

## Appendix A

HMRE Curriculum Summary Table

CURRICULUM	TARGET POPULATION	OVERVIEW OF TOPICS	ADAPTATIONS AVAILABLE	ACTIVITIES	DURATION	FACILITATOR TRAINING OPTIONS AND REQUIREMENTS
<a href="#">Active Relationships</a>	<p>Individuals ages 18 and up, couples, youth ages 12-18, and children ages 3-18 with a caregiver.</p> <p>Primarily serves seven populations: military, school/youth, fathers, Christians, Head Start population, Spanish speakers, and individuals who are incarcerated or re-entering into society</p>	<p>Focuses on topics such as communication, conflict resolution, emotion management, abuse prevention, defining and changing destructive behaviors, mindfulness, life skills, social skills, goal setting, responsible planning, dating safety, physical attraction, romance, commitment, and choosing wisely (predictors of relationship satisfaction)</p> <p>Additional content unique to some curricula: responsibilities toward children, family safety, blended/stepfamilies, parenting and healthy co-parenting, impact of prior relationships, financial management, and team building</p> <p>Content unique to the military curriculum: resilience and readiness, privacy of thoughts, depression and family safety, compassion and forgiveness, reintegration tools, healing emotional wounds, and ideas for staying close</p>	Spanish language versions or Christian versions of some curricula are available	Family, group, and team activities, such as games, races, and practical exercises	Ranges from 6-24 hours	Length of training varies by curriculum but typically 8-16 hours across 3 days-1 week
<a href="#">Basic Training for Couples</a>	Dating, engaged, or married African American couples	Focuses on increasing awareness of the benefits of marriage, improving communication and conflict management skills, and increasing commitment to relationship to lead to marital stability	Unknown	Assignments, homework, and weekly affirmations. Concludes with graduation	8 weeks	Unknown

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<a href="#"><u>Becoming Parents Program</u></a>	Couples expecting a child (married or unmarried not specified)	Focuses on reducing the predictable challenges of new parenthood by strengthening the couple's resilience, promoting self-care and community support, and bringing research about infant communication and development directly to parents	Adaptations available for low-income couples and Hispanic/Latino populations	Experiential learning exercises, individual workbook activities, couple activities, small-group discussion and activities, video clips, take-home activities, and practice opportunities	Designed as a series of modules, which may run at different lengths depending on the chosen module. Length of time ranges from 21-36 hours, with 32 hours as the most commonly used version	4-day training
<a href="#"><u>Connections: Dating and Emotions</u></a>	Grades 6-11	Focuses on relationship development, effective communication skills, awareness of destructive patterns, managing feelings, self-awareness, personal growth, emotion regulation, and interpersonal success	Unknown	Discussion, large- and small-group activities, lecture, PowerPoints, and workbook activities	15 sessions, 1 hour each	Training is not required
<a href="#"><u>Connections: Marriages and Relationships</u></a>	Grades 11-14	Teaches young adults the practical skills for creating – and sustaining – healthy, meaningful relationships. Major goals include the strengthening of self-awareness, self-confidence, and communication skills. Additionally, the lessons introduce issues such as roadblocks to relationships, building on individual strengths, how family experiences shape relationship expectations, communication and conflict resolution, life goals, love, commitment, and the realities of marriage	Unknown	Discussion, large- and small-group activities, lecture, PowerPoints, workbook activities, and engaging marriage experiential activity	20 lessons, 50 minutes each	Training is not required

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<a href="#"><u>Couple Communication</u></a>	Couples, including distressed couples	Focuses on communicating more effectively, making better decisions together, creating faster and better resolutions to conflict, and increasing satisfaction while strengthening the relationship	N/A	Brief didactic presentations, role-play, and homework exercises	Two options: (1) group setting with instructor; 4 sessions, 2-3 hours each, or (2) individual couple with instructor, often 6 sessions, 50 minutes each	2-day training
<a href="#"><u>Exploring Relationships and Marriage with Fragile Families</u></a>	African American couples	Designed to help romantically involved parents gain the knowledge and skills that can strengthen their relationships and provide a practical way for them to explore a healthy marriage. Specific topics include practical realities of marriage and understanding own perspectives toward relationship and marriage issues, conflict management, respectful communication, keeping love alive, commitment, and outlook of future	Unknown	Role-play in small groups of 6-10 couples	8 sessions	2-day training

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<a href="#"><u>Hold Me Tight®: Conversations for Connection</u></a>	Couples (married or unmarried not specified)	Focuses on seven topics: (1) identifying negative and destructive remarks to get to the root of the problem; (2) learning to look beyond immediate, impulsive reactions to identify raw spots being hit; (3) de-escalating conflict and building emotional safety; (4) increasing partner accessibility, emotional responsiveness, and deep engagement with each other; (5) forgiveness; (6) emotional connection through sex; and (7) being mindful to maintain connection	Workshop content is available in 16 languages  Versions available for parents and their teenage children, Christian couples, and partners facing cardiac disease  Online version available	Teaching segments, video clips from experts, quizzes, video clips of couples, conversation exercises, home exercises, and supportive text messages  Workshops supplement book: <i>Hold Me Tight: Seven Conversations for a Lifetime of Love</i>	8 sessions, 2-3 hours each, usually held over a 2-day period  Can be implemented over the course of 10 weeks	Training is not available or required, although a facilitator's guide is available  Although not required, most facilitators are trained in Emotionally Focused Therapy (EFT)

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<a href="#"><u>Love Notes 3.0 Classic</u></a>	At-risk youth and young parents, ages 14-25	Focuses on knowing oneself; forming and maintaining healthy relationships; frameworks for assessing relationships and making decisions; recognizing unhealthy relationships and warning signs; effective communication skills and conflict management; intimacy and sexual values; pacing relationships; consent and planning for sexual choices; unplanned pregnancy and impact on child of turbulent relationship; co-parenting relationships; identity development; how the order of school, commitment and babies impact future; and optional bonus content on impact of technology on relationships and sexting	Sexual Risk Avoidance; (SRA) Love Notes 3.0 Classic - Evidence Based Program Model (EBP); Love Notes SRA EBP  Adaptations are available  Also has a list of allowable and unallowable adaptations	Complete lesson plans, PowerPoint slides, popular media and lively activities (drawing, sculpting, skills practice, role-plays, stories, films, and music), and trusted adult-teen activities	13 sessions, 1 hour each (Total: 13 hours)  1-hour bonus lesson on technology and social media	Training is required for the Evidence Based Programs; 3-day training includes curriculum overview and explanation of theory of change, in-depth lesson-by-lesson examination, hands-on use of the curriculum's essential teaching tools, and examples of the flexibility of curriculum implementation
<a href="#"><u>Love's Cradle</u></a>	Low-income, unmarried couples with children	Focuses on relationship education skills, conflict management, trust, marriage, money, complex family relationships, and deals with issues of coupleship and adjustment to parenting	Unknown	Small group discussions and spiral learning technique (repeated lessons with increasing complexity)	16-hour core program and 10 booster sessions	3-day training or Relationship Enhancement skills session, leadership, and supplemental topics

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<a href="#"><i>Loving Couples, Loving Children</i></a>	Low-income, unmarried couples who are expecting a child	General content areas are relationships, parenting, and poverty.  Provides participants with (1) tools and skills that will improve their relationships with each other and their children; (2) a respectful environment to support individual learning; and (3) opportunities to explore and build on personal experiences	Adaptation available for couples experiencing episodes of situational domestic violence	Videotaped “talk shows” of interviews with low-income couples, group discussions, brief teaching by facilitator, and exercises related to each week’s topic	21 weekly sessions; 2 hours each (Total: 42 hours)	Facilitators must be trained; details of training unknown
<a href="#"><i>Mastering the Mysteries of Love</i></a>	Couples who are married (newly or for a long time), seriously dating, cohabiting, or engaged	Teaches couples in stable relationships how to use relationships skills to deepen their love by forming new habits while solving current relationship issues	Adaptations for stepfamilies, sacramental love, and parenting skills	Group discussions, DVD, role-play, and practice activities	16 total hours that can be taught in: (1) 8 evening sessions, (2) 1-day program plus four evening sessions, or (3) 2-day program	Training information unknown; provides Leader’s guide with instructions
<a href="#"><i>OurRelationship</i></a>	Can participate as a couple or an individual but must be in a relationship	Communication, emotional distance, trust, infidelity, and resolving arguments related to money or parenting	Available in Spanish	Online lessons delivered primarily via videos with coach calls during the day, evening, and weekends	Approximately 7-8-hours over a 2-month span; however, participants can move through the program their own pace.	6-hour training either in-person or remote with additional supervision

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<a href="#">PICK (Premarital, Interpersonal, Choices and Knowledge) a Partner</a>	Intended for singles of all ages (middle school-elderly)	Teaches two main points: (1) how to pace the development of a relationship in a healthy way, so that the “love is blind” syndrome is avoided; and (2) five areas to get to know about a partner that accurately predicts what they will be like in a long-term relationship	Available in Spanish and Mandarin  Small group video discussion format  Workbooks available for military individuals, young adults, and Christians	Lecture with video clips to assist in the teaching sections, large group discussions, small group breakout activities, discussion groups, and workbook reviews of current relevant research	Approximately 90-minute sessions (Total: about 8 hours)	No formal training but two ways to receive certification: (1) attend live certification seminar, or (2) review Instructor’s Certification Packet and pass an online test
<a href="#">PREP 8.0</a>	Couples, both married and unmarried, attending with a partner	PREP 8.0 is the most current adaptation of PREP’s couple curricula, succeeding <i>Within Our Reach</i>  Focuses on strategies and skills for healthy relationships, including effective communication, conflict management, warning signs of damaging patterns, awareness building around intimate partner violence, deepening commitment, maintaining fun & friendship, stress & anger regulation, expectation setting, and decision making as a team	Will be available in Spanish in 2020  ePREP, a self-led, online version is available for couples  PREP for Strong Bonds, a military-based version  Adaptations available for singles, Christians, workplace skills, singles in the military, incarcerated men, and men re-entering society after incarceration	Individual, couple, small- and whole-group activities, discussions designed to practice and improve skill and strategy acquisition, videos of real couples, and lecture videos to enhance teaching and learning	12 modules, 1 hour each (Total: 12 hours)	3-day training  Flexible training models available upon request, as well as technical assistance for continuous quality improvement

CURRICULUM	TARGET POPULATION	OVERVIEW OF TOPICS	ADAPTATIONS AVAILABLE	ACTIVITIES	DURATION	FACILITATOR TRAINING OPTIONS AND REQUIREMENTS
<a href="#">Prepare/Enrich Relationships Assessment</a>	Couples, married or unmarried	Helps couples explore strength and growth areas, strengthen communication skills, identify and manage major stressors, resolve conflict, develop a more balanced relationship, explore family of origin issues, discuss financial planning and budgeting, establish personal, couple, and family goals, and understand and appreciate personality differences	Standard assessment includes satisfaction in 12 relationship categories. Additional versions designed for marriage and education enrichment, parenting, pre-adoption/ foster care, and Catholics	Small group activities	45-minute online survey and 4-8 feedback sessions	Attend 6-hour live workshop or 6-hour online training
<a href="#">Relationship Smarts PLUS 4.0</a>	Adolescents, ages 12-16	Focuses on increasing self-awareness; forming healthy relationships; problems, warnings, and dangerous relationships; communication and conflict; intimacy and sexual decisions; how the order of school, commitment, and babies impact the future; and correcting faulty beliefs around social media, sexting risks, online porn	Sexual Risk Avoidance (SRA) adaptation available	PowerPoint presentations, youth produced films, activities (drawing, sculpting, skills practice, role-plays, stories, films, and music), and parent-teen activities	13 sessions, 1 hour each (Total: 13 hours)	Training is available. 3-day recommended training includes curriculum overview and explanation of theory of change, in-depth lesson-by-lesson examination, hands-on use of the curriculum's essential teaching tools, and examples of the flexibility of curriculum implementation



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<a href="#"><i>Smart Steps for Stepfamilies</i></a>	Remarried or partnered couples and their children (ages 6-17)	Focuses on stepfamily myths, realistic expectations for adults and children, stages of stepfamily development, legal issues, finances, defining roles and rules, developing empathy, understanding child development, stepparent-stepchild relationships, communication with child's other parent, and building respectful and caring relationships	Available in Spanish	Informational presentations, group discussion, and multi-media use  Children and adults attend parallel sessions and partake in joint activities together at end of session	6 sessions, 2 hours each (Total: 12 hours)	Unknown
<a href="#"><i>Together We Can: Creating a Healthy Future for our Family</i></a>	Co-parenting single parents	Five goals: (1) prepare unmarried parents to set goals and create a healthy future for their children; (2) help unmarried parents establish a positive co-parenting relationship; (3) ensure ongoing involvement of both parents, especially the father, in children's lives; (4) encourage ongoing payment of child support and other supports by non-custodial parent; and (5) prepare unmarried parents to make healthy decisions with their child	Adaptations are in development; details unknown  Most classes start with two lessons in the first module to set the stage for the series. Then, lessons may be used in any order based on need and interest	Mini-lectures and experiential activities	24 lessons, 60-90 minutes each, organized in 6 modules	No training required

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<a href="#"><i>Within My Reach</i></a>	Individuals attending alone; can be single or in a romantic relationship	Focuses on healthy relationship strategies and skills including prioritizing safety for self and children, skillful talking and listening, warning signs of damaging patterns, exploring personal needs and expectations, safety strategies for relationship violence, the chemistry of love, forgiveness and infidelity challenges, blended family considerations, relationship decision making, and understanding personality differences	Available in Spanish	Individual, small- and whole-group activities and discussions designed to practice and improve skill and strategy acquisition, videos of people, and lecture videos to enhance teaching and learning	Flexible 14-hour format, with a recommended run-time between 8-14 hours	3-day training  Flexible training models available upon request as well as technical assistance for continuous quality improvement
<a href="#"><i>Within Our Reach</i></a>	Couples (married or unmarried not specified)  Has been implemented with economically disadvantaged populations	This PREP curriculum empowers couples to replace communication danger signs with proactive strategies for respectful talking and listening. It explores sharing fun and satisfying intimate needs by working as a team to nurture and support each other; managing stress and reducing the negative effects of stress on a relationship; recognizing and communicating issues and expectations; planning for the future; understanding the impact of past experiences on a couple's future; and acknowledging long term satisfaction through commitment	Available in Spanish  8-hour format available	Small-group and whole-group activities and independent work	Flexible format (2-32 hours), 16 units, suggested 110 minutes each  Recommended dosage between 8-12 hours	3-day training, 8 hours per day

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## Appendix A References

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## CONNECTIONS: RELATIONSHIPS AND MARRIAGE OR DATING AND EMOTIONS

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## COUPLE COMMUNICATION

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## EXPLORING RELATIONSHIPS & MARRIAGE WITH FRAGILE FAMILIES

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## LOVE NOTES 3.0 CLASSIC

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## PREPARE/ENRICH RELATIONSHIPS ASSESSMENT

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