

# An Examination of Prepare-Enrich Results Among

## Relationship Education Participants

Hillary Bravo, MA & Mary L. Pepper, MA

### Introduction

This research examines outcomes in the area of communication, conflict resolution, financial management, and relationship satisfaction. These outcomes are from couples who attended at least eight hours of relationship education in New Mexico through the Samaritan Counseling Center's Healthy Marriages demonstration grant from October 1, 2010 through March 31, 2011. Since beginning grant related activities, data collected every six months has consistently shown increases in all areas.

### Method

#### Sample

N = 70 married couples & 45 unmarried couples.

Of the unmarried couples, 19% were cohabitating, 12% engaged, and 2% dating.

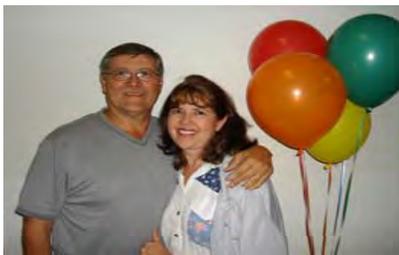
Pre and post tests were collected from all participants.

70% of participants indicated they were Hispanic; 23% Caucasian, 2% Bi-Racial, 3% Native American, 1% Asian, 1% African American, and 1% other.

Approximately half of all services are offered in Spanish.

23% of participants reported being TANF eligible.

All couples voluntarily agreed to complete the Prepare-Enrich inventory and completed at least 8 hours of relationship education using the Prepare-Enrich curriculum taught by a Healthy Marriages facilitator between October 1, 2010 and March 31, 2011. Each Relationship Potential course is delivered in six sessions over the course of six weeks.



Couple celebrates the completion of Prepare-Enrich curriculum

### Outcomes

#### Healthy Marriages Data Summary October 1, 2010 – March 31, 2011

Pre and post-test comparisons were run to evaluate if there were positive changes in Communication, Conflict Resolution, Financial Management and Overall Couple Satisfaction as measured on the Prepare-Enrich and Couple Checkup assessment (Larson & Olson, 2008).

#### Pre-Test versus Post-Test on Couple Scores (MARRIED COUPLES)

Couple Scores are based on the percentage of Positive (healthy) Agreement with the items in each scale by both partners.

A pre-test was run for 70 married participants and compared to a group of 70 who completed a post-test.

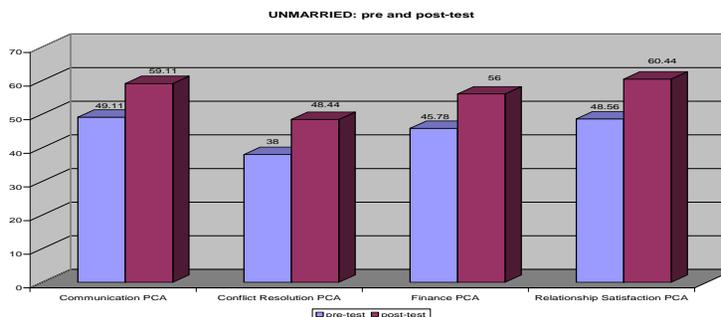
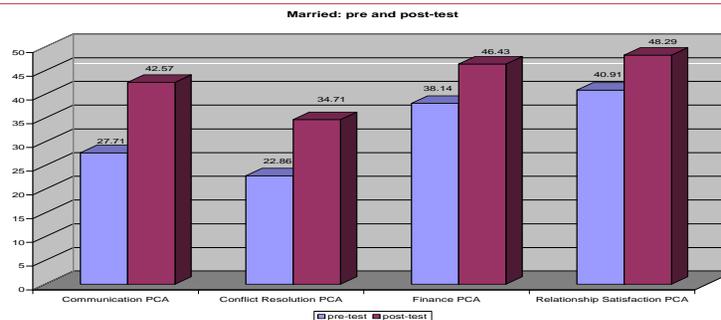
- The group mean on the Communication scale increased from 27.71 to 42.57 at the post-test.
- Couple Conflict Resolution scores increased from 22.86 at the pre-test to 34.71 at the post-test.
- Finance scores increased from 38.14 to 46.43 at the post-test.
- Couple Relationship Satisfaction scores increased from 40.91 at pre-test to 48.29 at the post-test.

#### Pre-Test versus Post-Test on Couple Scores (UNMARRIED COUPLES)

Couple Scores are based on the percentage of Positive (healthy) Agreement with the items in each scale by both partners.

A pre-test was run for 45 participants and compared to a group of 45 who completed a post-test.

- The group mean on the Communication scale increased from 27.71 to 42.57 at the post-test.
- Couple Conflict Resolution scores increased from 38.0 at the pre-test to 48.44 at the post-test.
- Finance scores increased from 45.78 to 56.0 at post-test.
- Couple Relationship Satisfaction scores increased from 48.56 at pre-test to 60.44 at the post-test.



**In Summary, this program demonstrates positive outcomes at the couple level for communication, conflict resolution, financial management, and overall relationship satisfaction for both married and unmarried couples.**

### One Couple's Story

Jessica and Hugo attended a relationship class offered in Spanish by Samaritan Counseling Center's Healthy Marriages program. Boldly, Jessica approached the instructor: "Me and my husband are going to divorce; I don't even know what we are doing here!" The instructor replied: "give yourself six weeks and go through this course, and then we'll see how it goes". Jessica and Hugo learned the necessary skills to improve their relationship. To this day, they are still together! Months later, at a different event, Jessica approached her instructor and told him: "your class helped us to stick together, thank you".



### Impact

In New Mexico alone, economists estimate that family fragmentation costs taxpayers \$230 million per year.

Children raised by never married mothers are seven times more likely to live in poverty than children raised by their biological parents. ([www.heritage.org](http://www.heritage.org))

Since 2006, Healthy Marriages has strengthened the relationships of over 1,000 couples in advanced level services. Preventative, educational services can make a tremendous impact on the well-being of the family.

*Our findings demonstrate that this low-cost curriculum can have a tremendous social and financial impact on couple relationships.*

Using the evidence based program Prepare-Enrich, paired with dedicated and talented facilitators, has enabled the Healthy Marriages program to impact hundreds of New Mexico families. Our vision is to contribute to a state where relationships are strengthened and children's lives are improved.

**HEALTHY MARRIAGES**  
A PROGRAM OF SAMARITAN COUNSELING CENTER AND NEW MEXICO COLLABORATIVE PARTNERS