The Healthy Relationships Program (HRP)

Preventing Teen Dating Violence and Promoting Mental Health through Relationships

What is the HRP?

- Small group program that builds social and emotional competencies and reduces violence and related risk behaviours
- Designed to be implemented in educational or community organization settings
- Can be delivered as 16 one-hour sessions or 8 double sessions
- Uses same strategies to teach healthy relationships skills as the evidence-based Fourth R classroom programs
- Emphasis on promoting positive mental health
- Teaches skills such as: communication; how to give an apology; help-seeking for yourself or a peer; responding to peer pressure; safety planning
- Used widely in a national implementation study from 2014-2017 and stakeholders identified a need to develop more tailored versions to address risk and protective factors of specific groups

What are the impacts of the HRP?

- Evaluation in a national implementation study showed decreases in depressive symptoms
- Small randomized controlled trial found decreased bullying victimization and increased help-seeking
- Same study showed reduced cannabis use among most vulnerable youth
- Feasibility and pilot work with HRP-E has documented many perceived benefits
- Pilot study with HRP for LGBT2Q+ Youth identified significant benefits for youth based on focus groups with youth and educators

Project Objectives

1. Work with partners to fill gaps in programming and evaluation for specific populations that are at increased risk for TDV
2. Do it where youth are already engaged and in a way that fits for the organizations that engage them
3. Share what we learn and build the field
PROJECT BY THE NUMBERS & ACTIVITIES

2600 youth will participate in evidence-informed programming
3 health units
1 territorial ministry
10 community organizations
4 mixed methods feasibility and impact studies

4 adapted and enhanced versions of the HRP
provide training and resources to 540 facilitators and 875 pre-service educators
12 school boards
1 Children’s Aid Society
2 evaluations with comparison groups and follow-up

HRP-Enhanced
- Enhanced to include trauma-informed lens and address higher risk behaviour
- Training and support for educators and community organization staff to implement the program (both for HRP-Enhanced and original HRP)
- Provide training through Faculty of Education pre-service programs
- Explore service delivery feasibility through youth justice and child protection agencies
- Conduct evaluation with 30 intervention groups and 30 comparison groups using pre-post, and 3-month follow-up design

HRP for LGBT2Q+ Youth
- Identity affirming approach that addresses specific challenges like navigating the coming out process
- Provide training and implementation support
- Continue to develop locally
- Pilot in Calgary then dissemination in rural Alberta
- Training and implementation support across Northwest Territories
- Provide training through Faculty of Education pre-service programs
- Evaluation with Peel District School Board (15 GSA’s with program and 15 without; pre-post and 3 month follow-up design

HRP for Newcomer Youth
- Work with local and national partners
- Develop preliminary version
- Small pilot and collect data
- Next steps based on success of pilot

Knowledge Mobilization
- Implementation coaching and support
- Web-based tools
- Range of academic and practitioner papers and summaries
- Translation of additional manuals and materials into French

HRP for Indigenous Youth
- Build on success of our mentoring program
- Start locally – explore different implementation options
- Feasibility and pilot study
- Locally-relevant versions for Northwest Territories and Thunder Bay

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