Parents of Children  Community-Based  Behavioral Problems  Case Management  Foster Care

Parenting

TARGET AUDIENCE
This program is delivered to foster and kinship parents of children who are 4 to 12 years old and is intended to impact parents and children.

SUMMARY
Keeping Foster and Kinship Parents Trained and Supported (KEEP), a community-based foster and kinship parenting program, is an adaptation of the Treatment Foster Care Oregon* program that is designed to strengthen child well-being, reduce parenting stress, and avoid placement disruptions by enhancing parenting competencies.

*A separate fact sheet is available for this program.

EVIDENCE
Three internal randomized controlled trials (RCTs) and one external quasi-experimental study have been conducted. Results across studies consistently demonstrate KEEP children experience greater reductions in problem behaviors at posttest compared to control children. One RCT reported that KEEP children had more stable placements over a 2-year follow-up period compared to control children. The RCTs have also found program effects for foster parent retention rates, the proportion of positive reinforcement to discipline, parenting stress, and children making positive exits from the foster care system. However, the quasi-experimental study did not replicate the findings related to the proportion of positive reinforcement to discipline, parenting stress, and children making positive exits. These discrepancies should be interpreted cautiously as they could be due to differences in study design, assessment measures, sample size, and attrition rates.

COMPONENTS
The KEEP program focuses on cultivating parenting skills and supporting foster and kinship parents as they enact those skills in their homes. Program content emphasizes the important role foster and kinship parents play in positively impacting the lives of foster children. Sessions include material on the following:

- Adopt behavior management techniques, such as positive reinforcement, encouragement, limit-setting, and non-physical discipline;
- Prevent power struggles;
- Handle secretive behaviors;
- Monitor child activities and relationships;
- Promote healthy child friendships;
- Cultivate academic success; and
- Manage parenting stress.

KEEP is implemented by two facilitators, who possess at least a bachelor's degree, at each site, and learning occurs through various methods including instruction, group discussions, role-play activities, and video illustrations. Homework assignments involve parents practicing the taught skills with their children. The facilitators reach out to participants between sessions to learn about current child issues, and they integrate this information into the next session. Participants who miss a session are provided with the session's material through a home visit.

PREVIOUS USE
The KEEP program has been implemented in California, Maryland, New York, Oregon, Tennessee, and Washington and Great Britain and Sweden.

www.militaryfamilies.psu.edu
Clearinghouse@psu.edu
1-877-382-9185

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Keeping Foster and Kinship Parents Trained and Supported (KEEP)

TRAINING
An initial 5-day training is required. Ongoing training involves weekly supervision calls for 12 months. A train-the-trainer model is also used, which allows individual sites to provide training to new personnel. For more information on training, please contact Caryn Gillen by phone 1-541-485-2711 or email caryng@oslc.org

CONSIDERATIONS
Considerations for implementing KEEP include recruiting and retaining program facilitators and participants, obtaining adequate space to conduct sessions, acquiring the equipment necessary to show videos and to video record sessions, and scheduling home visits with participants who missed a session.

The Clearinghouse can help address these considerations. Please call 1-877-382-9185 or email Clearinghouse@psu.edu

IMPLEMENTATION
If you are interested in implementing KEEP, the Clearinghouse is interested in helping you! Please call 1-877-382-9185 or email Clearinghouse@psu.edu

KEEP consists of 16 group sessions that last 90 minutes and are delivered weekly. Home visits vary in length.

For information on program cost, please contact the developer using the details provided in the Contact section.

EVALUATION PLAN
To move KEEP to the Effective category on the Clearinghouse Continuum of Evidence at least one external RCT must be conducted that demonstrates sustained, positive outcomes. This study must be conducted independently of the program developer.

The Clearinghouse can help you develop an evaluation plan to ensure the program components are meeting your goals. Please call 1-877-382-9185 or email Clearinghouse@psu.edu

CONTACT
Contact the Clearinghouse with any questions regarding this program.
Phone: 1-877-382-9185 Email: Clearinghouse@psu.edu

You may also contact Patricia Chamberlain by phone 1-541-485-2711, email pattic@oslc.org, or visit www.keepfostering.org

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