



**PRESS RELEASE  
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**Contact: Julie Gallelo 530-669-2475**  
[jgallelo@first5yolo.org](mailto:jgallelo@first5yolo.org)

## **Incredible Years Parent Training Rolling Out in Yolo County** *First 5 Yolo \$19,000 Grant helps make this possible*

**Woodland, CA** — “Since taking the workshop, the morning routine with my child goes well, no temper tantrums, no yelling and no tears.” This is a typical statement from a relieved parent who has taken the Yolo Family Services Agency (YFSA) Incredible Years workshop.

The workshops, recently piloted in West Sacramento and coming soon to Davis and Woodland, are designed to increase children’s social and emotional development through parent training. The Incredible Years is based on developmental theory addressing the role of multiple interacting factors in the development of early onset conduct problems in children.

The workshops are led by licensed therapists and masters-level clinicians who use hands-on interactive role playing to give parents real life experiences from which to learn behavior modification.

“This is about enjoying your children more, even when their behavior is challenging,” said Trish Stanionis, executive director of the YFSA. “We are providing parents with hands-on and interactive tools so their family life improves and more serious issues are prevented from arising.”

A workshop will begin Wednesday, June 8<sup>th</sup> in Woodland at the Casa Del Sol conference room on East Street. The workshop is once a week for two hours between 9:00 a.m. and 11:00 a.m. for 12 weeks. There are still openings in the workshop and child care is available.

Another workshop will be held in West Sacramento once at least 12 parents are registered. West Sacramento classes are held at the Alyce Norman Education Center, 1200 Anna Street.

YFSA plans to hold a workshop in Davis this fall if enough parents sign up.

Yolo County parents may attend classes in any community in which the workshop is being offered. Cost is \$20 for the training book and \$5 per session for a total of \$80 per workshop. YFSA offers a sliding scale fee based on income. Scholarships are also available.

Said Al Aldrete, YFSA board member and parent of young children, “We are proud to offer this workshop to parents in Yolo County. Incredible Years is recognized nationally as a ‘best practice’ training and fits with Yolo County’s Mental Health Services Act (MHSA) Principles and Core Values of strengthening parenting competencies.”

Added Stanionis, “The workshop focuses on the developmental progress of preschoolers; giving parents and children tools to understand and communicate feelings, problem solve, manage anger, practice friendship and conversation skills and to behave appropriately. By enhancing parenting skills, it increases parent confidence and allows them to enjoy more of their children’s “incredible years.”

Studies have shown that parent training is highly effective for changing behavior of children with conduct problems and in high risk populations, and for promoting social competence and preventing children from developing conduct problems in the first place.

Stanionis says she feels good each time a parent tells her, “The course made me a better parent, listening, cooling down, and praising. It was such a relief to know I was not alone and not the only parent going through chaos. “

First 5 Yolo provided a \$19,000 grant this year to Incredible Years, providing projection equipment, curriculum and training books, along with staff training dollars so the workshop leaders could become certified in the training program. First 5 Yolo funding also furnished the West Sacramento site with furniture and windows curtains. The portable classroom was provided by the Washington School District and Northern California Construction Training built out the interior improvements for the training center.

For more information about the Incredible Years workshop, go to [www.incredibleyears.com](http://www.incredibleyears.com). To enroll in a workshop, call 530-662-2211. Each session is limited to 15 participants and moms and dads are both welcome.

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### **About First 5 Yolo**

*Research shows a child’s brain develops most dramatically in the first five years and what parents and caregivers do during these years to support their child’s growth will have a meaningful impact throughout life. In November 1998, California voters passed a statewide ballot initiative to add a 50-cent-per-pack tax on cigarettes. The funds collected are utilized to fund education, health and childcare programs that promote early childhood development from prenatal through age 5. For more information about First 5 Yolo, please visit [www.First5Yolo.org](http://www.First5Yolo.org).*