



National Implementation Service Programme Outcome Report



Annual Site Report for KEEP Prevention, KEEP Standard and KEEP Safe Groups across UK Local Authorities 2009-2018

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KEEP National Site Report 2009 – 2018

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1. DEMOGRAPHICS

248 groups have run since 2009. This breaks down into 167 KEEP Standard, 69 KEEP Safe and 12 KEEP 3-6. 2021 carers have completed groups: 1332 KEEP Standard, 608 KEEP Safe and 81 carers in KEEP 3-6.

KEEP Prevention 3-6 (81 children)	
Child age	3-6 (mean 4.4 years)
Child gender	55.9% male
Child ethnicity	White British, 69.1% White Other 4.5%, Mixed White and Black Caribbean 1.2% Mixed White and African 1.2%, Black British 1.2%, Asian British 1.2% Black African 1.2%, Mixed Other 2.5%, missing 18%
Child age entering care	Birth – 2 years (mean 2.21)
No. of previous placements	0 – 8 (mean 1)
Carer type	Kinship 55.7%, Foster 44.3%, Missing 13.6%
Carer age	47.73 mean age
Single/ joint carer	Joint 65.4%, Single 19.8%, Missing 14.8%
Carer gender	Male 53%, Female 16%, Missing 30.9%
KEEP Standard (1305 children)	
Child age	5-12 (mean 8.5 years)
Child gender	58% male
Child ethnicity	White British 69.5%, Mixed other 4.6%, Black Caribbean 1.9% Mixed white and black Caribbean 1.8%, Black British 1.2%, Asian British 1.2%, black African 1.2%, black Caribbean 2.2%, black other 0.7%, Indian 0.7%, Pakistani 0.5%, Bangladeshi 1.1%, Irish 0.1%, Czech Roma 0.2%, Mixed White Asian 0.4%, missing 14%
Child age entering care	5.23 years (mean)
No. of previous placements	Min 0 and max 15 (mean 1.34)
Carer type	Foster 71%, Kinship 28%, Other (respite, SGO, connected person) 1%, missing 3.2%
Carer age	49.49 years (mean)
Single/Joint carer	Joint 68.2%, Single 28.1%, missing 3.8%
Carer gender	Female 42% Male 58%

KEEP Safe (547 children and young people)	
Child age	12 – 17 (mean 13.98 years)
Child gender	Male 46.4%
Child ethnicity	White British 78%, Other White 0.8%, Mixed white and black Caribbean 1.8%, Mixed white and black African 0.3%, Black British 1.6%, Asian British 0.8%, Black African 2%, Black Caribbean 0.7%, Black other 1.3% Mixed other 2.6%, Indian 0.2%, Pakistani 0.2%, Bangladeshi 0.3%, Mixed white and other 0.8%, Irish Romanian 0.2%, Black British and Caribbean 0.2%, Afghanistan 0.3%, Tamil Asian 0.2%, Sri Lankan .03%, Vietnamese 0.2%
Child age entering care	0 – 17 (mean 8.84)
No. of previous placements	0 – 16 (mean 1.59)
Carer type	Foster 75.2%, Kinship, 14.3% 0.5% Other (friend), 10% missing
Carer age	52.28 years (mean)
Single/Joint carer	63.1% joint, 27.4% single, 9.5% missing
Carer gender	79.1% Female, 14.6% Male, missing 6.2%

2. OUTCOME MEASURES

Strengths and Difficulties Questionnaire (SDQ)

The maximum possible ‘Total Difficulties’ score is 40 and the maximum score on each of the subscales is 10.

Total Difficulties: **Normal (0-13); Borderline (14-16); Abnormal (17-40)**

Emotional Symptoms: **Normal (0-3); Borderline (4); Abnormal (5-10)**

Conduct Problems: **Normal (0-2); Borderline (3); Abnormal (4-10)**

Inattention/Hyperactivity: **Normal (0-5); Borderline (6); Abnormal (7-10)**

Peer Problems: **Normal (0-2); Borderline (3); Abnormal (4-10)**

Prosocial Behaviour: **Normal (6-10); Borderline (5); Abnormal (0-4)**

We would hope to see a reduction in difficulties and an increase in strengths in the index children. Ideally the mean scores would move from the abnormal/borderline ranges to the normal range.

SDQ statistical analysis with total scores (paired samples t-tests)

*p<.001***

*p<.05**

KEEP 3-6	total	emotional	conduct	hyper	peer	prosocial
pre (72)	15.68	2.96	3.79	6.66	2.5	6.73
post (48)	13.63**	2.31	2.9	6.08	2.33	6.62

6m (18)	12.44*	2.28	2.39	5.61	2.17	7.83
12m (10)	14	3.49	2.3	6.6	1.6	7.2
KEEP Standard	total	emotional	conduct	hyper	peer	prosocial
pre (1140)	17.9	3.56	4.24	6.56	3.54	6.62
post (847)	15.04**	2.51	3.34	5.81	3.28	6.66
6m (413)	14.82**	2.4	3.45	5.95	3.01	6.67
12m (300)	13.86**	2.19	3.18	5.76	2.84	6.87
KEEP Safe	total	emotional	conduct	hyper	peer	prosocial
pre (547)	16.55	3.56	3.69	5.51	3.79	6.44
post (330)	13.78**	2.42	3.06	4.74	3.45	6.30
6m (149)	12.44**	2.28	2.39	5.61	2.17	7.83
12m (89)	14**	3.5	2.3	6.6	1.6	7.2

This table shows that carers in your groups reported significantly fewer difficulties after the intervention as total scores reduced from borderline to normal (3-6 and safe) and from clinical to normal (standard) and this was sustained at follow-up points. There were clinical improvements in reported emotional difficulties as scores decreased from clinical to normal ranges (3-6 and safe) and borderline to normal (standard). Conduct scores reduced from a clinical to normal range after the intervention (3-6 and safe) and from clinical to borderline (standard).

Parental Daily Report (PDR)

Mean total score incorporates number of behaviours and carer stress. We would hope to see a reduction in total score and mean number of behaviours (stressful and non-stressful behaviours occurring). Research has shown that placements are more likely to breakdown the higher the number of daily problem behaviours. To be exact, each additional behaviour over 7 daily behaviours increases the placement breakdown by 25%.

PDR statistical analysis with total scores (paired samples t-tests)

*p<.001***

*p<.05**

KEEP 3-6	Mean score	Total behaviours	Associated stress
pre (72)	15.68	2.96	3.79
post (48)	13.63**	2.31	2.9
6m (18)	12.44*	2.28	2.39
12m (10)	14	3.5	2.3
KEEP Standard	Mean score	Total behaviours	Associated stress
pre (843)	13.2	10.15	3.8

post (647)	7.86	6.69	1.9
6m (281)	8.18	7.60	2.37
12m (281)	8.23	7.24	2.13
KEEP Safe	Mean score	Total behaviours	Associated stress
pre (335)	10.03	7.80	3.16
post (255)	6.07	5.12	2.08
6m (102)	5.28	4.38	1.15
12m (66)	5.9	4.80	1.31

The PDR table shows us that carers reported significantly less problematic behaviour and more positive behavior after the groups. The decrease in daily problematic behaviours has been identified as protective in placement stability and quality. Also, carers found these behaviours much less stressful, which reflect a positive influence towards their well-being. We would hope that this is due to the skills and coping strategies that carers have learned in the KEEP groups. These positive findings are prevalent across all KEEP groups.

Parenting Scale (PS)

Mean Total score 0-2.6 normal range

Mean Laxness score (permissive discipline) 0-2.4 normal range

Mean Over-reactivity score (authoritarian discipline, displays of anger, meanness and irritability) 0-2.4 normal range

Mean Verbosity score (overly long reprimands or reliance on talking) 0-3.1 normal range

We would expect to see a reduction in the mean scores as carer's parenting efficacy improves throughout the course.

PS statistical analysis total scores (paired samples t-tests)

*p<.001***

*p<.05**

KEEP 3-6	Total	Laxness	Over reactivity	Verbosity
pre (79)	2.61	2.21	2.11	3.61
post (53)	2.25*	1.92	2.01	2.69
6m (18)	2.09*	1.8	1.7	2.7
12m (12)	2.10*	1.61	1.81	2.76
KEEP Standard	Total	Laxness	Over reactivity	Verbosity
pre (1359)	2.69	2.35	2.23	3.60
post (1037)	2.32**	2.02	1.93	2.88
6m (563)	2.21**	1.95	1.84	2.82
12m (401)	2.16**	1.90	1.78	2.75

KEEP Safe	Total	Laxness	Over reactivity	Verbosity
pre (599)	2.63	2.32	2.12	3.45
post (420)	2.41**	2.17	1.84	3.02
6m (220)	2.46**	2.22	1.95	3.02
12m (128)	2.23**	1.99	1.82	2.78

This table shows that carers in your groups have shown consistently high positive parenting styles with regards to discipline. Measures completed before KEEP show that carers were reporting parenting styles outside the normal range on all subgroups of parenting excluding verbosity. Following KEEP, all total scores statistically improved into a clinically normal range. These effects were maintained across 6 and 12 month follow-up points, indicating effective and desirable parenting. This suggests that your KEEP groups have clearly impacted every aspect of positive parenting style measured here.

Foster Carer Ratings

For the mid-session carer rating, two scores are extracted from the form. The 'Support' score indicates how satisfied the carers were with the level of support they received from the facilitators. Facilitators aim to achieve an average score of at least 11.25, the maximum score is 15. This indicates that the carers are satisfied with the level of support they are receiving 75% of the time.

The 'Facilitation' score provides an indication of carers' satisfaction with how the group is run. The target score range on this item is 22.5 to 30, with a score of 22.5 indicating carers are satisfied with group facilitation 75% of the time. Facilitators are required by OCSL to achieve scores indicating 75% or greater satisfaction on these two items in order to meet the criterion for certification.

For the final session carer rating, this questionnaire yields a 'Learning' score which provides an indication of the carers' impressions of how much of the curriculum they have learned. The target range for this score is 12.75 to 17. A score in this range indicates that carers feel they have learned at least 75% of the curriculum.

A second score, the 'Group' score, provides a measure of carers' perceptions of how on-track the group discussions were. A score in the 5.25 to 7 range indicates that carers believe group discussion to be on track 75% or more of the time. Scores within the target range for both 'Learning' and 'Group' are needed in order to meet the rating of curriculum adherence required for certification by OCSL.

	Support	Facilitation	Learning	Group
KEEP 3-6	14.81	29.03	16.76	7.00
KEEP Standard	14.69	29.00	15.98	6.81
KEEP Safe	14.64	28.84	15.41	6.78

Carers in your groups felt extremely supported throughout the programmes. They were very satisfied with the way the group was facilitated and they learned a high quantity of the curriculum. They also felt the discussions in the groups were always on track. These results speak very highly for the facilitators running the groups.

3. SUMMARY

Overall, the findings from all the KEEP programmes indicate positive outcomes for the child/young person and their carers. The findings from KEEP Safe and Standard reflect that your groups are consistently delivering interventions with high levels of adherence and fidelity. Your groups have produced successful interventions for the families involved. It is encouraging that in both Safe and Standard, children and young people present with a stable high level of prosocial behaviour. We can infer from the PDR data that carers are also significantly less stressed about children's challenging behaviour or lack of prosocial behaviour. With regards to child/young people outcomes, it would appear that there are particularly high amounts of difficulties across groups and this includes externalising problems. Importantly, clinically significant changes were identified as scores improved from clinical to borderline and borderline to normal. It is important to note these improvements were maintained at follow-up which evidences the long-lasting skills that your carers have learned in the KEEP groups and potentially contribute to placement stability.

Looking at the parenting style, carers across 3-6, Safe and Standard groups reported elevated levels of less desirable parenting strategies overall (total scores) and verbosity. Post-intervention, carers decreased their overly permissive style (laxness), reduced the amount of inadvertently reinforcing (verbosity), decreased their authoritarian parenting and modelling of angry behaviour (over-reactivity), whilst others reduced the amount of inadvertently reinforcing (verbosity). It seems plausible that carers effectiveness in handling discipline situations increased. These changes were statistically and clinically significant. KEEP has given carers more strategies for managing challenging behaviour in order to reinforce their skills.

The feedback indicated that carers thoroughly enjoyed your groups and felt supported. We hope that carers continue to complete the 6 and 12 month follow-up measures for KEEP group

Please do not hesitate to call or email if you would like clarification of any of the data findings or have any questions.

Thank you for your continuing support for KEEP.

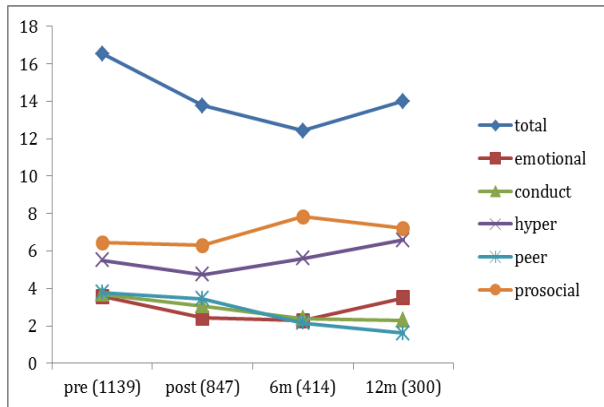
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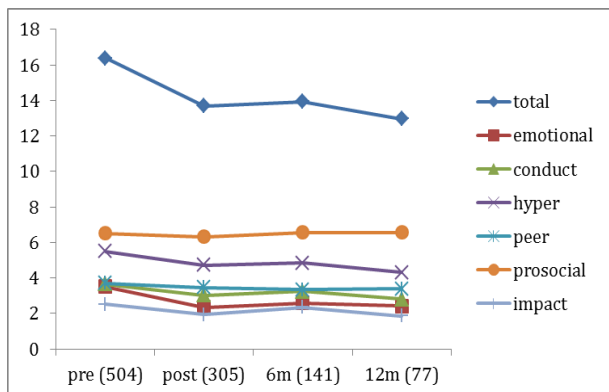
4. GRAPHS

Strengths and difficulties questionnaire

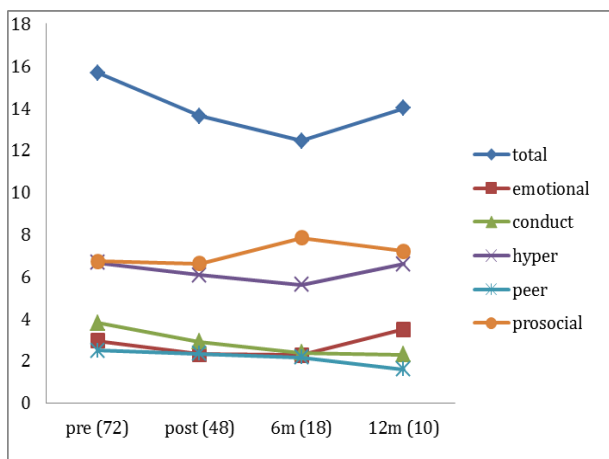
KEEP 3-6



KEEP Standard

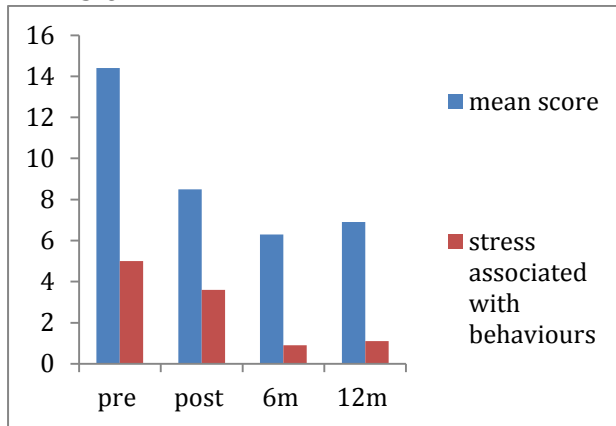


KEEP Safe

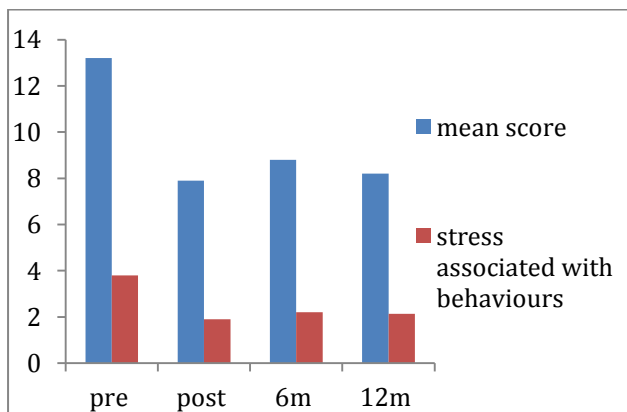


Parental Daily Report

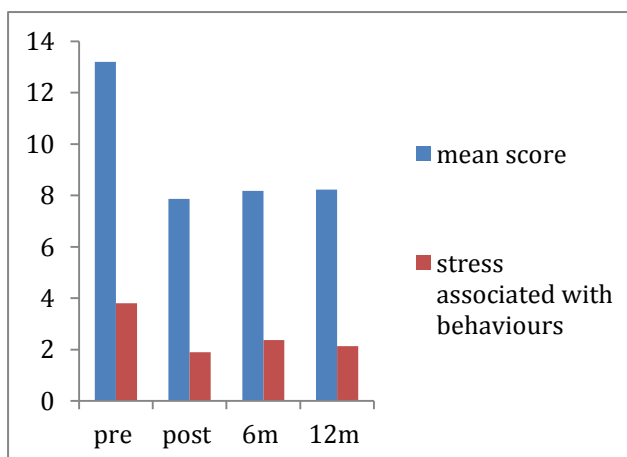
KEEP 3-6



KEEP Standard

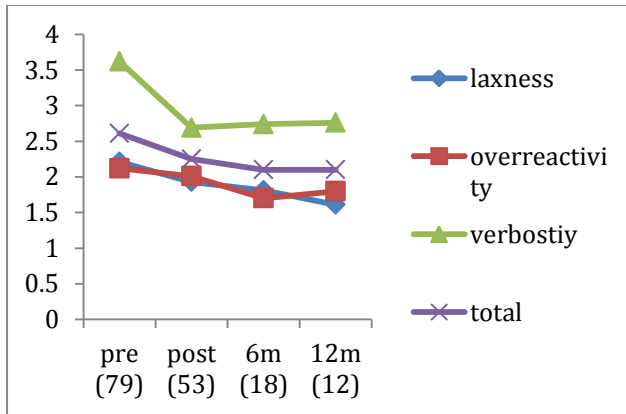


KEEP Safe

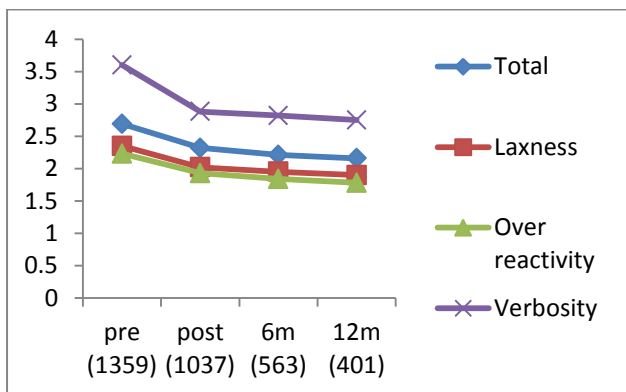


Parenting Scale

KEEP 3-6



KEEP Standard



KEEP Safe

