Adoption/Foster Care Version of PREPARE/ENRICH

For over 30 years, the PREPARE/ENRICH Program has been used by counselors and clergy working with both premarital and married couples. Recognized as the leading relationship assessment tool, PREPARE/ENRICH is administered online and dynamically adjusts the content to accurately assess the relationship stage (dating, engaged, or married) and family structure of a couple completing the inventory. Once the assessment has been completed, couples meet with a Certified Facilitator to go through a feedback and skill-building process.

PREPARE/ENRICH has primarily been used by facilitators offering premarital counseling and marriage therapy, but social workers and adoption case workers are also integrating the PREPARE/ENRICH assessment into the interview process for couples preparing to adopt/foster a child.

"It’s the most objective form of information I have for my interviews. It saves me hours of interviewing time, and I like it because it’s positive... I wouldn’t do an adoption without one." - Social Worker, Adoption Case-Worker, WI

Goals of Using PREPARE/ENRICH with Adopting/Fostering Couples

1. Identify Healthy Couples – While no relationship is perfect, it is important to place children in homes with healthy role models and stable relationships. PREPARE/ENRICH provides a wealth of information on each individual, their relationship, and their background.

2. Prepare Couples – The adoption/foster content is specifically designed to identify unrealistic expectations and create opportunities for healthy dialogue as couples prepare to bring an adopted/foster child into their family system.

3. Save Time – the PREPARE/ENRICH Inventory gathers, organizes, and analyzes a great deal of data in an efficient and proven manner. The average adult completes the inventory in approximately 30-45 minutes. Once both partners are finished, their facilitator can access their results immediately.

4. Gather Objective Information – The items and scales in the inventory are statistically valid and reliable. Percentage scores are based on comparisons with a
norm group of over 50,000 couples. In other words, facilitators can trust the results they receive.

5. Identify Relationship Strengths and Issues – The inventory is often a very positive experience for couples as it is designed to identify relationship strengths. Since both partners answer the same questions independent of one another, the facilitator can also pick up on discrepancies or differences of opinion which might not emerge in a typical interview process.

New Adoption/Foster Content

Recognizing the value of using PREPARE/ENRICH in this way, as an assessment tool, several modifications and additions were made. These additions and modifications were based on feedback and input from adoption consultants and adoption agency directors, reflecting important relationship issues specific to adoption and foster care. Two existing scales, Personal Stress and Commitment, were modified slightly to include new language. Additionally, three new scales were developed for couples preparing to adopt or foster a child. Each scale is made up of 10 statements.

1. Adoption/Foster Considerations looks at a range of issues that specialists report as being important for couples to be aware of and to discuss. It measures a couple’s readiness and commitment to the adoption/foster process.
   • Sample Assessment Items:
     o We are both committed to adopting/fostering a child.
     o We have considered how contact with our child’s birth family might affect our family.
     o I am concerned about our financial ability to adopt/foster.

2. Adoption/Foster Expectations measures how realistic or unrealistic each individual is about the natural challenges faced by couples and families throughout the adoption/foster process.
   • Sample Assessment Items:
     o I expect to bond quickly and easily with our adopted/foster child.
     o I’m certain our adopted/foster child will feel fortunate to be part of our family.
     o Adopting/fostering a child will fill a large void in our lives.
3. Adoptive/Foster Parenting measures agreement on issues related to adopting/fostering a child, while concurrently maintaining their couple relationship.

- Sample Assessment Items:
  - I am confident we can provide a safe and positive environment for the child we adopt/foster.
  - I understand the challenges associated with the attachment needs of adopted/foster children.
  - We have discussed what each of our roles will be as we parent our adopted/foster child.

These scales are automatically included when a facilitator selects the Adoption/Foster customization as they register a couple for administration. Every couple completing this version of PREPARE/ENRICH also receives the following core relationship categories:

<table>
<thead>
<tr>
<th>Communication</th>
<th>Conflict Resolution</th>
<th>Idealistic Distortion</th>
</tr>
</thead>
<tbody>
<tr>
<td>Partner Style &amp; Habits</td>
<td>Family &amp; Friends</td>
<td>Financial Management</td>
</tr>
<tr>
<td>Leisure Activities</td>
<td>Sexual Expectations</td>
<td>Spiritual Beliefs</td>
</tr>
<tr>
<td>Forgiveness</td>
<td>Roles &amp; Responsibilities</td>
<td>Assertiveness</td>
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<tr>
<td>Self-Confidence</td>
<td>Avoidance</td>
<td>Partner Dominance</td>
</tr>
<tr>
<td>Personal Stress</td>
<td>Couple Flexibility</td>
<td>Couple Closeness</td>
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<tr>
<td>Family Flexibility</td>
<td>Family Closeness</td>
<td>SCOPE Personality Scales</td>
</tr>
<tr>
<td>Abuse</td>
<td>Commitment</td>
<td></td>
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</tbody>
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The customized scales designed for premarital or cohabiting couples are not included in the Adoption/Foster Care Version, since couples considering adoption/foster care are not seeking premarital counseling or marital therapy. Because of the diverse nature of adoptions and foster care, the Adoption/Foster Care Version of PREPARE/ENRICH makes no assumption about the marital status of a couple, presenting content relevant for a committed couple considering adoption or foster care.

**Getting Started**

You must be certified in PREPARE/ENRICH to administer and interpret the inventory. If you are not already trained, go to [www.prepare-enrich.com](http://www.prepare-enrich.com) and click “Be a Facilitator” to sign up for online training or to find a workshop in your area.

Once trained, contact PREPARE/ENRICH customer service to activate the option to select the Pre-Adoption/Pre-Foster Care Version in your facilitator account.

Call toll free 800.331.1661
Email us at [cs@prepare-enrich.com](mailto:cs@prepare-enrich.com)