

KEEP - Keeping Foster Parents & Kinship Parents Supported

What is KEEP?

- KEEP is an intervention/support group designed for foster and kinship parents.
- KEEP has been researched in 4 randomized controlled trials with over 1, 500 foster and kinship parents with the following findings:
 - Decreased child behavioral/emotional problems
 - Decreased placement disruptions
 - Increased reunification rates
- KEEP aims are:
 - Increase the parenting skills of foster and kinship parents;
 - Decrease the number of placement disruptions;
 - Improve positive child outcomes; and
 - Increase the number of positive permanency outcomes/options.
- KEEP encourages the foster and kinship parent to change their child's behavior, teach effective parent management strategies and provide their children with support.

KEEP Program Components:

- Weekly 90 minute sessions are held with foster parents in groups of 8-10.
- Case planners present a curriculum on the following topics:
 1. Welcome and Overview
 2. Parents as Teachers - The Importance of Cooperation
 3. Parents as Teachers - Teaching New Behaviors
 4. Using Charts and Incentives
 5. Setting Limits
 6. Discipline Strategies
 7. Balancing Encouragement and Limit Setting
 8. Avoiding Power Struggles: Strategies for Keeping on Track
 9. Pre-Teaching
 10. Super Tough Behaviors
 11. Promoting School Success
 12. Promoting Positive Peer Relations
 13. Stress and Managing It
 14. Review
 15. Review
 16. Review and Celebration

- If a foster parent misses a group session, make-up sessions are provided.
- Foster parents receive a \$25.00 group attendance incentive:
 - Assist with transportation and other related costs;
 - Increase group participation and engagement into services, as it has been proven to motivate parents to attend and increases attendance;
 - Encourage the parent to come to the agency, but once in the class it is found that the parent is actively engaged based on the content of the class.
 - When a parent attends 80% of the group sessions, they are awarded a cash bonus totaling \$100.00.
- Each group session is recorded and the video is sent to the model developer for review. During consultation, feedback on the video is provided.
- Once a week, the facilitator contacts the foster parent to complete the Parent Daily Report (PDR). The PDR assesses the frequency of behaviors demonstrated by the child in the last 24 hours. The behaviors are tracked as the foster parent participates in KEEP. The data collected from the PDR is used to inform case practice and to evaluate case progress.
- Group attendance, make-up sessions and PDR data are entered into a database which is analyzed by the model developers.
- Model developers produce a monthly report indicating the level of model fidelity and how well each agency is implementing the model.

Support for Staff

- Case planners and Supervisors receive pre-service training for 5 days where they learn KEEP curriculum content and become KEEP group facilitators. .
- Facilitators and their supervisors are given weekly consultation with model developers. The model developers provide feedback on group work and model fidelity.
- Supervisors participate in monthly sessions with model developers to reinforce and integrate CSNYC components with case planners.
- Every agency has designated a Program Champion who is responsible for CSNYC implementation and information sharing within their agency.

Parenting Through Change

What is Parenting Through Change?

- Parenting Through Change (PTC) is a birth parent engagement model that teaches core intervention components to decrease coercive and inconsistent parenting practices.
- PTC aims are:
 - Empower parents;
 - Increase effective parenting practices while decreasing child behavioral and emotional problems; and
 - Increase positive and pro-social behaviors in the parent and child.
- PTC has been researched in randomized control trials with the following findings:
 - Improvements in parenting practices;
 - Reduction in child behavior problems, fewer police arrests, rate of out-of-home placement, and delinquency; and
 - Increase child academic functioning.

PTC Program Components:

- Weekly 90 minute session are held with birth parents in groups of 8-10.
- PTC groups meet for 10 weeks.
- Case planners present a curriculum on the following topics:
 1. Creating Change
 2. Encouraging Cooperation
 3. Teaching Positive Behavior
 4. Observing Emotions
 5. Regulating Emotions
 6. Setting Limits
 7. Following Through
 8. Active Communication
 9. Problem Solving
 10. Putting it All Together
- If a birth parent misses a group, make-up sessions are provided.
- Birth parents receive a \$25.00 incentive to:
 - Assist with transportation and other related costs;
 - Increase group participation and engagement into services, as it has been proven to motivate parents to attend and increases attendance;

- Encourage the parent to come to the agency, but once in the class it is found that the parent is actively engaged based on the content of the class.
- When a parent attends 80% of the group sessions, they are awarded a cash bonus totaling \$100.00.
- Each group session is recorded and the video is sent to the model developer for review. During consultation, feedback on the video is provided.
- Once a week, case planners provide visitation coaching during a parent's visit with their child. Through visit coaching, case planners encourage the parent to incorporate topics covered in the group session during their visit. After each coaching session, case planners complete a visit coaching checklist to monitor the progress of the child and parent.
- Group attendance, make-up sessions and visit coaching checklist forms are entered into a database which is analyzed by the model developers.
- Upon reunification with their child, birth parents participate in a 6 week aftercare program called Parenting Through Change - Return Home group.
- Model developers produce a monthly report indicating the level of model fidelity and how well each agency is implementing the model.

Support for Staff

- Case planners and Supervisors receive pre-service training for 5 days where they learn PTC curriculum content and become PTC group facilitators. .
- Facilitators and their supervisors are given weekly consultation with model developers. The model developers provide feedback on group work and model fidelity.
- Supervisors participate in monthly sessions with model developers to reinforce and integrate CSNYC components with case planners.
- Every agency has a designated Program Champion who is responsible for CSNYC implementation and information sharing within their agency.