



## 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; and 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%



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