

# Impact of the WITHIN MY REACH® program on Individual and Relational Outcomes for Singles and Individuals in Relationships

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*"It really made me think about my relationship and how I want to make it more healthy."*

## OBJECTIVES

- Highlight key accomplishments of the Healthy Relationships Program
- Present results from outcome evaluation data

## BACKGROUND

Partnering with community agencies in metro Denver, the Healthy Relationships Program provides education to improve the quality, stability and longevity of relationships. The program strengthens current relationships and promotes healthy, committed relationships for couples; provides singles with skills to make good partner choices; provides skill training that enhances relationships; and fosters healthier relationships.

Three curricula were provided as a part of the Healthy Relationships Program:

1. WITHIN MY REACH® targets unmarried individuals participating by themselves
2. WITHIN OUR REACH® targets unmarried or married couples participating together
3. CARING FOR MY FAMILY targets parents of young children.

## KEY ACCOMPLISHMENTS

- Reached 2,374 individuals across the metro Denver area:
  - 1,505 WITHIN MY REACH
  - 249 couples, WITHIN OUR REACH (498 individuals)
  - 371 CARING FOR MY FAMILY
- Reached individuals at-risk for relationship instability and distress
  - 96% did not have a college degree
  - 59% were unemployed
  - 43% had been convicted of a crime
  - 58% received public assistance in the last 12 months
- Partnered with several organizations serving metro Denver
- Participants appreciated and learned relationship skills

## EVALUATION FINDINGS FROM WITHIN MY REACH PARTICIPANTS RESEARCH QUESTIONS

1. Did participants report improvements in mental health, relationship skills and conflict management skills?
2. Did single participants increase their beliefs that they have the skills needed to attain a healthy relationship?
3. Did participants in a relationship report increased confidence in and commitment to the relationship?
4. Did outcomes differ for men or women?
5. For those in a relationship, did outcomes differ as a function of length of the relationship or happiness in the relationship?

IDENTIFIED REFERENCES  
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3. Stanley, S. M., & Markman, H.J. (1992). Assessing commitment in personal relationships. *Journal of Marriage and The Family*, 54, 595-608.  
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OTHER REFERENCES  
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*"It's made my relationship with my significant other a lot stronger"*

*"It kept me looking forward to Fridays and it gave me the confidence to feel I can have a healthy relationship."*

*"I have changed for the better and so much since taking this class."*

## METHODOLOGY

The follow-up evaluation was conducted during years 1-3 of the program. Data were collected from WITHIN MY REACH participants:

1. At the beginning of their first class (baseline);
2. At the end of their last class (post); and
3. Six months after participation in the program via a phone interview (follow-up).

Of the 878 WITHIN MY REACH participants, 618 (70.4%) participated in the pre/post evaluation. Of the 618, 329 (53.2%) completed a follow-up interview.

Results highlighted are from individuals who

- Participated in all three waves of data collection and
- Did not change their relationship status during the evaluation
- In relationship (N=73), Singles (N=105)

Participants completed multiple item measures of Mental Health<sup>1</sup> and Relationship Skills and single item measures of Conflict Management Skills<sup>2</sup>. Singles completed a measure of Healthy Relationships Beliefs and individuals in a relationship completed the Commitment<sup>3</sup> and Confidence<sup>4</sup> measures. All measures were adapted to utilize three response scaling.

Analyses were conducted separately for singles and participants in a relationship. The following process was used.

1. Repeated measures ANOVAs were conducted with each outcome variable to assess whether there were significant changes in the outcomes at baseline, post, and follow-up.
2. When significant changes were detected, post-hoc comparisons, using Bonferroni adjustments, were conducted to assess whether changes in outcomes were detected between baseline and post, post and follow-up, or baseline and follow-up.
3. A series of 3 X 2 mixed model ANOVAs were conducted entering each of the following variables as a between-subjects factor: gender, relationship duration (< or ≥ 6 mos), and relationship happiness.

*"It was very informative and it made me feel confident."*

KEY: ■ In relationship ■ Single ■ In relationship (happy) ■ In relationship (unhappy)

