Incredible Years Parenting Program – Dinosaur Social Skills Program

MaryLynn Reddon-D’Arcy, CYW
Better Behaviours Service
Child, Youth and Family Service
Underserved Populations Program
Centre for Addiction and Mental Health
- Parent and child group: IYPP / Dinosaur Social Skills Program (Dino) (children 6 - 8 years old)
- Family assessed through CYFS / UPP’s Better Behaviours Service
- Evening groups: 5:30 - 7:30 pm – offered two times a year for 16 weeks
- Dino group: maximum of 8 children; small treatment group
- IYPP: basic parenting program for parents of children aged 5 - 12 years
- Child care and pizza provided weekly for all groups
Changes and Updates

- Currently offering IYPP day group for parents awaiting assessment and from community: twice a year
- Offering half day IYPP workshops: late spring and summer
- Brief Components group: piloting two concurrent programs; daytime with school component
- Clinical outcome evaluation and client satisfaction completed with all programming
Community Partners: Past, Present and Future

- **Past:** Parents for Better Beginnings / Nelson Mandela-Park Public School

- **Past:** Hospital for Sick Children’s Psychiatry Program (Core Conflictual Relationship Therapy / CCRT)

- **Present:** School Boards (Brief Components groups)

- **Future:** Connections with Toronto Public Health, Elizabeth Fry Society – exploring collaboration, information sharing