



**INVEST IN KIDS** works alongside Colorado communities to adopt, implement, and successfully scale proven programs that have the greatest long-term impact on young children and families experiencing poverty.

## HOW WE WORK

Trusted Relationships + Evidence-Based Programs + IIK Expert Implementation Supports =

# Better futures for Colorado's kids.

## PROGRAM APPROACH – The Incredible Years®

The Incredible Years (IY) is a suite of proven prevention programs that increase a child's success at school and at home by promoting positive relationships. The program's goal is to improve school performance, reduce child behavior problems, promote positive and consistent discipline, and support caregivers through a holistic approach involving children, parents, and teachers.

IY addresses the unique needs of each audience through three distinct yet integrated components and skill-building programs.

- **Dinosaur School:** 60 lessons delivered to children 2-3 times per week. Trained teachers co-lead lessons using puppets to engage in activities that focus on problem-solving, self-monitoring emotions, anger management, and how to make friends.
- **Preschool BASIC Parent Program:** Delivered through a series of 14 weekly parent group meetings. Trained facilitators guide groups of 7 to 15 parents as they learn strategies and skills that promote children's social competence and reduce behavior problems (e.g. how to play with their children; social, emotional, academic and persistence skills coaching, effective praise, and use of incentives).
- **Teacher Classroom Management (TCM):** Teachers learn positive teaching strategies and essential skills for classroom management including how to connect to children with challenging behaviors and how to help them manage their emotions.

## NUMBERS SERVED

### Dinosaur School

We served 4,027 students and 315 teachers and educational staff.

### Parent Program

We served 375 participants across 42 parent groups.

### Teacher Classroom Management (TCM) Book Study

84 teachers and educational staff across the state participated in a virtual TCM book study, in lieu of in-person training and coaching in TCM.

## OUTCOMES 2020-2021: STATISTICALLY SIGNIFICANT GAINS IN THE FOLLOWING:

- Students' Dinosaur School Social-Emotional Skills
- Students' Social Competence, including Emotion Regulation, Prosocial Communication, and Academic Skills
- Parents' Appropriate Discipline, Clear Expectations, and Positive Parenting
- Parents' Harsh Discipline and Inconsistent Discipline
- Childrens' Social Competence, including Emotion Regulation and Prosocial Communication

## RETURN ON INVESTMENT

For every \$1 invested, IY research suggests that \$4.13 can be avoided in future costs for the IY Parent Program.\*

\*Colorado Results First Prevention Findings. Colorado Office of State Planning and Budgeting. Date: February 2017

## LEARN MORE & CONTACT US

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