



REPUBLIKA SLOVENIJA
SLUŽBA VLADE REPUBLIKE SLOVENIJE ZA RAZVOJ
IN EVROPSKO KOHEZIJSKO POLITIKO

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Developed by Dr Carolyn Webster-Stratton



Incredible Years Parenting Program in Slovenia

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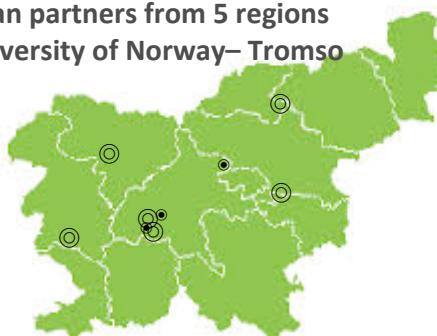
Child Psychiatry Unit, University Children's Hospital Ljubljana

The Incredible Years in Slovenia

Norway grant: Mar 2015 – Oct 2016



9 Slovenian partners from 5 regions
Arctic University of Norway– Tromsø



Consortium from three different agencies

- **The Health System**
 - University Children's Hospital – General Child Psychiatry Unit & Autism team
 - Counseling Centre for Children, Youth and Parents
 - Regional Health Centre Celje
- **The Social Services**
 - 3 Regional Social Services: Ajdovščina, Radovljica in Ravne na Koroškem
- **The Local Authority**
 - Family Centre Mala ulica, Ljubljana

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The Incredible Years in Slovenia

Mar 2015 – Oct 2016



- 45 group leaders
- 10 IY teams
- 343 parents in the program

- Mostly non-clinical cases
- Groups of 10-12 parents + 2 leaders
- Collaborative approach
- 16 weekly 2h sessions
- Regular support from Norway

- Evaluation

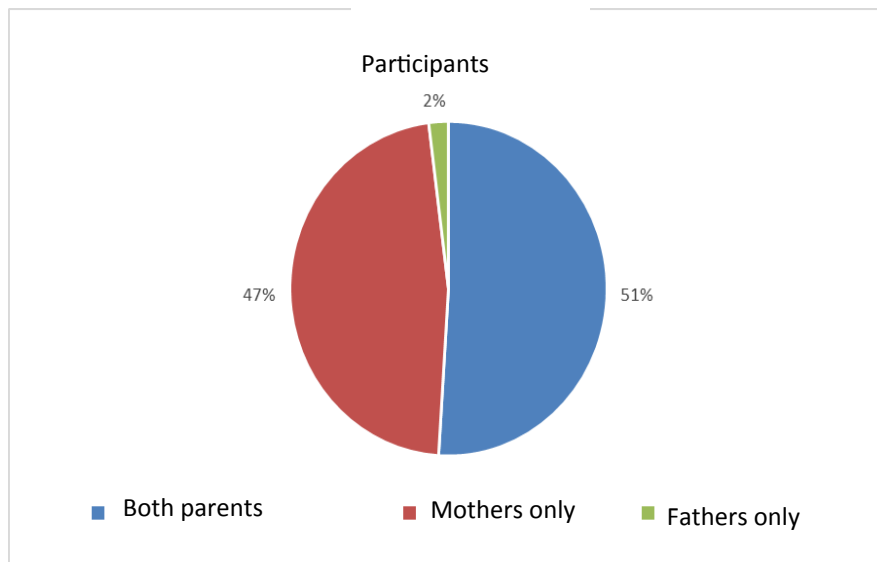


The findings

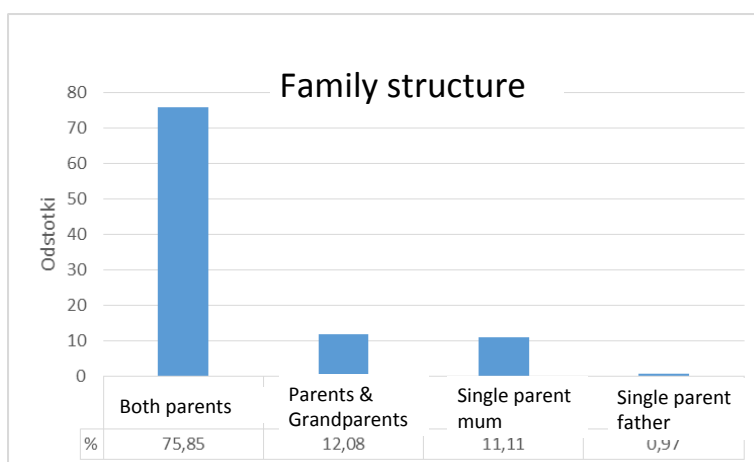


343 parents

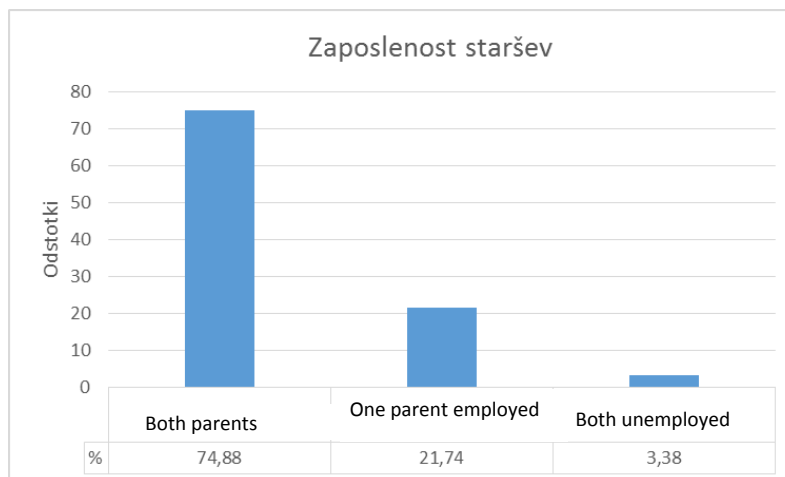
**92% completed
the program**



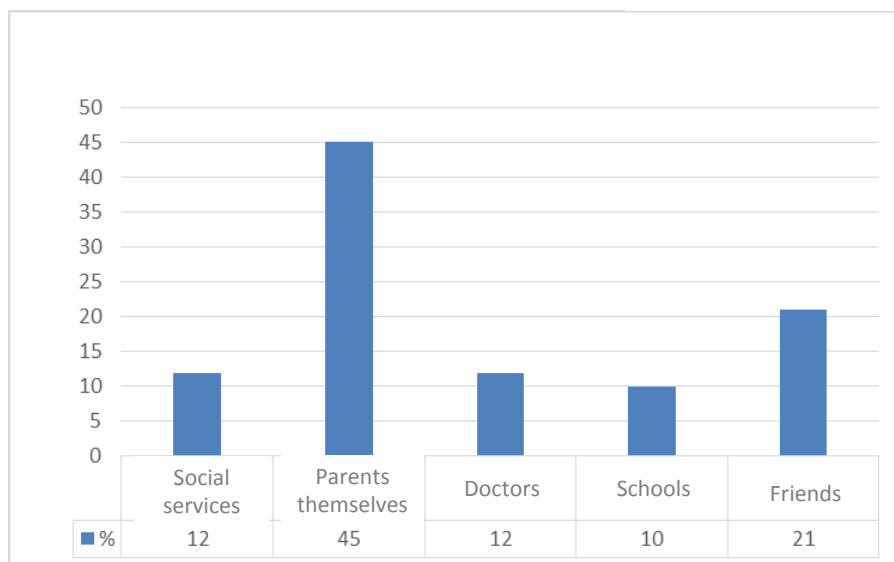
Family structure

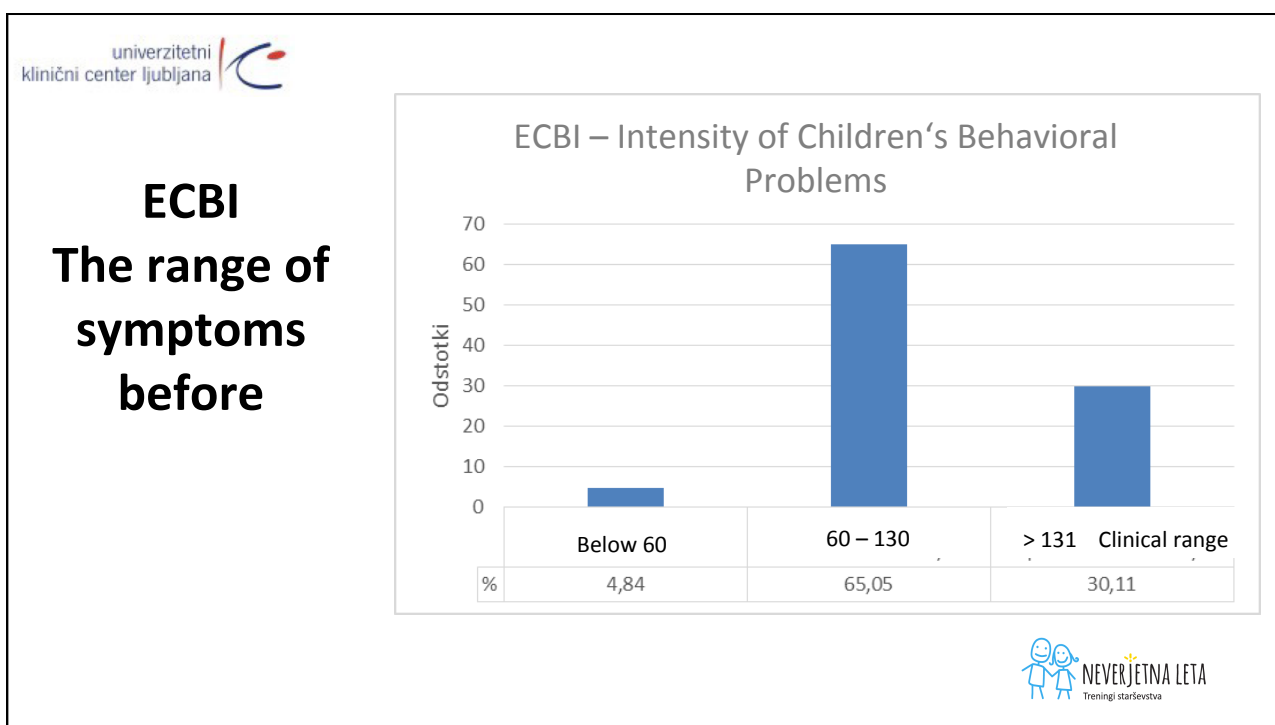
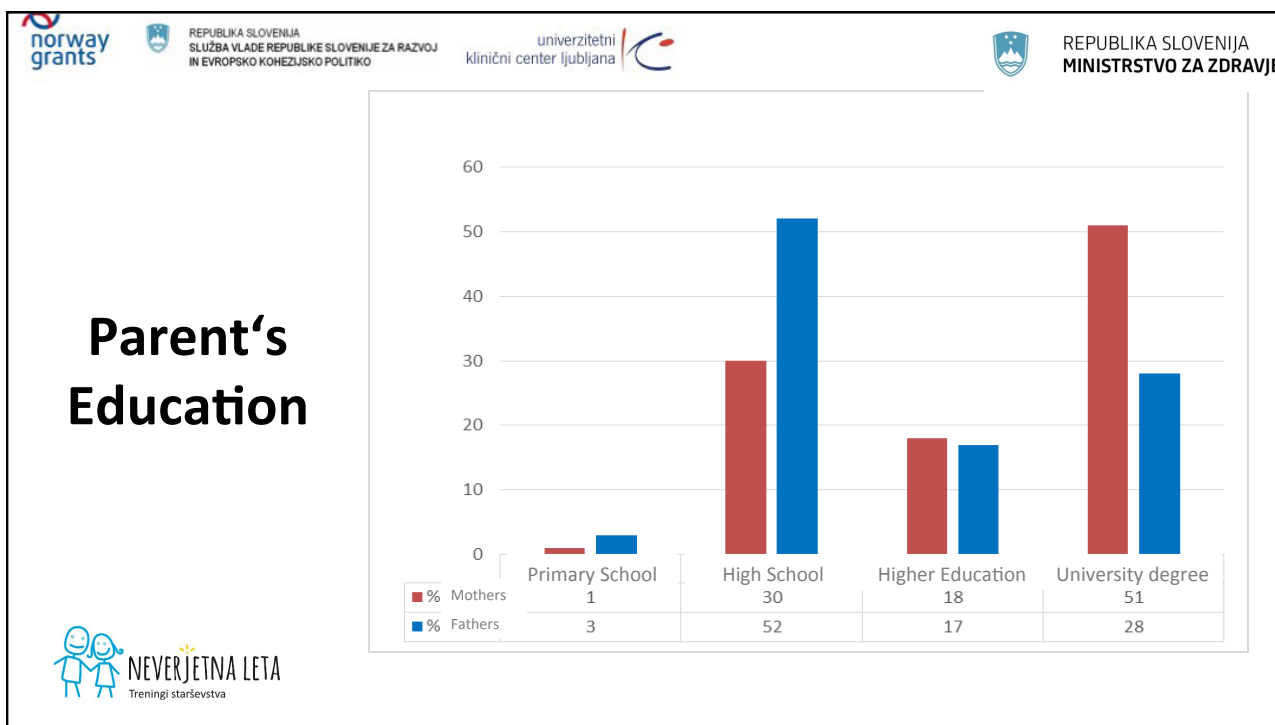


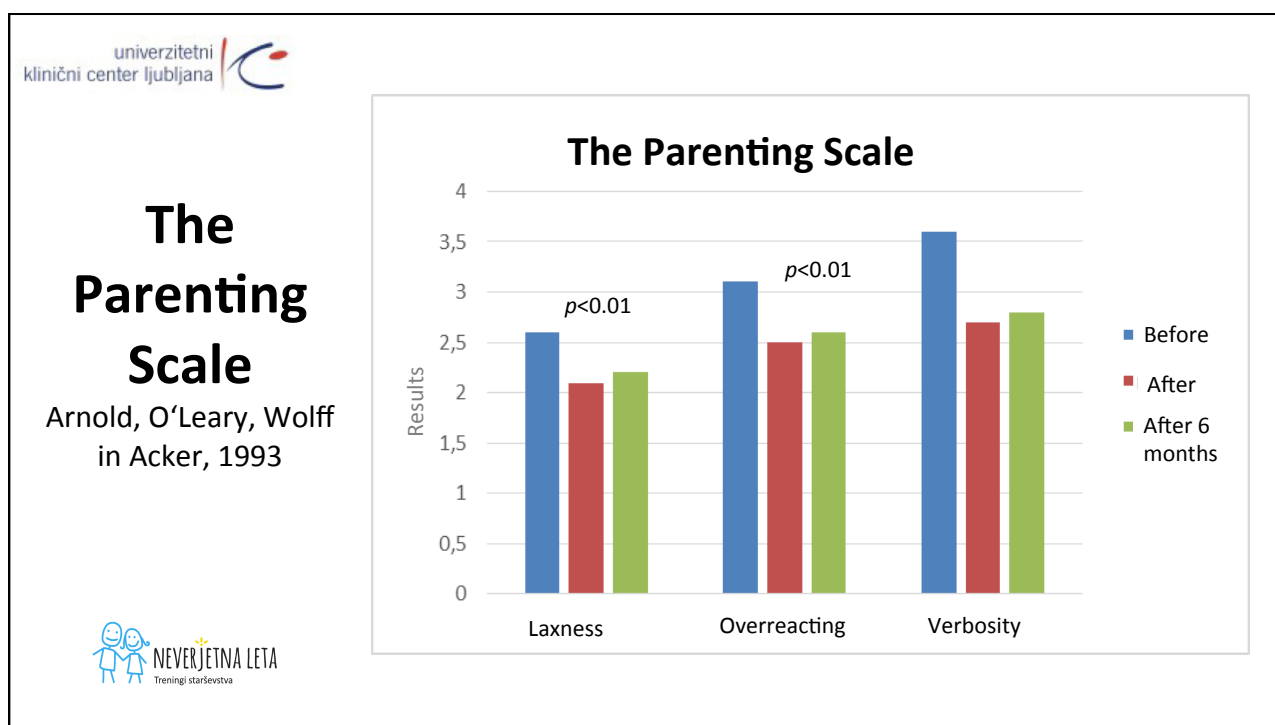
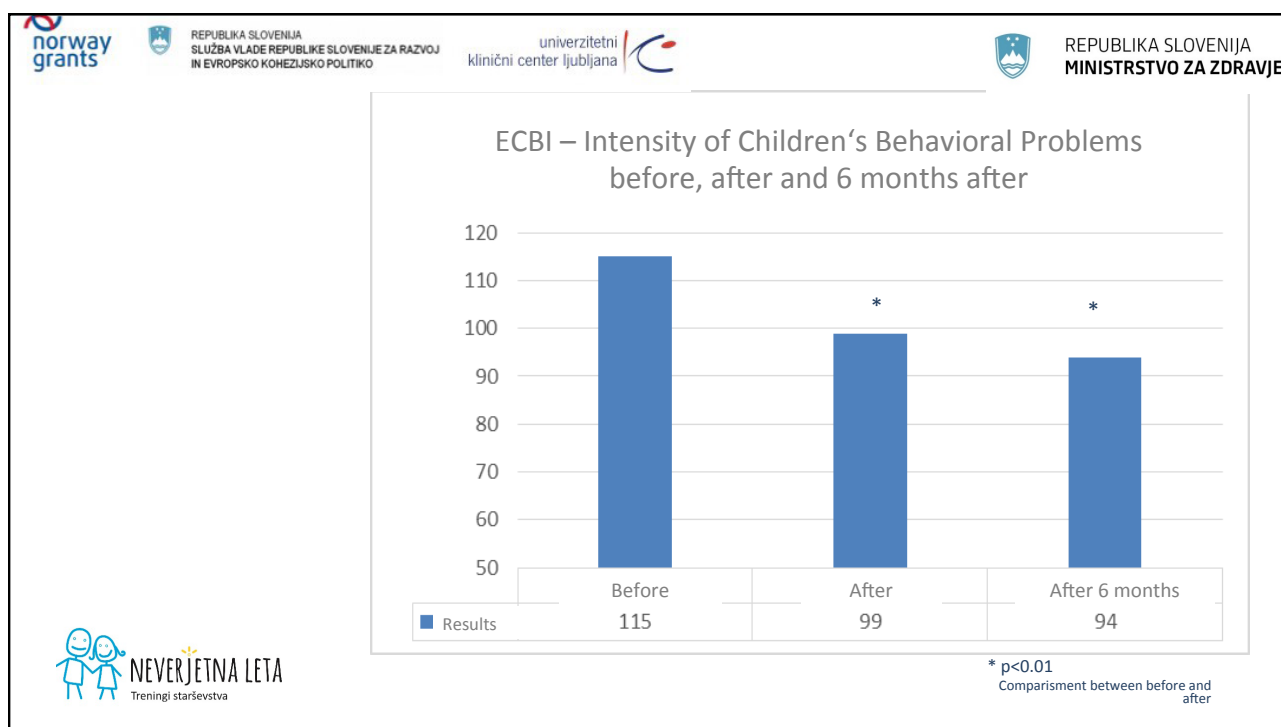
Parental Employment status

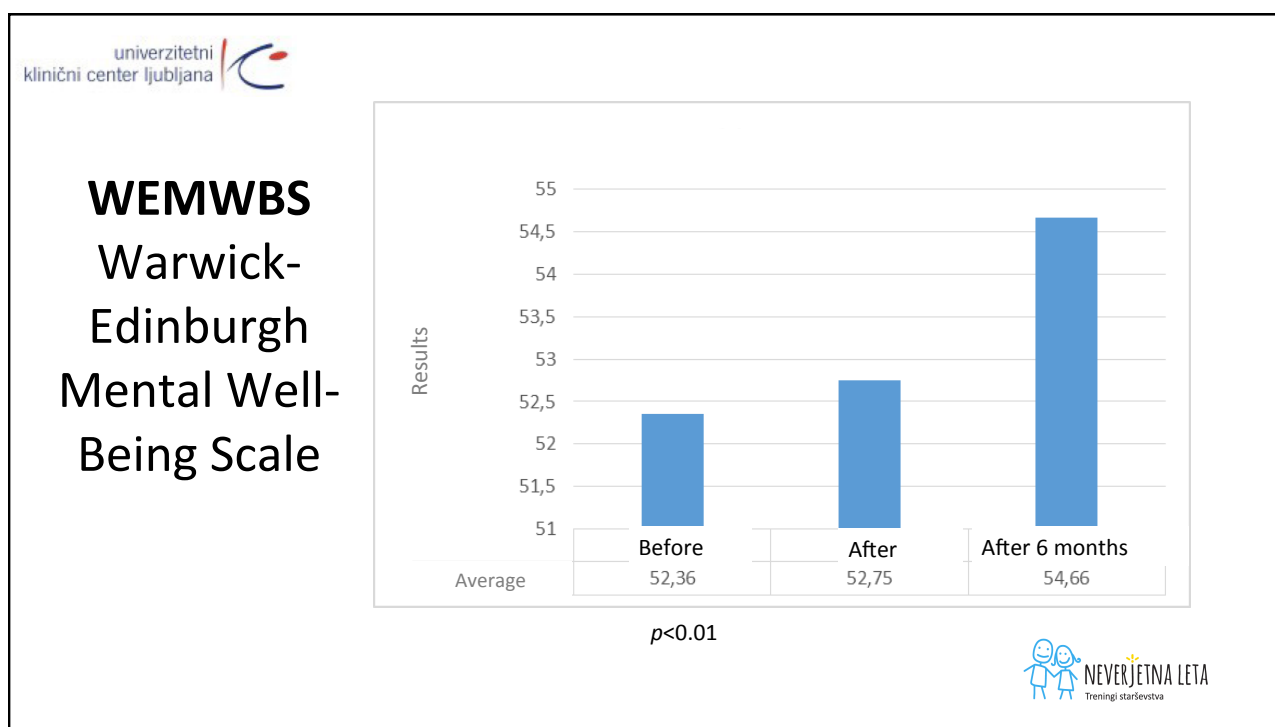


Who referred the parents to the program?











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The outcome

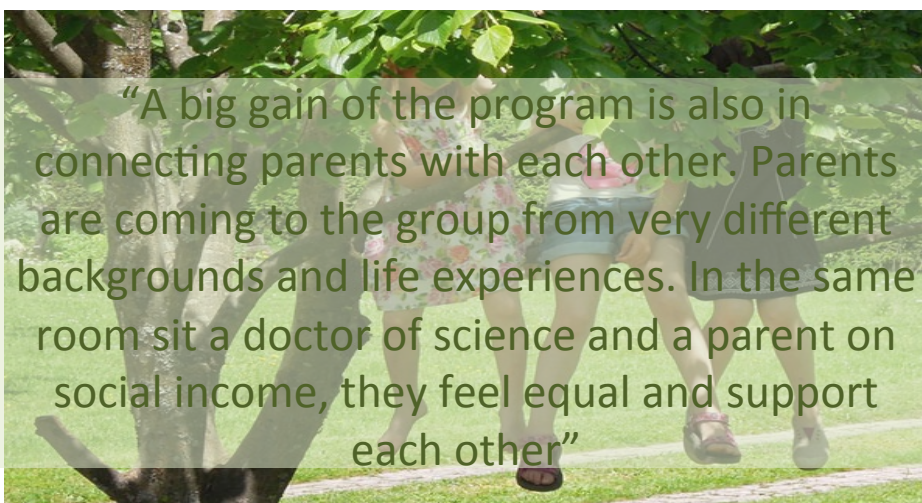
- Long waiting lists of parents in all institutions
- Great interest partner institution to continue delivering the programme
- “After more than 15 yrs of work in the child protection service I finally feel I have got an effective help to offer to these parents”
- “A big gain of the program is also in connecting parents with each other. Parents are coming to the group from very different backgrounds and life experiences. In the same room sit a doctor of science and a parent on social income, they feel equal and support each other”



Developed by Dr Carolyn Webster-Stratton



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Incredible Years Parenting Programs in Slovenia 2017 – 2018



Continuation of parenting groups through project financial support of

- Ministry of Health
- Ministry of Labour, Family, Social Affairs and Equal Opportunities
- Local Resources



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NEVERJETNA LETA
Treninji starševstva

Incredible Years in Slovenia 2017 – 2018



Completed:

- 21 parenting groups
- 226 parents (94% finished) of
251 children ($M_{age} = 5,5$ years)



Currently in groups:

- 123 parents of 144 children



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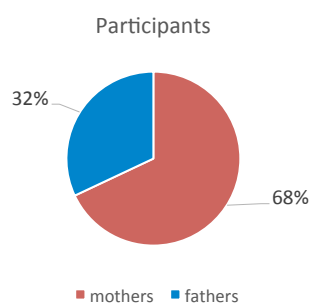


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Treninji starševstva

IY Parenting program in Slovenia 2017 – 2018



Preliminary evaluation of demographical characteristics:
- A high ratio of couples continue in the programme



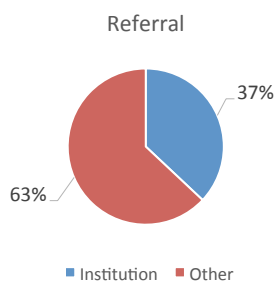
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IY Parenting program in Slovenia 2017 – 2018



Preliminary evaluation of demographical characteristics
- an increasing number of referred parents by institutions



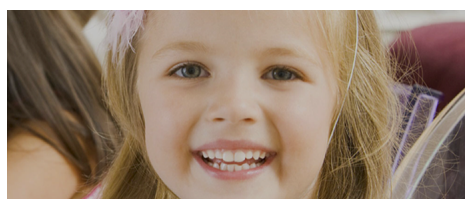
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The update of the parenting program



- **Succesfully introduced in five Slovenian regions + currently 3 new centers joining in**
 - **45 group leaders + a new workshop for 25 new group leaders**
 - **An excellent experience of the continuing support from Norway**
 - A positive media image of the program
 - Going on evaluation (692 parents)
 - Keeping completion rate high (92%)
-
- 2 certified group leaders
 - 6 in the process of certification
 - 1 peer coach in training
 - The Center for evidence based early interventions in child mental health established at the University Children's Hospital



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Looking to the future

- Two new programs on the way
 - Home coaching
 - School age parenting program
- 3 new teams in 3 Slovenian regions

10 yrs plan:

30 parenting groups in 3 sectors:

- 15 in child protection services –regional centers
- 15 in child mental health centers + municipalities

offered to 1000 parents a year



Resolution of the National Mental Health Program 2018-2028

- Public presentations & talking to the ministries with support of the international experts –European IY Network
- Talking to the Ministries
- Invited to participate in a working group for Resolution of the national mental health program 2018-2028
- Making good financial plans




Costs? Costly? Too costly?

- It is a demanding and costly program: intensity & quality assurance
- Can substitute current ways of support
- RS: costly support of children with SEN in regular schools – many due to behaviour problems - effectivity?
- RS: a high expenditure through drug reduction programs a year
- A child in the institution: 30.000 EUR a year
- **To run the center for early intervention: the minimum cost app 240.000 EUR a year**
- The cost of parenting training: 780-1260 EUR per child

www.neverjetna-leta.si

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O PROJEKTU

NEVERJETNA LETA - DUŠEVNO ZDRAVJE VSAKEMU OTROKU


NEVERJETNA LETA

Neverjetna leta-duševno zdravje vsakemu otroku je projekt, financiran s strani Norveškega finančnega mehanizma. Namenjen je uvajanju prvega dokazano učinkovitega programa za preprečevanje in zgodnjo obravnavo vedenjskih težav otrok med tretjim in osmim letom.



NEVERJETNA LETA

Treninzi starševstva



Parents, teachers, and children
training Series