

Project KEEP (Keeping Foster and Kinship Parents Trained and Supported)

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DESCRIPTION

The [Project KEEP Program](#) and the KEEP SAFE Program are designed to address the unique issues experienced by relative caregivers and resource parents. Both KEEP Programs are based on research that finds challenging child behavior is the primary reason for placement disruptions. Children who enter the CWS system with behavioral challenges are at greater risk of placement changes. The Project KEEP Program is a 16-week, group-based, education and support program for resource parents and relative/NREFM caregivers who are parenting children between the ages of 5-12. The Project KEEP SAFE Program is a 16-week group-based, education and support program for resource parents and relative/NREFM caregivers who are parenting children between the ages of 13–18. Both program curriculums focus on parent education and dealing with challenging behaviors. The primary goal of both programs is teaching parent education skills to enhance their ability to manage child behavior challenges. Both programs provide the support needed to learn and apply these skills, with specific emphasis placed on building a supportive network and bond between the group participants.

Project KEEP supports the *Live Well, San Diego!* initiative of the County of San Diego by emphasizing healthy lifestyles focusing on safety and helping young children thrive.

TARGET POPULATION

The KEEP and KEEP SAFE Programs' target population consist of foster parents or kinship providers with children in their homes ages 5-12 (KEEP) and 13-18 (KEEP SAFE) who have been in their care for at least 30 days and are likely to remain in their care for the duration of the program. The caregiver must be able to attend the 16-week program.

LEVEL OF SERVICES

Services are provided in English and in Spanish and include the following:

Group-Based Parenting Education and Support Program: Project KEEP is a 16 week, 2 hour per week program that provides participants evidenced based KEEP curriculum.

- Teaches caregivers effective strategies to address challenging behaviors
- Enhances the caregiver's ability to manage a child's challenges
- Provides support needed to achieve, learn and apply skills
- Receive support from other Foster Parents and Caregivers

- In-home make up sessions available
- Weekly calls by facilitator to troubleshoot challenges with implementing assignments and track the child's behavior during the past week

Incentives:

- Up to 8 hours of annual training requirements
- Weekly incentives for participants who attend the sessions
- Free on-site child care
- Groups are available during the day, evenings, and weekends
- In-home make up sessions by facilitator

REFERRALS

To make a referral, CWS SW will complete the Project KEEP referral form (04-290) and e-mail to Project KEEP, SAY San Diego at mcole@saysandiego.org. Referrals can also be made by Kinship Navigators on behalf of the caregivers, and caregivers can self-refer by calling Project KEEP at 565-4148/858.

Project KEEP services are offered county wide.

For questions or comments, contact [Veronica Sarabia](#).