

# Lifebook Research Project

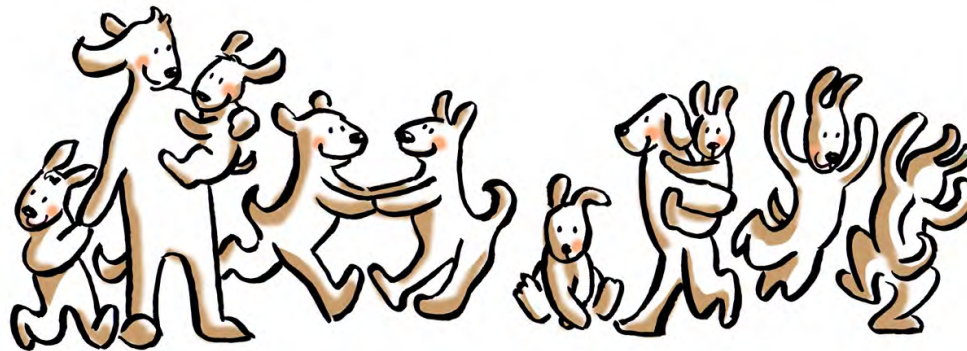
Are Lifebooks effective for  
our kids?



*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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- **Tina Dorow, MSW, LCSW, MS in Childhood Development**

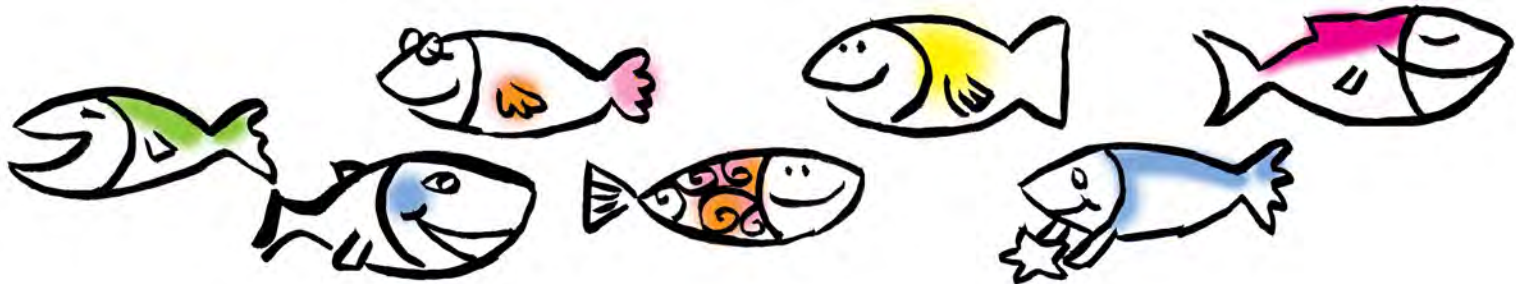
Faculty at Erikson Institute

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

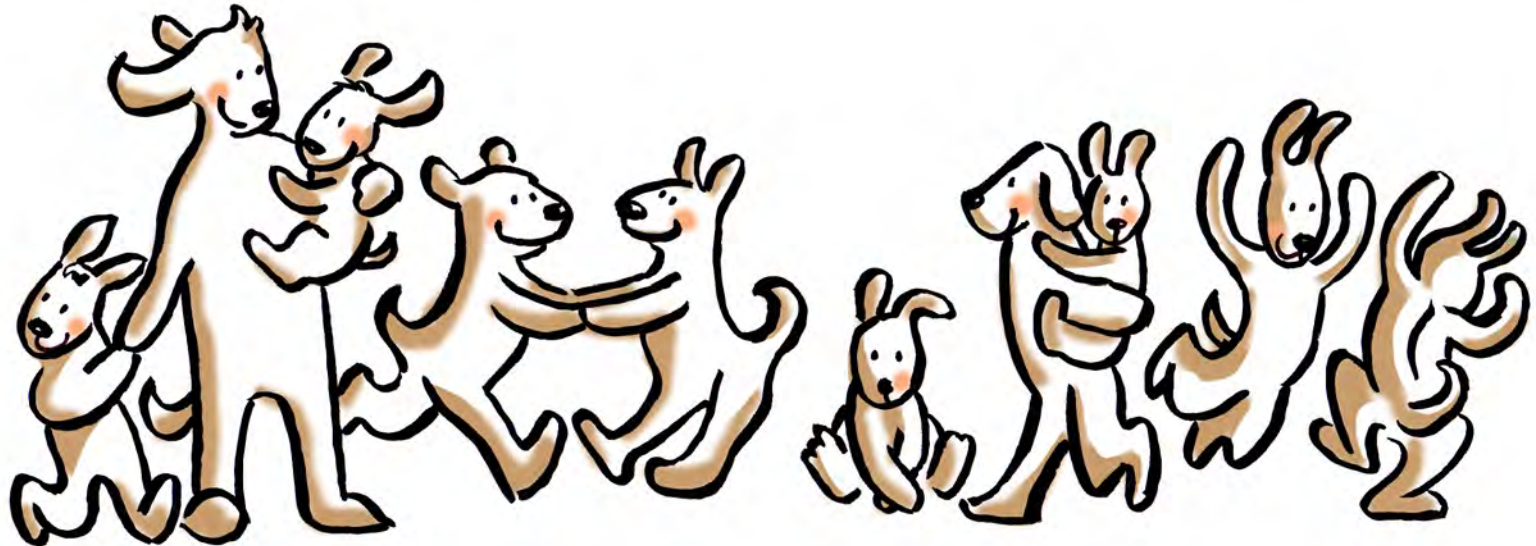
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# Results:

## 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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