

# 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 program supports foster families by promoting child well-being and preventing placement breakdowns. <sup>1</sup>

KEEP is currently implemented in the UK, Denmark, and in regions across the United States - contact us to find out how KEEP can work in your community!

### What Parents Say About KEEP Groups

"Fostering can be a fretful 'career,' filled with doubt and lack of confidence. This [program] anticipates problems and builds confidence. It should be offered to new foster parents early in their 'career.' This group has been brilliant, supportive and humorous."

"The reaction of the young people to our changes was unbelievable. KEEP really does work."

"Our group seems so willing to share experiences and has a total of 62 years of experience. This group is so personable and fun." <sup>2</sup>

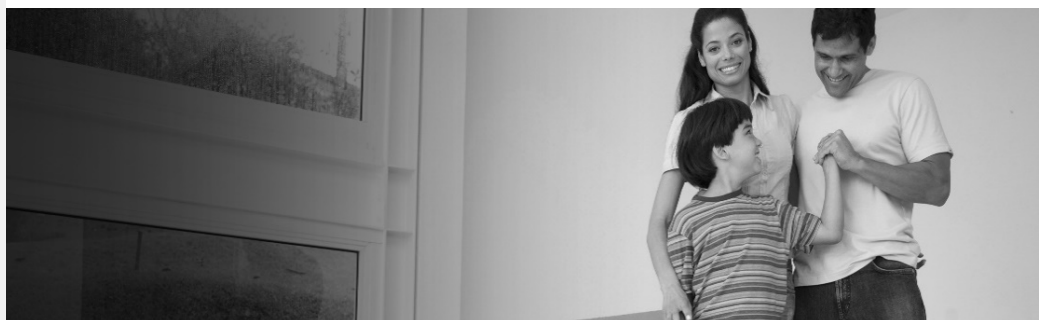
*1. For a list of peer-reviewed publications about the effectiveness of KEEP please visit our website [www.keepfostering.org](http://www.keepfostering.org)*

*2. From "We Are A Family Here," Tennessee Department of Children's Services' Open Line newsletter, available online*

  
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# Support and Parenting Skills

1. Group Leaders learn KEEP curriculum in experiential training
2. Group Leaders teach parents effective skills
3. Parents practice skills with their children
4. OSLC Developments, Inc. (ODI) certifies local Group Leaders
5. Certified Group Leaders can become Local Coaches and Trainers

## KEEP Training Structure

### Foundational Training:

- Two-day overview of the KEEP approach for agency staff and program champions

### Five-Day Training:

- Intensive experiential training
- Training size: 10-12 future Group Leaders

### Support and Consultation:

- Group Leaders receive weekly consultation with model experts at ODI
- Consultants provide feedback on group work and model fidelity

### Certification:

- Group Leaders apply for certification after leading at least 3 groups

### Full Transfer:

- Certified Group Leaders train to be Local Trainers and Coaches

## KEEP Parent Group Structure

Foster parents are seen as primary change agents for children. Through KEEP, they develop the following key parenting skills and learn 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

A weekly phone call (PDR) monitors child adjustment and parent stress.

### Group Session Structure:

- 16 weekly sessions tailored to group members' specific needs
- Refreshments, childcare, and other incentives provided to foster/kin parents
- Make-up sessions offered to parents who miss a group

Contact [KEEP@oslc.org](mailto:KEEP@oslc.org) for more information about bringing KEEP to your agency or organization.

