



Tervise Arengu Instituut
National Institute for Health Development



Early prevention programs for families with children in Estonia within the program “Incredible Years”

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Our path towards implementing parent program Incredible Years

Strategy for Children and Families 2012-2020:

- Emphasis on prevention and early intervention
- Use of evidence-based interventions
- One of 5 strategic goals: *Supporting positive parenting*

Supportive factors:

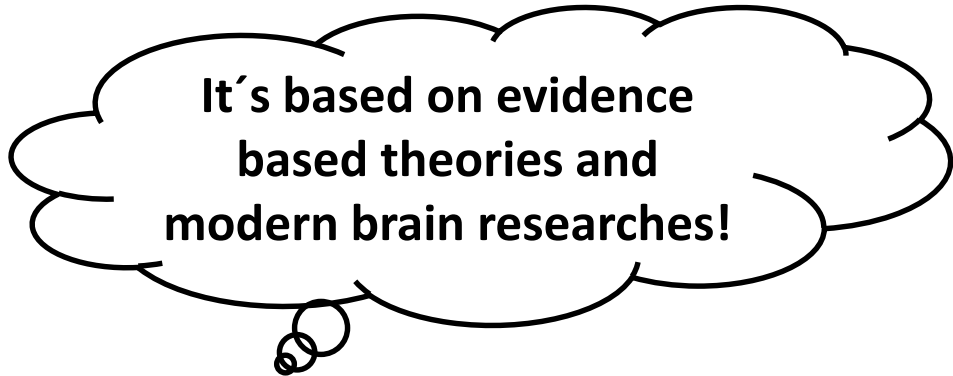
- Knowledgeable acquaintances
- Political support

Obstacles:

- Lack of knowledge and practice in implementing and evaluating evidence-based programs
- Criticism in media - opposing the use of programs developed in other countries

Funding:

- EEA grants supported “Children and Youth at Risk Programme” – 3 ministries (justice, education, social affairs) collaboration.



It's based on evidence based theories and modern brain researches!



Does it really help us?

Choosing the right program

Analysis to select the positive parenting program (2014) *

? Triple P

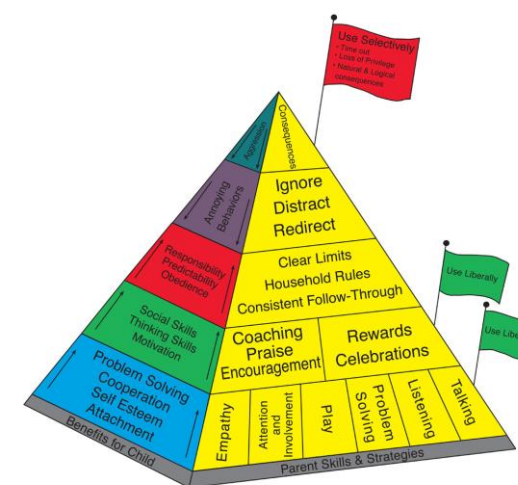
? Incredible Years

Criteria

- evidence-based, applicable in different cultures
- needs of our parents and children, compatibility with our social system
- content (promotes non-violence methods, children rights-based perspective)
- other aspects to consider – pricing, available translations, communication with developer etc

Why Incredible Years?

- Multiple RCTs conducted by independent researchers
- Supervision and accreditation processes for group leaders
- Long term outcome benefits for children and parents



Parenting Pyramid®

* <https://www.sm.ee/sites/default/files/content->

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The Incredible Years Parent programs in Estonia

Preschool Basic Parent Program Ages 2 to 8 years

- strengthen parent-child interaction
- reduce harsh discipline
- promote children's emotional regulation and social skills
- promote children's academic skills

Advanced Parent Program Ages 4 to 12 years

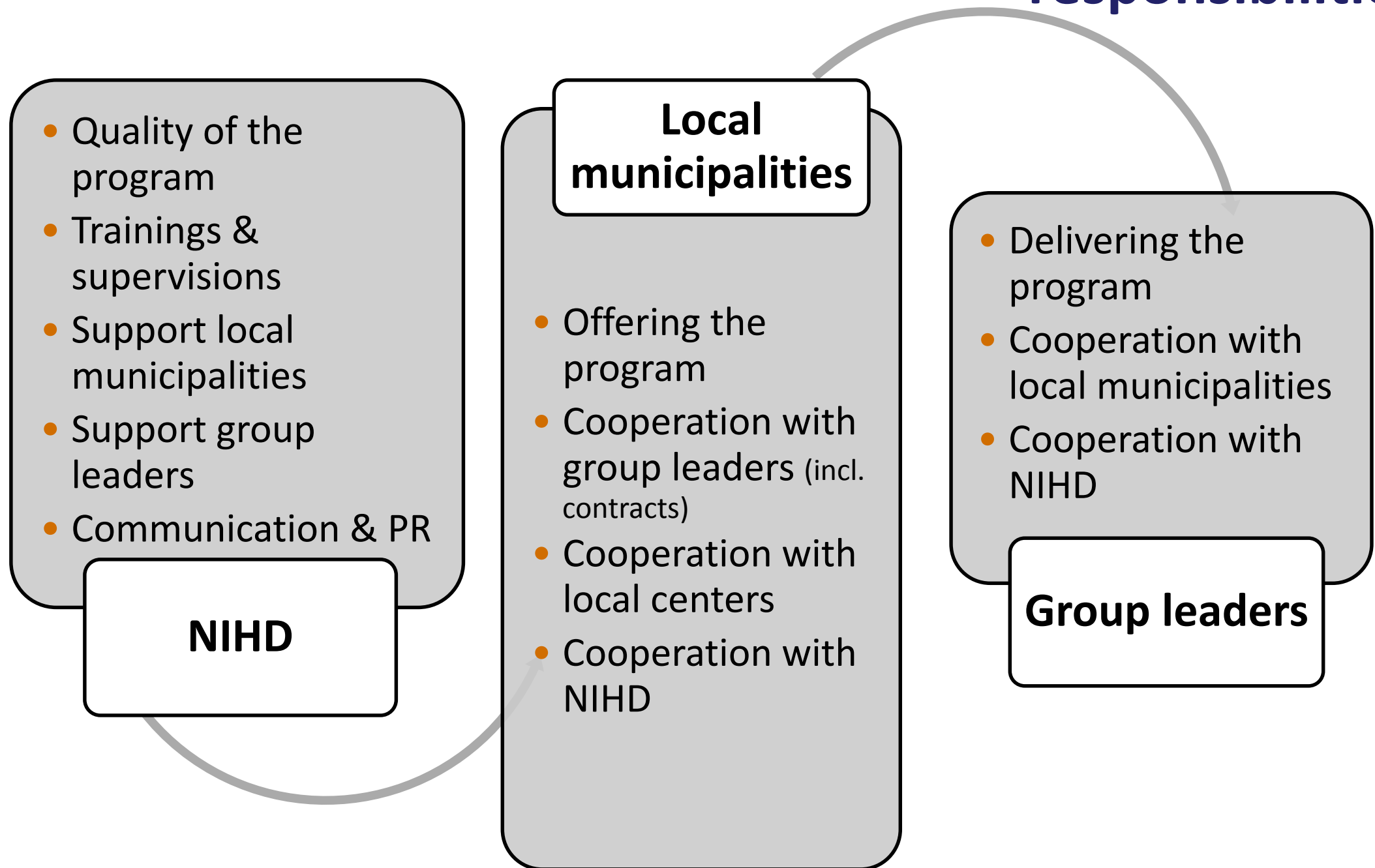
- improve parent-child relationships
- improve parental functioning
- increase parental social support and problem solving
- reduce parenting stress

Program target groups:

- Parents with 2-8 years old child
 - Parents of children with social and emotional behavior problems, including conduct problems, ADHD, and internalizing problems
- High risk and socioeconomically disadvantaged families
- Families referred by child protective service



The implementation system and responsibilities



Started pilot in collaboration with the Child Mental Health Centres (2017-..)

The Incredible Years program implementation in Estonia (2014-2018)

How?

- Parents are interviewed before the training starts
- **10 – 14 parents** in a group (both parents are encouraged to participate)
- Group meets **10 – 16 weeks**. Weekly **2 hour sessions** with two group leaders
- Weekly phone calls between sessions
- **Food, childcare and transport** is provided

Who?

- Training workshop, consultations and supervisions for group leaders
 - I. Preschool Basic Program –**78 group leaders** (3 Estonian and 1 Russian training)
 - II. Advanced Parent Program – 22 group leaders

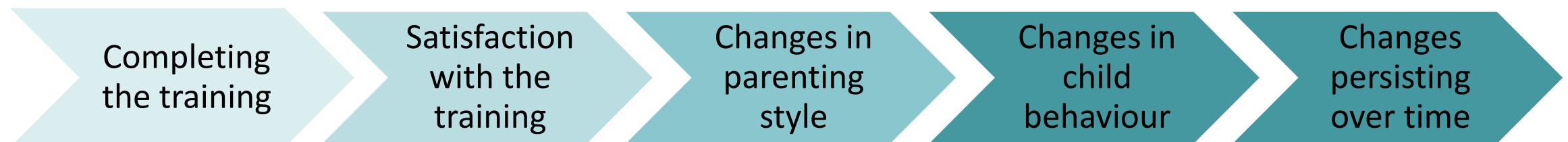
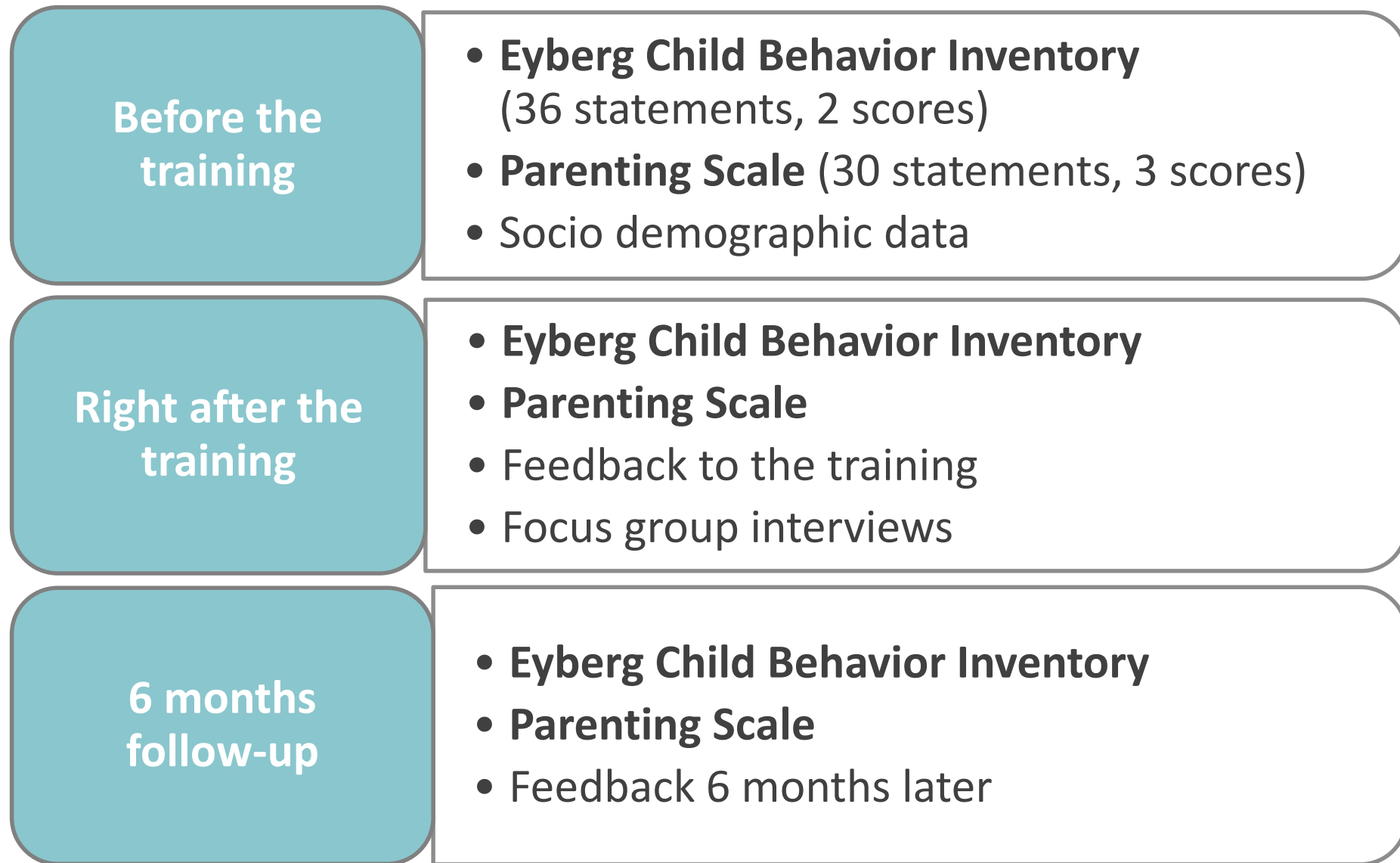
State of implementation

- Pre-school Basic program (for parents of 2-8 years old child)
 - **936 parents** finished the training
 - **33 local municipalities**

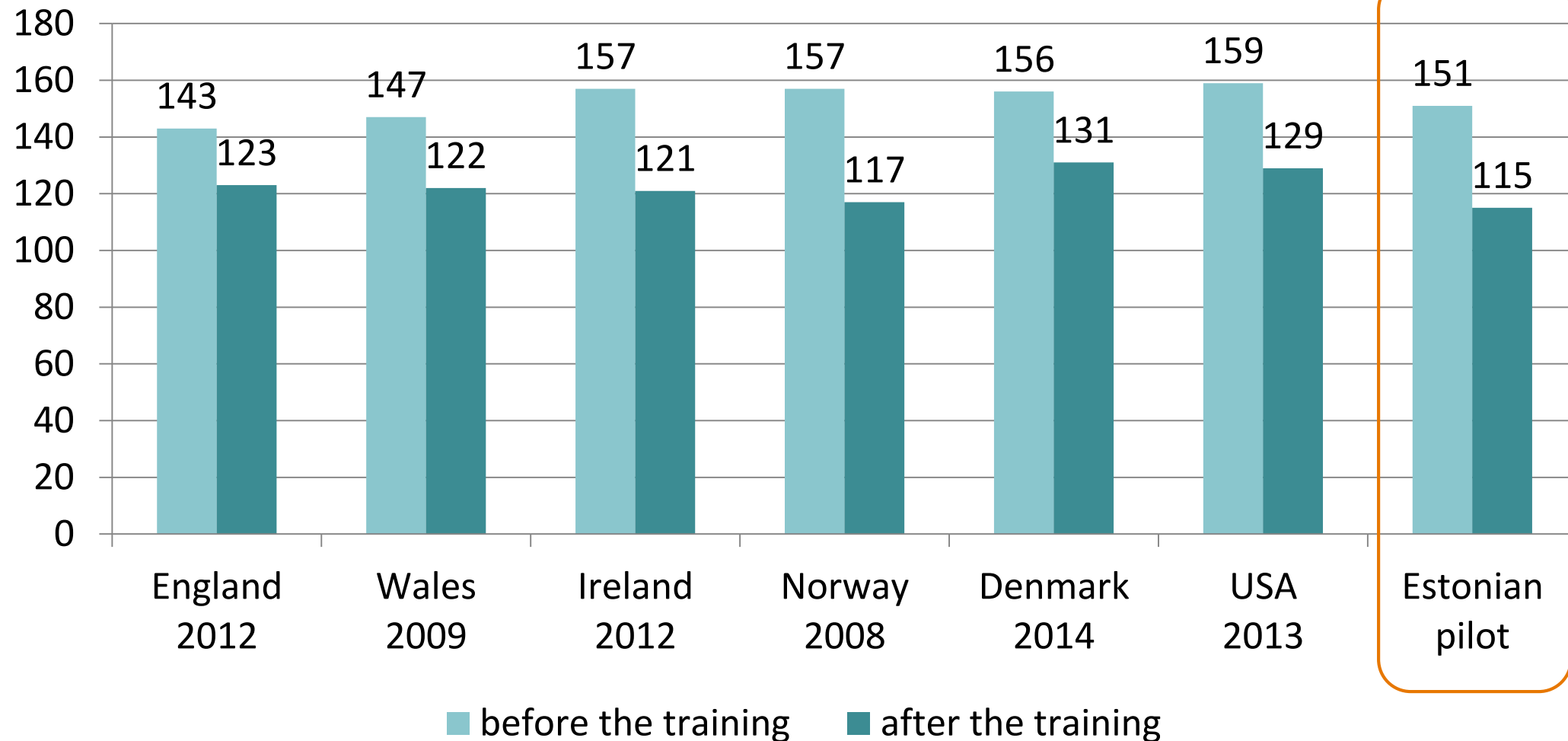




Data collection during the pilot period



Child behavior intensity score compared to other countries



- Children with serious conduct problems or diagnose of disorder.
- Score decreased 20 - 40 points, in Estonia 36 points (children with conduct problems).
- Incredible Years parenting program shows similar good results in different countries.

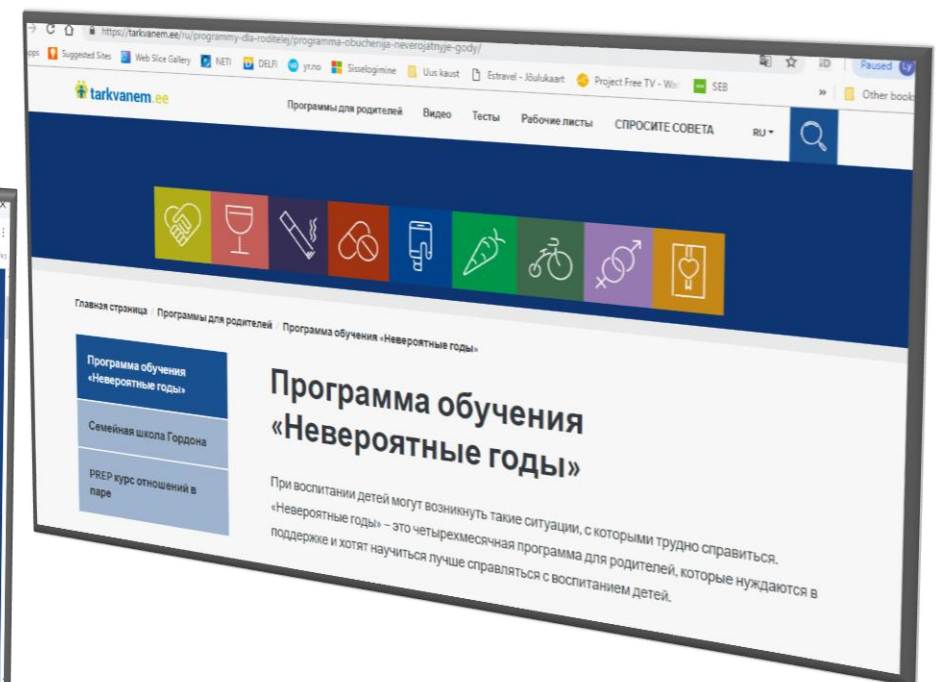
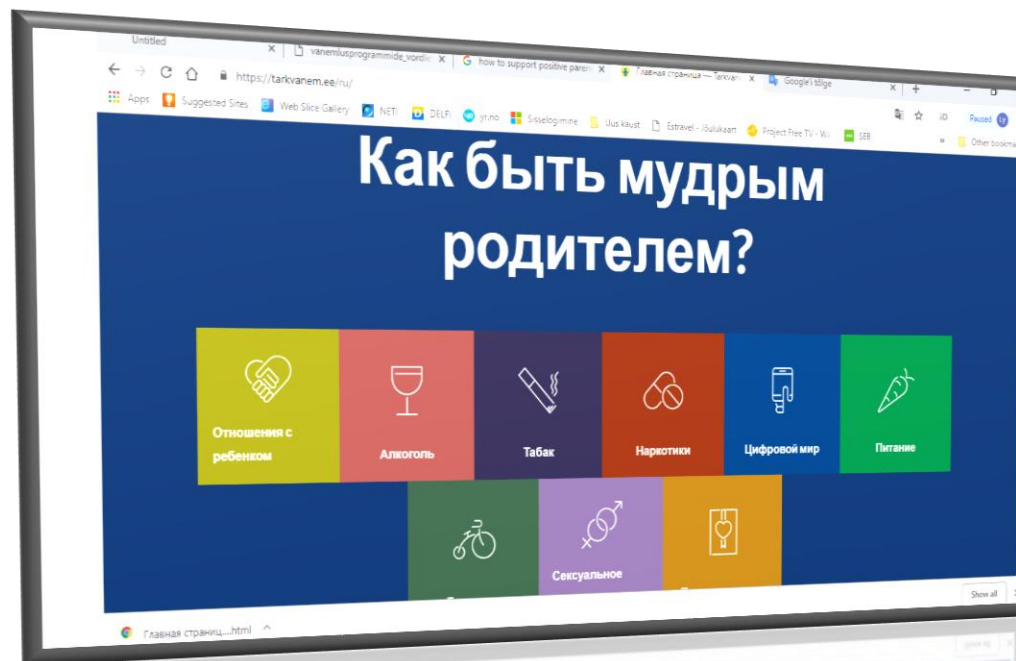


- Bases of the analyses: model developed in Ireland (D. O’Neill and S. McGilloway 2011) for cost-benefit analyses of IY program.
- Estonian pilot data used: Costs of the IY program, results of ECBI intensity score.

Field of impact	Long term impact if conduct problems are developed (international longitudinal studies)	Data on costs available in Estonia
Academic achievements	Increased probability to drop out from high school	Costs related to not completing high school (income, taxes, health capital, etc)
Criminal activity	Increased probability to commit a crime	Costs related to crime control, dealing with the results and imprisonment (violent crimes)
Success in labor market	Longer period of unemployment during youthhood	Cost of support and compensation related to unemployment

- Long term benefit-cost ratio : **1 € spent on IY program equals to 14,4 € gained** (costs saved – 12 200 €, cost of IY program per child – 852 €).
- Impact not in the model: less use of health and social services, impact on parents.

- ✓ **Media campaign and webpage about positive parenting www.tarkvanem.ee**
 - First initiated by the Ministry of Interior in the framework of implementing drug prevention strategy
 - Taken over and continued by the National Institute for Health Development
- ✓ **Preparations to introduce topics covering **positive parenting principles and programs** to the curriculum of the Tallinn University School of Educational Sciences**





Challenges and lessons



- ✓ **Motivation and means of the local municipalities** to provide IY to parents.



- ✓ **Prioritizing prevention investments** in policy planning and decision-making.

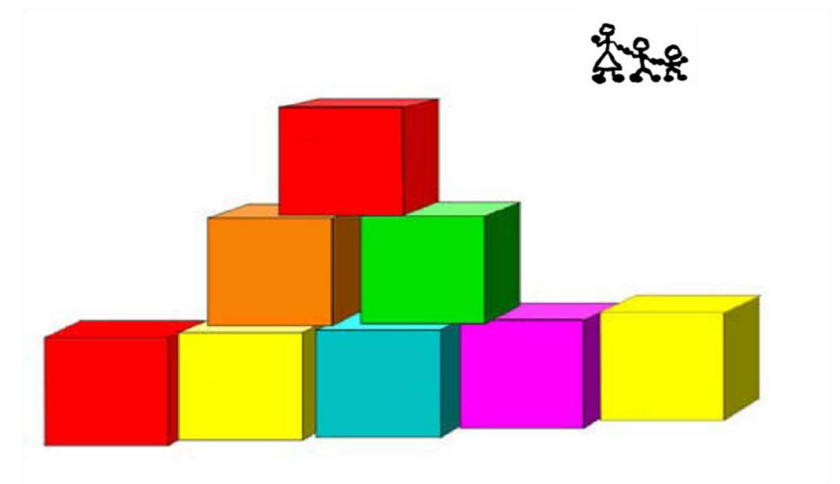


- ✓ **Universal or targeted approach?**
 - 80-90% of the parents participating in the pilot were referred to the trainings by the child protection officers – danger of stigmatizing the program
 - Municipalities tend to prefer targeted approach as there is a lack of measures to support families at risk
- ✓ **How many group leaders** should we train? How do we plan the demand?
- ✓ Involving both parents.



Success factors

- ✓ Strong and collaborative **leadership**;
- ✓ **Strategic planning** and goal setting in the framework of the National Strategy;
- ✓ **Partnership** with the “mentor” country/agency who provides preparation and implementation support;
- ✓ Design of the **implementation strategy** and **follow-up strategy**;
- ✓ Ensure **sustainable funding** after the pilot period;
- ✓ **Ensure necessary partners buy-in** (e.g. municipalities in Estonian case) from start with organisational engagement, in-kind or financial contribution to the programme implementation.





Thank you!

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