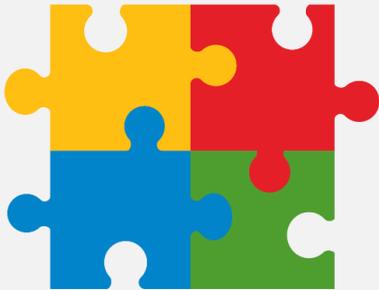


Tele-KEEP

Keeping Foster and Kinship Parents Supported and Trained

KEEP

Supporting Foster & Kinship Families



KEEP is an evidence-based support and skill enhancement program for foster and kinship parents of children ages 4-12 (KEEP Standard) and teens (KEEP SAFE). The first virtual KEEP group (Tele-KEEP) ran as a pilot with a group of foster parents in Montana in 2018.

Foster parents are seen as **primary change agents** for children. Through KEEP, they build skills to:

1. Reinforce normative & pro-social behavior
2. Incentivize the behavior they want to see more of
3. Build cooperation
4. Teach new behaviors
5. Use non-harsh effective limit-setting
6. Manage emotions while parenting

Group Session Structure

- Each group has six foster/kinship parent households and a trained KEEP Group Leader.
- 16 weekly sessions are tailored to group members' specific needs; each session is 90 minutes.
- Foster and kin parents participate at the same time each week in a user-friendly online forum. The group is highly interactive—it's a support group with a focus on parenting skills, not a lecture!
- Parents practice skills with their children using a weekly "home-practice."

KEEP Outcomes

- Lower rates of placement disruptions for youth with multiple previous placements
- Lower rates of emotional and behavioral problems of children and adolescents
- Shorter lengths of stay in care
- Higher rates of positive parenting
- Longer tenure for foster parents providing care

For a list of peer-reviewed publications about the effectiveness of KEEP, please visit our website, www.keepfostering.org.

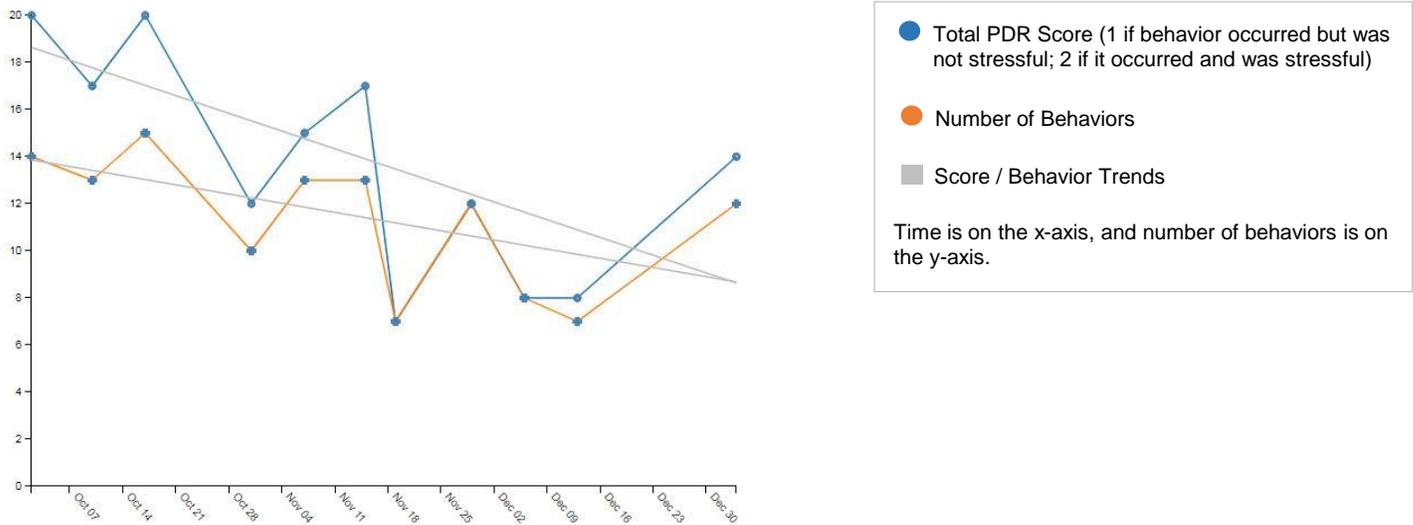

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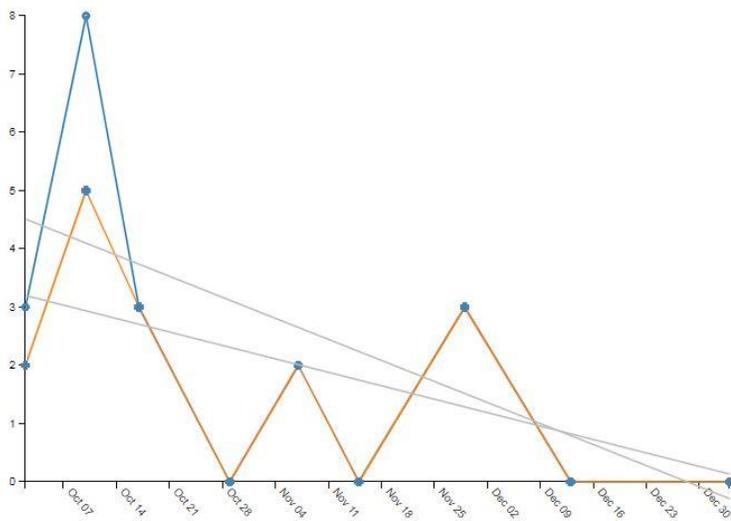
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Tele-KEEP Montana Data

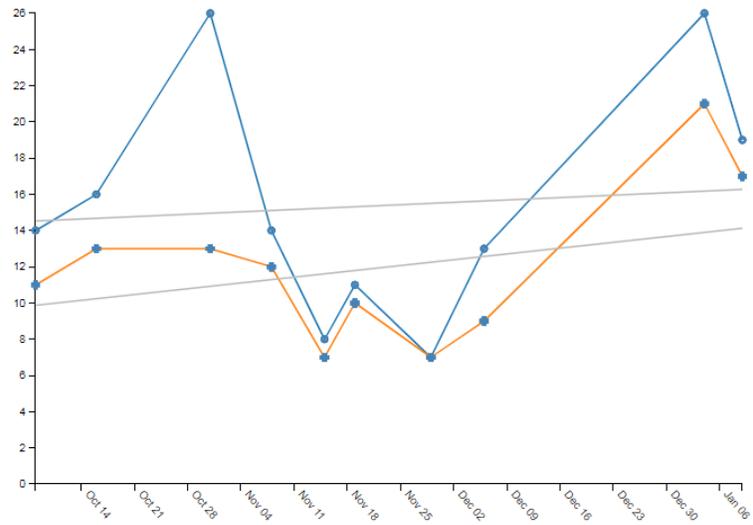
The first virtual KEEP group (Tele-KEEP) ran as a pilot with a group of foster parents in Montana in 2018. During KEEP groups, the Parent Daily Report (PDR) is collected during a weekly phone call with the foster parents. The PDR gathers information on child behavior and associated foster parent stress within the last 24 hours. The PDR is shown to be a strong predictor of placement disruption.



This graph shows PDR data from a 4 year-old. Number of behaviors is pretty typical for this age, but as the group progresses the child's problem behaviors continue to decrease as does his foster mom's stress level.



For this household, we see that behaviors have decreased and the parent is not stressed by them.



This adolescent has come out of residential care and though there continue to be very challenging behaviors, the foster parent reported at the end of the group that she now feels less stressed and more competent to handle those behaviors.

Bring Tele-KEEP to your community:

- 16-week online group for 7 foster/kin households
- Includes data reports with parent attendance/engagement and the Parent Daily Report (PDR)