

20 Ionawr
20 January **2012**



Canolfan Ymyrraeth
Cynnar ar Sail
Tystiolaeth (CYST) Bangor

**Datblygu ac Ymchwilio Raglenni Ymyriad Cynnar ar sail
Tystiolaeth yng Nghymru a thu hwnt**

**Developing and Researching Evidence Based Early
Intervention Programmes across Wales and beyond**



Centre for Evidence
Based Early Intervention
(CEBEI) Bangor

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- TIMETABLE -

Developing and Researching Evidence Based Early Intervention Programmes across Wales and beyond Friday, 20th January 2012

- 9.00 Registration
- 9.15 Opening remarks and welcome
Dr. Charles Leek, Head of the School of Psychology, Bangor University
- 9.25 Official opening
Alun Ffred Jones AM, National Assembly for Wales Member for Arfon
- 9.45 **Martin Swain**, Head of Children & Young People Strategy Division, Welsh Government
Update on Welsh Government policy on family support.
- MORNING PRESENTATIONS – RESEARCH**
- 10.00 **Dr. Helen Henningham**, Senior Lecturer and Co-Director, CEBEI, Bangor University
Developing and Researching the Incredible Years programmes in Jamaica
- 10.30 **Nia Griffith**, Teaching Fellow, School of Psychology, Bangor University
Lessons from the IY Toddler trial in Flying Start services across Wales
- 11.00 **Tea/Coffee**
- 11.15 – 12.45 **Research updates from CEBEI staff**
- 11.15 **Kirstie Cooper**
Preliminary Outcomes from the IY School Readiness programme
- 11.30 **Nicole Gridley**
Features of Parental Language used with young children in a disadvantaged Welsh Population
- 11.45 **Catrin Hedd Jones**
Delivering the Incredible Years Baby Parenting programme in North and Mid Wales
- 12.00 **Eleanor Lane and Laura Parry**
The Incredible Years Lottery Funded Small Group Dina trial project
- 12.15 **Nia Williams** Gwynedd Education Department
Supporting the Incredible Years Lottery Funded Small Group Dina trial project on the ground
- 12.30 **Christine Williams**, Ysgol Maesincla, Caernarfon
The Incredible Years Small Group Dina and School Readiness programmes within a school setting
- 12.45 – 1.30: **Lunch and Poster Presentations**
- 1.30 **Prof. Judy Hutchings**, CEBEI and Bangor University
New developments at CEBEI: (KiVa bullying prevention programme, plans for web-based parent support, update on IY developments across Wales and WG funding)
- 2.00 **Gail Bennett**, Flintshire Children and Young People's Partnership
Developing a Parenting Strategy and Action Plan for Flintshire
- 2.15 **Bridget Roberts**, Betsi Cadwaladr University Health Board
The Incredible Years in North West Wales
- 2.30 **Deborah Roberts**, Betsi Cadwaladr University Health Board
An Evaluation of a Community-based BASIC Parenting programme: A two-year follow up
- 2.45 **Dr Sue Evans**, Powys Local Health Board
Developments in the delivery of the Incredible Years programmes in Powys
- 3.00 Plenary session with feedback from delegates, chaired by **Martin Swain**, Head of Children & Young People Strategy Division, Welsh Government
- 3.30 Close

- INTRODUCTION -

Welcome to the 2012 Centre for Evidence Based Early Intervention Bangor Conference. Our most exciting news is that Dr. Helen Henningham is joining us from the University of the West Indies, Jamaica, as a Senior Lecturer in the School of Psychology and co-director of CEBEI. She will be talking today about her work implementing the Incredible Years (IY) Teacher Classroom Management programme in Jamaica. Another exciting development is our work to promote the KiVa Anti-bullying programme in Wales with Welsh Government support.

Our work with the IY programmes continues to grow and our recent survey has shown that use of the IY Parent, Child and Teacher programmes across Wales is expanding. We will report on these developments locally as well as our current research activity. We are now in our twelfth year of the IY programmes in Wales, researching them and supporting parents, children and teachers across the Principality. We are grateful to our colleagues from across North Wales for their enthusiasm and to the Welsh Government for their support.

Our research, in Sure Start Services in North and Mid Wales, produced excellent results that continue to have impact well beyond Wales. We will report on outcomes from the IY Toddler Parent programme, with partners in eight Flying Start services across Wales. Currently we are researching the Baby and School Readiness Parent programmes. Our Big Lottery funded project to provide extra social and emotional skills coaching through the Small Group Dina programme in twenty-two schools in Anglesey, Gwynedd and Powys is going well and we are working with 13 local schools in Phase 2.

We would like, once again, to extend a special welcome to Alun Ffred Jones, our local Assembly Member, and thank him for agreeing to open the day, and to Martin Swain and Huw Maguire, Children and Families Programmes, the Welsh Government, for their interest in our work. We look forward to their contributions.

Our conference provides an opportunity for people to network with, and support, one another. From our base, in Bangor, we continue to organise training in the Parent, Child and Teacher programmes and to provide ongoing support and advice. We encourage programme leaders to work towards leader certification, so that they can be sure that they are delivering the programmes with fidelity. We hope that other Authorities will follow the lead set by Powys, whose appointment of Sue Evans to lead the county in developing the IY programmes has been so successful. Bridget Roberts, who leads the Parent programme in North West Wales, is also doing an excellent job as a Parent programme mentor.

Finally thanks to all of the CEBEI team at Bangor, and especially Dilys, our administrator. They all work tirelessly and very collaboratively to cope with the many demands and enquiries about our training and research activities. Enjoy the day and join us in celebrating our work to support parents, children and teachers throughout Wales.

Judy Hutchings

January 2012

- RHAGARWEINIAD -

Croeso i Gynhadledd 2012 y Ganolfan Ymyrraeth Gynnar ar Sail Tystiolaeth ym Mangor. Ein newyddion mwyaf cyffrous yw bod Dr Helen Henningham yn ymuno â ni o Brifysgol India'r Gorllewin, Jamaica, fel Uwch Ddarlithydd yn yr Ysgol Seicoleg a chyd-gyfarwyddwr CEBEI. Heddiw bydd yn siarad am ei gwaith yn defnyddio'r rhaglen Blynnyddoedd Rhyfeddol Rheoli Dosbarth i Athrawon yn Jamaica. Datblygiad cyffrous arall yw ein gwaith yn hyrwyddo'r rhaglen wrth-fwlio KiVa yng Nghymru, gyda chefnogaeth gan Lywodraeth Cymru.

Mae ein gwaith gyda'r rhaglenni BRh yn dal i dyfu a dangosodd ein harolwg diweddar bod y defnydd a wneir o raglenni BRh i Rien, Plant ac Athrawon yn ehangu ar draws Cymru. Byddwn yn rhoi adroddiadau ar y datblygiadau hyn yn lleol, yn ogystal â'n gweithgaredd ymchwil cyfredol. Hon yw ein deuddegfed flwyddyn o ymdrin â rhaglenni BRh yng Nghymru, gan ymchwilio iddynt a rhoi cefnogaeth i rieni, plant ac athrawon ar draws y wlad. Rydym yn ddiolchgar i'n cydweithwyr o bob rhan o Ogledd Cymru am eu brwdfrydedd ac i Lywodraeth Cymru am eu cefnogaeth.

Cafwyd canlyniadau rhagorol i'n hymchwili i wasanaethau Cychwyn Cadarn yng Ngogledd a Chanolbarth Cymru ac maent yn parhau i gael dylanwad ymhell y tu hwnt i Gymru. Byddwn yn adrodd ar ganlyniadau'r rhaglen BRh i Blant Bach a Rhieni, gyda phartneriaid mewn wyth o wasanaethau Dechrau'n Deg ar draws Cymru. Ar hyn o bryd rydym yn ymchwilio i'r rhaglenni Babanod a Pharoddrwydd Ysgol. Mae ein prosiect, a gyllidwyd gan y Loteri Fawr, i ddarparu hyfforddiant ychwanegol mewn sgiliau cymdeithasol ac emosiynol drwy'r rhaglen Dina i Gr p Bych Dina mewn 22 o ysgolion ym Môn, Gwynedd a Phowys yn datblygu'n dda ac rydym yn gweithio gydag 13 o ysgolion lleol yng Ngham 2.

Unwaith eto hoffem roi croeso arbennig i Alun Ffred Jones, ein Haelod Cynulliad Lleol, a diolch iddo am gytuno i agor y diwrnod. Diolch hefyd i Martin Swain a Huw Maguire, Rhaglenni Plant a Theuluoedd, Llywodraeth Cymru, am eu diddordeb yn ein gwaith. Edrychwn ymlaen at eu cyfraniadau.

Mae'r gynhadledd yn rhoi cyfle i ni rwydweithio â'n gilydd a chefnogi ein gilydd. O'n pencadlys ym Mangor rydym yn parhau i drefnu hyfforddiant i'r rhaglenni i rieni, plant ac athrawon a chynnig cefnogaeth a chynghor cyson i bobl. Rydym yn annog arweinwyr rhaglenni i weithio tuag gael ardystiad arweinwyr, fel y gallant fod yn si'r eu bod yn cyflwyno'r rhaglenni'n gywir. Gobeithiwn y bydd awdurdodau eraill yn dilyn arweiniad Powys sydd wedi cael cymaint o lwyddiant ar ôl penodi Sue Evans i arwain y sir wrth ddatblygu'r rhaglenni BRh. Mae Bridget Roberts, sy'n arwain y rhaglen i rieni yng Ngogledd Orllewin Cymru, hefyd yn gwneud gwaith rhagorol fel mentor ar y rhaglen i rieni.

Yn olaf, diolch i'r holl dîm CEBEI ym Mangor ac, yn arbennig, i Dilys, ein gweinyddwr. Maent i gyd yn gweithio'n ddiflino a chydweithredol iawn i ymdopi â'r gofynion niferus a'r ymholiadau ynghylch ein gweithgareddau hyfforddi ac ymchwil. Mwynhewch y diwrnod ac ymunwch â ni i ddatlu ein gwaith a chefnogi rhieni, plant ac athrawon ledled Cymru.

Judy Hutchings

Ionawr 2012

- ABSTRACTS OF PRESENTATIONS -

Martin Swain, Head of Children and Young People Strategy Division, Welsh Government

Title: *Update on Welsh Government policy on family support.*

Dr. Helen Henningham, Co-Director, CEBEI and Senior Lecturer, School of Psychology, Bangor University

Title: *Developing and Researching the Incredible Years programmes in Jamaica*

Abstract: This presentation will focus on the implementation and evaluation of the Incredible Years Teacher Training programme in Jamaican pre-schools including i) planning for the intervention, ii) piloting the intervention, iii) using the results of the pilot study to tailor the intervention for the Jamaican pre-school context and iv) evaluating the effect of the tailored intervention on child and teacher behaviour using a cluster randomised controlled study design. Some preliminary results from a one year follow-up evaluation will also be presented. The follow-up evaluation is investigating whether benefits to teachers' classroom management practices and children's classroom behaviour are sustained when teachers are no longer receiving support from the research team.

Nia Griffith, School of Psychology, Bangor University

Title: *Lessons from the IY Toddler Trial in Flying Start services across Wales*

Abstract: Research has demonstrated that children living in disadvantaged communities are at a greater risk of delayed development, behavioural difficulties, later poor academic achievement, anti-social behaviour and criminal conviction. Positive parenting has been identified as a key protective factor to poor child outcomes in disadvantaged communities, and consequently the promotion of parenting skills is a key feature of the Welsh Governments Flying Start initiative.

A sample of 89 parents and children aged 12-36 months who lived within the Flying Start catchment area were recruited to participate in a randomised controlled trial to evaluate the Incredible Years Toddler programme. Baseline characteristics suggest that families had variable levels of risk and need of intervention, particularly when compared to a previously recruited sample that took part in an RCT of a parenting intervention within Sure Start services (Hutchings et al. 2007). Short-term findings saw modest intervention effects in improved parental well-being and reduced negative parenting practices and child-deviance. Both intervention and control groups saw improvements in some other measures over a 6-month period, indicating community wide benefits of the Flying Start initiative.

Long-term analysis of families allocated to intervention saw continued and significant improvements over 12-months on a range of outcomes, with greater improvements seen in the families experiencing elevated levels of risk in terms of income poverty, multiple demographic risks, early signs of child developmental delay and parental depression and stress.

The study highlights the need to target some services based on individual need rather than locality, ensuring that the families who will benefit the most are in receipt of them.

Kirstie Cooper, School of Psychology, Bangor University

Title: *Preliminary Outcomes from the IY School Readiness programme*

Abstract: Kirstie will be talking about her PhD which involves evaluating a new programme for parents, aimed at enhancing children's readiness for school. The four-session Incredible Years School Readiness Programme was delivered by teachers and provided the opportunity to engage parents when their children first start school. The programme helps parents to support their child's academic, social, and emotional readiness through child-directed play and interactive reading. Eleven schools (8 intervention and 3 control) were recruited to run the programme with groups of parents of 3-5 year old children. Data were collected through home visits to the families over a period of 10 months. Parents completed a battery of questionnaires and undertook interactive play and reading with their child whilst being observed. The schools reported on the delivery of the programme in their school.

Preliminary results of this study will be presented.

- ABSTRACTS OF PRESENTATIONS -

Nicole Gridley, School of Psychology, Bangor University

Title: *Features of Parental Language used with young children in a disadvantaged Welsh Population*

Abstract: Objective: Children from disadvantaged families typically demonstrate delays in reaching speech and language milestones and are less likely to succeed in education in comparison to their peers. It is suggested that this may be a reflection of the language skills of the parent, and through intervention these skills may be enhanced.

The current research intends to:

- i) describe the characteristics of parental language used with toddlers (one-to-three years old) in a disadvantaged population in Wales prior to attendance on a parent intervention.
- ii) compare the use of these strategies with a non-disadvantaged population.

Design: A recent RCT of the Incredible Years Parent Toddler Programme included recording parent-child interactions for 30 minutes at six-monthly intervals. To achieve Objective One the last 15 minutes from each baseline video will be transcribed and coded according to grammatical features, valence, discourse function and conversational floors. Additional data is currently being collected for Objective Two.

Methods: Inclusion criteria for Objective One are consent and participation in the RCT with English as their primary language. The first author will transcribe baseline videos (N = 76). An independent researcher will double-check all transcripts for completeness. Parental language will be coded for grammatical features, valence, discourse function and conversational floors.

Results: The research is currently ongoing and results will be in by September 2012.

Conclusions: The results will provide a baseline for which further comparisons of post-intervention effects will be assessed.

Catrin Hedd Jones

Title: *Delivering the Incredible Years Baby Parenting Programme in North and Mid Wales*

Abstract: Catrin is in the final year of her PhD conducting the first evaluation of the Incredible Years Infant programme. This collaborative evaluation has involved five local authorities, three group leader supervisors and seventeen group leaders. Information gathered from control and intervention families and group leaders is currently being evaluated. Catrin's talk will focus on the experiences of group leaders delivering the programmes and feedback gained from parents attending the Infant group.

Eleanor Lane and Laura Parry, School of Psychology, Bangor University

Title: *The Incredible Years Lottery Funded Small Group Dina Trial Project*

Abstract: Eleanor Lane will provide a brief description of the project design and progress.

This is a three-year randomised controlled trial, which is being run in two phases. Primary schools in Gwynedd, Powys and Holyhead are participating in the trial by delivering the programme to small groups of children in Key Stage One. We are currently in the process of collecting baseline data for Phase 2. Measures include teacher and parent report of child behaviour and the coding of observations of child behaviours at school.

One of the school measures involves observing the behaviour of pairs of children interacting while engaged in a lego play/task. Laura Parry, who is studying for a PhD, will describe how she will use the data from these observations to develop and test a new observation tool.

- ABSTRACTS OF PRESENTATIONS -

Nia Williams, Education Department, Gwynedd Council

Title: *Supporting the Incredible Years Lottery-Funded Small Group Dina Trial Project on the ground*

Abstract: Gwynedd Education service started to train teachers to deliver the IY Classroom Dina curriculum in 2002 and quickly realised the importance of supporting teachers with the underpinning classroom management skills that are taught in the IY Teacher Classroom Management programme. Estyn reports on early implementer schools were positive and the department decided to second Rhian Gwyn, the first headteacher to deliver the programme, to support further development. Over a period of seven years the TCM and linked Classroom Dina School social and emotional curriculum were introduced to all schools across the county and for some schools a new strand was added by training teachers to deliver the Parent programme. A curriculum based on Classroom Dina was also developed for the nursery classes across the county and the Small Group Dina programme was trialled with high-risk children in Ysgol Bro Lleu, Penygroes.

The presentation describes the current situation in Gwynedd regarding the Big Lottery-funded Small Group Therapeutic Dina research programme.

Christine Williams, Ysgol Maesincla, Caernarfon.

Title: *The Incredible Years Small Group Dina and School Readiness Programmes within a school setting*

Abstract: Head of Foundation Phase Christine Williams and classroom assistant Angela Lawson attended training in November 2010 and January 2011 to deliver the Small Group Dina Therapeutic programme with the Lottery research project. Christine was also trained to deliver the School Readiness programme for the pilot project. The presentation describes the effect of running these programmes within the school.

Prof. Judy Hutchings, Director CEBEI, Bangor University

Title: *New developments at CEBEI: (KiVa bullying prevention programme, plans for web-based parent support, update on IY developments across Wales and WG funding)*

Abstract: In this presentation Professor Hutchings provides an update on developments over the last year. These include the results of the Wales-wide leader survey conducted in Summer 2011 showing the extent of IY programme delivery across Wales. This follows up on a decade of training and research into the IY Parent, Child and Teacher programmes which has been supported by investment from the Welsh Government. The report catalogues evidence of the growing understanding of what is needed to deliver really effective services to families facing challenging circumstances.

The paper also reports briefly on future plans and our early steps in exploring other evidence-based programmes, including the KiVa bullying prevention programme for which training is being provided in May. We have plans to research KiVa in Wales and also have funding to develop and evaluate web-based support for parents of pre-school children to enable them to promote their children's school readiness.

Gail Bennett, Parenting Strategy Co-ordinator, Flintshire County Council

Title: *Developing a Parenting Strategy and Action Plan for Flintshire*

Abstract: Gail Bennett is the Parenting Strategy Co-ordinator for Flintshire, a post that is located within the Children and Young People's Partnership. Gail has held the post since February 2007. The initial Parenting Action Plan (2008-11), an addendum to the Children and Young People's Plan, was based on the Wales Parenting Action Plan 2005-2008, and local information gained through consultation with parents, families and local and national services. The aim is for services to work together to encourage positive, responsible and confident parenting, helping and supporting children and young people to reach their potential and achieve emotional, behavioural and social wellbeing. This is to be achieved through a range of effective parenting services providing quality provision, information, learning opportunities and support in response to need and circumstances. Gail has been influential in progressing and promoting the National Occupational Standards for 'Work with Parents', and the 2011 pilot of qualifications for the workforce to support learning and practice through competency, work-based learning and reflective practice. The plan has been updated for 2011-13, reflecting other Wales' initiatives including Flying Start developments and Families First.

- ABSTRACTS OF PRESENTATIONS -

Bridget Roberts, Betsi Cadwaladr University Health Board

Title: *The Incredible Years in North West Wales*

Abstract: Bridget will describe her work with the Incredible Years programmes in North West Wales as a Child Psychologist in the CAMHS team and an Incredible Years Parenting Mentor.

Deborah Roberts, Betsi Cadwaladr University Health Board

Title: *An Evaluation of a Community-based BASIC Parenting Programme: A two-year follow up*

Abstract: Behavioural difficulties in the early years and through primary school age, present a challenge to community practitioners and the long-term costs to society of untreated conduct disorder place a huge financial strain on services, as well as having a poor prognosis for the children affected. The aim of this study was to establish the long-term effects for participants attending a 12-week BASIC Incredible Years programme, two years post completion.

Fifty-seven participants, who parented children aged 1-12 years, were interviewed, representing 63% of the original sample. Pre- and post- intervention and follow up measures were the General Health Questionnaire (30) and Eyberg Child Behaviour Checklist. A semi-structured interview provided the qualitative data to support the quantitative results.

Of 90 participants, 57 were located and agreed to participate. The most common theme reported was that it had helped in changing their child's behaviour, also demonstrated quantitatively with mean scores for the Eyberg Child Behaviour Inventory reducing to below clinical cut-off post-group and at two years. This same pattern was seen for participants' mental health, with improvements largely maintained at two years. Of the one third of the children whose behaviour deteriorated two years post course, two-thirds of these children had experienced adverse life events or had a secondary diagnosis.

Dr. Sue Evans, Powys Teaching Health Board and Incredible Years Parenting, Teacher and Child Mentor

Title: *Developments in the delivery of the Incredible Years programmes in Powys*

Abstract: Sue will give an update on the development of the Incredible Years programmes in Powys, with particular focus on:

- The development of Home Coaching for the parent programme
- Peer coaching to support the development of Classroom Dina
- Piloting new protocols for delivering TCM in twilight sessions

- SPEAKER BIOGRAPHIES -



DR. CHARLES LEEK obtained his PhD at The Johns Hopkins University, Baltimore, USA in 1996, then completed a post-doctorate at the CNRS in Grenoble, France. He came to Bangor in 1998 and is now a Reader in Cognitive Neuroscience, and Head of the School of Psychology, Bangor University. His research concerns the cognitive and neurobiological bases of human vision.



ALUN FFRED JONES AM is the Assembly Member for the Arfon constituency and was first elected in 2003. He was born in Brynaman in 1949 and educated at Ysgol O.M. Edwards, Llanuwchllyn, Ysgol y Berwyn, Bala and the University of Wales, Bangor. Before his election, he was a Television Director and producer for Ffilmiau`r Nant in Caernarfon, and previously worked as a Welsh teacher and Head of Department, and a journalist/presenter with HTV. He is the former Leader of Gwynedd County Council, is former Chair of Antur Nantlle and Chair of Nantlle Vale Football Club. From 2008 until last May's Welsh Assembly Elections he was Heritage Minister in the Welsh Government. He is currently Plaid Cymru's Economic spokesperson in the Assembly. Alun speaks Welsh, English and French. He enjoys a variety of sports, cinema, theatre, poetry, cycling and gardening.



MARTIN SWAIN was educated in Chepstow and the University of Wales Newport. Martin achieved a Post Graduate Diploma and a Masters in Business Administration. Prior to taking up his current post as Head of Children and Families Programmes, Martin worked in the Economic Development Department of the Welsh Assembly Government and before that he was Head of Lottery Funding Policy and Major Events within the Department for Culture, Welsh Language and Sport. Martin lives in the Rhondda and is married with one daughter. He is Vice Chair of the Governors of Ysgol Gynradd Gymraeg Bodringallt and is an entry level Welsh Learner.



DR. HELEN HENNINGHAM has been working at the University of the West Indies, Jamaica for over ten years and her research area is in early interventions for children who are at risk for learning and behaviour problems. Her work involves interventions in community, school and primary health care settings and has involved working with parents, teachers, community volunteers and health care staff to promote children's development. Helen's current research has involved implementing and evaluating the IY Teacher Classroom Management programme with Jamaican preschool teachers. Helen has also conducted consultancies for several national and international organisations including UNICEF Jamaica, Ministry of Education Jamaica, Inter-American Development Bank and the World Health Organisation. In January Helen took up a post as Senior Lecturer and co-director of the Centre for Evidence Based Early Intervention, Bangor University.



NIA GRIFFITH studied Psychology at Bangor University and graduated in 2003. Following her graduation she spent three years working for a community project, promoting small-medium sized enterprises. In September 2006, Nia returned to the University to follow the M.Sc. course in Psychological Research. Following which she began work on her PhD focusing on an RCT evaluation of the new Incredible Years Toddler Parenting programme throughout Wales. Nia's PhD was funded by the Coleg Cymraeg Cenedlaethol as is her current post as a Welsh-medium Teaching Fellow in the School of Psychology at Bangor University. Nia submitted her PhD in December, 2011 and is awaiting examination in early March.

- SPEAKER BIOGRAPHIES -



KIRSTIE COOPER graduated in Psychology at the University of Liverpool in 2008 and returned home to Wales to study an M.Sc. in Foundations of Clinical Psychology at Bangor University. In 2009, Kirstie joined the Incredible Years team as a Research Assistant and was awarded a 125th anniversary bursary to study for a PhD at Bangor University, part funded by Incredible Years Cymru charity. The aim of her PhD is to evaluate the new four-session Incredible Years School Readiness Parenting programme, aimed at enhancing children's school readiness. She is now in the final year of her PhD.



NICOLE GRIDLEY is a second-year PhD student at Bangor University. Her area of study is children's language development in relation to parental language input. Prior to her PhD Nicole read Psychology at Bangor University, graduating with a BSc in 2007, and with an MSc in Foundations of Clinical Psychology in 2010. Nicole previously worked for the Centre for Evidence Based Early Intervention (CEBEI) as a Research Support Officer from 2009-2011 working on a number of projects evaluating the effectiveness of the Incredible Years parent, teacher and child series on child behavioral outcomes. Her main area of interest is in the use of observational measurements as a means of assessing behavioural and verbal changes following intervention. She is a DPICS-R (Dyadic Parent-Child Interaction Coding System-Revised) trainer for CEBEI and intends, following completion of her PhD, to continue working in the area of child development.



CATRIN HEDD JONES completed her first degree at Bangor University and a Masters in Edinburgh University before working within further education and the Welsh Government. She completed her post-graduate conversion diploma in Psychology with the Open University whilst caring for her young family and working as a group facilitator.

Catrin's PhD research, funded through the Children's Early Intervention Trust (formerly Incredible Years Cymru charity) and the European Knowledge transfer fund, will be the first evaluation of the Incredible Years Infant programme. Measures have been collected over twelve months from 60 families throughout North and Mid Wales with papers on the results planned in 2012.



ELEANOR LANE is the part-time Research Officer, employed by Bangor University to lead the research into the Lottery funded project to improve the social and emotional wellbeing of children attending schools in Gwynedd, Powys and Holyhead. She graduated from Bangor University in 1998 with a degree in Psychology. Since graduating she has been involved in several research projects evaluating interventions for children with conduct problems and ways of supporting parents.



LAURA PARRY graduated from Bangor University with a degree in Psychology. She returned to Bangor to complete a Master's degree in Applied Behaviour Analysis. In 2010 she worked at the IY Centre on a GoWales placement assisting on the Lottery project. She is currently in the second year of a PhD, which runs alongside the Lottery funded grant. Her PhD project involves the development of an observational tool to assess peer interactions in schools delivering the Incredible Years programmes to promote social and emotional competence. The PhD is part funded by the School of Psychology and the Children's Early Intervention Trust (formerly the Incredible Years Cymru) charity.

- SPEAKER BIOGRAPHIES -



NIA WILLIAMS was seconded to a post as a part-time Flying Start Liaison teacher in 2007 after eighteen years of classroom teaching with 3–8 year olds. Her work includes supporting Rhian Gwyn in introducing “Cwricwlwm Caleb” into child-care settings. She also helps with refresher courses following these training sessions.

In September 2010 she started a two-year secondment, for two days a week, to the IY research team. Her work involves supporting teachers and school staff, that are taking part in the Lottery funded IY Small Group Therapeutic Dina School programme research project. For the remainder of the week she continues as the Flying Start Liaison Teacher.



CHRISTINE WILLIAMS has nineteen years of teaching experience with 3-8 year olds, and is currently Head of Foundation Phase in Ysgol Maesincla, Caernarfon, one of the schools in Gwynedd chosen to be a pilot for the Foundation Phase. Christine is responsible for leading teachers and classroom assistants within the Foundation Phase. She qualified with a Diploma in Special Needs in 1998. Christine has been trained in and delivered the School Readiness programme for parents and following its success, the school hopes to run this again in summer 2012.



PROF. JUDY HUTCHINGS has worked in North Wales since 1973, for many years as a Consultant Clinical Psychologist, working with children with significant behavioural difficulties. Since her retirement from the NHS in 2010 she retains an honorary NHS contract. She is Director of the Centre for Evidence Based Early Intervention research team at Bangor University where she has worked part-time since 1988. The Centre for Evidence Based Early Intervention was launched by the then Deputy Minister for Children, Huw Lewis of the Welsh Assembly Government at our 2011 conference, building on the earlier work of the Incredible Years Wales Centre. Judy undertakes research with referred children and their families and early preventive work

with parents, children and teachers. She has held grants totalling over £1.5 million, has published extensively and, since 2006, has worked with the Welsh Government providing training and consultation to services across Wales.

She has provided evidence on effective early intervention to government departments in England and Wales and been an expert witness to the National Institute for Health and Clinical Excellence (NICE) in their determination on conduct disorder. She has lectured and taught internationally including in Finland, Denmark, Ireland, Australia, Poland and Portugal.

In 1999 she was awarded Fellowship of the BPS, in 2004 she was Welsh Woman Educator of the year and in 2010 received the Institute for Welsh Affairs Inspire Wales Educator Award. In June 2011 she was awarded an OBE in the Queen’s birthday honours list for services to children and families.



GAIL BENNETT is a parent of two girls, aged 9 and 12, and a two year old Labrador 'pup' called Marley. She has worked in the electricity industry, local government, a housing association and within the finance industry, holding audit, compliance training and ethics posts. When she had her own children, she realised that she knew little about the services, or parenting, other than what she had experienced as a child or observed through friends who were parents. This led to a change in career, when Gail decided to work in a Pathfinder project in England, and undertake a number of qualifications including Parent Coaching, working with groups of parents and supporting adults with basic skills. In 2007 she was appointed to the post of Parenting Strategy

Co-ordinator, based on her passion for parenting, supporting other parents and her skill base developed in previous roles. Gail has also seen the need for support across Wales and a sharing of resources and learning. She chairs the All Wales Parenting Co-ordinators Forum, supported by Children in Wales and is a member of the Families First North Wales Parenting Learning Set.

- SPEAKER BIOGRAPHIES -



BRIDGET ROBERTS is a Child Psychologist working for the Betsi Cadwaladr University Health Board, CAMHS Service. She was an Educational Psychologist for many years working in Birmingham, Solihull, Nottingham and locally in North Wales. She is a Mentor for the Incredible Years Parent programmes and is experienced in delivering the Toddler, BASIC, School Age and Advance programmes in community and CAMHS settings as well as making supervision and support available locally for other group leaders. She has also delivered the Teacher Classroom Management programme. Bridget delivers termly Parent Group Leader courses as well as add-on training days in the new parenting programmes.



DEBORAH ROBERTS is a Specialist Behaviour Practitioner working for Betsi Cadwaladr University Health Board. She is a qualified counsellor and has a background in both adult and children's nursing, having worked as a Health Visitor for many years before taking up her current post. Her present post involves offering services across Conwy county, to parents of children between the ages of 5-11 years, who are experiencing some difficulties in managing their behaviour. Deborah also runs training events and courses for staff of all grades within this field and has, herself, just completed a Masters in Leadership in Social Care. Deborah is also working towards completing her Peer Coach training in order to support other members of staff in running parenting programmes.



DR. SUE EVANS is a Consultant Child Psychologist with Powys Teaching Local Health Board and clinical lead for the Incredible Years programmes in Powys. She is an accredited Mentor in the Incredible Years Parent and Teacher Classroom Management programmes and also a Mentor for the Classroom Dina programme. Sue regularly delivers all of these programmes herself and offers training and supervision to others to support delivery of the programmes with fidelity. Sue delivered the Parent Group Leader training in Seattle with Professor Webster-Stratton in 2007 and visited Seattle again in July 2009 to work with Professor Webster-Stratton on the Dina programmes. Sue has more than twenty years experience as an Educational Psychologist. Having worked in the Midlands for twelve years before joining the Educational Psychology Service in Powys in 1998. She has held her current post with Powys Teaching Local Health Board since 2005. Her doctoral work involved the development of solution focused, collaborative consultation groups for teachers.

- POSTER PRESENTATIONS -

- 1. Title:** Evaluation of the Webster-Stratton BASIC Parenting Programme with Parents of 'at risk' Pre-School Children in Sure Start Areas Across North & Mid Wales.
Authors: Tracey Bywater, Judy Hutchings, Frances Gardner & Dave Daley.
- 2. Title:** Evaluating the Cost-Effectiveness of the Incredible Years Toddler Programme.
Authors: Joanna Charles, Rhiannon Tudor-Edwards, Judy Hutchings, Tracey Bywater, Dave Daley & Nia Griffith.
- 3. Title:** Evaluating the Incredible Years School Readiness Programme.
Authors: Kirstie Cooper, Tracey Bywater, Dave Daley & Judy Hutchings.
- 4. Title:** The Importance of Treatment Fidelity in Delivering Parent Programmes.
Author: Catrin Eames.
- 5. Title:** Comparing the Qualitative Ratings of Live & Taped Mother-Child Interactions.
Authors: Nicole Gridley, Tracey Bywater, Judy Hutchings & Karen Jones.
- 6. Title:** Evaluating the Incredible Years Toddler Programme.
Authors: Nia Griffith, Karen Jones, Judy Hutchings & Tracey Bywater.
- 7. Title:** Delivering the Therapeutic Dinosaur School social and emotional programme to high-risk young children: a pilot project.
Authors: Judy Hutchings, Tracey Bywater, Nicole Gridley, Chris Whitaker & Stella Gruffydd.
- 8. Title:** Pathfinders Early Intervention Project (PEIP) Results from the Incredible Years Parenting programme.
Authors: Judy Hutchings, Tracey Bywater, Margiad Elen Williams, Margaret Kate Shakespeare & Chris Whitaker.
- 9. Title:** Parental depression and child behaviour problems.
Authors: Judy Hutchings, Tracey Bywater, Margiad Elen Williams & Chris Whitaker.
- 10. Title:** Evaluating the Incredible Years Baby Programme.
Authors: Catrin Hedd Jones, Tracey Bywater, Dave Daley & Judy Hutchings.
- 11. Title:** Evaluation of the Incredible Years Teacher Classroom Management (TCM) Programme in North Wales Primary Schools.
Authors: Pam Martin, Judy Hutchings, Dave Daley, Karen Jones, Catrin Eames, & Chris Whitaker.
- 12. Title:** Initial validation of the Schedule of Growing Skills (SGS)
Authors: Margiad Elen Williams, Judy Hutchings, Tracey Bywater, Dave Daley & Chris Whitaker

- POSTER PRESENTATIONS -

13. Title: Looking into Looked after Children (LiLAC): Trialling the Incredible Years Parent Programme with Foster Carers.

Authors: Tracey Bywater, Judy Hutchings, Dave Daley, Rhiannon Tudor Edwards, Pat Linck & Ian Russell.

14. Title: Evaluating the IY Toddler Programme with Nursery Staff.

Authors: Tracey Bywater, Judy Hutchings, Nicole Gridley, Karen Jones & Bridget Roberts.

15. Title: Developing and Researching the Observational Measures: DPICS, MOOSES, TeaPOT & the Classroom Observation Code.

Authors: Pam Martin & Karen Jones.

16. Title: Evaluation of the efficacy of the IY Parenting Training Programme for children with conduct problems and ADHD.

Authors: Karen Jones, Dave Daley & Judy Hutchings.

17. Title: 'Brighter Futures' Incredible Years, Triple P & PATHS.

Authors: Tracey Bywater, Sarah Blower & Balpinder Kaur.

18. Title: Parenting intervention for conduct problems – Who benefits, how does it work?

Authors: Frances Gardner, Tracey Bywater and Judy Hutchings.

19. Title: A Parenting Programme for Children at Risk of Developing Conduct Disorder: A Cost-effectiveness Analysis.

Authors: Rhiannon Edwards, Alan Ó Céilleachair, Tracey Bywater, Dyfrig Hughes and Judy Hutchings.



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