



By the Numbers

2002-2020

The 18-year history of Healthy Marriage & Relationship Education (HMRE) efforts throughout Alabama began in 2002 with early coalition building, strategic planning meetings, and state and federally funded pilot projects.



In total, the AHMREI has been awarded over **\$45 million** through competitive grant opportunities, mostly from the U.S. Department of Health and Human Services, Administration for Children and Families



Over **61,000** individuals were served through HMRE programs



\$11,394,280 of the grant awards were subcontracted to grass-roots organizations and social service agencies for capacity-building and HMRE program delivery



Couples report **significant improvements** over 1 year in their *couple relationship skills* after HMRE compared to a control group*



208 part-time and full-time jobs created at AU and around the state, many in high-need areas

8% of adults reported "leaving a relationship that was emotionally unhealthy or abusive"

75 Auburn University graduate research assistants funded through tuition coverage and a stipend 



Parents' participation in HMRE programs had a positive "spillover" effect on pre-school children's social competence 1 year later ++



Over **80** published research articles and **250+** conference presentations on HMRE implementation methods and evidence of effectiveness and impact

6% reported "leaving a relationship that was physically unhealthy or abusive"*



Over **38,000** teens at 36 Alabama high schools participated in multi-session HMRE classes

Over **23,000** adults participated in multi-session HMRE community-based programs

Programs and additional support services reached citizens in **77% of Alabama's counties** through strategic community and inter-agency collaborations



Over **3,000** in-person HMRE program series hosted



89 AU undergraduates were trained and taught evidence-based programs to 1,985 high school youth

13% of youth reported "leaving a relationship that was emotionally unhealthy or abusive"



929 couples participated in a random control trial study of program impact*

Response rates were above 80% at each of the five data collection timepoints over a 2-year period

9% reported "leaving a relationship that was physically unhealthy or abusive"*

Couples report **significant improvements** over 1 year in their *family harmony* after HMRE compared to a control group* 



Over **250** AU undergraduates have participated in learning experiences in research and outreach

128 teens & 334 adults representing 126 agencies attended the 2010 Alabama Teen Summit



98% of couples
97% of adult individuals
96% of youth reported that the HMRE programs helped them "a lot" or "some"*



Developed 3 innovative and evidence-informed multi-session HMRE curricula

1,666 adults participated in HMRE programs offered at correctional facilities (845 men; 821 women)



5,500

free copies of *Healthy Relationship Wheels* distributed

111,025

free copies of the *Alabama Healthy Marriage Handbook* distributed

21,640

free copies of the *Raising Your Child Together* handbook distributed

35 teens established a Teen Advisory Board in 2008 to produce youth-focused healthy relationship education theatre

250+ Community Educators facilitated programs via AU, 15 Family Resource Centers, and 10 Alabama Cooperative Extension System Agents

94% of couples
88% of adult individuals and 96% of youth completed at least 50% of classes



Youth and adults participated in an average of 9 hours of programming



746 adults participated in 47 distance learning HMRE program series during 2020 pandemic

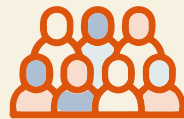


Youth report significant positive shifts in knowledge and use of healthy relationship skills (e.g., kindness and understanding) with parent-adolescent and dating relationships +



276 individuals from 79 local agencies attended the 2009 HMRE State Conference
234 people from 55 local agencies attended the 2007 State Conference

Over 450 state and local agencies sent a representative to HMRE professional development conferences



Participants were racially diverse

Adults:
53% White
40% Black
7% other racial minority

Youth:
50% White
40% Black
10% other racial minority

Adults' level of education was diverse:
19% no high school
29% high school or GED
34% some college
18% bachelor's or more



71% of adult participants were parents



36% of adult participants reported being a stepparent



Partnered with over 150 state and local agencies to expand access to HMRE resources

The average participant reported a combined household income of between \$25,000-\$39,999

"Word of mouth" from past participants, family, and friends was the #1 reason adults participated in HMRE



Women in relationally distressed couples show greater improvements in depressive symptoms and couple quality after program participation compared to women in stable relationships+++

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*During 2015-2020 AHMREI grant cycle
+Rice, McGill, & Adler-Baeder (2016)
++Adler-Baeder, Garneau, Vaughn, McGill, Harcourt, Ketring, & Smith (2018)
+++McGill, Adler-Baeder, Bradford, Kerpelman, Ketring, & Sollie (2016)