



Supporting Healthy Marriage

A National Study of the Effects of Healthy Marriage on Couples and their Children

Why Support Healthy Marriage?

- ❖ 1.2 million divorces nationally each year (80,000 in Florida) resulting in \$30 billion in divorce related costs
- ❖ 92 percent of Floridians believe that a happy, healthy marriage is an important thing in life
- ❖ Research shows benefits of healthy marriages to adults and children, such as, higher incomes, healthier coping skills, & higher grades

What is the Supporting Healthy Marriage (SHM) Program?

- ❖ A national demonstration and evaluation of the effects of marriage education on low-income, married couples and their children
- ❖ Conducted in eight sites including Florida, Kansas, Pennsylvania, Texas, New York, Oklahoma, and two sites in Washington (State)
- ❖ Funded by the Administration of Children and Families of the U.S. Department of Health and Human Services

Random Assignment

The UCF Marriage and Family Research Institute will intake 800 low-income, married couples over 3 years. Each couple will be randomly assigned into either the program group (400 couples) to receive supporting healthy marriage services or the control group (400 couples) to receive no supporting healthy marriage services. Random assignment ensures a clear comparison between the couples and their children who receive services and couples and their children who do not.

What Services will SHM Provide?

Each couple assigned to the program will receive three types of services for 12 months:

- ❖ **30 hours of Marriage Education Classes** using the Practical Application of Intimate Relationship Skills (PAIRS) curriculum in 12 two and one-half hour sessions to 1) Promote effective communication, 2) Strengthen connecting and confiding, 3) Promote effective decision making and conflict resolution, and 4) Strengthen social and family support.
- ❖ **Family Support Coordination (FSC)** to 1) Reinforce curriculum learned in classes; 2) Help couples overcome obstacles to program participation; and 3) Reduce daily stressors for couples through participant supports and access to community resources.
- ❖ **Extended Marriage Activities** to facilitate couples' quality time together, provide an opportunity for couples to interact with other program participants and develop support networks, and give couples a chance to practice relationship education skills learned (for example: date nights, dance lessons, movie nights, Dad's Group, Mom's Group).

Refer Someone Today!

Do you know a couple who...

- ❖ Is 18 years or older? Yes No
- ❖ Is married? Yes No
- ❖ Has a biological/adopted child under 18 living with them? Yes No
- ❖ Did you answer **yes to all three?** Yes No

Refer Today at 407-823-1748 or Online at www.ucfcounselored.org/families