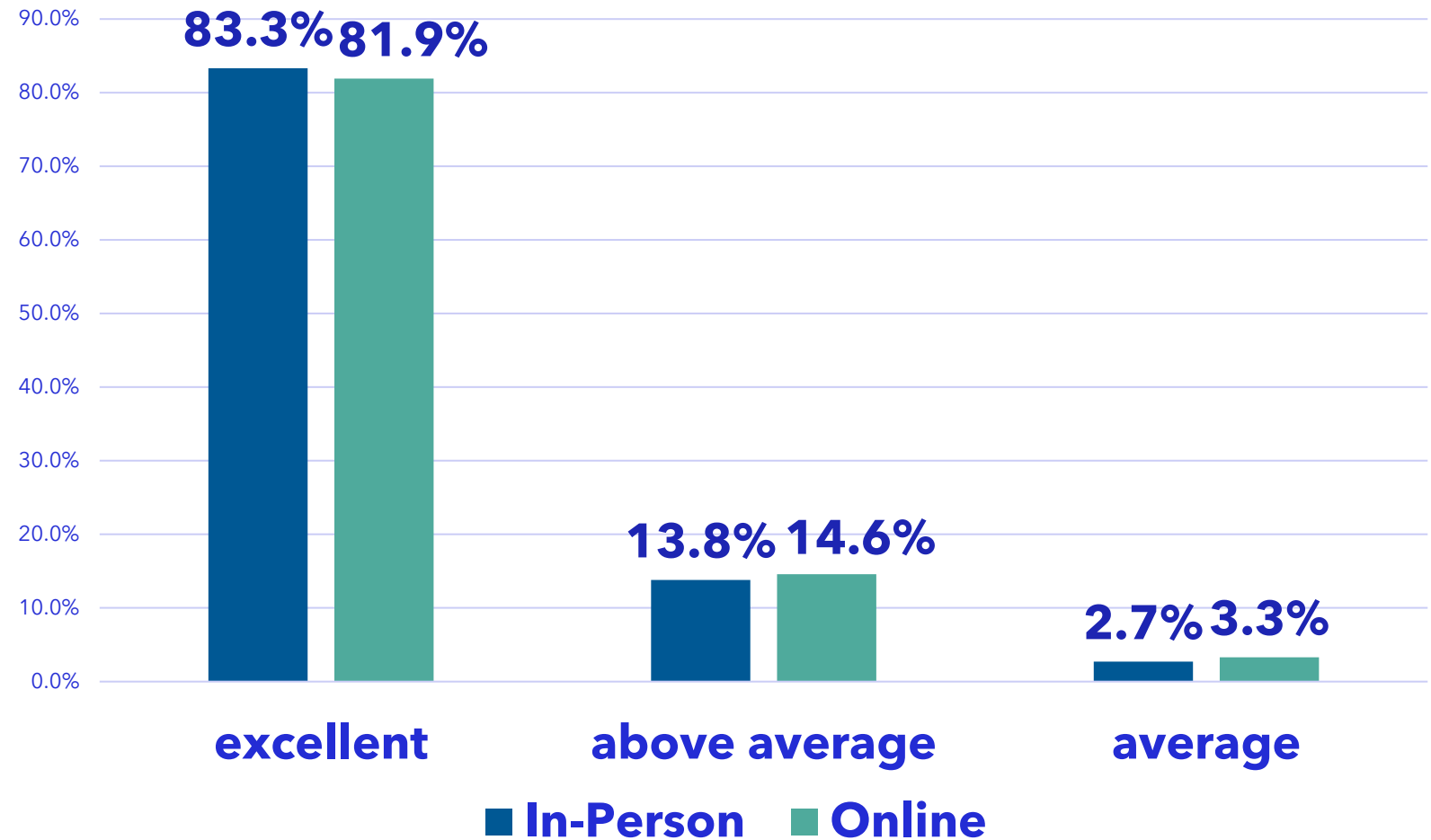


Trainees' In-Person & Online Evaluations of IY Mentor/Trainers Teaching and Leadership Skills (2020-2026)

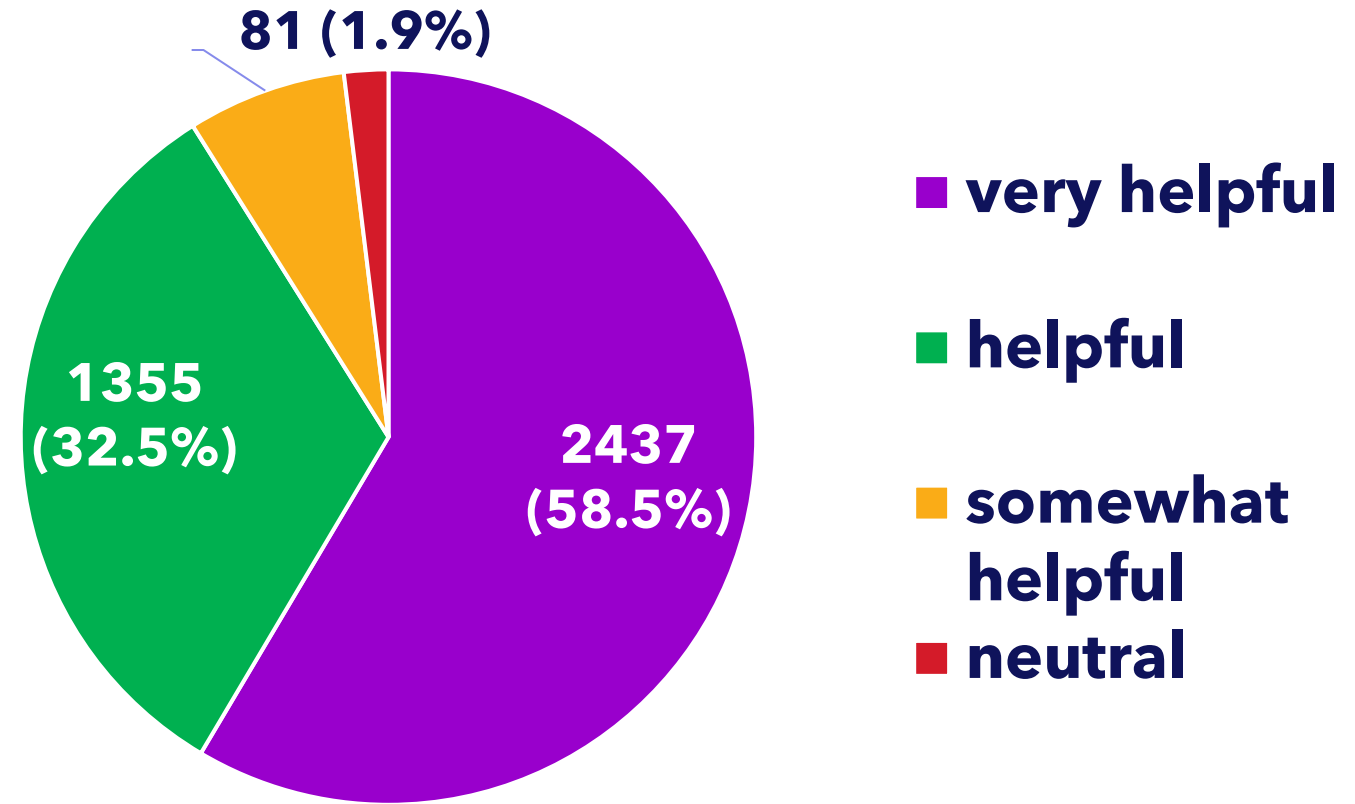
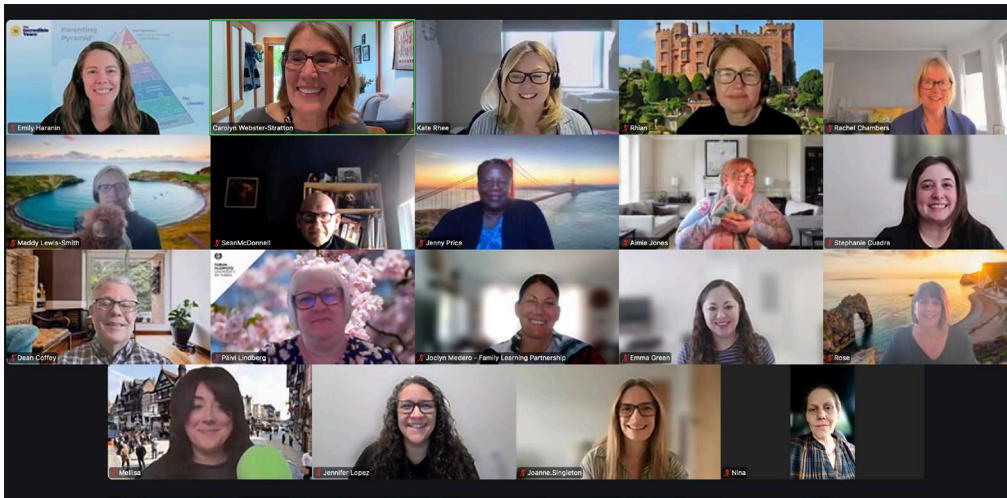
Sample sizes: In-Person N=4,062; Online N=4,181



Mentor/Trainer Leadership Skills

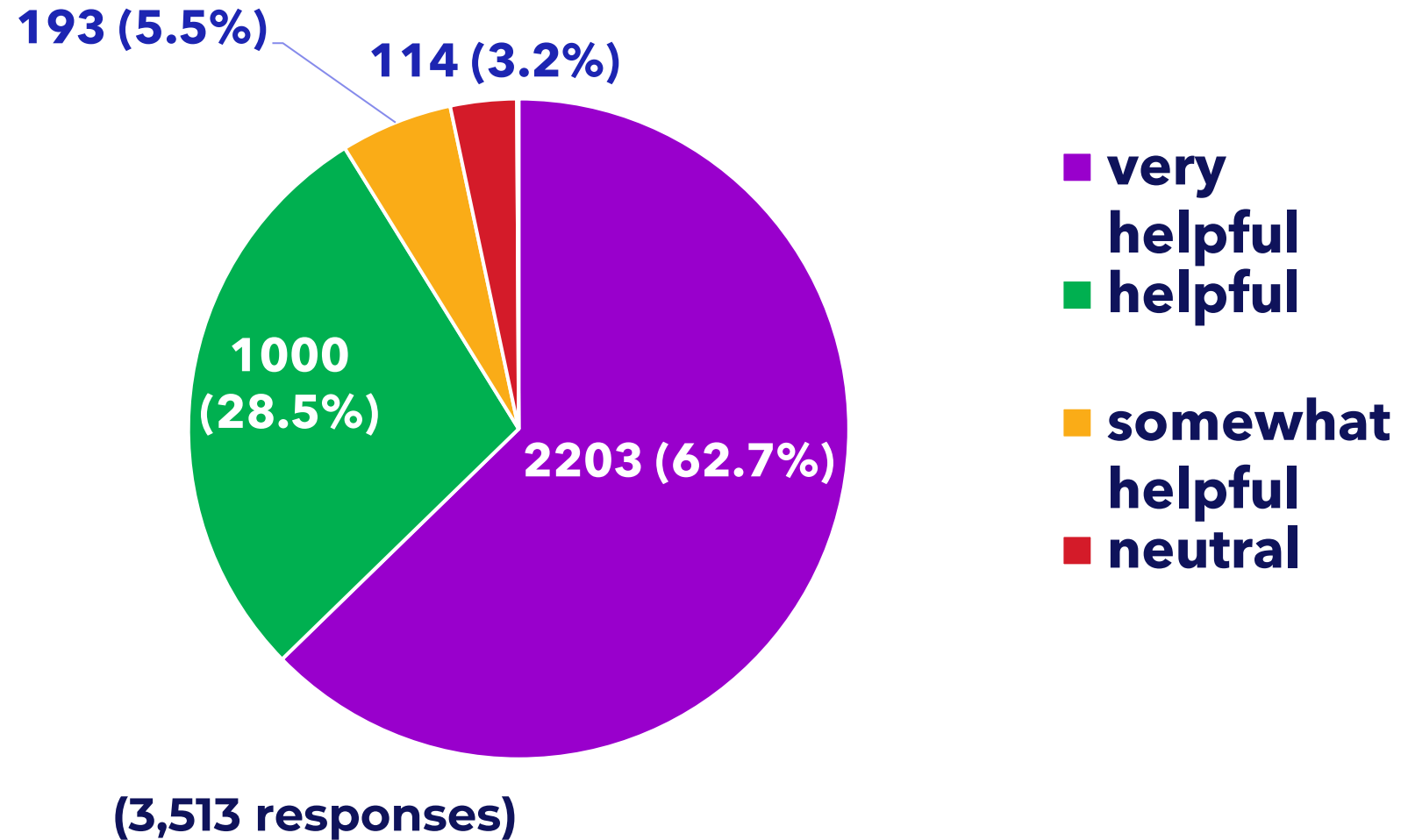


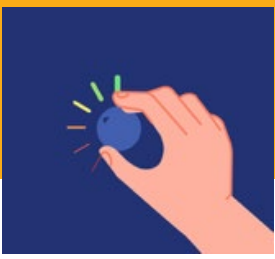
Online Trainees' Final Evaluation Training PowerPoint Presentation (2020-2026)



(4,164 responses)

In-Person Trainees' Evaluation of Training & Written Handouts (2000-2026)





Summary of On-Line & In-Person Results



Dataset	Interpretation
Group Discussion & Involvement	In-person significantly more 'Excellent'; Online more Above Avg/Average.
Workshop Practices, Buzzes & Breakouts	In-person significantly more 'Excellent'; Online more Above Avg/Average.
Learning from IY Video Examples	In-person somewhat more 'Excelent'; Online somewhat more 'Average.'
Mentor/Trainer Methods & Processes	Slight edge for in-person, but difference very small.
Mentor/Trainer Teaching & Leadership Skills	No significant difference; in-person and online rated equivalently

What does current research show about On-Line vs In-Person Delivery of IY Programs ? (8200 evaluations)



Knowledge transfer and trainer effectiveness are largely maintained online.

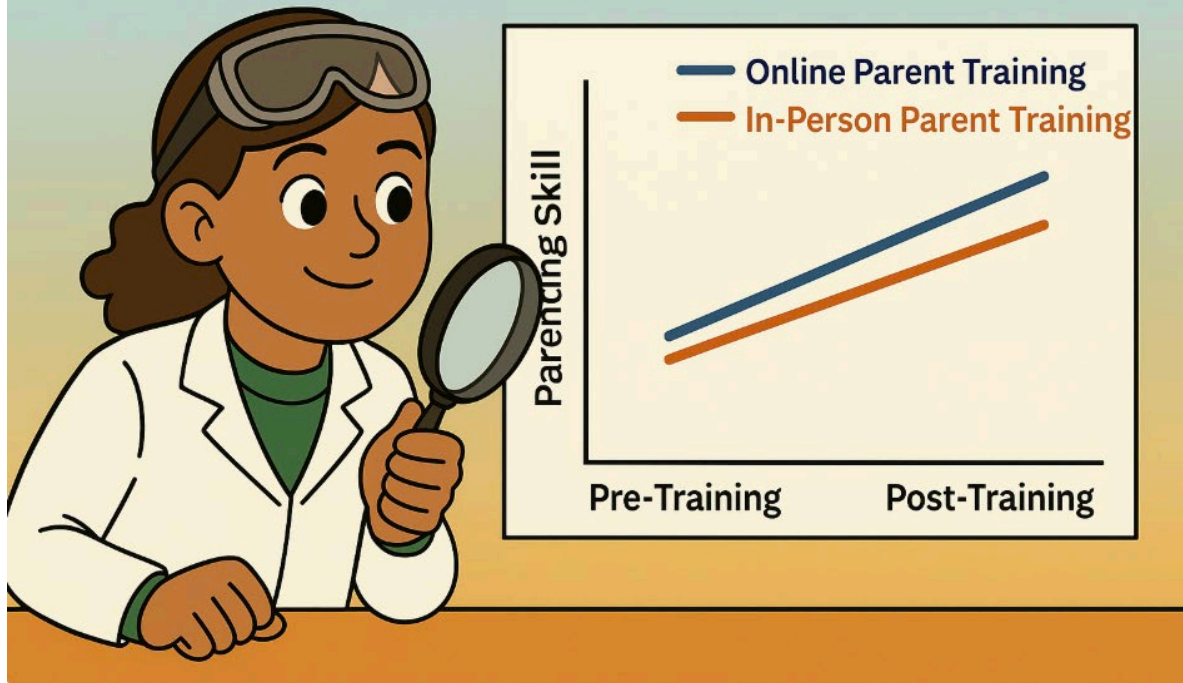
Participant engagement, discussion quality, and experiential learning activities show a strong advantage for in-person delivery.

If the goal is maximizing interaction, discussion, and practice-based learning, the in-person format provides a clear benefit.

What does current research show about On-Line Delivery?



FINDINGS FROM RESEARCH



- On-line streaming can deliver core content effectively if the format is engaging & interactive (live modeling, role plays and feedback)
- Supervision/coaching after streaming training is key – decay faster in on-line training without post-training coaching or boosters
- Fidelity maintained if there is a video monitoring plan & protocols to follow & checklists
- Break out rooms and interactive practices are key
- Breaks on-line every 45-60 min & encourage cameras are kept on

Samples of Research Studies



- Hilty, D. M., et al. (2020 & 2021). *Virtual behavioral health training effectiveness and satisfaction*. Psychiatric Clinics of North America, 43(4), 555–567.
- Hailey, D., et al. (2019). *Cost-effectiveness of virtual training in health care*. Telemedicine and e-Health, 25(4), 284–291.
- Garg, A., et al. (2022). *Online training for evidence-based programs: Fidelity and reach*. Implementation Research and Practice, 3, 26334895221091234

Cwebster-Stratton 2026

Samples of Research Studies



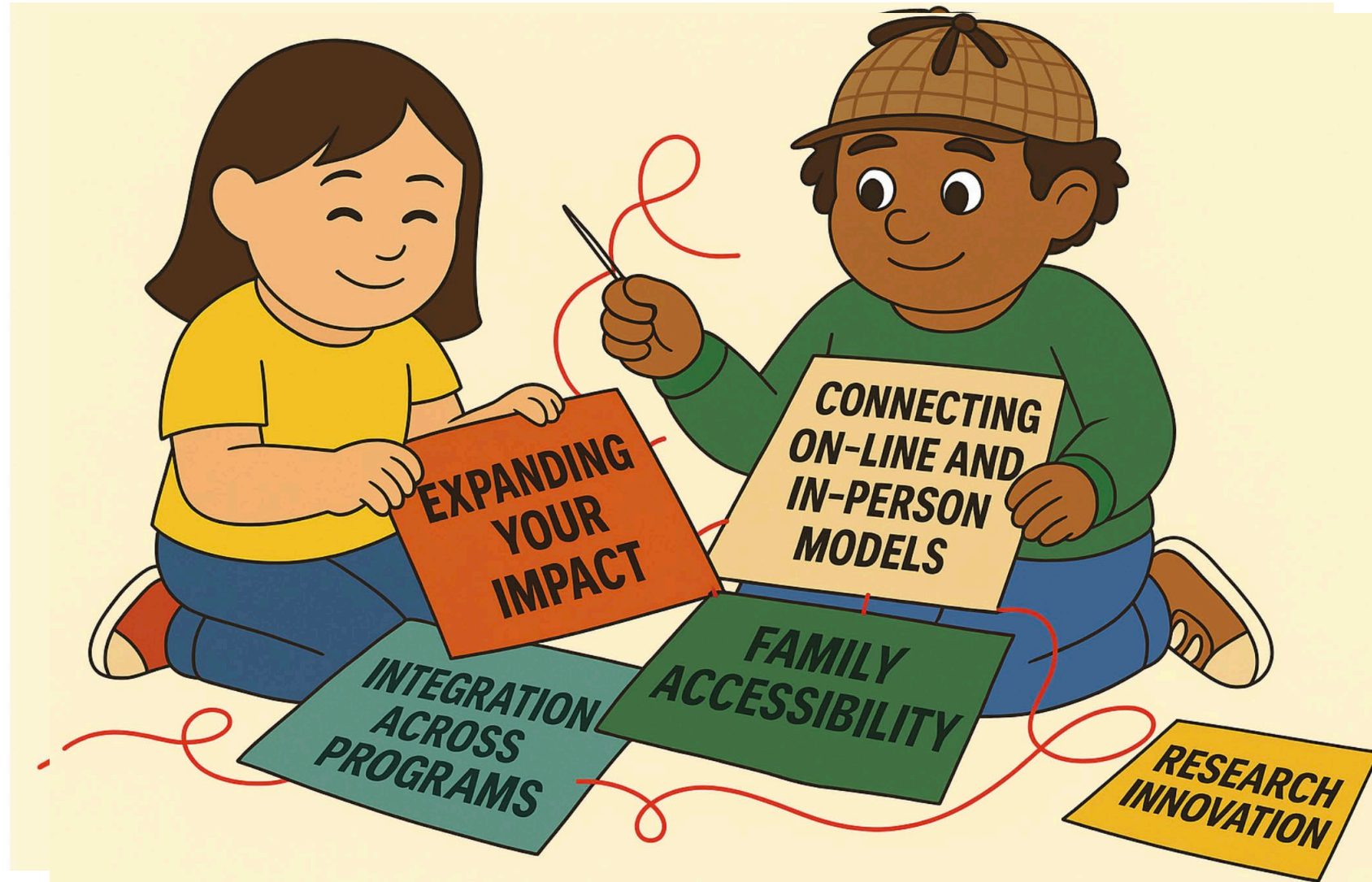
- Pollard, C. A., et al. (2021). *E-learning vs face-to-face delivery of mental health training for primary care*. BMC Medical Education, 21(1), 56.
- Fleming, T., et al. (2020). *Training in CBT via videoconference: Randomized controlled trial results*. Journal of Telemedicine and Telecare, 26(6), 321–329.
- Bailey, A. L., et al. (2021). *Remote delivery of parent training: Implementation outcomes*. Prevention Science, 22(8), 1047–1059.

Moving toward Hybrid Model

KEY IS TRAINER COMPETENCE AND FIDELITY DELIVERY & QUALITY COACHING & CONSULTATION. COMBINING BOTH IN-PERSON AND ON-LINE APPROACHES.



Moving Forward Requires Continued Research



Incredible Years®

BASIC Parent Preschool Program 2.0

Program Developer: Carolyn Webster-Stratton, M.S.N.,
M.P.H., Ph.D.



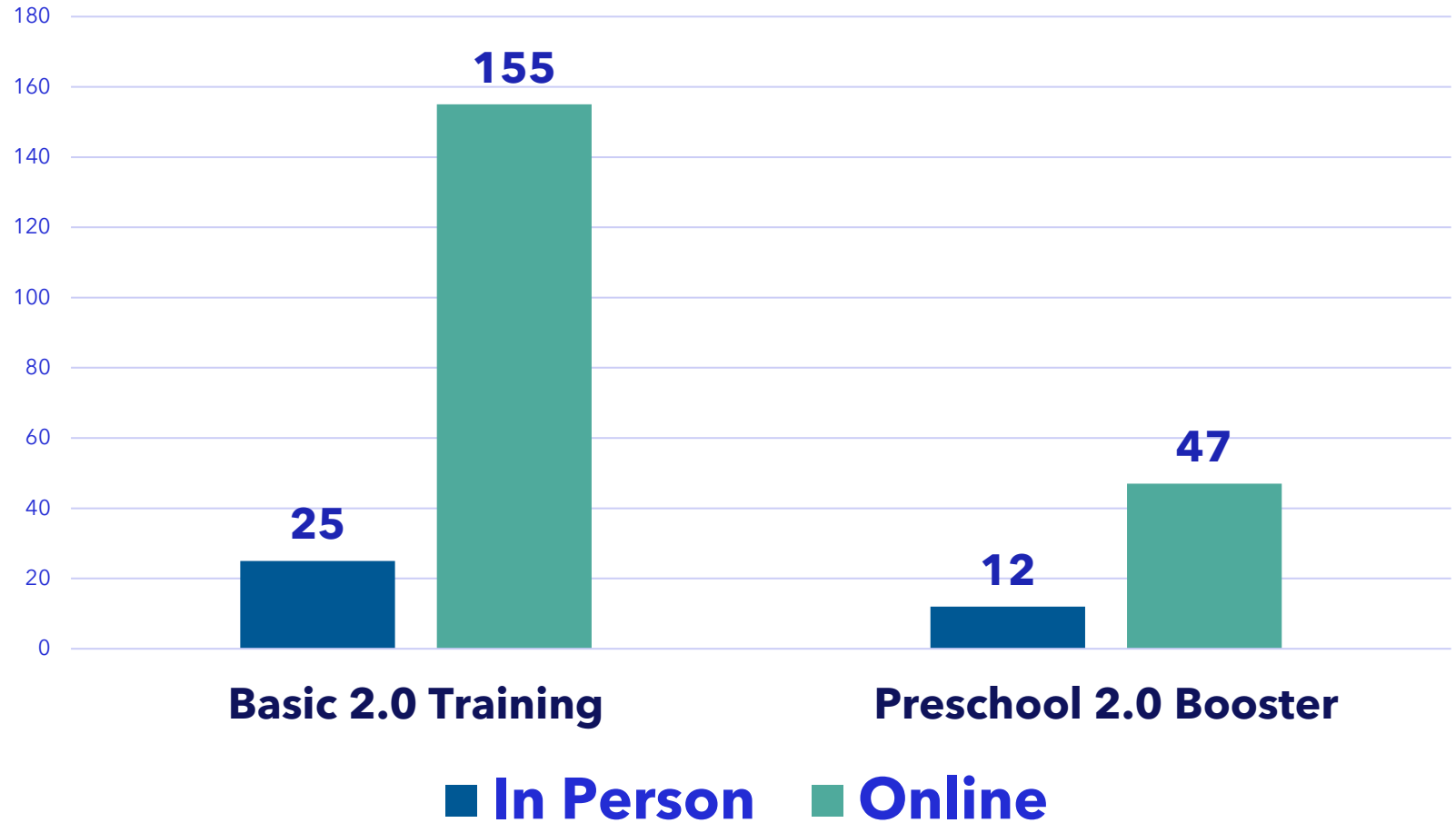


IY Parent Group Leaders Trained: Preschool 2.0

In-Person & Online

(2025-2026 May)

MENTOR
MEETING
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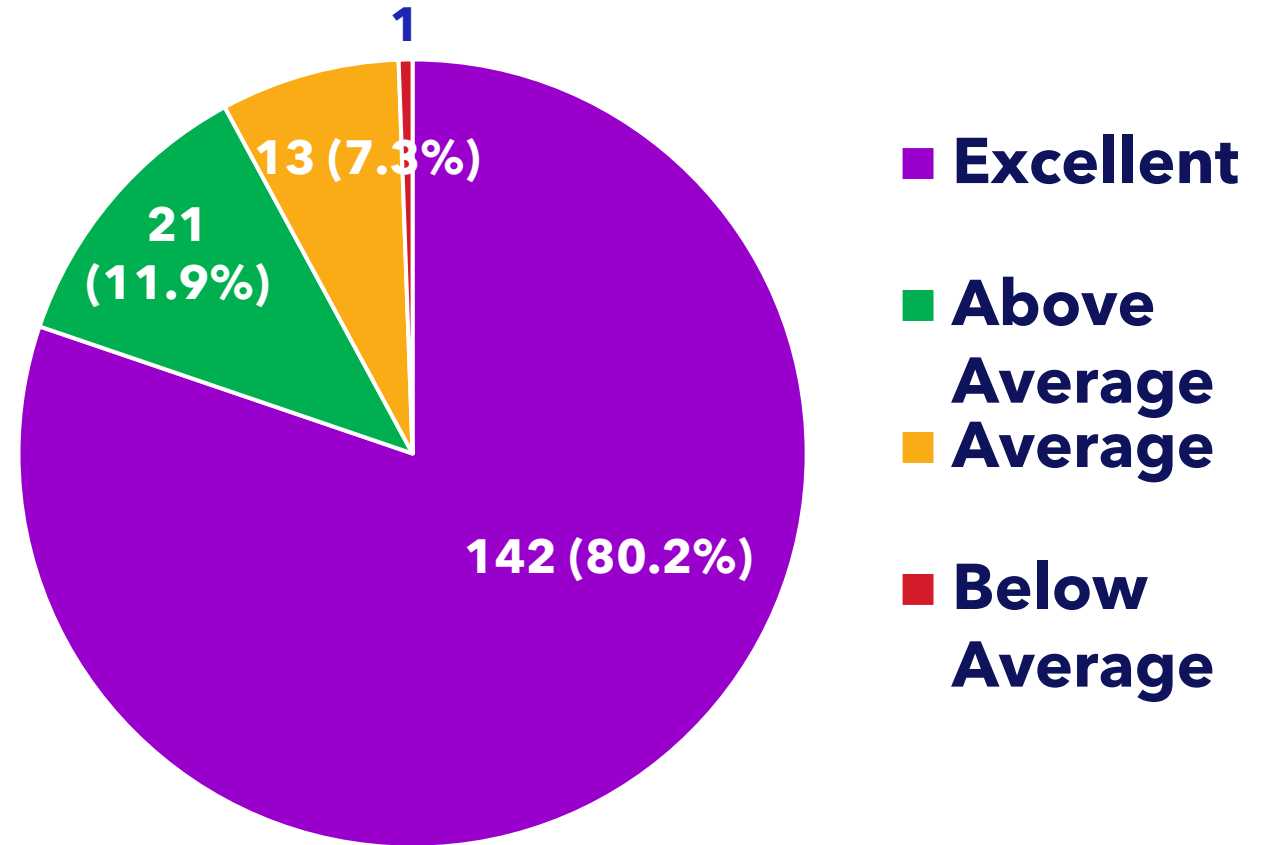


Group Leaders' Evaluations of Preschool 2.0

IY Mentor/Trainers Teaching and Leadership Skills (In-Person & Online) (177 responses)



Leadership Skills





Early Evaluation of Preschool 2.0 On-line Training (N=177)

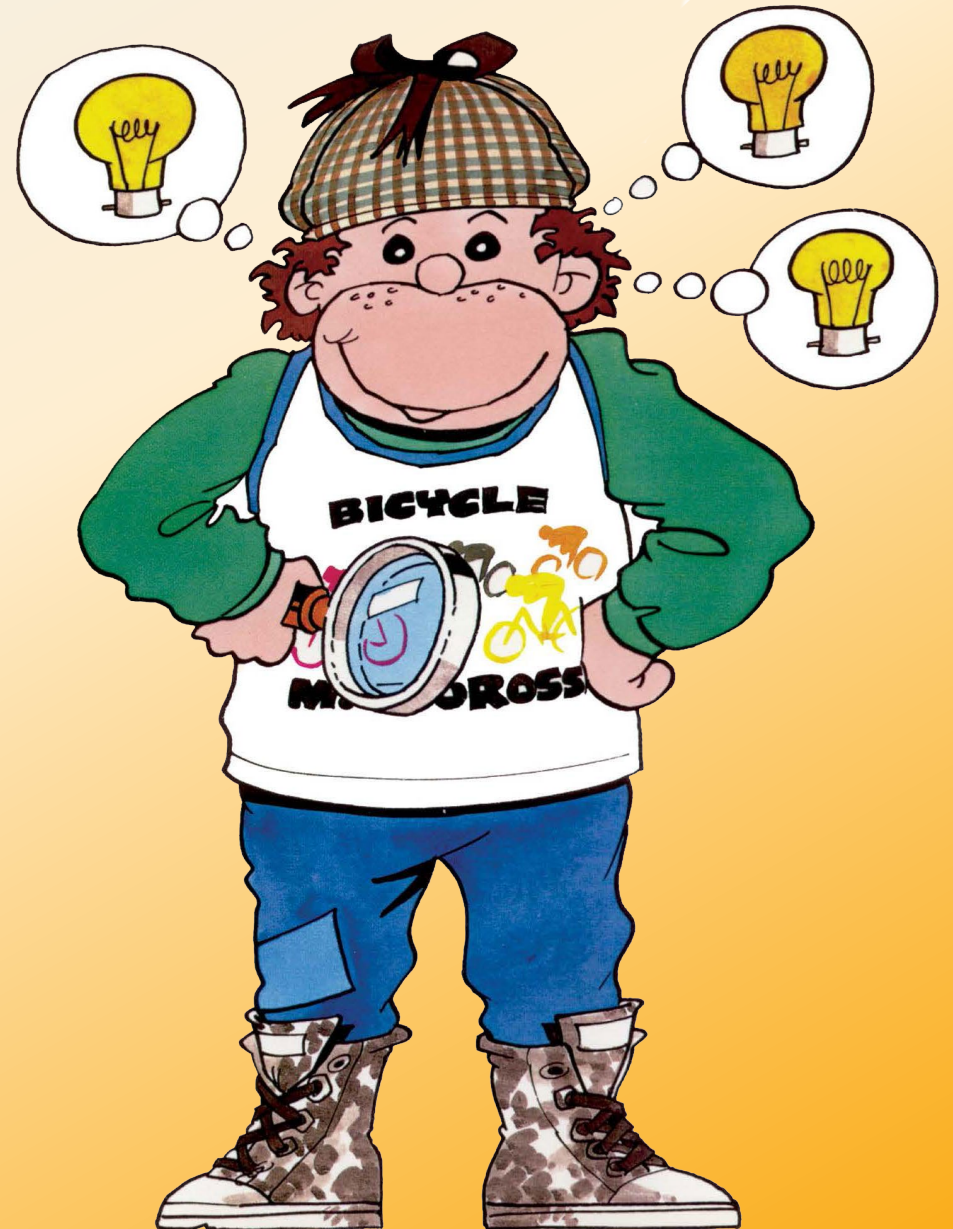


177 Group Leader Evaluations

- ✓ Leadership Skills — over 80% Excellent
- ✓ Teaching Methods & Processes — over 80% Excellent
- ✓ Learning from Video Examples — nearly 75% Excellent
- ✓ Group Discussion & Involvement — over 70% Excellent
- ✓ Practices, Buzz Groups & Breakouts — nearly 70% Excellent



How do we
continue to support
group leaders &
parents?





Panel:
Hot Tips for Delivering 2.0
Parent Program In-Person

Kate Rhee, Karen Legge &
Jeannie Gordon (Notetaker)