

Adapting an Evidence-Based Practice to Meet the Diverse Needs of Youth in Oregon's Child Welfare System: The KEEP Model

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CWLA 2023 National Conference

Stronger Together: Uniting to Advance Change

April 26, 2023 3:10-4:25 pm



Road Map for Today

- Statewide implementation of KEEP in Oregon
 - Three perspectives: Model Developers, Oregon Child Welfare, Families
 - Partnership + Communication = Responsiveness
- KEEP structure and fundamentals
- Oregon Child Welfare Vision for Transformation
- Meeting the needs of Oregon families: Adaptation and Affinity groups

KEEP

- KEEP was developed at the Oregon Social Learning Center in Eugene, Oregon
- Serves foster and kinship parents in the Child Welfare System (about 35% of KEEP participants are kinship)
- 25+ years of NIMH and NIDA-funded research studies
 - 700 participants in San Diego RCT
 - KEEP improves family and child well-being
- Current KEEP implementations:
 - Chicago, Denmark, Maryland, New York, NSW Australia, San Diego CA, UK, and Oregon



KEEP Research Outcomes



Positive outcomes for youth in KEEP homes:

- Reduced chance of placement disruption
- Increased chance of a positive exit (e.g., parent/youth reunification)
- Reduced challenging behavior for youth *and* for siblings in the same household
- Reduced substance use and health risking sexual behavior (teen girls)
- Improved quality of relationship with caregivers
- Fewer associations with delinquent peers

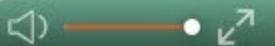
Positive outcomes for KEEP-trained parents:

- More effective parenting skills (use of positive reinforcement and non-harsh limit setting)
- Reduced parent stress
- Longer tenure as foster parents



KEEP

Keeping Families Supported



Oregon Child Welfare Vision for Transformation

- Recognizing the need for change
- Leading with equity
- Centering and valuing the diverse identities of children and families
- Promoting community and cultural connection through collaboration and partnership

KEEP in Oregon

- Pilot 2017
- Available statewide 2019
- 7 community agencies providing KEEP
 - Centro Cultural, Family Nurturing Center, Family Resource Center, Native American Youth and Family Center, Options Counseling, Oregon Community Programs, Oregon Social Learning Center Developments, Inc.
- Over 2,500 resource, kinship, and adoptive parents have enrolled from all 36 Oregon counties



Removing Barriers: Strategies for Equitable Access

- For Families
- For Community Partners
- For Child Welfare staff



Valuing and Centering the Diverse Identities of Oregon's Families: Cultural Adaptation and Affinity Groups

- Cultural Adaptation – Happens at system or agency level
 - Adapting for societal/cultural norms, laws, and larger context
- Affinity Groups – Happens at group level
 - All families in a group have a shared characteristic (other than parenting!)

KEEP Affinity Groups

- For families caring for LGBTQIA+ youth
- For families caring for youth who entered the U.S. without an adult (unaccompanied minors)
- For families caring for a youth who is of a different race, culture, or ethnicity than themselves (transcultural)

KEEP Adaptation

- Elements of the KEEP model appropriate for adaptation (what can change, what can't)
- Need indicated by data (e.g. placement disruptions for LGBTQIA+ youth), families, and/or staff
- Soliciting partner input to review the KEEP materials
- Developing initial adaptations
- Pilot testing adaptations
 - Ongoing fidelity monitoring
- Focus groups
 - Iterative updates

KEEP Focus groups

- Iterative process for adapting and refining affinity groups
- Community and support
 - "Being in a room, you know, with people that can relate. Yeah. But you don't have to say very much and they get it."
 - "I found that this has been one of the best experiences of any group that-- that I've ever been a part of. It's been just fantastic. The-- the support, the friendships, the bonds that we've built over the last 16 weeks. The information that we have received, that-- just everything was way more than I could have ever expected"
- Resource connection

Communication Loops

Multi-directional flow of communication:

- KEEP developers
- ODHS leadership
- ODHS staff
- Families
- Community partners



Lessons and Next Steps

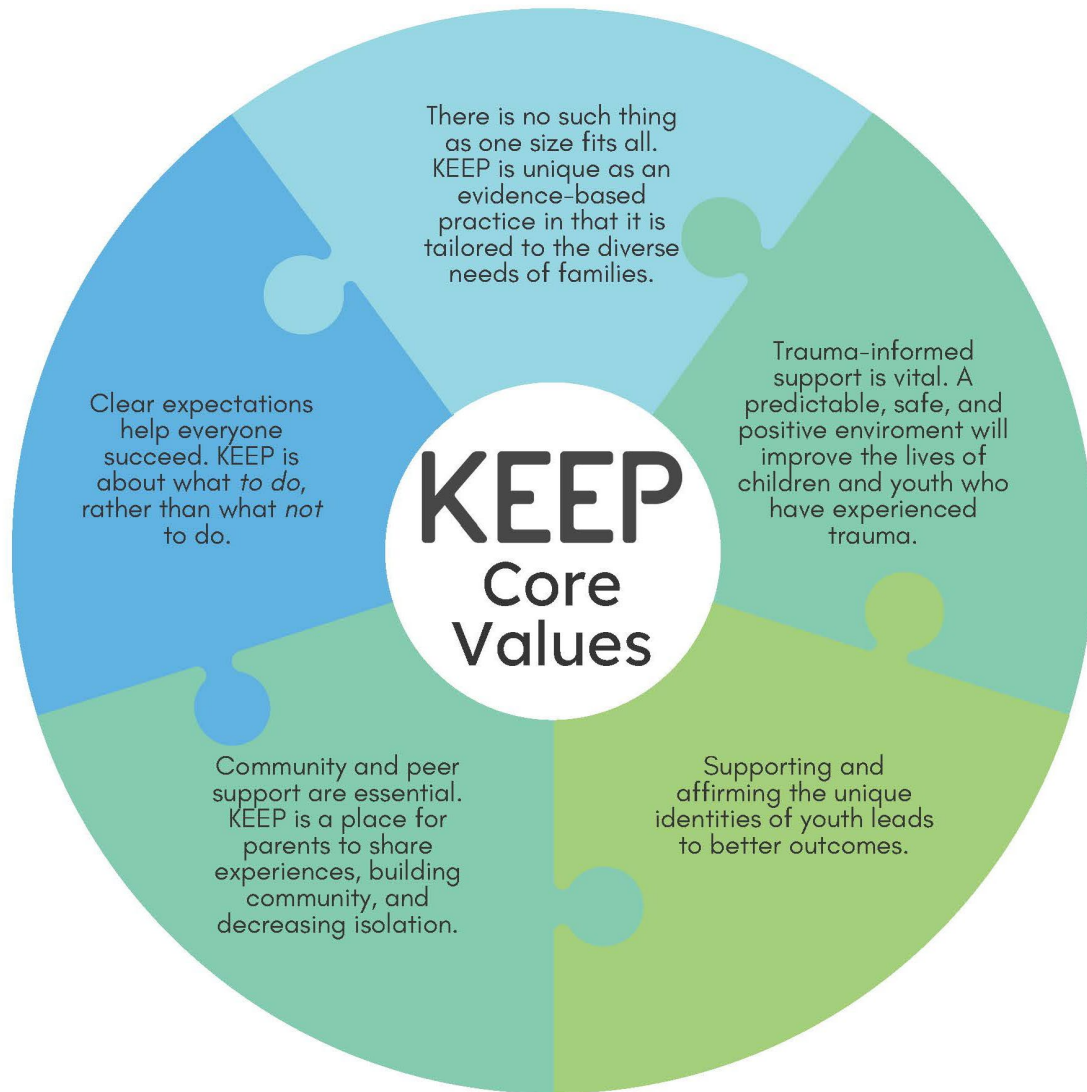
- We learn with every adaptation and continue to evolve and improve the KEEP curriculum
- Partnerships + Communication = Responsiveness
- Building the bridge to Self-Sufficiency Programs: KEEP Connecting Kin



Acknowledgements

- Participating families
- KEEP group leaders, coaches, and trainers
- OR-KEEP-I sites:
 - Centro Cultural
 - Family Nurturing Center
 - Family Resource Center
 - Native American Youth and Family Center
 - Options Counseling Center
 - Oregon Community Programs
 - OSLC Developments, Inc.
- Oregon Kinship Navigator
- Oregon Post Adoptive Resource Center
- Staff from ODHS Child Welfare and Self Sufficiency Programs
- ACF/OPRE Grant for KEEP Connecting Kin
- R56MH129490 for KEEP REACHing

KEEP Core Values



- There is no such thing as one size fits all
- Trauma-informed support is vital. A predictable, safe, and positive environment will improve the lives of children and youth who have experienced trauma.
- Supporting and affirming the unique identity of youth leads to better outcomes.
- Community and peer support are essential. KEEP is a place for parents to share experiences, build community, and decrease isolation.
- Clear expectations help everyone succeed. KEEP is about what *to do*, rather than what *not* to do.



Get in Touch!

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