

**Fidelity and Adaptation in Evidence-Based Practices:  
The KEEP Experience**

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Katie Bennett MS, and  
Rohanna Buchanan, PhD  
Oregon Social Learning Center



www.cebc4cw.org November 5, 2021 10:00am – 11:30am PT

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**Quick Notes**

This presentation is being recorded.

A brief survey will be available after the webinar.

Access the presentation slides now!  
Download link is available in the Chat.

A follow-up email will be sent to all participants in the next few days.

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**CEBC Mission**

To advance the effective implementation of evidence-based practices for children and families involved with the child welfare system

  
View Programs

- Searchable database of child welfare related programs.
- Description and information on research evidence for specific programs.

  
Select and Implement Programs

- Guidance on how to make critical decisions regarding selecting and implementing programs
- Tools and materials to provide support for choosing, implementing and sustaining a program.



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Today's Presenters

**Patti Chamberlain, Ph.D.**, is a senior research scientist at Oregon Social Learning Center, a senior fellow at the Society for Prevention Research, and the developer of the TFCC (formerly MTFC) and KEEP models.

**Rohanna Buchanan, Ph.D.**, is a research scientist at Oregon Social Learning Center and the Clinical Director for the KEEP program.

**Katie Bennett, M.S.**, is the Director of Implementation for the KEEP program and works with all KEEP sites on implementation, program quality, and sustainability.

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### Today

- Adaptations & Fidelity
- Specific focus on when adaptations to evidence-based interventions may be beneficial
- Using KEEP as an example we will talk about how we make adaptations while maintaining fidelity to the evidence-based model that produced results in RCTs
- Cultural adaptations and affinity groups



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### Reason for Adaptation

- Can increase the relevance of the EBP to specific/unique communities
- Can increase engagement
- Better outcomes?

**Adaptations consistent with Model Fidelity**

- To successfully adapt an EBP it is critical to understand the key intervention components that got (drove) the positive RCT outcomes
- Key components are the building blocks for what makes it “work”
- What’s flexible?



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### Fidelity

- Adherence to critical components of the EBP found in randomized clinical trials that drive positive outcomes and make the model evidence-based
- Competent delivery of the critical intervention components
- Adherence plus competent delivery = fidelity



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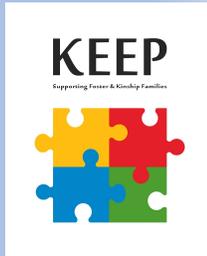
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### What is KEEP

- KEEP is not a class! It's a support group for foster/kin families with a framework of evidence-based parenting strategies
- Two KEEP Group Leaders
- 7-12 foster/kin parents
- 16 weekly Sessions
  - Each session is 90 minutes
- Incentives provided to parents
- Each session recorded for model fidelity and coaching
- Weekly call – Parent Daily Report



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### KEEP Research & Implementation Overview

- 7 RCTs + independent evaluations
- San Diego, CA – began the RCT in 2000 - Year 21
- England – Year 11
- Statewide in Tennessee
- NYC – Year 9
- Denmark – Year 7
- Statewide in Oregon



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### KEEP Components

*Foster & kinship parents as key change agents for youth:*

- Reinforce normative & pro-social behavior
- Incentivize behavior you want to see more of
- Build cooperation
- Teach new behaviors
- Use non-harsh effective limit setting
- Manage emotions while parenting



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### Measuring Intervention Fidelity: KEEP

- Group leaders download video recordings of parent groups (observation of the intervention)
- Video recordings are watched and coded for fidelity by expert coaches (16 items; mix of intervention content and group process/structure): Red/Yellow/Green scores are given
- Group leaders fill out web-based forms on attendance and rate parent engagement (4 items) for each group
- Serves as the basis for weekly consultation with coaches to achieve continuous adherence and competence: **Adherence + competence = fidelity**



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### Fidelity Adherence Rating (FAR)

- Same fidelity instrument for every group
- A KEEP group delivered to fidelity will look different each time because the discussion, examples, and role-plays are reflective of the individual combination of parents and kids
- Use Parent Daily Report (PDR) call each week to learn what's happening in every home and tailor the group's content



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### Fidelity Adherence Rating (FAR)

1. Discussion included information on positive behaviors and/or progress (foster/kin parent or child)	8. Group Leaders used specific praise to and/or reinforced efforts to use KEEP skills
2. Group Leaders reviewed a home practice from any prior session	9. Group Leaders effectively used role-play to demonstrate or practice skills
3. Group Leaders delivered the content of the session	10. Group Leaders redirected conversation when necessary
4. Foster/kin parents were encouraged to or used a behavioral management system (sticker charts, gem jars, informal agreements, Time Out/Take a Break, privilege loss, extra chores, pre-teaching, etc.)	11. Logistics were well managed (incentives, snacks, child care, etc.)
5. Group Leaders effectively used foster/kin parents' individual situations as teaching opportunities for the rest of the group	12. Group Leaders managed the meeting time well
6. Group Leaders suggested strategies in behavioral terms	13. Group Leaders asked clarifying questions to define challenging behaviors and prosocial opposites
7. Group Leaders made critical comments and/or had a critical or teachy tone ("you should/shouldn't," "you need to/can't")	14. Group Leaders gave home practice at the end of the session
	15. The atmosphere of the group was friendly and supportive
	16. What would your average overall score be for the session?

Adherence  
Competence  
Overall Rating

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### Learning a Site's Cultural Context

- Three-month pre-implementation process (Readiness)
- Learn about the community and its needs
- Curriculum review
  - Language changes (e.g. accredited vs. certified; carers vs. resource parents vs. foster & kinship parents) – search and replace
  - Examples (e.g. pre-teaching for public transport) – discussed and modified during training
  - Cultural specificity, laws, larger context - adaptation




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### 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!)



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### Denmark

- For KEEP SAFE (KEEP Teenager) we were fortunate to work with a cadre of accomplished KEEP Local Coaches
  - Delivered 5-day KEEP SAFE training and participants flagged sections that weren't a fit
  - Training followed by a series of workgroups
  - What needs to be adjusted for KEEP and what doesn't
    - Talking about sex
    - Talking about drugs and alcohol
    - Talking about technology and social media
    - Skills for independence



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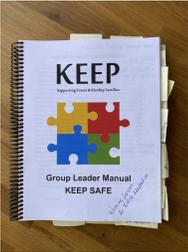
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### Cultural Adaptations for Families Caring for Native American Youth

- Wonderful partnership with Native American Youth and Family Center (NAYA) is fundamental to whole process
- Recruitment is based on child/youth's cultural identity as Native American, parents may or may not be



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### Cultural Adaptations for Families Caring for Native American Youth

- 5-day training for NAYA's KEEP staff where we flagged sections for future discussion - training followed by workgroups
  - Opening and closing
  - Creating a sense of belonging
  - Connecting to child/youth's culture (e.g. not using cultural activities as incentives)
  - Child's identity in session one
  - Parenting a child of color



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### Affinity Groups

- LGBTQIA+
  - "Parenting is parenting, but the beauty of an LGBTQIA+ affinity group is the ability to share openly about the child you're caring for in a space you know is safe" –KEEP Group Leader
- Unaccompanied Minors
  - "This is an amazing group who we feel we have built friendships with."
- KEEP for Kin
  - "This group was a life changer. I was feeling like I could not do this anymore I feel confident that I can do this now and I can find help when I am struggling." – KEEP for Kin participant
- About to launch
  - Transracial Fostering
- In development

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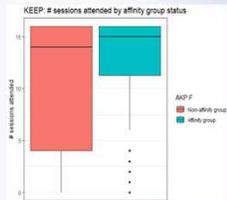
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### Affinity KEEP group attendance



# sessions attended	Non-affinity group	Affinity group
14	443	30
15	166	15
14	86	11
13	41	7
12	28	1
11	23	1
10	14	1
9	20	0
8	17	1
6	25	3
7	15	3
5	20	0
4	31	3
3	35	5
2	34	3
1	73	1
0	153	1
<b>Total</b>	<b>1224</b>	<b>86</b>

- Parents in Affinity KEEP groups (13 total groups; N = 86 parents as of April, 2021)
- Attrition between sign-up and showing up
  - In affinity groups, when they sign up they show up
  - 1.2% no-shows for affinity groups compared to 12.5% for non affinity groups

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### And so we continue...

- Fidelity monitoring doesn't change
- Every place we work, we continue to evolve and improve the KEEP curriculum
- Partnerships are essential



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## What Happens Next?

Stay connected for more free resources & trainings!

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- Webinar recording available within the next 3 days

- Participants will receive a brief survey with a Certificate of Attendance

- Watch your inbox for the next issue of the CEBC Connection



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