

# Incredible Years Ngā Tau Miharo

## Evaluating Incredible Years with Māori Whanāu in Aotearoa

### **Nau te rourou naku te rourou, Ka ora ai te iwi (With your food basket and my food basket, the people will thrive)**

The Incredible Years (IY) parenting programme developed by Carolyn Webster-Stratton has a history of more than 25 years of research and development in the United States for children with even the most challenging behaviours. Evidence gathered across several countries and ethnic groups clearly indicate that this is an effective programme for parents.

IY was introduced to Aotearoa New Zealand in 2004 by The Werry Centre Child and Adolescent Mental Health Workforce Development programme, University of Auckland. One of the critical questions in developing the programmes in child and adolescent mental health services across Aotearoa New Zealand has been how IY would be received by Māori group leaders and the whanāu (families) they work with.

How useful is this programme when delivering to indigenous Māori in Aotearoa, given New Zealand's history of colonisation and the diverse world views of Māori and non-Māori? This question fuelled the learning and context of this poster presentation.

Traceyenne Herewini (Māori Mental Health Services, Auckland District Health Board) and Ingrid Altena (The Werry Centre) have worked collaboratively for three years delivering IYs parenting groups on the marae. The programme has proven highly effective with both the whanāu they have delivered to (see evaluation report [www.werrycentre.org.nz](http://www.werrycentre.org.nz) (Altena & Herewini 2009)) and with the many Māori IYs group leaders delivering the programme in New Zealand (see evaluation report [www.werrycentre.org.nz](http://www.werrycentre.org.nz) (Altena 2010)).

Successful outcomes from the programmes have been based on evaluations of Māori models of hauora (health and wellbeing) "Te Whare tapa wha".

**IY can be delivered successfully to indigenous populations whilst weaving together IY and cultural fidelity.**



[www.werrycentre.org.nz](http://www.werrycentre.org.nz)

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Incredible Years Parent Management Training