Healthy Relationships California

OVERVIEW
Healthy Relationships California (HRC) aims to increase awareness of, access to, and delivery of high quality healthy marriage and relationship programs through curricula designed for low-income families in California. The program provides families with skills and access to resources that support healthy marriages and relationships and promote economic stability and self-sufficiency. HRC has 14 partner organizations. HRC focuses on nine of the most populous low-income counties in California: Sacramento, Alameda, Monterey, Fresno, Los Angeles, San Bernardino, Riverside, Orange, and San Diego. Information in this profile pertains to an impact report that aggregated data across Healthy Relationship California’s sites over five years. See Healthy Relationships California for more information.

Focus
Healthy Marriage and Relationship Education

PROGRAM DESCRIPTION

Target Population
Low-income individuals and couples

Service Delivery Unit
Individuals and couples

Curriculum
16 curricula were included in the impact report:

- PAIRS Essentials
- World Class Marriage
- World Class Relationships
- World Class Communication
- Mastering the Mysteries of Love
- Ready for Love
- Stepping TwoGether
- The Third Option
- Within Our Reach
- 8 hours
- Connections
- Love U 2
- Healthy Choices
- Healthy Relationships
- PAIRS for PEERS
- Pick a Partner – No Jerks
- Raising Kids TwoGether

Dosage
Dosage varied by curriculum and by program site

Setting
Community-based Organizations

Location
California

Adapted and/or Created for Hispanic Population
Available in Spanish
Demographics of Population Served

- 54% of participants in the outcome evaluation study were Hispanic, with a majority of Mexican origin

PROGRAM EVALUATION

Evaluated Population

- Participants who attended HRC courses between 2007 and 2012
- 17,766 adults completed a pre-test in full or in part, and the responses from 17,407 participants were able to be used for analyses
- 43% of participants were male and 57% were female.

Study Design

- Pre-post-test, no control group
- 30-day and 6-month follow-up survey

Outcomes

Relationship satisfaction; Relationship Distress; Problem solving abilities; Communication skills

Results

- **Relationship satisfaction**
  - 60% of married participants were satisfied with their relationship after course

- **Relationship distress**
  - 52% of highly distressed married participants experienced a significant decrease in relationship distress
  - 49% of moderately distressed married participants became satisfied with their relationship

- **Problem solving abilities**
  - 74% of participants experienced increases in problem-solving abilities, with the mean score increasing by 22%

- **Communication skills**
  - 64% of participants reported improved communication skills, with the mean score increasing 22%
  - Unmarried participants from the lowest income bracket (under $15,000) increased their communication skills by 80%
  - Married participants from the lowest income bracket increase their communication skills by 67%

Results for Hispanic Subgroups

- **HMRE has an especially positive impact on Hispanic participants**
  - Relationship satisfaction increased by 44%
  - Communication skills increased by 68%
  - Problem-solving skills increased by 54%
**Program Contact Info:**
Shelece McAllister, M.S.
Communications and Research Specialist
Healthy Relationships California
1045 Passiflora Ave
Leucadia, CA 92024
760-436-3960
shelece@relationshipsca.org