Lifebook Research Project

Are Lifebooks effective for our kids?

Every child deserves a Lifebook.
First, a Lifebook Update

- 3,000+ children have received a Lifebook
- 250 children have attended a Lifebook group
- 600 children have received one-on-one assistance from a Lifebook specialist
- 1,700+ children have received special assistance from a Lifebook specialist
- 400+ LSSI staff been trained on Lifebooks
- 700+ foster parents/caregivers have received Lifebook training

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Foster parents on Lifebook training:

- I understand the importance of knowing about your life – no matter where you are or who you are with.
- Very informative...definitely will be keeping a Lifebook on every child that comes to my home!
- Very well done. This was informative... Good to understand where we can help fill in the story!
- [Lifebooks] serve a very important purpose in helping us become better foster parents and...validate [our foster son's] past.

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Research Questions

With Lifebook services:

• Does children's functioning improve?
• Do children learn about their histories?
• Are children and foster parents better able to talk about children's past experiences and relationships?
• Are kids and families satisfied?

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Researchers

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  Early Intervention Social Worker/Private Practice

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Method

• Intervention group at LSSI
• Control group at CH+A
• Pre- and post-questionnaire for kids and foster parents
• Pre- and post-standardized measure (SDQ: Strengths and Difficulties Questionnaire)

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Results: Does Children’s Functioning Improve?

- Foster parents in the intervention group reported positive change between pre- and post-intervention in 4 out of 6 areas (stress, attention, relating, helpfulness)
- Kids in the intervention group reported positive change in 5 of 6 areas (above + emotion)
- Measurable difference/improvement compared to control group

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Results:
Do Children Learn about their Histories?

• 82% of intervention group children reported knowing more about why they were in foster care after Lifebook services

• 73% reported they knew more about their birth families

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Results:
Are Children and Caregivers Better Able to Talk about Children’s Past/Family?

• Intervention group foster parents felt more comfortable talking with kids about previous placements and birth families after Lifebook services

• Kids’ comfort levels also increased
Results:
Are Children/Foster Parents Satisfied with Lifebook Program?

• Foster parents and kids were highly satisfied, felt listened to, and would recommend services to others.

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