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

www.keepfostering.org
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. For more information email keep@oslc.org