



# Ngā Tau Mīharo

The Incredible Years Aotearoa





# Incredible Years Teacher Autism New Zealand

**Presenters: Lee Taylor Burt and Sheila Russell**



# Initial Implementation and Ongoing Delivery of IYT-A in New Zealand - Aotearoa

- February 2018 until September 2023

# **Introductions**

**Ko Sheila toku ingoa**

**No Otautahi ahau**

**Sheila from  
Christchurch in the  
South Island of New  
Zealand**

**Ko Lee toku ingoa**

**No Otautahi ahau**

**Lee from  
Christchurch in the  
South Island of New  
Zealand**

# Whakataukī



**Mā te  
huruhuru  
ka rere te  
manu.  
Adorn the  
bird with  
feathers so it  
may soar.**



## Background

**Sheila and Lee deliver a suite of Incredible Years Programmes – We are contracted by the Ministry of Education New Zealand.**

**We are based in Christchurch and work for Project Early, a Non-Government Organisation.**



## Financial Background

**The Government Budget of 2017 provided the Ministry of Education with funding.**

This funding was to provide earlier support for autistic children and their parents

Aged two - five years

The two programmes that received funding were IYT-A, IYP-A

## **Group Leader Training in New Zealand**

**First training was face to face in Auckland February 2018 and delivered by Carolyn Webster Stratton**

**A further face to face training and consult day was delivered in Auckland in January 2019**



## **Group Leader Training in New Zealand**

**Carolyn delivered the last face to face training in New Zealand in February 2020 just prior to Covid lockdowns and this would be the last face to face training for three years**

## **Pilot Incredible Years Teacher Autism**

**The Pilot IYT-A programmes started being delivered in March 2018 in eight selected regions of New Zealand.**

**These initial programmes were delivered by group leaders trained in the first training – 2018.**

**A second training in 2019 increased this number slightly with eight group leaders training.**

## **Pilot Incredible Years Teacher Autism**

**Carolyn delivered the next training in February 2020.**

**At the same time she delivered a number of other trainings and consults for the IY Suite of programmes delivered in New Zealand.**

**We believe this is when a major breakthrough was made regarding the introduction of the Incredible Beginnings Programme to New Zealand**

## **Pilot Incredible Years Teacher Autism**

**Resource Teachers of Learning and Behaviour (RTLB) were for the first time invited to train (2020).**

**This would provide an extended workforce to support the transition from Early Childhood to Primary School for Tamariki / Children and their Kaiako / Teachers.**

**20 group leaders were trained at this time.**

## **New Zealand Mentors for IYT-A**

**During this third face to face training and the following three on-line IYT-A trainings Carolyn began discussions with Ministry of Education and Wharaurau about having two mentors in training for IYT-A New Zealand.**

## **New Zealand Mentors for IYT-A**

**We were invited to become mentors in training for the IYT-A and we were delighted, lucky and excited to be asked to continue our training with Carolyn.**

**Again Covid stepped in and made this a more difficult and slightly different process to navigate for us all.**

## **Trainings delivered Online by Carolyn**

**Over the next three years Carolyn delivered three online trainings for New Zealand group leaders**

**Each training was delivered over six session  
Each session was three and half hours**

# Online Training during Covid



**New Zealand  
Online training  
March 2022  
14 group leaders  
Plus Carolyn  
Kathleen  
Lee  
Sheila  
Lisa**



## **IYT-A Trainings with New Zealand Mentors**

**In July 2022 as mentors in training we delivered our first training and we are not sure who was the more nervous..... Carolyn having to wait in Seattle while we completed this or us as we showed her the results via zoom.**

## **IYT-A Trainings with New Zealand Mentors**

**Since becoming Mentors we have delivered a further two trainings:**

**November 2022**

**July 2023**

**and have a training planned for November 2023**

**We are delighted to be in Seattle for some Incredible Years face to face awahi (feelings of support, and interconnectedness) .**

## **Initial Difficulties**

---

**As many of you will have experienced, Covid made us all have to re think how we operated and it had an impact on the initial pilot programmes rolled out in New Zealand and had a flow on effect.**

**There was an Impact Evaluation completed on the pilot run in New Zealand.**

## **Findings from the Impact Evaluation**

**We have decided to focus on one aspect of the evaluation recommendations.**

**“Consider how to ensure sufficient group leaders in all regions are trained and are supported to become accredited IYT-A group leaders, peer coaches and mentors”.**

## **Findings from the Impact Evaluation**

**As the New Zealand Mentors for the IYT-A we believe we are able to comment on this recommendation and show the progress that has been made in this area identified in this report.**



# **Mentors**

---

**Since the first training in 2018 IYT-A has two Mentors for the IYT-A programme for the New Zealand workforce**

# **Accredited IYT-A Group Leaders in New Zealand**

**Since the first training there have been 16 group leaders accredited in the IYT-A programme.**

## **IYT-A Peer Coaches**

---

**There are currently four accredited peer coaches for the IYT-A group leader workforce.**

**This isn't enough to give the coverage we would like and require, particularly as the workforce continues to increase.**



# **IYT-A Peer Coaches**

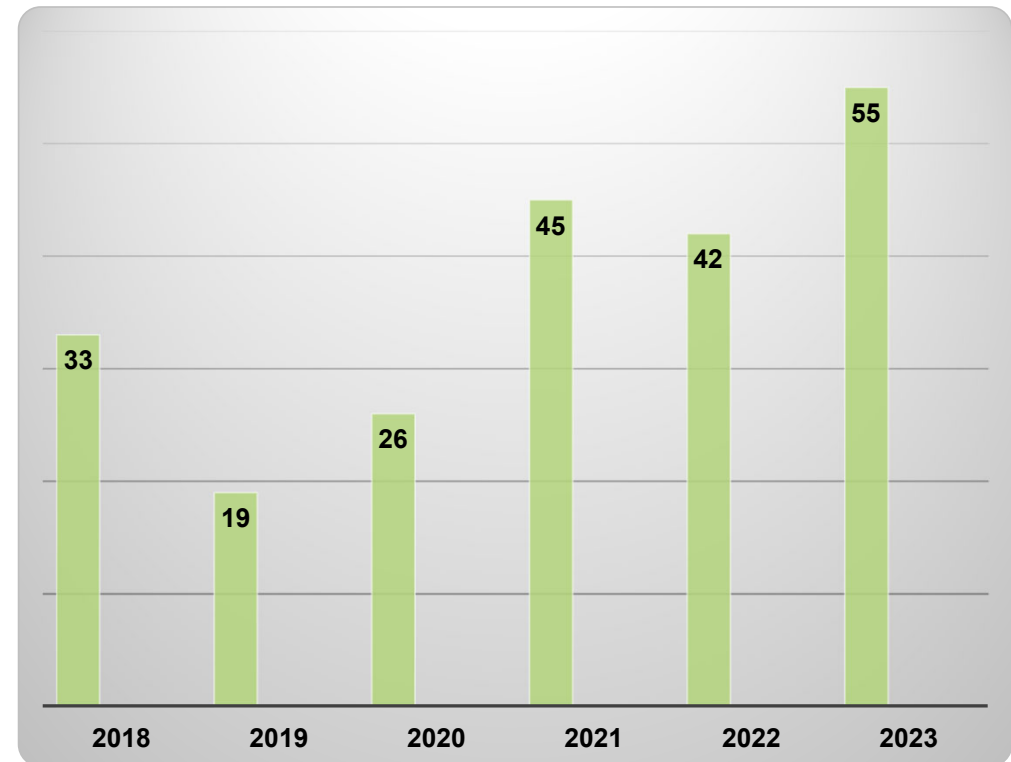
---

**Five accredited group leaders have been identified and recommended to begin working towards becoming peer coaches in the IYT-A programme.**

# IYT – Autism Programmes Delivered

**This shows the programmes delivered yearly in New Zealand since the pilot started in 2018.**

**In the region we deliver there is a 47% increase in programme**



## **Teachers supported by Attending IYT-A**

---

**Since the 2018 IYT-A pilot 220 programmes have been delivered throughout New Zealand.**

**This has seen approximately 2600 teachers complete the IYT-A programme.**

# Amanda – One of the first teachers to train



## The Incredible Years Autism programme in action

A programme that provides strategies and training for parents and early childhood teachers who support tamariki on the autism spectrum has seen improved confidence and outcomes.

The Incredible Years Autism programme (IYA) is a Ministry of Education social wellbeing initiative that focuses on key adults (caregivers and whānau, teachers/kaiako) who support children on the autism spectrum.

The IYA programme was developed by Dr Carolyn Webster-Stratton, an American clinical psychologist and founder of the Incredible Years programmes, which have been in New Zealand since 2010.

"I originally developed the Incredible Years programme because I saw a very real need for cost-effective support for parents and teachers, helping them to find more positive ways to interact and respond to children in challenging situations," says Carolyn.

Building on the success of the Incredible Years programme, the Ministry of Education gained funding in 2017 to deliver new programmes to support the learning needs and strengths of children on the autism spectrum and carry out an evaluation of the programme in New Zealand.

The IYA programme was subsequently rolled out in 2018. It is currently available in eight regions in New Zealand, with local group leaders trained by Carolyn.

### Improving teacher and parent confidence

The focus on parent/teacher wellbeing has impacted significantly on children, with many stories of change, says Akari Miyamoto, IYA project lead for the Ministry of Education.

The Ministry of Education surveyed parents and teachers who took part in the programme between February and June 2019. The cohort of 78 parents and 85 teachers attended 14-16 sessions for parents and a separate six-session programme for teachers. The programmes are interactive, collaborative, self-directed and driven by each child's developmental abilities and goals. Together they promote children's emotional regulation, positive social interactions and language development.

25<sup>th</sup> November  
2019

An article was  
printed in the  
Education  
Gazette about  
the IYT-A and  
IYP-A.

Amanda is a  
teacher who  
attended one of  
our first  
programmes

## **Amanda's comments regarding the IYT-A in 2019**

**Amanda's comments were**

**It improved my confidence as it built on the skills I had developed when attending the TCM programme. I become more adept at noticing opportunities to get into the children's spotlight. I noticed significant difference in the children's ability to engage, communicate and seek help.**

**It has enabled me to build stronger connections with children and parents, also using visuals throughout the centre was a game changer.**

## **Amanda's IYT-A 2023 comments**

### **Amanda's comments now**

**Our ECC registers all new team members on the IY programmes – IB and IYT-A because of the success we have had in using the strategies from both these programmes. It changes teacher practice, increases their confidence and ability to deliver a consistent team approach.**

**I am excited to now be able to send untrained teachers and teachers aides. This inclusive approach has strengthened the teams ability to better meet children's & whanau needs.**

# Context of the Success of IYT-A in NZ



## Group Leaders

- receive 3 funded peer coach sessions of 2 hrs
- At peer coach sessions they are supported to start using the accreditation booklet
- connect sessions are provided 4 yearly
- Fidelity days are provided to practice key competencies
- funding for accreditation is provided
- mentors are always available by telephone or email

# Context of the Success of IYT-A in NZ



## Teachers

- Face to face delivery by group leaders
- Funded teacher release – contribution
- Teacher release funding has been extended to untrained teachers and teacher aides
- Groups smaller than TCM – 10 to 12
- Teachers are provided with resources at the end of each workshop
- Morning workshops allow teachers to return to centre/school to begin implementing strategies that afternoon
- Group leaders visit teachers to support and coach their developing practices
- Teachers receive the Autism text book
- Majority of teachers have completed TCM or IB prior to attending IYT-A