

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

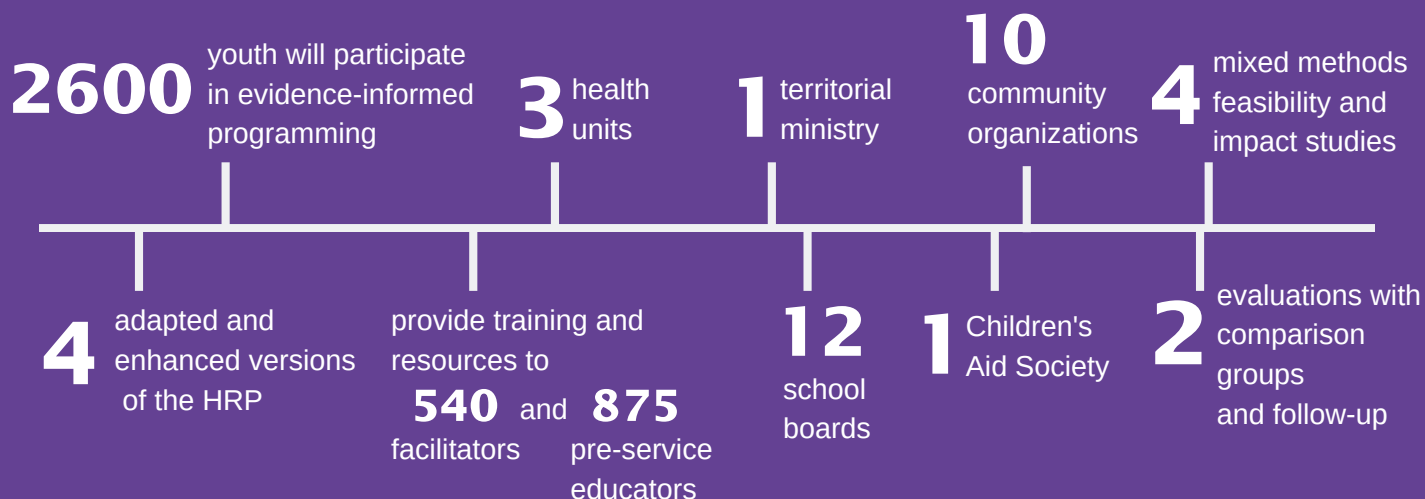
What are the impacts of the HRP?

- ✓ 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



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 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 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 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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