



Family Wellness Program

OVERVIEW

Beginning in 1999, New Mexico State University (NMSU) Department of Family and Consumer Services has provided marriage and family strengthening services, including a five-year Healthy Marriage and a Responsible Fatherhood Demonstration Project which began in 2006. The aim is to take research-based programs to families to improve their quality of life. The program includes group classes, case management, development of a self-sufficiency plan (including work readiness), and referrals for follow-up services. The Strengthening Families Initiative provides programming at community sites where families spend their daily lives such as schools, WIC clinics, churches, community service meeting rooms, senior centers, and correctional facilities.

See [The Family Wellness Program at New Mexico State University](#) for more information.

Focus

Healthy Marriage and Relationship Education

PROGRAM DESCRIPTION

Target Population

Low-income Hispanic parents

Service Delivery Unit

Individuals and Couples

Curriculum

The Family Wellness Program uses [two curricula](#):

- Couples: The Strongest Link
- Survival Skills for Healthy Families

Dosage

2.5 hours per week for 12 weeks

Setting

Community-based Organizations

Location

Las Cruces, NM

Adapted and/or Created for Hispanic Population

Offered in Spanish

Demographics of Population Served

- 84% Hispanic
- 78% female; 22% male
- 72% highest education attained is at or below high school diploma/GED

PROGRAM EVALUATION

Evaluated Population

Participants who completed the program

Study Design

Pre-/post-test, follow-up immediately following program completion, no control group

Outcomes

Relationship skills; parenting skills; family functioning; awareness of and knowledge about intimate partner violence and child maltreatment; awareness of personal needs and knowledge about work readiness strengths and challenges; and referrals to and contact with community service providers.

Results

- *Relationship satisfaction*
 - Participants who completed the program reported significant positive increases
- *Communication skills*
 - Participants who completed the program reported significant positive increases
- *Conflict resolution*
 - Parents who completed the program reported significant positive increases
- *Family functioning*
 - Participants showed significant decreases in conflict and increased levels of organization within their families
 - Participants showed significant growth was also made in family flexibility and stress management
 - Participants reported significant positive improvements in parenting attitudes and skills
- *Awareness of child maltreatment*
 - Participants were significantly less likely to use corporal punishment as a method of discipline.
- *Work readiness*
 - Participants reported significant positive improvements in knowledge and skills in managing money and seeking employment

Results for Hispanic Subgroups

None reported



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