

Intervention Name: Keeping Foster and Kin Parents Supported and Trained

1. **Brief Description of the Intervention:** KEEP is a skills training and support group designed for and developed in collaboration with foster and kinship parents. KEEP is delivered in 16 weekly group meetings (90 minutes each) and is curriculum based. The KEEP manual includes scripts, handouts, and other support materials. Group Leaders video record each session using software that uploads to a secure website. The recordings are watched in full the same week by a trained consultant and are used to guide a weekly telephone consultation with the facilitators (60 minutes each).

2. **Please select the primary categories that relate to the intervention:** (Please highlight applicable categories)

- Academic performance/functioning and achievement
- Adult behavior problems (violence/aggression)
- Adult mental health
- Alcohol and drug use
- Assessment and Measurement Instruments for Target Populations
- Attachment Interventions
- Basic Needs
- Behavioral Management and Treatment
- Child Mental Health – externalizing
- Child Mental Health - internalizing
- Child Mentoring Programs
- Child Supports and community connections
- Child Welfare Practice and Service Models
- Crisis Intervention
- Delinquency and Criminal Behavior
- Educational Support Interventions
- Family Functioning (communication, bonding, interactions and relationships)
- Family Support and Placement Stabilization Programs
- Independent living and career readiness
- Marriage and Relationship Support
- Parental Mentoring Programs
- Parent Engagement
- Parental Supports and community connections
- Parenting Skills - Training and Enhancement
- Peer associations/relationships
- Resource Parent Training Programs
- Sexual Behavior Problems in Adolescents and Children
- Social/emotional functioning (social competence/prosocial behaviors, conflict management, problem solving, coping-stress management, decision making and self -esteem)
- Trauma Treatment

3. Describe the intervention's current use with one or both of the QIC-AG's target population:

- Children with challenging mental health, emotional or behavioral issues who are awaiting an adoptive or guardianship placement as well as children in an identified adoptive or guardianship home but the placement has not resulted in finalization for a significant period of time.

KEEP is being implemented in child welfare systems to increase placement stabilization and promote permanency. Currently KEEP is being scaled up in New York City, Eastern Tennessee, and in the UK.

- Children and families who have already finalized the adoption or guardianship. This group includes children who have obtained permanency through private guardianship and domestic private or international adoptions.

4. If currently not being used with one or both of the QIC-AG's target population, describe how the intervention could be adapted to respond to the needs of the QIC-AG's target population:

- Children with challenging mental health, emotional or behavioral issues who are awaiting an adoptive or guardianship placement as well as children in an identified adoptive or guardianship home but the placement has not resulted in finalization for a significant period of time.
- Children and families who have already finalized the adoption or guardianship. This group includes children who have obtained permanency through private guardianship and domestic private or international adoptions.

A version of KEEP (ADOPT) was developed in collaboration with partners in England to use with families who have obtained permanency. This iteration of KEEP has not yet been tested in randomized controlled trials.

5. Intervention goals/outcomes:

Increase parenting skills and confidence

Increase use of positive reinforcement relative to discipline

Decrease rate of child behavioral/emotional problems

Decrease placement disruption rates

Increase moves to permanency

6. Please name the sites and contact information where the intervention has been replicated/implemented:

Administration for Children and Families, New York City

Department of Children's Services, Tennessee

National Implementation Service, England

7. Describe the evaluation or research that has been collected on this intervention:

Over the years, there have been a number of studies of the program outcomes the largest being a randomized control trial from 1999 to 2005 of more than 700 families in San Diego County. This trial randomly assigned families to either the 16-week KEEP program or to the usual casework services. The results showed increased stability (fewer placement disruptions), lower rates of child emotional and behavioral problems, and improved parenting skills for those randomly assigned to KEEP (see www.oslc.org for the studies).

Key Findings Studies have found higher levels of positive reinforcement and lower levels of children's behavior problems in the families who were assigned to the KEEP group, compared to those in the control group. The differences were greatest for those children who initially showed more behavior problems at the baseline assessment.

- Children in the KEEP group were more than twice as likely to have a positive exit from care, meaning either reunification with birth parents or a relative or adoption. Children in the KEEP group also saw fewer placement disruptions than those in the control group.
- Children whose families participated in KEEP were no more or less likely to have a negative exit (running away, a placement change, or a more restrictive placement) than those in the control group. For children who had a higher number of placements before the KEEP program, there were significantly fewer negative placement disruptions for those in the KEEP condition.
- Parents who participated in KEEP were able to generalize the skills they learned to other children in their homes

KEEP is rated on The California Evidence-Based Clearinghouse for Child Welfare and on the Blueprints for Healthy Development websites.

Please provide contact information Below:

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Intervention Web Site/URL:www.keepfostering.org; www.oslc.org