

KEEP – Annual Report 2013-2014

In the last 12 months of running KEEP as part of the Dudley Fostering Training resource, there has been a significant amount of progress and there continues to be extremely positive feedback about its effectiveness from both the carers who participate and the Social Workers who support them.

KEEP is a 16 session Positive Parenting Training Programme (20 weeks KEEP Safe) based around principles set out by Multidimensional Treatment Foster Care (i.e. FLIPSIDE) however is aimed at Mainstream Foster Carers and Family and Friends Carers in order to improve their skills and resilience when looking after challenging children. This programme is based on Social Learning Theory, Attachment Theory and Brain Science and is delivers these principles by providing carers with a training group that offers them both practical skills and support. The main aim of this is to provide foster carers with the confidence to use new behaviour management strategies in order to implement positive behaviour change for children and young people.

Since April 2013 KEEP Standard (5-12 years) has run two complete programmes (groups 10 and 11) and is preparing to run the third group (group 12) in October/November 2014. Groups 10 and 11 were comprised of 9 carers each, 8 of which being Family and Friends and 10 Mainstream. Referrals for group 12 are high and it is hoped that it will contain 9-10 carers, to date 7 are Family and Friends Placements and 3 are Mainstream.

Early 2012, Dudley was successful in receiving a further grant directly from the Department for Education to enable the development and expansion of KEEP. This bid was successful due to the excellent reputation that Dudley has for the effective implementation of both MTFC and KEEP. As a result of the new period of DfE funding, we are now offering a complete package of KEEP support. KEEP Safe (12 – 18 years) has delivered four, full, 20 week programmes. There have been 36 carers through the Safe programme, 11 of which were Family and Friends and 25 Mainstream. KEEP-P (3 – 6 years) has also delivered four complete 16 week groups. There have been 24 carers through in total. From a National perspective, Dudley is the only Local Authority UK wide to be successfully implementing all three adaptations of the KEEP Programme, which is a huge complement to the hard work of the Fostering Service, KEEP Facilitators and the carers who have been involved.

In terms of sustainability of these referrals, currently we have a waiting list for each adaptation of KEEP and the forecast is that there will be a further KEEP Safe group running from September 2014, a further KEEP-P group running from September 2014 and a further KEEP Standard from October/November 2014.

Within our Supervising Social Work team, we have developed a skills base of KEEP facilitation and expertise. Two staff are trained to deliver all three KEEP Programmes (one of which is a fully accredited Licensed Trainer and Consultant for KEEP Standard and KEEP Safe), one member of staff is trained in KEEP-P, one additional member (Assistant Team Manager) to

deliver KEEP Standard (as a back up) and one member of staff trained in both KEEP Standard and KEEP Safe.

As part of the DfE monies, funding was available to support the accreditation of two facilitators in each of the models. Dudley in the last 12 months has been successful in accrediting KEEP staff in each of the models they deliver. From March 2014 Dudley has 2 staff fully accredited in KEEP Standard, two staff fully accredited in KEEP Safe and Dudley were proud to boast the full accreditation of a KEEP-P facilitator. This was a first both Nationally and Internationally, which continues to demonstrate the high level of service Dudley provides; this dedication continues to be recognised throughout the KEEP world. Currently an application is being processed for our second fully accredited KEEP-P Facilitator. Confirmation of this application is anticipated early July 2014.

At this stage, Dudley will be the only Local Authority in the UK to have two staff accredited in every KEEP model. Accreditation in these models is valid for 12 months; therefore post March 2015 planning is required around the ability to meet the continued accreditation costs per facilitator. Until this date however, costs are covered by the DfE allowance.

Resulting from the bid to expand KEEP, Dudley developed a central role in the formation of the Black Country Consortium. Through this, our neighbouring authorities, Sandwell, Walsall and Wolverhampton continue to be supported in the implementation of KEEP Standard. Due to the experience Dudley has, we have taken a directive role and there continues to be a Local Steering Group at a strategic level and an operational level (attended by KEEP Facilitators) within which we have developed our ability to work in partnership with other agencies to sustain the KEEP intervention. The consortium has now reached a point in its planning where neighbouring sites are looking to Dudley to provide support with their expansion of each of the KEEP models. This planning is in its infancy and negotiations will continue in the coming months.

KEEP is primarily an Evidence Based Programme and Dudley continues to be part of an ongoing National Research programme to effectively evidence the benefits and impact of KEEP for both children and carers. Dudley Facilitators continue to be actively involved in the collection of intake and post intervention data which is included into National statistics, but also contributes to our own Service Evaluation. Qualitative evidence has frequently reported the success of KEEP in Dudley, however, our statistical project reports continue to demonstrate that for all models, KEEP has significantly reduced the number of challenging behaviours presented by children and young people, significantly reduced the levels of stress reported by carers, significantly improved the positive and pro-social qualities displayed by children and young people and significantly reduced the use of potentially negligent parenting styles in favour of more positive strategies. These results are not only shown directly post intervention, but are also sustained both 6 and 12 months post KEEP. Dudley's next composite project report is due in August 2014 and it is expected that trends will continue to demonstrate

significant change. It continues to be an ongoing yet important challenge for facilitators to collect this information, strengthen the evidence around KEEP and the results it delivers for both young people and their families.

Finally, due to the positive approach Dudley has to KEEP and the high quality of carers that have been through the programme, the KEEP Team were enlisted by the DfE to be part of a National KEEP promotional film to progress interest in KEEP both Nationally and Internationally. Several KEEP carers and staff were involved in this project and their engagement was greatly appreciated. The feedback that our carers gave was viewed as extremely positive and their stories feature heavily in the KEEP DVD. This DVD was produced by Whitewood and Flemming and was officially launched in Dudley on the 2nd June 2014. The event was attended by Colin Waterman (Director of the National Implementation Service for Evidence Based Interventions), Pauline Sharratt (Acting Director of Children's Services), John Polychronakis (Chief Executive) Cllr. Tim Crumpton, Jane Prashar (Acting Assistant Director) and other service managers involved in the implementation of KEEP and Fostering Services. The KEEP Film was received very positively by all and feedback clearly highlighted KEEP as a demonstration of excellent practice, not just by the carers involved, but the hard work and dedication of the facilitators who make the support and training package a success.

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