

# KEEP *for Kin*

Keeping Foster and Kinship Parents Supported and Trained



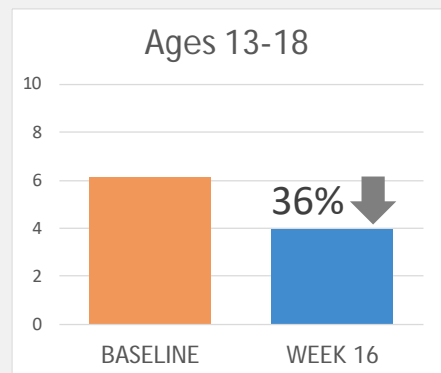
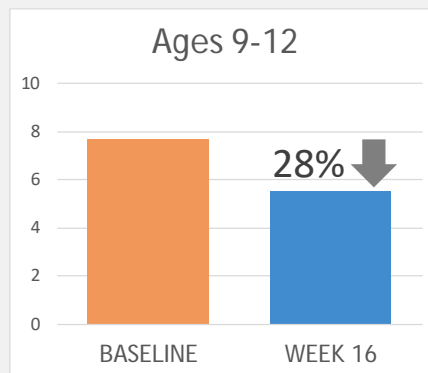
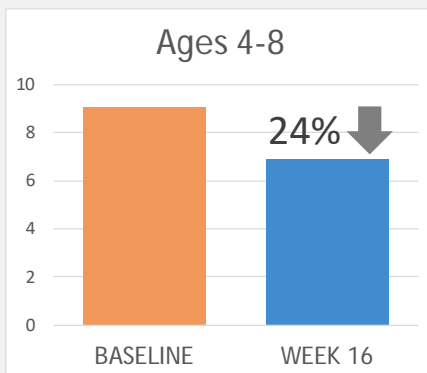
KEEP is a 16-week evidence-based support and skill enhancement program for foster and kinship parents of children ages 4-12 (KEEP Standard) and teens (KEEP SAFE). Of all KEEP participants 2015-2019, 30% were kinship parents.

## Evidence that KEEP works for kinship families!

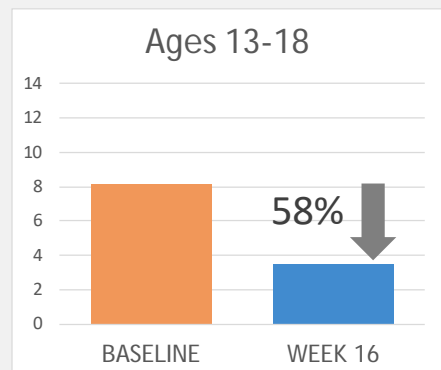
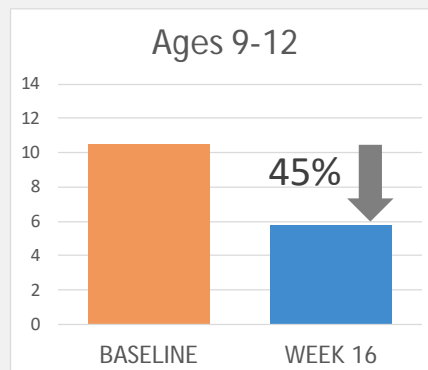
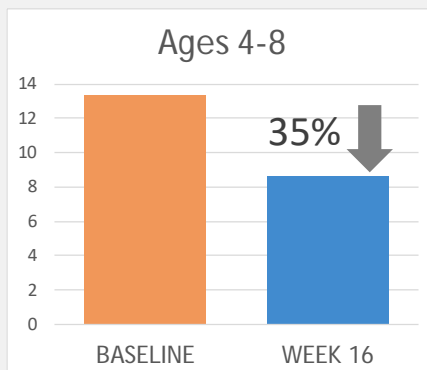
*"I wish I could have had all this information when I first became a Kinship provider. This program is a goldmine."*

*-KEEP group participant*

Children and adolescents whose kinship families participate in KEEP can expect a significant decrease in the number of emotional and behavioral problems...



...and a decrease in associated kinship caregiver stress.



Analysis of kinship data collected across domestic and international KEEP sites 2015-2019. N=348

## KEEP Research

- KEEP and KEEP SAFE are evidence-based: Seven randomized controlled trials funded by the National Institute of Health, and two independent replications, support KEEP's efficacy. Outcomes have been published in numerous peer-reviewed journals.
- KEEP and KEEP SAFE are recognized by the California Evidence-Based Clearinghouse and Blueprints for Healthy Youth Development.
- The KEEP models are implemented in England and Denmark, statewide in Tennessee, across all New York City boroughs, and in San Diego, CA, and Portland, OR.

## KEEP Outcomes

### For Children & Adolescents:

- Lower rates of emotional and behavioral problems
- Shorter lengths of stay in care
- Lower rates of placement disruptions for youth with multiple previous placements
- More frequent reunification with family
- Less substance use (for adolescents)
- Lower rates of health-risking sexual behavior (for adolescents)

### For Foster Parents:

- Higher rates of positive parenting
- Lower rates of discipline
- Lower rates of turnover
- Spillover of positive effects to other children in the home

### For the Child Welfare System/Workforce:

- Longer tenure for foster parents providing care
- Fewer days in care

*For a complete list of peer-reviewed publications on the efficacy of KEEP, please visit [www.keepfostering.org](http://www.keepfostering.org). For more information email [keep@oslc.org](mailto:keep@oslc.org)*