FROM START TO FINISH: WORKSHOP, ONE-ON-ONE, AND YOUTH RELATIONSHIP DATA

Poster Session: OFA Grantee Conference 2011
VOW Healthy Marriage Program
Director: Tonya Waite
Assistant Program Director: Kenneth A. White
Evaluator: Tary J. Tobin, Ph.D.
One-on-One Couples: Five Couple Types – Prepare/Enrich

- **Vitalized** couples are usually the most satisfied with their relationship, skilled in communication and conflict resolutions.

- **Harmonious** couples also enjoy high levels of satisfaction across most areas of their relationship.

- **Conventional** couples are often highly committed to one another, but not as skilled in communication and conflict resolution.

- **Conflicted** couples have a lower level of satisfaction and often struggle with many areas of their relationship.

- **Devitalized** couples have the lowest level of satisfaction and have growth areas in almost all areas of their relationship.
One-on-One Couples: All Pre-Test Scores

Pre-Test Scores

- Vitalized: 211 (19.72%)
- Harmonious: 57 (5.33%)
- Traditional: 201 (18.79%)
- Conflicted: 332 (31.03%)
- Devitalized: 269 (25.14%)

Total: 1070

Married: 659 (61.59%)
Unmarried: 403 (37.66%)
Unreported: 8 (0.75%)
One-on-One Couples: All Post-Test Scores

Post-Test Scores

Vitalized 46.54%
Harmonious 9.63%
Traditional 23.55%
Conflicted 15.32%
Devitalized 4.95%

Vitalized – 498
Harmonious – 103
Traditional – 252
Conflicted – 164
Devitalized – 53
Total – 1070

Married – 659 (61.59%)
Unmarried – 403 (37.66%)
Unreported – 8 (0.75%)
One-on-One Couples: Pre-Test Devitalized Post-Test Scores

Pre-Test Devitalized - Post Test Scores

Vitalized – 46
Harmonious – 33
Traditional – 67
Conflicted – 75
Devitalized – 48
Total – 269

Married – 249 (92.57%)
Unmarried – 20 (7.43%)
One-on-One Couples: Pre-Test Conflicted Post-Test Scores

Pre-Test Conflicted - Post Test Scores

- Vitalized: 27.11%
- Harmonious: 12.65%
- Traditional: 34.34%
- Conflicted: 24.39%
- Devitalized: 1.51%

Vitalized – 90
Harmonious – 42
Traditional – 114
Conflicted – 81
Devitalized – 5
Total – 332

Married – 171 (51.51%)
Unmarried – 159 (47.89%)
Unreported – 2 (0.6%)
One-on-One Couples: Pre-Test Traditional Post-Test Scores

<table>
<thead>
<tr>
<th>Pre-Test Traditional - Post Test Scores</th>
<th>V vitalized 64.66%</th>
<th>Harmonious 4.48%</th>
<th>Traditional 28.86%</th>
<th>Conflicted 1.99%</th>
<th>Devitalized 0.00%</th>
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</thead>
<tbody>
<tr>
<td>Vitalized</td>
<td>130</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Harmonious</td>
<td>9</td>
<td></td>
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<tr>
<td>Traditional</td>
<td>58</td>
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<tr>
<td>Conflicted</td>
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</tr>
<tr>
<td>Devitalized</td>
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<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total</td>
<td>201</td>
<td></td>
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</tr>
</tbody>
</table>

Married – 109 (54.23%)
Unmarried – 90 (44.78%)
Unreported – 2 (0.99%)
One-on-One Couples: Pre-Test Harmonious Post-Test Scores

FROM START TO FINISH: WORKSHOP, ONE-ON-ONE, AND YOUTH RELATIONSHIP DATA

Pre-Test Harmonious - Post Test Scores

- Vitalized: 61.40%
- Harmonious: 28.07%
- Traditional: 5.26%
- Conflicted: 5.26%
- Devitalized: 0.00%

Total: 57

Married: 23 (40.35%)
Unmarried: 32 (56.14%)
Unreported: 2 (3.51%)
One-on-One Couples: Pre-Test Vitalized Post-Test Scores

Vitalized – 197  
Harmonious – 143  
Traditional – 10  
Conflicted – 1  
Devitalized – 0  
Total – 211

Married – 107 (50.71%)  
Unmarried – 102 (48.34%)  
Unreported – 2 (0.95%)
One-on-One Couples: Longitudinal Data

One-on-One Longitudinal Data

- Devitalized Pre Test
- Conflicted Pre Test
- Traditional Pre Test
- Harmonious Pre Test
- Vitalized Pre Test

Legend:
- Devitalized 6-Month
- Conflicted 6-Month
- Traditional 6-Month
- Harmonious 6-Month
- Vitalized 6-Month
Since 2009, VOW has educated over 1,740 couples in workshops. Couples enjoy the time with other couples and the relaxed environment.

In December 2010, VOW conducted online and phone surveys with couples who had participated in a VOW workshop. 180 couples responded to the survey. Some of the results of the survey are displayed in this section.

“The workshop is a great way to get couples to understand how to communicate better. Sometimes we forget about what we learned and have to reference the magnet that had the resolutions steps on it. If you do not keep the info easily accessible, it does make it easy to forget, esp. when disagreements occur.”

- Workshop Couple

VOW offers workshops almost every weekend for dating, engaged, and married couples. Individuals are welcome to participate as well.

Workshops are held in various venues: from church partners to local businesses and even school districts.
Workshop Couples: 6-Month Follow-up Survey

Since the workshop, we are better able to solve problems in our relationship.

- Strongly Agree – 73
- Agree – 80
- Not Sure – 13
- Disagree – 7
- Strongly Disagree - 5
Workshop Couples: 6-Month Follow-up Survey

Since the workshop, our communication about money has improved.

- Strongly Agree – 54
- Agree – 85
- Not Sure – 19
- Disagree – 15
- Strongly Disagree - 5
Workshop Couples: 6-Month Follow-up Survey

Since the workshop, we have noticed improvement in our financial situation.

<table>
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<tr>
<th>Response</th>
<th>Count</th>
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<td>Strongly Agree</td>
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<tr>
<td>Agree</td>
<td>71</td>
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<tr>
<td>Not Sure</td>
<td>38</td>
</tr>
<tr>
<td>Disagree</td>
<td>24</td>
</tr>
<tr>
<td>Strongly Disagree</td>
<td>5</td>
</tr>
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</table>
Workshop Couples: 6-Month Follow-up Survey

Since the workshop, our relationship with our children has improved.

- Strongly Agree: 48
- Agree: 59
- Not Sure: 6
- Disagree: 3
- Strongly Disagree: 2
Since the workshop, our overall relationship with each other has improved.

- Strongly Agree – 79
- Agree – 82
- Not Sure –
- Disagree – 7
- Strongly Disagree – 2
Soul Mate students are given a 50 question survey at the end of the 8-hour course. It is a retro-pre, post test survey with a 5 point scale:

1=Strongly Disagree; 2=Disagree; 3=Not Sure; 4=Agree; 5=Strongly Agree

The graph at the right displays results for five key items taught to youth.

Youth Survey Items:

**Danger in Relationships**
“I know warning signs of danger in relationships.”

**Budgeting**
“I know how to set up a financial budget.”

**Communication**
“I know how to speak assertively about my own needs without being inconsiderate of other’s needs.”

**Conflict Resolution**
“It is important to adjust my behavior to meet the relational needs of others.”

**Marriage Expectations**
“No one will meet all your expectations in a relationship; the key to your happiness is not in another person.”

Soul Mate is a youth relationship education curriculum taught in high schools and colleges.

Since 2007, VOW has taught Soul Mate to 20,434 students!
Soul Mate

Average Score on Five Youth Survey Questions Since 2009

<table>
<thead>
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<th>THEN</th>
<th>NOW</th>
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<tr>
<td>Danger in Relationships</td>
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<tr>
<td>Budgeting</td>
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<td>Communication</td>
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<td>Conflict Resolution</td>
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<tr>
<td>Marriage Expectations</td>
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<td>4.5</td>
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</tbody>
</table>
Not all couples that work with a mentor take an inventory. Of the couples who did take surveys:

62% of them improved their relationship in at least one area.

Marriage mentors first participate in the VOW Program as a couple. After successful completion of the curriculum, mentors are then trained to provide a direct impact on the community where they live.

VOW has trained over 170 mentors since 2007.

Mentors have helped 639 couples in East Texas since 2007.