

HEALTHY RELATIONSHIPS CALIFORNIA

THE CASE FOR
**RELATIONSHIP
EDUCATION**

CREATING SOCIAL BENEFIT THROUGH SKILLS TRAINING

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THE CASE FOR
**RELATIONSHIP
EDUCATION**

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Table of Contents

I. INTRODUCTION	1
How did Relationship Education develop?	
What is Relationship Education?	
What does Relationship Education cost?	
What is the evidence for the effectiveness of Relationship Education?	
II. RESEARCH ON IMPACT OF FAMILY BREAKDOWN ON HEALTH, VIOLENCE AND POVERTY	7
III. RESEARCH ON IMPACT OF FAMILY BREAKDOWN ON SCHOOL ACHIEVEMENT	11
IV. RESEARCH ON IMPACT OF FAMILY BREAKDOWN ON ADOLESCENTS	12
V. RESEARCH ON IMPACT OF FAMILY BREAKDOWN ON FATHER INVOLVEMENT	15
VI. RESEARCH ON IMPACT OF FAMILY BREAKDOWN ON PRODUCTIVITY AT WORK	17
VII. POTENTIAL COST/BENEFITS FROM RELATIONSHIP EDUCATION	18
Estimates of Financial Impact of Family Problems Across Society	
Impact on the Family and Social Services	
Impact on the Workplace	
Impact on Government	
Estimates of Potential Economic Benefit from Relationship Education	
RE for Couples	
RE Programs for Youth	
VIII. ADDITIONAL SOCIAL BENEFITS OF RELATIONSHIP EDUCATION	21
IX. STAKEHOLDERS	22
Schools	
The Workplace	
Counseling Centers and Health Care Institutions	
Faith-based Organizations	
Judicial System – County Courthouses/Divorce Lawyers/Judges	
Government	
Foundations and Private Donors	
X. INVESTING IN SOCIAL CHANGE	24
APPENDIX A: RESOURCES	25
APPENDIX B: SAMPLE LIST OF RELATIONSHIP EDUCATION CURRICULA	27
REFERENCES	29

I. INTRODUCTION

The Case for Relationship Education is written to increase understanding about Relationship Education and its potential for creating beneficial social change which is especially important at a time when America can no longer afford costly reparative endeavors. Because Relationship Education holds considerable promise as a cost-effective preventive means for ameliorating a wide range of social concerns, this paper will explore the ramifications of moving to scale with Relationship Education across America's educational, social and cultural institutions.

Relationship Education (RE) is a comprehensive term describing a skills-based educational approach that has developed somewhat below the radar screen and has gained momentum in recent years, establishing a promising track record that positions the field as having significant potential to impact a wide range of social problems. While government leaders, foundations and philanthropists traditionally direct resources toward a wide range of costly reparative programs helping address problems caused by family breakdown and its multi-level impact on children, youth, families and communities, RE offers an appealing and cost-effective preventive approach from which participants take immediate value that can redound throughout their lives, the lives of their family as well as the greater community. As a result, RE yields an outstanding return on investment against costly and seemingly intractable social problems.

How did Relationship Education develop?

Relationship Education can likely trace its origins to London's Marriage Guidance Council, founded in 1938 by "doctors, psychologists, parsons, educationists, social workers and others",¹ including marriage counselor Dr. David Mace. Mace later became president of the American Association of Marriage Counselors and founded the Association of Couples for Marriage Enrichment (ACME), an organization now known as Better Marriages. Recognizing that expressions of anger can interfere with love and disrupt marital relationships, Mace focused new awareness in the U.S. on the notion

of marriage enrichment through workshops on topics such as "Achieving Your Marriage Potential" and books such as *Getting Ready for Marriage* and *Marriage: The Art of Lasting Happiness*.

In the 1950s and 60s, privately supported, grassroots RE programs were developed and promoted by psychologists, educators and clergy.² Since that time, comprehensive research studies have increased understanding about the behaviors associated with relationship success and those associated with relationship failure, a wide range of RE programs has been developed and outcome research conducted on the impact of Relationship Education. Meanwhile, Federal funding from the U.S. Department of Health and Human Services/Administration for Children and Families—initiated in the Clinton Administration and continuing through Presidents G.W. Bush and Obama—has helped launch a network of nonprofit organizations offering RE throughout the country. As a result, a recent statewide survey in California found that 22% of respondents had at some point participated in a Relationship Education program other than Premarital education or counseling.³

Yet, despite the range of Relationship Education programs now available, emerging knowledge on causal factors associated with relationship outcomes and increasing access to programs, the field of Relationship Education remains largely undiscovered and is often confused with marital counseling, which is a related but distinct discipline. This confusion may also contribute to the misperception that Relationship Education—which includes Marriage Education programs—is only for those whose relationships are troubled.

While for practitioners such misperceptions may be cast as mere advertising challenges, today's era of government shortfalls and reduced foundation funding brings urgency to increasing awareness about Relationship Education because these skill-based programs show significant promise as cost-effective, preventive interventions against a wide range of problems straining public coffers. Because it is within the family that health or illness is largely created, where behaviors and habits are learned and reinforced and children's destinies are shaped, RE interventions that impact the family are aligned with many social factors that shape our communities, states and nation.



David and Vera Mace, co-founders of the Association of Couples for Marriage Enrichment. Photo courtesy of Better Marriages.

These social factors, which will be addressed in this monograph, include the following:

- Physical and Mental Health
- Educational Outcomes for Children
- Domestic and Sexual Violence
- Drug and Alcohol Abuse
- Teen Sexual Activity, Pregnancy and Unwed Births
- Father Involvement and Fatherlessness
- Productivity at Work
- Crime and At-Risk Behaviors
- Poverty
- State and Federal deficits

Because of the tremendous implications of these social factors across the fabric of our society and because Relationship Education programs hold significant promise as cost-effective preventive interventions against these and other components of social breakdown, this monograph intends to underscore the relationship between RE and these social factors, identify in broad strokes the potential return on investment that can be derived from RE programming, and raise awareness about RE as a preventive approach with promise for decision makers, philanthropists and others concerned with creating and sustaining healthy families, healthy communities and a healthy society.

What is Relationship Education?

Relationship Education (RE) refers to educational programs conducted in a group setting that teach individuals and couples a variety of skills, attitudes and behaviors that are associated with being able to form and sustain healthy relationships. RE is an all-encompassing term with sub-categories including Youth Relationship Skills Training, Premarital Education, Marriage Education, Parenting Training, Fatherhood Training, Conflict Management Skills, Relationship Skills for the Workplace, etc.

Typically 8-16 hours in length, with the range being 1-24 hours or more, RE courses come in a wide array that target individuals and couples across important ages and stages of relationships and life.

Program instructors teach from a prescribed curriculum that generally includes multiple teaching modalities, with a typical format being instructor lecturette followed by demonstration, then skill practice between pairs/couples or small groups of participants, then debriefing and further coaching. Classes typically have 15-30 participants but may be as small as 6-8 or as large as thousands of participants.

The content of Relationship Education varies across the target population for which a program is directed in

regard to the range of subjects, the level at which the subject matter is taught, and the amount of skill practice. In addition to specific topics for each target population, RE programs typically include age-appropriate instruction and skill practice in foundational communication skills such as Active Listening, Non-blameful Confrontation, and Problem-Solving Skills.

Unlike marriage counseling, most Relationship Education courses are designed primarily as preventive skills-based programs for healthy individuals and couples, yet many Marriage Education curricula show efficacy for couples in troubled marriages. Although not typically requiring a professional degree, many RE programs are taught by professionals such as Marriage and Family Therapists, Psychologists, Counselors, Clergy, Educators, and Corporate Trainers, while some are led by those with no formal professional training. RE programs typically require instructor training certification for the person teaching the curriculum, though some curricula are teach-out-of-the-box courses, often DVD-based. There are as well RE programs using emerging technology such as Pod casts, online courses, teleconferences and Webinars.

Curricula are available in several languages—most commonly English and Spanish—with some of the most prominent programs also available in Chinese, Korean, French, Italian, Dutch, German, Vietnamese, Hmong, Armenian, Farsi and other languages. Some curricula are also adapted to serve varying income, educational and cultural demographics.

What does Relationship Education cost?

RE costs vary across curricula and the range of venues where the programs are offered and are generally significantly less expensive than marital counseling or therapy because services are provided for groups of participants rather than just one individual or couple at a time.

Program delivery costs may or may not include instructor training, instructor materials and teaching time, participant materials, various marketing, advertising and outreach activities, venue, food, childcare, registration and administrative costs. Because many RE programs are offered through nonprofit organizations, program costs may be subsidized or even fully covered by the sponsoring organization and offered at little or no cost to participants. In-kind contributions can significantly reduce program delivery costs for nonprofit RE program providers that benefit from various forms of community sponsorship and support, even volunteered time by instructors teaching the programs.

To quantify and calibrate the cost of RE program delivery, Healthy Relationships California developed a model that has been emulated by other organizations known as *\$/MESH*, standing for Cost per Marriage Education Service Hour. Based on a two-year survey among nonprofits delivering RE programs, Healthy Relationships California found that a well-run service provider can deliver quality RE programs for approximately \$20 per MESH⁴, a cost level significantly below that of marriage counseling (often \$100 or more per hour) and other types of remedial intervention.

What is the evidence for the effectiveness of Relationship Education?

Eight meta-analytic studies, comprehensive statistical comparisons of data from hundreds of research studies on the impact of Relationship and Marriage Education, were published between 1993 and 2010, and these reflect an impressive amount of research on the impact of RE. Significant evidence was found across these studies of the positive impact of RE on participants' lives. Typical program effects include participants' acquisition of communication and conflict resolution skills, increases in relationship satisfaction, and reduction in incidence of destructive behaviors including domestic violence.

These meta-analytic research findings on Relationship Education, including Marriage and Couples Education programs, are summarized below:

Couples Thrive from Skills Taught

A meta-analysis of over 100 studies on the impact of Marriage Education found clear evidence that ME programs work—"to reduce strife, improve communication, increase parenting skills, increase stability, and enhance marital happiness." Researchers conclude that "...Marriages can do more than merely survive: They can also thrive when couples learn the skills to make their relationship work."⁵

Communication Improves for Couples

In a meta-analysis on 117 studies... Marriage and Relationship Education (MRE) was found to produce "significant, moderate effect sizes on two different outcomes commonly examined—relationship quality and communication skills. More over, when follow-up assessments were employed and evaluated, there was not much evidence of diminishing effects... Thus, it seems reasonable that federal and state policy makers are interested in

exploring whether greater availability of MRE services can help more couples form and sustain healthy marriages."⁶

Relationship Quality Higher

A meta-analysis of 20 different Marriage Education curricula across 85 studies involving 3,886 couples found an average positive effect size of 0.44, indicating that the average couple participating in any one of the Marriage Education programs studied improved their behavior and quality of relationship so that they were better off than more than 2/3 of the couples that did not participate in any Marriage Education program.⁷

Key Areas for Marriage Success Improve

A meta-analysis of 16 studies observed meaningful program effects with regard to gains in communication skills, marital satisfaction, and other relationship qualities. The average couple after taking the Marriage Education training was able to out-perform 83% of couples who had not participated in the program in the critical area of marital communication.⁸

Marital Outcome Scores Higher

In a meta-analysis of studies on the relationship between Marriage Education programs and problem-solving skills, marital conflict and marital satisfaction, 12 of the 13 studies found significant differences favoring couples who received the treatment, with the mean effect size being .80 of a standard deviation. Across all marital outcomes, the typical couple who received Marriage Education scored higher than 79% of the couples who did not.⁹

Marriage and Relationship Education Works

In a review of 97 Marriage and Relationship Education (MRE) reports that yielded 143 distinct evaluation studies, researchers concluded that MRE "appears to be capable of functioning as universal, selective, and indicated prevention", results described as "encouraging" because they address the dilemma about how to balance the need for universal prevention programs provided to all interested individuals with the need for selective or indicated prevention programs designed to serve more at-risk or distressed individuals. In answering the question "Does MRE work?", the researchers conclude "There is mounting evidence that, in general, it does", both as a universal preventive and also as a selective or indicated intervention.¹⁰

Engaged Couples Gain Skills Associated with Good Marital Outcomes

In a review of 47 studies on premarital education programs, researchers concluded that premarital education programs “appear to be effective at improving couple communication, with studies that employed observational measures rather than self-report measures producing larger effects.” Researchers concluded that “an emphasis on teaching communication and problem-solving skills is justified. The evidence is that couples learn these skills and basic research confirms that premarital communication skills are positively associated with good marital outcomes.”¹¹

High Risk Couples Improve Relationship Quality

In a meta-analysis of 15 studies of lower-income couples generally viewed as being at greater risk for relationship difficulties, researchers concluded that Marriage/Relationship Education programs “can produce small-to-moderate, reliable improvements in relationship quality and communication skills” (and that) “Given the stressful lives of the participants and the modest educational dosage, the improvements demonstrated are still noteworthy.” They further state that all outcomes were self-report measures “that may underestimate the true effect sizes.”¹²

Longitudinal Evidence: Another important line of inquiry is whether program effects from RE hold up over time. Although most studies look at program effects after 6 months, and these outcomes are typically positive, data from longer-term studies are also promising.

Numerous Relationship Benefits

A longitudinal study on a well-known Marriage Education program found that, compared with couples without the training, participating couples maintained high levels of relationship satisfaction and sexual satisfaction and lower problem intensity 3 years after training; they also demonstrated significantly greater communication skills, less negative communication patterns, and greater conflict-management skills up to 12 years after instruction, and reported fewer instances of physical violence with their spouses 3-5 years after training.¹³

Studies on RE with Ethnic Populations: Although there are not a lot of studies available on the impact on RE on ethnic populations, the results are encouraging.

African American Couples Improve Relationships

The Building Strong Families (BSF) studies found that moderate participation in Relationship Education “had a consistent pattern of positive effects on couples’ relationships”, achieved “positive effects on multiple relationship outcomes” (and that) “The positive effects ... on the relationship quality of African Americans is the strongest and most consistent subgroup result that emerges from this analysis.”¹⁴

Multiple Benefits for Korean Couples

“Marriage education is less likely to provide negative impacts because it is less stigmatizing, less risky, less intrusive in a couple’s private life, and less expensive compared with marital therapy.” “...the Korean immigrant couples learn problem or conflict resolution through RE program ... [the] RE program works with couples ... and will greatly reduce the levels of marital distress and divorce.”¹⁵

Impact on Divorce: A “real world” measure of the impact of RE is an analysis of divorce rates of participants in comparison with those who have not participated in RE. A recently published report on Army couples, generally viewed as high risk couples, showed a strong reduction in divorce rates among those who had participated in RE. Additionally, a county-wide analysis of divorce filings over a period of ten years has shown promising results.

Reduced Divorce Rate in Military Couples

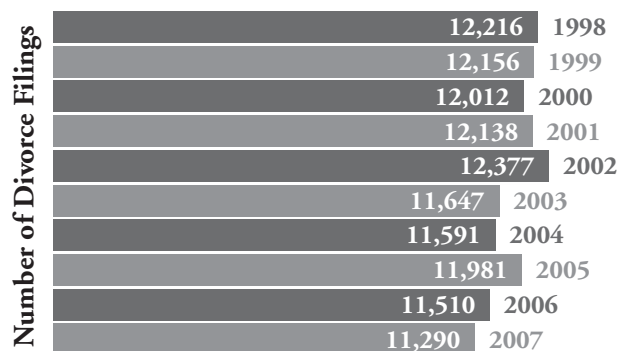
In a large, randomized controlled trial of couple education for married U.S. Army couples, researchers found that one year after the intervention, couples who received the couple education training had 1/3 the rate of divorce of the control group. Specifically, 6.20% of the control group divorced, while 2.03% of the intervention group divorced. Researchers concluded that “couples education can reduce the risk of divorce, at least in the short run with military couples”, a key factor as divorce rates are seen as higher for military



couples due to the increased number of stressors, the challenges of deployment, and the incentives for premature marriage.¹⁶

Orange County Divorces Drop

A study tracking divorce rates in Orange County, California, where RE programming has become widely available, showed a significant decline in the eight years following the launch of these programs. With state and Federal costs for social services associated with divorce estimated at \$30,000 per divorce,¹⁷ reducing Orange County’s divorces by just 600 per year yields \$18 Million/year savings in divorce-related social services for that county. When analyzed against the cost of RE programs, this represents a greater than 50:1 ratio of benefit to cost.



The number of divorce filings in Orange County has fallen noticeably since the Orange County Healthy Marriage Initiative was launched in October of 2002.

Case Study:

Relationship between RE Programs and Divorce Rates in Orange County, CA(i)

Before the founding of the Orange County Marriage Resource Center (OCMRC), the 8-year countywide average number of divorce filings in Orange County was 12,220 per year, with only a 3% variation over that eight year period. After the inauguration of the OCMRC, and the related continual expansion of Relationship Education sponsoring organizations and increase in the number of Relationship Education classes offered by these organizations, Orange County began in 2003 to see a drop in its divorce rate, with the 2007 data revealing 11,290 divorce filings, a drop of nearly 1,000 over ten years earlier. This 7.6% reduction in divorce filings is compounded by the fact that Orange County’s population increased by 19.6% during this period—from 2.59 million in 1995 to 3.1 million in 2007, while the number of marriage licenses being issued stayed relatively constant, with a very slight upward trend—19,336 in 1998 to 20,676 in 2007.

Looking at Orange County’s divorce filings in light of its dramatic increase in population, the effective reduction in divorce filings is 22.8%. The savings to taxpayers from reduced social services as a result of the decrease in divorce filings in Orange County, utilizing what some consider a conservative estimate of \$30,000 per divorce (ii), results in an annual taxpayer savings of \$27.9 Million.

(i)--Data from testimony submitted before the House Ways and Means Subcommittee on Income Security and Family Support, March 10, 2010 by Dennis Stoica, President, California Healthy Marriages Coalition—a division of Healthy Relationships California.

(ii)--Cost-savings estimate based on work by Schramm, David G. “Individual and Social Costs of Divorce in Utah”. *Journal of Family and Economic Issues*. Vol. 27, Number 1, April 2006, pp 133-151.

Participant Outcome Data: Another measure of the effectiveness of Relationship Education programs comes from participant outcome data. While many program providers across the country collect these data, California is the first state to initiate a multi-year, cross-site, cross-curriculum evaluation which, even from the unpublished preliminary data now available, show important outcome trends among married couples. Utilizing four standard instruments to assess marital satisfaction, problem-solving and communication, relationship satisfaction and adjustment, as well as incidences of defective communication styles, the California data [see Table A] show evidence of significant improvement from pre-test to post-test, and of these effects holding up for married couples across 30-day and 6-month follow-ups.¹⁸

These assessments of outcome are corroborated by the polling data previously cited wherein those married

Californians who had participated in RE were asked their assessment of its helpfulness. The preponderance of respondents (95%) found RE “very helpful” or “somewhat helpful” and 80% of respondents reported that it had strengthened their marriage to “a great extent” or “some extent”.¹⁹

Finally, while it may be argued that the most important measures of RE effectiveness are studies measuring the impact on participants’ behavior, and reductions in divorce rates and the related social service burden for taxpayers, the personal impact on participants’ lives shared through innumerable heart-warming stories brings an inestimable further calibration of the value of RE.

In the following pages we will look at how the family and relationship outcomes impacted by RE correlate with a variety of key social factors.

Table A: The average percentage of improvement in married couples taking RE classes, comparing couples’ pre-test scores against three subsequent follow-up measurements.

**Overall Outcome Data from California Married Couples
Participating in Grant-funded RE Programs**

Instrument	When Measured	n	Average % Improvement
Kansas Marital Satisfaction Scale	Post-test	1478	21%
	30-Day	704	16%
	6-Month	315	17%
Family Problem Solving Communication	Post-test	1504	29%
	30-Day	716	25%
	6-Month	311	24%
Dyadic Adjustment Scale	Post-test	1448	19%
	30-Day	682	12%
	6-Month	296	12%
Landrum Defective Communication Tools Inventory	Post-test	1469	19%
	30-Day	651	26%
	6-Month	288	9%

“Finally, preliminary research shows that marriage education workshops can make a real difference in helping married couples stay together and in encouraging unmarried couples who are living together to form a more lasting bond. Expanding access to such services to low income couples, perhaps in concert with job training and placement, medical coverage, and other services already available, should be something everybody can agree on...” --Barack Obama, *The Audacity of Hope*, 2006, p. 334

II. RESEARCH ON IMPACT OF FAMILY BREAK-DOWN ON HEALTH, VIOLENCE AND POVERTY

With America's current divorce rate hovering close to 50%,²⁰ family breakdown has become a pervasive characteristic of contemporary American culture. Family breakdown consists of several largely interrelated factors that occur when a couple with children, whether married or not, fails to sustain a satisfying relationship and terminates their relationship, thus setting in motion an increased likelihood of various undesirable outcomes for them as individuals and for their children. With numerous studies measuring and describing the ramifications of family breakdown, there are several relatively discrete and significant social factors involved.

Family Breakdown and Negative Impact on Adult Health (partial list of studies²¹):

Barnett, R. (2005). *Annals of Behavioral Medicine*.

Blanchflower, D.G. and A.J. Oswald. (2004). "Well-Being Over Time in Britain and the USA."

Burman, B. and G. Margolin. (1992). "Analysis of the association between marital relationships and health problems. An interactional perspective."

Coombs, Robert. (1991). "Marital Status and Personal Well-Being: A Literature Review."

Virtually every study of mortality and marital status shows the unmarried of both sexes have higher death rates, whether by accident, disease, or self-inflicted wounds, and this is found in every country that maintains accurate health statistics.

--Coombs, Robert. (1991). "Marital Status and Personal Well-Being: A Literature Review," *Family Relations*, 40, p. 98.

Coyne, James, Michael J. Rohrbaugh, Varda Shoham, John S. Sonnega, John M. Nicklas and James A. Cranford. (2001). "Prognostic importance of marital quality for survival of congestive heart failure."

Eaker, E.D., Sullivan, L.M., Kelly-Hayes, M., D'Agostino, R.B., Sr., and E.J. Benjamin. (2005). "Marital status, anxiety and the prediction of the 10-year incidence of coronary heart disease, atrial fibrillation, and total mortality: The Framingham offspring study."

Women who reported "keeping their mouths shut" during conflict with their spouse—an indication of resentment over buried issues—had 4x the risk of dying from heart disease over a 10-year follow up study.

--Eaker, E.D., et al. "Marital Status: Marital Strain and the Risk of Coronary Heart Disease or Total Mortality: The Framingham Offspring Study." *2nd Intl Conf on Women, Heart Disease & Stroke*, Feb. 16, 2005.

Gallo, L.C., Troxel, W.M., Kuller, L.H., et al. (2003). "Marital status, marital quality, and atherosclerotic burden in postmenopausal women."

Women in satisfying marriages 11 and 14 years after baseline had the least atherosclerosis in the carotid arteries and aorta, and tended to show less rapid progression of carotid atherosclerosis. The researchers concluded that "high quality marriages may protect against cardiovascular disease for women."

--Gallo, L.C., Troxel, W.M., Kuller, L.H., Sutton-Tyrrel, K., Edmundowicz, D. and Matthews, K.A. "Marital status, marital quality, and atherosclerotic burden in postmenopausal women." *Psychosom Med.* 2003 Nov-Dec;65(6):952-62.

Goodwin, James, et al. (1987). "The Effect of Marital Status on Stage, Treatment, and Survival of Cancer Patients."

Kiecolt-Glaser, J. and Glaser, R. in Lerner, S. (2002). "Two words that will bring you a long life span: 'I do'."

A spouse's use of negative language and angry tone of voice can have a detrimental effect on the other's immune function; marital arguments cause changes in the endocrine and immune systems, with epinephrine and cortisol levels staying elevated for more than 22 hours afterward.

--Kiecolt-Glaser, J. and Glaser, R., in Lerner, S. "Two words that will bring you a long life span: 'I do'." (*New York Times News Service*, Nov. 23, 2002.)

Kiecolt-Glaser, Janice K. and Tamara L. Newton. (2001). "Marriage and health: His and Hers?"

Kiecolt-Glaser, Janice, et al. (1997). "Marital conflict in older adults: Endocrinological and immunological correlates."

Kiecolt-Glaser, Janice, et al. (1996). "Marital Conflict and Endocrine Function: Are Men Really More Physiologically Affected Than Women."

...abrasive arguments between husbands and wives are linked to a weakening of certain immune responses and increase in levels of stress hormones, increasing susceptibility to illness, particularly infectious diseases, and perhaps cancer. The more negative behaviors couples show toward each other, the more their immune measures are weakened.

--Kiecolt-Glaser, Janice, et al. (1997). "Marital conflict in older adults. Endocrinological and immunological correlates." *Psychosomatic Medicine*, 59:339-349.

Medalie, J.H. and U. Goldbourt. (1976). "Angina pectoris among 10,000 men: II. Psychosocial and other factors as evidenced by a multivariate analysis of a five-year incidence study."

MIDUS—Midlife in the United States. (2004). *Marital Status: Links to physical and mental health*.

Prigerson, Holly G., Maciejewski, P. K. and R. A. Rosenheck. (2000). "Preliminary Explorations of the Harmful Interactive Effects of Widowhood and Marital Harmony on Health, Health Service Use, and Health Care Costs."

Ribar, David C. (2003). *What Do Social Scientists Know about the Benefits of Marriage? A Review of Quantitative Methodologies*.



Rohrbaugh, Michael J., Varda Shoham and James Coyne. (2006). "Effect of Marital Quality on Eight-Year Survival of Patients with Heart Failure."

Ross, Catherine E., Mirowsky, John and Karen Goldsteen. (1990). "The Impact of the Family on Health: Decade in Review."

Verbrugge, Lois M. (1979). "Marital Status and Health."

Wilson, Chris M. and Andrew J. Oswald. (2005). "How Does Marriage Affect Physical and Psychological Health? A Survey of the Longitudinal Evidence."

Wood, Robert G., Goesling, Brian and Sarah Avellar. (2007). *The Effects of Marriage on Health: A Synthesis of Recent Research Evidence*.

"A burgeoning literature suggests that marriage may have a wide range of benefits, including improvements to individuals' economic well-being, mental and physical health, and the well-being of their children."

--Wood, Robert G., Brian Goesling and Sarah Avella. (2007). *The Effects of Marriage on Health: A Synthesis of Recent Research Evidence*. Washington, DC: U.S. Department of Health and Human Services, Office of the Assistant Secretary for Planning and Evaluation, Office of Human Services Policy, p. 1. <http://aspe.hhs.gov/hsp/07/marriageonhealth/index.htm>.

Zhang, Zhenmei and Mark D. Hayward. (2006). "Gender, the Marital Life Course, and Cardiovascular Health in Late Midlife."

Family Breakdown and Negative Impact on Children's Health (partial list of studies²²):

Dawson, D.A. (1991). "Family structure and children's health and wellbeing. Data from the 1988 National Health Interview Survey on Child Health."

Children who experience a parental divorce have their life expectancy shortened by an average of four years, according to a fifty-year longitudinal study. These effects are comparable to those of cigarette smoking.

--Dawson, D.A. (1991). "Family Structure and children's health and wellbeing. Data from the 1988 National Health Interview Survey on Child Health." *Journal of Marriage and the Family*, 53, 573-584.

Doherty, William and R.H. Needle. (1991). "Psychological Adjustment and Substance Use Among Adolescents Before and After a Parental Divorce."

Egami, Yuriko. (1996). "Psychiatric Profile and Sociodemographic Characteristics of Adults Who Report Physically Abusing or Neglecting Children."

Emery, Richard. (1989). "Abused and Neglected Children."

Findelhor, David. (1997). "Crimes Against Children."

Hayward, Mark D. and Bridget K. Gorman. (2004). "The Long Arm of Childhood: The Influence of Early-Life Social Conditions on Men's Mortality."

Hoffman, John P. and Robert A. Johnson. (1998). "A National Portrait of Family Structure and Adolescent Drug Use."

Maier, E.H. and M.E. Lachman. (2000). "Consequences of early parental loss and separation for health and well-being in midlife."

National Institute of Mental Health. (2002). "Preventive Sessions After Divorce Protect Children into Teens."

"About 1.5 million children experience the divorce of their parents each year—ultimately 40% of all children; 20-25% suffer significant problems as teenagers, with the negative impact often persisting into adulthood and resulting in 2x the normal prevalence of mental health problems and impaired education attainment, as well as impaired socioeconomic and family well-being."

--National Institute of Mental Health (2002). "Preventive Sessions After Divorce Protect Children into Teens." www.nimh.nih.gov/science-news-2002.

Preston, Samuel H., Hill, Mark E. and Greg L. Drevenstedt. (1998). "Childhood Conditions that Predict Survival to Advanced Ages Among African-Americans".

Singh, Gopal K. and Stella M. Yu. (1996). "U.S. Childhood Mortality, 1950 through 1993: Trends and Socioeconomic Differentials."

Tucker, Joan S., et al. (1997). "Parental Divorce: Effects on Individual Behavior and Longevity."

A longitudinal study that tracked over 1,500 privileged middle-class children with high IQs over their life span found a significantly higher mortality rate for those whose parents divorced, compared with those from intact families;(i) these mortality rates increase when the divorce occurs before the child's fourth birthday.(ii) (i)--Tucker, Joan S., et al. (1997) "Parental Divorce Effects on Individual Behavior and Longevity," *Journal of Personality and Social Psychology*, Vol. 73, pp. 356-386. (ii)—Singh, Gopal K. and Stella M. Yu. (1996). "U.S. Childhood Mortality, 1950 through 1993: Trends and Socioeconomic Differentials," *American Journal of Public Health*, Vol. 856, pp. 505-512.

Family Breakdown and Domestic/Sexual Violence (partial list of studies²³):

Brown, Susan L. and Jennifer Roebuck Bulanda. (2008). "Relationship Violence in Young Adulthood: A Comparison of Daters, Cohabitators, and Marrieds."

"Husbands commit about 5% of all rapes against women, compared to 21% by ex-spouses, boyfriends, or ex-boyfriends." ... "A large body of research shows... that marriage is much less dangerous for women than cohabitation."

--Brown, Susan L. and Jennifer Roebuck Bulanda. "Relationship Violence in Young Adulthood: A Comparison of Daters, Cohabitators and Marrieds." *Social Science Research*, vol. 37, 2008, pps. 73-87.

Brownridge, Douglas A., Ko Ling Chan, Diane Hiebert-Murphy, Janice Ristock, Agnes Tiwari, Wing-Cheong Leung and Susy C. Santos. (2008). "The Elevated Risk for Non-Lethal Post-Separation Violence in Canada: A Comparison of Separated, Divorced, and Married Women."

Fagan, Patrick F. (1997). "The Child Abuse Crisis: The Disintegration of Marriage, Family and the American Community."

Children of divorced or never-married mothers are six to 30 times more likely to suffer from serious child abuse than are children raised by both biological parents in marriage.

--Fagan, Patrick F. "The Child Abuse Crisis: The Disintegration of Marriage, Family and the American Community." *Backgrounder*, May 15, 1997. Washington, DC: Heritage Foundation.

Organization for Economic Cooperation and Development. (1989). *Factors Affecting the Labor Force Participation of Lone Mothers in the United States*.

75% of all women who apply for welfare benefits do so because of a disrupted marriage or disrupted relationship in which they live with a male outside of marriage.

--Organization for Economic Cooperation and Development (OECD), *Factors Affecting the Labor Force Participation of Lone Mothers in the United States*, prepared by the Panel on Evaluation Factors Affecting the Labor Force Participation of Lone Mothers, Paris (1989).

U.S. Department of Justice. (2001). *National Crime Victimization Survey, 1992-2001*.

Waite, Linda J. and Maggie Gallagher. (2000). *The Case for Marriage*.

Family Breakdown and Poverty (partial list of studies²⁴):

Bureau of the Census. (1997). "Families with Children by Income Quintile & Family Structure."

Divorce increases the likelihood that family will be economically distressed, with single-parent families constituting more than 73% of the lowest income quintile.

--Bureau of the Census (1997). "Families with Children by Income Quintile & Family Structure." Current Population Survey.

Committee on Ways and Means, U.S. House of Representatives. (1998). *Green Book: Background Material and Data on Programs within the Jurisdiction of the Committee on Ways and Means*.

40% of families on TANF (Temporary Assistance to Needy Families, formerly called Welfare) are divorced or separated single-parent households.

--Committee on Ways and Means, U.S. House of Representatives. (1998). *Green Book: Background Material and Data on Programs within the Jurisdiction of the Committee on Ways and Means*, May 19, 1988, p. 540.

Fagan, Patrick F., Patterson, Robert W. and Robert E. Rector. (2006). "Marriage and Welfare Reform: The Overwhelming Evidence that Marriage Education Works."

Hanson, Thomas L., McLanahan, Sara S. and Elizabeth Thomson. (1998). "Windows on Divorce: Before and After."

Heath, Julia. (1992). "Determinants of Spells of Poverty Following Divorce."

"Almost 50% of households with children undergoing divorce move into poverty following the divorce."

--Heath, Julia. "Determinants of Spells of Poverty Following Divorce", *Review of Social Economy*, Vol. 49 (1992), pp. 305-315.

Hoynes, Hilary, Page, M. and A. Stevens. (2006). "Poverty in America: Trends and Explanation."

Lerman, Robert. (1996). "The Impact of the Changing U.S. Family Structure on Child Poverty and Income Inequality."

Light A. and M. Ureta. (2004). "Loving Arrangements, Employment Status, and the Economic Well-Being of Mothers; Evidence from Brazil, Chile, and the U.S."

Sun, Yongmin and Yuanzhang Li. (2008). "Stable Postdivorce Family Structures during Late Adolescence and Socioeconomic Consequences in Adulthood."

Thomas, Adam and Isabel Sawhill. (2002). "For Richer or for Poorer: Marriage As an Antipoverty Strategy."

III. RESEARCH ON IMPACT OF FAMILY BREAK-DOWN ON SCHOOL ACHIEVEMENT

Family breakdown is associated with numerous negative effects on school achievement for children of those families, along with lowered likelihood of being able to graduate from high school, enter and graduate from college and have a successful career. Below is a partial list of research studies on this alignment between marital outcomes and school achievement:²⁵

Amato, Paul and Jacob Cheadle. (2005). "The Long Reach of Divorce: Divorce and Child Well-Being across Three Generations."

Data from a 20-year longitudinal study of Marital Instability Over the Life Course (n=2,033) found that divorce in the first generation is associated with lower education in generations 2 and 3; having grandparents who divorced is associated with a lower level of educational attainment and a greater likelihood of marital discord. This association holds even if the grandparents' divorce occurred before the birth of the grandchild.

--Amato, Paul R. and Jacob Cheadle. "The Long Reach of Divorce: Divorce and Child Well-Being across Three Generations." *Journal of Marriage and Family*, v 67, n 1, pp. 191-206, February 2005.

Archambault, Paul. (2002). "Do separation and divorce affect children's education achievement in France?"

Artis, J. (2007). "Maternal Cohabitation and Child Well-Being Among Kindergarten Children."

Aro, Hillevi M. and Ulla K. Palosaari. (1992). "Parental Divorce, Adolescence and Transition to Young Adulthood: A Follow-Up Study."

Single parenthood increases the risk of dropping out of high school by 150% for the average white child, 100% for the average Latino child, and 80% for the average black child; 1/3 of the total high school dropout rate in the U.S. may be caused by family break-ups.

--Aro, Hillevi M. and Ulla K. Palosaari, "Parental Divorce, Adolescence, and Transition to Young Adulthood: A Follow-Up Study," *American Journal of Orthopsychiatry*, Vol. 62, No. 3 (July 1992), pp. 421-429.

Sung, Yongmin. (2008). "Stable Postdivorce Family Structures During Late Adolescence and Socioeconomic Consequences in Adulthood."

Frisco, Michelle L., Muller, Chandra and Kenneth Frank. (2007). "Parents' Union Dissolution and Adolescents' School Performance: Comparing Methodological Approaches."

Ham, Barry D. (2003). "The Effects of Divorce on the Academic Achievement of High School Seniors."

High school students from intact families "outperform those students from divorced families across all categories, including having grade point averages 11% higher, and missing nearly 60% fewer class periods than those from non-intact families."

--Ham, Barry D. "The Effects of Divorce on the Academic Achievement of High School Seniors." *Journal of Divorce & Remarriage*. 38.3/4 (2003): 167-185.

Hofferth, Sandra L. (2006). "Residential Father Family Type and Family Well-Being."

Hopper, James. (1997). *The Effects of Divorce on Children: A Review of the Literature*.

Long, N. and R. Forehand. (1987). "The effects of parental divorce and parental conflict on children: An overview."

McLanahan, Sara and Gary D. Sandefur. (1994). *Growing Up with a Single Parent: What Hurts, What Helps*.

Oppawsky, J. (1991). "The effects of parental divorce on children in West Germany."

Data from the National Educational Longitudinal Study (N=6,954) found children living with divorced single parents or in stepfamilies at age 14 had lower levels of education attainment, lower annual earnings, and less prestigious occupations at age 26.

--Oppawsky, J. "The effects of parental divorce on children in West Germany". *Journal of Divorce & Remarriage*, 16(3/4), 292-304, 1991.

Popenoe, David. (1996). *Life Without Father: Compelling Evidence that Fatherhood and Marriage Are Indispensable for the Good of Children and Society*.

Children from divorced homes perform more poorly in reading, spelling and math and repeat a grade more frequently than children from intact two-parent families.
--Popenoe, David. (1996) *Life Without Father: Compelling Evidence that Fatherhood and Marriage Are Indispensable for the Good of Children and Society*. New York: The Free Press, p. 57.

Powell, Mary Ann and Toby L. Parcel. (1997) "Effects of Family Structure on the Earnings Attainment Process: Differences by Gender."

Stevenson, Jim and Glenda Fredman. (1990). "The Social Correlates of Reading Ability."

Willats, Brian. (1995). "Breaking Up Is Easy to Do".



IV. RESEARCH ON IMPACT OF FAMILY BREAKDOWN ON ADOLESCENTS

In addition to the risk of negative impact on children's physical and mental health and school achievement, the breakup of marital relationships also increases the likelihood of other undesirable outcomes for adolescents who come from fragmented families. Among the byproducts of marital breakdown are these outcomes for adolescents:

Family Breakdown and Negative Impact on Teen Pregnancy and Unwed Births (partial list of studies):²⁶

Capaldi, Deborah M., Crosby, Lynn and Mike Stoolmiller. (1996). "Predicting the Timing of First Sexual Intercourse for At-Risk Adolescent Males."

The rate of virginity among teenagers at all ages is highly correlated with the presence or absence of married parents.
--Capaldi, Deborah M., Crosby, Lynn and Mike Stoolmiller. "Predicting the Timing of First Sexual Intercourse for At-Risk Adolescent Males," *Child Development*, Vol. 67 (1996), pp. 344-359.

Crowder, K. and J. Teachman. (2004). "Do residential conditions explain the relationship between living arrangements and adolescent behavior?"

"Young women ages 13-19 that have ever lived with a single, solo parent have a greater risk of having a premarital teen pregnancy than young women that have never lived with a single, solo parent."
--Crowder, K. and J. Teachman. "Do residential conditions explain the relationship between living arrangements and adolescent behavior?" *Journal of Marriage and Family*, Vol. 66, 2004.

D'Onofrio, Brian M., Eric Turkheimer, Robert E. Emery, et al. (2006). "A Genetically Informed Study of the Processes Underlying the Association between Parental Marital Instability and Offspring Adjustment."

Lichter, Daniel T., et al. (1992). "Race and the Retreat from Marriage: A Shortage of Marriageable Men?"

Manlove, J., Ryan S. and K. Franzetta. (2004). "Contraceptive use and consistency in U.S. teenagers' most recent sexual relationships."

Marsiglio, William. (1987). "Adolescent Fathers in the United States: Their Initial Living Arrangements, Marital Experience and Educational Outcomes."

McLanahan, S. and L. Bumpass. (1988). "Intergenerational Consequences of Family Disruption."

Women raised in female-headed families are 53% likelier to have teenage marriages, 111% likelier to have teenage births, 164% likelier to have premarital births, 93% likelier to experience marital disruptions."

--McLanahan, S. and L. Bumpass. "Intergenerational Consequences of Family Disruption," *American Journal of Sociology* 4 (July, 1988) 130-52.

Moore, K.A. and P.L. Chase-Lansdale. (2001). "Sexual intercourse and pregnancy among African-American girls in high-poverty neighborhoods: The role of family and perceived community environment."

Moore, M.R. (2001). *Social Awakening: Adolescent Behavior as Adulthood Approaches*.

Quinlan, R.J. (2003). "Father absence, parental care, and female reproductive development."

Schneider, Barbara, Atteberry, Allison & Ann Owens. (2005). *Family Matters: Family Structure and Child Outcomes*.

For teenage girls from intact or step-families, the odds of getting pregnant as a teenager were approximately 75% lower compared to girls from all other types of families, suggesting that "the marital union of parents may act as a demonstrative or socializing tools in preventing teen pregnancy."

--Schneider, Barbara, Atteberry, Allison & Ann Owens (2005). *Family Matters: Family Structure and Child Outcomes*. Birmingham, AL: Alabama Policy Institute, p. 23.

South, S., Haynie, D.L. and S. Bose. (2005). "Residential mobility and the onset of adolescent sexual activity."

Wu, L.L. and E. Thomson. (2001). "Race differences in family experience and early sexual initiation: Dynamic models of family structure and family change."

Family Breakdown and Negative Impact on Teen Substance Abuse (partial list of studies):²⁷

Breivik, K. and D. Olweus. (2006). "Adolescents' Adjustment in Four Post-Divorce Family Structures: Single Mother, Stepfather, Joint Physical Custody and Single Father Families."

D'Onofrio, B.M., Turkheimer, E.N, Emery, R.E., Harden, K.P., Slutske, W., Heath, A., Madden, P.A.F. & Martin, N.G. (2007). "A genetically informed study of the intergenerational transmission of marital instability."

Doherty, William J. and R.H. Needle. (1991). "Psychological Adjustment and Substance Use Among Adolescents Before and After a Parental Divorce."

Children who use drugs and abuse alcohol are more likely to come from family backgrounds characterized by parental conflict and parental rejection, and because divorce increases these factors, it increases the likelihood that children will abuse alcohol and begin using drugs.

--Doherty, William J. and R.H. Needle. "Psychological Adjustment and Substance Use Among Adolescents Before and After a Parental Divorce." *Child Development*, Vol. 62 (1991), pp. 328-337.

Flewelling, Robert L. and K.E. Baurmann. (1990). "Family Structure as a Predictor of Initial Substance Use and Sexual Intercourse in Early Adolescents."

Hoffman, John P. and Robert A. Johnson. (1998). "A National Portrait of Family Structure and Adolescent Drug Use."

Jeynes, William H. (2001). "The Effects of Recent Parental Divorce on Their Children's Consumption of Marijuana and Cocaine."

Rodgers, Kathleen B. and Hillary A. Rose. (2002). "Risk and Resiliency Factors Among Adolescents Who Experience Marital Transitions."

Youths who lived with a divorced parent, whether single or remarried, were more likely to engage in high-risk behaviors such as substance abuse, carrying a weapon, fighting, and sexual activities. This family structure effect remained even after controlling for demographic, parenting style and community factors.

--Rodgers, Kathleen B. and Hillary A. Rose. "Risk and Resiliency Factors Among Adolescents Who Experience Marital Transitions". *Journal of Marriage and the Family*. Vol. 64, Number 4, 2002, pp. 1024-1037.

Turner, Heather A. and Kathleen Kopiec. (2006). "Exposure to Interparental Conflict and Psychological Disorder among Young Adults."

Exposure to interparental conflict significantly increases the odds of experiencing a subsequent episode of major depressive disorder as well as alcohol abuse or dependency disorder.

--Turner, Heath A. and Kathleen Kopiec. "Exposure to Interparental Conflict and Psychological Disorder among Young Adults." *Journal of Family Issues*, v 27, pp. 131-158, 2006.

Family Breakdown and Negative Impact on At-risk Youth and Crime (partial list of studies):²⁸

Carlson, Marcia J. (2006). "Family Structure, Father Involvement, and Adolescent Behavioral Outcomes."

Esbensen, Finn-Aage. (2000). "Preventing Adolescent Gang Involvement."

Divorce is correlated with more truancy, decreased ability to form successful social relationships and solve conflicts, and more frequent involvement in crime and drug abuse. This constellation of factors increases a child's likelihood of being at-risk for gang influence and involvement.

--Esbensen, Finn-Aage. "Preventing Adolescent Gang Involvement", U.S. Department of Justice, *Juvenile Justice Bulletin*, September 2000.

Frost, A.K. and B. Pakiz. (1990). "The Effects of Marital Disruption on Adolescents."

Harper, Cynthia and Sara S. McLanahan. (2004). "Father Absence and Youth Incarceration."

Boys reared in single-mother households and cohabitating households are approximately 2x more likely to commit a crime that leads to incarceration than are children who grow up with both parents.

--Harper, Cynthia and Sara S. McLanahan. "Father Absence and Youth Incarceration". *Journal of Research on Adolescence* 14, no. 3 (2004): 369-397.

Heimer, Karen. (1996). "Gender, Interaction, and Delinquency: Testing a Theory of Differential Social Control."

Hoffman, John P. (2006). "Family Structure, Community Context, and Adolescent Problem Behaviors."

Kalter, Neil, Reimer, B., Brickman, A. and J.W. Chen. (1986). "Implications of Parental Divorce for Female Development."

Manning, Wendy and Kathleen A. Lamb. (2003). "Adolescent Well-Being in Cohabiting, Married, and Single-Parent Families."

O'Brien, Robert M. and Jean Stockard. (2003). "The Cohort-size Same-size Conundrum: An Empirical Analysis and Assessment Using Homicide Arrest Data from 1960 to 1999."

Pakiz, B., Reinherz, Helen Z. and Rose M. Glaconia. (1997). "Early Risk Factors for Serious Antisocial Behavior at Age 21: A Longitudinal Community Study."

Sampson, Robert J. (1995). "Unemployment and Imbalanced Sex Ratios: Race-Specific Consequences for Family Structure and Crime."

High rates of family disruption and low rates of marriage were associated with high rates of murder and robbery among both African American and white adults and juveniles. "Family structure is one of the strongest, if not the strongest, predictor of variations in urban violence across cities in the United States."

--Sampson, Robert J. 1995. "Unemployment and Imbalanced Sex Ratios: Race-Specific Consequences for Family Structure and Crime," in Tucker, M.B. and C. Mitchell-Kernan (eds.) *The Decline in Marriage Among African Americans* (New York: Russell Sage Foundation), pp. 229-254.

Wisconsin Department of Health and Social Services. (1994). "Family Status of Delinquents in Juvenile Correctional Facilities in Wisconsin."

Juvenile incarceration rates for children of divorced parents has been found to be 12x higher than for children in two-parent families.

--Wisconsin Department of Health and Social Services, Division of Youth Services, "Family Status of Delinquents in Juvenile Correctional Facilities in Wisconsin," April 1994. The data were merged with data from the Current Population Survey on family structure in Wisconsin for that year to derive rates of incarceration by family structure.



V. RESEARCH ON IMPACT OF FAMILY BREAK-DOWN ON FATHER INVOLVEMENT

Society has long realized that the breakdown of a marital relationship often serves as the prelude to a weakening of the father's involvement with his children. Scholars conclude similarly, noting that "The best predictor of father presence is marital status; when a father's romantic relationship with the child's mother ends, more likely than not, so does father involvement with their children."²⁹

Researchers have come to realize, meanwhile, that a father's impact on the lives of his children goes well beyond that of being a bread winner, and that fathers impact virtually every facet of their children's lives, perhaps even more than mothers. With a large number of children being born out of wedlock and with divorces occurring in nearly 50% of contemporary marriages, the high correlation between father involvement and marital outcomes makes this a factor of high import for American society.

Below is a partial list of studies on the links between marital outcomes, father involvement and their impact on children:³⁰

Amato, Paul and Fernando Rivera. (1999). "Paternal Involvement and Children's Behavior Problems."

"Using data from the National Survey of Families and Households and controlling for mother's reports of maternal involvement, researchers found paternal and maternal involvement to be independently and significantly associated with children's behavior problems. Father time, father support and father closeness were all negatively associated with children's behavior problems and the effects for parental involvement were greater than those for maternal involvement."

--Amato, Paul and Fernando Rivera. "Paternal Involvement and Children's Behavior Problems." *Journal of Marriage and the Family*, Vol. 61, No. 2 (May, 1999), pp. 375-384.

Amato, Paul R. and Juliana M. Sobolewski. (2002). "The Effects of Divorce and Marital Discord on Adult Children's Psychological Well-Being."

Bouchard, G. & C.M. Lee (2000). "The marital context for father involvement with their preschool children: The role of partner support."

Carlson, Marcia J. (2006). "Family Structure, Father Involvement and Adolescent Behavioral Outcomes."

Non-residence is the key predictor of low levels of involvement by fathers.

--Carlson, Marcia J. (2006). "Family Structure, Father Involvement and Adolescent Behavioral Outcomes". *Journal of Marriage and Family* 68(1):137-154.

Cowan, Philip A., Cowan, Carolyn Pape, Pruett, Marsha Kline, et al. (2009). "Promoting Fathers' Engagement with Children: Preventive Interventions for Low-Income Families."

"Over the past three decades, an expanding body of literature concludes that fathers' engagement with their children is associated with positive cognitive, social, and emotional outcomes for children from infancy to adolescence. Conversely, children of disengaged or negatively engaged fathers are at risk for a host of cognitive, social and emotional difficulties."

--Cowan, Philip A., Cowan, Carolyn Pape, Pruett, Marsha Kline, et al. (1998). "Promoting Fathers' Engagement with Children: Preventive Interventions for Low-Income Families." *Journal of Marriage and Family* 71 (August 2009): 663-679.

Ellis, Bruce J., Bates, John E., Dodge, Kenneth, et al. (2003). "Does Father Absence Place Daughters at Special Risk for Early Sexual Activity and Teenage Pregnancy?"

Flouri, Eirini and Ann Buchanan. (2003) "The Role of Father Involvement and Mother Involvement in Adolescents' Psychological Wellbeing."

Formoso, D., Gonzales, N.A., Barrera, M. & L.E. Dumka. (2007). "Interparental relations, maternal employment, and fathering in Mexican American families."

Furstenberg, Frank F, Jr. and Andrew J. Cherlin. (1991). *Divided Families: What Happens to Children when Parents Part*.

Ten years after divorce, almost 2/3 of noncustodial fathers have no contact with their children.

--Furstenberg, Frank F, Jr. and Andrew J. Cherlin. (1991). *Divided Families: What Happens to Children when Parents Part*. Cambridge, MA: Harvard University Press, pp. 35-36.

Harper, Cynthia and Sara S. McLanahan. (2004). "Father Absence and Youth Incarceration."

Hetherington, E. Mavis, et al. (1998). "What Matters? What Does Not? Five Perspectives on the Association between Marital Transitions and Children's Adjustment."

Hofferth, Sandra L. (2006). "Residential Father Family Type and Family Well-Being."

Lamb, Michael E. (2002). "Placing Children's Interests First: Developmentally Appropriate Parenting Plans."

Malone, Colon, Linda and Alex Roberts. (2006). "Marriage and the Well-Being of African American Boys."

Manning, Wendy and Kathleen A. Lamb. (2003). "Adolescent Well-Being in Cohabiting, Married, and Single-Parent Families."

McLanahan, Sara S. (1988). "Family Structure and Dependency: Reality Transitions to Female Household Headship."

National Fatherhood Initiative. (2002). www.fatherhood.org

Children in father-absent homes are 5x more likely to be poor. In 2002, 7.8% of children in married-couple families were living in poverty, compared to 38.4% of children in female-householder families.

--National Fatherhood Initiative website. Source: U.S. Census Bureau, "Children's Living Arrangements and Characteristics: March 2002". P200-547.

National Literary Trust (2009). "Father's involvement is critical—a report to the ESRC".

Nock, Steven L. & Christopher J. Einolf. (2008). *The One Hundred Billion Dollar Man: The Annual Public Costs of Father Absence*.

“Children of fatherless families are less likely to attend college, are more likely to have children out of wedlock, and are less likely to marry; those who do marry are more likely to divorce... Children from single-mother households earn less as adults than children from two-parent families (and are) more likely to be incarcerated.”

--Nock, Steven L. & Christopher J. Einolf. (2008). *The One Hundred Billion Dollar Man: The Annual Public Costs of Father Absence*. National fatherhood Initiative, p. 11.

www.fatherhood.org

Nord, Christine Winquist & Nicholas Zill. (1996). “Non-Custodial Parents’ Participation in Their Children’s Lives: Evidence from the Survey of Income and Program Participation.”

Rohner, R.P. and Veneziano, R.A. (2001). “The importance of father love: history and contemporary evidence.”

“In an analysis of more than 100 studies, researchers concluded that father love is at least as important in predicting a number of different child outcomes, including psychological adjustment, conduct problems, cognitive and academic performance, mental illness, and substance abuse as is mother love.” “...evidence suggests that the influence of father love on offspring’s development is as great as and occasionally greater than the influence of mother love.”

--Rohner, R.P. and Veneziano, R.A. (2001). “The importance of father love: history and contemporary evidence.” *Review of General Psychology*, 5(4):382-405.

Storksen, I., Reysamb, E., Holmen, T.L. and K. Tambs. (2006). “Adolescent adjustment and well-being: effects of parental divorce and distress.”

Teachman, Jay D. (2004). “The Childhood Living Arrangements of Children and the Characteristics of Their Marriages.”

The National Center for Education Statistics. “The Condition of Education, 1997”.

Wilson, Robin Fretwell. (2005). “Evaluating Marriage: Does Marriage Matter to the Nurturing of Children?”

VI. RESEARCH ON IMPACT OF FAMILY BREAK-DOWN ON PRODUCTIVITY AT WORK

It comes as no surprise that what happens in one’s personal life, especially when experiencing something as stressful as a divorce, is manifest in the workplace. Because the chance of divorce for Americans is currently close to 50% for each couple over the course of their lifetimes, today’s high rate of marital failure now has significant implications for productivity across our land. Below is a partial list of studies on the alignment between marital failure and workplace productivity:³¹

Chinchilla, N. and E. Torres. (2006). “Why become a family-responsible employer?”

Crouter, A., Bumpas, M., Head, M., and S. McHale. (2001). “Implications of overwork and overload for the quality of men’s family relationships.”

Curtis, J. (2006). *The Business of Love*.

Forthofer, L, Markman, H.J., Cox, M., Stanley, S. and R. Kessler (1996). “Marital conflict influences on work productivity: A national perspective.”

“We estimated that given the actual salaries of workers in the study and the effectiveness of research-based marriage education programs...employers could have saved more than \$6.8 billion [in 1996 dollars] in lost wages if the workers had learned some key skills taught in these programs.”

-- Forthofer, L., Markman, H.J., Cox, M., Stanley, S. & Kessler R. (1996) “Marital conflict influences on work productivity: A national perspective”. *Journal of Marriage and the Family*. 58, 597-605.

Forthofer, L., Markman, H.J., Cox, M., Stanley, S. and R.C. Kessler. (1996). “Associations between marital distress and work loss in a national sample.”

Goetzl, R., Juday, T. and R. Ozminkowski. (1999). “A systematic review of return on investment (ROI) studies of corporate health and productivity management initiatives.”

Lavy, G. (2002). “Why promote healthy marriages?”

Divorce can disrupt the productivity of an individual worker for as long as three years.

--Lavy, G. (2002). “Why promote healthy marriages?” Corporate Resource Council. www.corporateresourcecouncil.org/white_papers.html

Markman, Howard, J., Myrick, J. and Marcie A Pregulman. (2006). “Marriage education in the workplace: both marriage and work are based on relationships, and improving workers’ skills in nurturing personal relationships can pay huge dividends in the workplace.”

Mueller, R. (2005). “The effect of marital dissolution on the labour supply of males and females: Evidence from Canada.”

In the year following divorce, employees lost an average of over 168 hours of work time, equivalent to being fully absent four weeks in one calendar year.

--Mueller, R. (2005) “The effect of marital dissolution on the labour supply of males and females: Evidence from Canada.” *Journal of Socio-Economics*, 34, 787-809.

Olson, D. & A. Olson-Sigg. (2000). *Empowering Couples: Building on Your Strengths*.

Stewart, W., Ricci, J., Chee, E., Hahn, S. and D. Morganstein. (2003). “Cost of lost productive work time among US workers with depression.”

Tangri, R. (2003). “What stress costs.”

Valasquez-Manoff, M. (2005). “Workplace stress: A \$300 billion problem for American business.”

Vermulst, A. and J. Dubas. (1999). “Job stress and family functioning: The mediating role for parental depression and the explaining role of emotional stability.”

Whisman, M., Uebelacker, L. and M. Bruce. (2006). “Longitudinal association between marital dissatisfaction and alcohol use disorders in a community sample.”

VII. POTENTIAL COST/BENEFITS OF RELATIONSHIP EDUCATION

Estimates of Financial Impact of Family Problems Across Society:

As we have seen from the previous data, family breakdown has multiple-level impact across society. Beyond its ramifications on the lives of the couple and their children, family breakdown affects the greater community, productivity in the workplace and it has significant impact on public funds.

Impact on the Family and Social Services: David Schramm’s research published in 2006³² has been seminal in framing the discussion about the social and financial impact of divorce. Schramm took into account increased social services associated with divorce—including food stamps, Medicare, Medicaid, Children’s Health Insurance, Child Support Enforcement, court costs, WIC, LIHEAP, subsidized day care and housing assistance—and estimated that the each divorce results in a social services impact on state and Federal funds of approximately \$30,000 per couple. A national perspective on this, as provided by Schramm, is sobering.

“Further extrapolation of this estimate to the US produces a total bill of roughly \$33.3 billion annually, which equates to \$312 per household. This estimate accounts neither for the billions of dollars in personal expenditures, nor the immeasurable mental and emotional costs to the individuals, children, and families, which are perhaps the most damaging effects of divorce.”³³

Meanwhile, father absence is a painful, well-known and predictable byproduct of marital failure. An investigation by Nock & Einolf published in 2008³⁴ on the costs associated with father absence found that it places a staggering burden on Federal funds, estimated at \$99.8 billion per year. Today’s high rates of unwed childbearing and divorce yield high rates of uninvolved fathers, and fatherlessness in America has risen from 8% of children living without their father in 1960 to 34% doing so today. In addition to the many ways that father absence reverberates negatively across the lives of their children, it also has significant impact on state and Federal budgets. Looking just at the costs of associated with TANF (Temporary Assistance for Needy Families), which in 2006 came to \$17.14 billion, including income support, nutrition, health, social services, and housing support, Nock & Einolf found that 87.5% of TANF recipients

were father-absent families. Thus, they concluded “the estimated 2006 TANF cost for supporting father-absent families was \$17.4 billion x .875 = \$14.998 billion”³⁵, an ongoing expense that accrues to taxpayers every year.

Impact on the Workplace: Workplace productivity suffers as a result of marital problems. Data from a survey of 500,000 respondents across corporate America found the estimated cost of lost productivity in the workplace to be approximately \$8,400 per divorce.³⁶ To assess the likely financial impact on a company, John Curtis³⁷ developed a means of analyzing the likely impact of divorce on a company and identified several factors including lost productivity before, during and post-divorce. These involve lost productivity of the employee and that of peer and other office staff, involving intermittent gossiping, covering for the distressed employee and increased and/or redistributed workload for the other staff. As a result of these multi-level hits to productivity estimated at \$8,400 per divorce, and looking at America’s current divorce rate of approximately 1.2 million divorces per year,³⁸ a highly conservative assumption that only 30% of these divorces impacts the workplace would yield a divorce-related fiscal impact on America’s productivity amounting to more than \$3 billion per year.

Impact on Government: In this era of government deficit, legislators as well as taxpayers strain under the burden of problems spawned by family fragmentation. A landmark study published in 2008, *The Taxpayer Costs of Divorce and Unwed Childbearing*,³⁹ presents a careful and conservative analysis of these associated factors. It asks the question “Why should legislators and policymakers care about marriage?” and responds by assessing marriage as an important economic institution and a generator of social and human capital. The report, with Benjamin Scafidi as principal investigator, argues that family structure “suggests a variety of mechanisms, or processes, through which marriage may reduce the need for costly social programs.”⁴⁰

Scafidi and colleagues used a simplifying and conservative assumption throughout their analyses that all of the taxpayer costs of divorce and unmarried childbearing stem from the effects that family fragmentation has on poverty, “a causal mechanism that is well-accepted and has been reasonably well-quantified in the literature.” Based on this methodology, they estimated that this one particular by-product of family fragmentation costs U.S. taxpayers *at least \$112 billion each and every year* [italics from original author], or more than \$1 trillion each decade.⁴¹ The report also breaks out the cost of family fragmentation on a state-by-state basis.

In addressing the mechanism by which taxpayer costs associated with family fragmentation become substantial, the report describes the process this way:⁴²

“To the extent that the decline of marriage increases the number of children and adults eligible for and in need of government services, costs to taxpayers will grow. To the extent that increases in family fragmentation also independently drive social problems faced by communities—such as crime, domestic violence, substance abuse, and teen pregnancy—the costs to taxpayers of addressing these increasing social problems are also likely to be significant.”

Specific taxpayer costs associated with family fragmentation include the following:⁴³

- Higher rates of crime
- Drug abuse
- Education failure
- Chronic illness
- Child abuse
- Domestic violence
- Poverty among both adults and children

These taxpayer costs take diverse forms, including:

- More welfare expenditure
- Increased remedial and special education expenses
- Higher day-care subsidies
- Additional child-support collection costs
- A range of increased direct court administration costs incurred in regulating post-divorce or unwed families
- Higher foster care and child protection services
- Increased Medicaid and Medicare costs
- Increasingly expensive and harsh crime-control measures to compensate for formerly private regulation of adolescent and young-adult behaviors.⁴⁴

With Scafidi’s estimation of the cost of family fragmentation at \$112 billion taking into account only those consequences associated with poverty, and with the additional evidence of other deleterious outcomes associated with marital failure and family fragmentation, it is evident that the total cost of social breakdown associated with failure of family relationships is significantly greater than \$112 billion per year—likely tens of billions of dollars more. Lawmakers and others entrusted with decisions affecting the public good

are acutely aware of the high costs of government-funded efforts to address problems stemming from family breakdown. As it becomes increasingly difficult to pay for expensive reparative programs, lawmakers and other decision-makers must look to means for preventing these problems and their deleterious social impact.

While it has been said that for every \$1,000 that the government spends providing services to broken families, it spends \$1 trying to stop family breakdown,⁴⁵ today's financial challenges cast a laser-like focus on the importance of investing in the preventive side of the equation so we may reap much-needed savings from the reparative side. Relationship Education offers a cost-effective and scaleable, preventive approach that holds significant potential on a national basis.

“ACF spends \$46 billion per year operating 65 different social programs. If one goes down the list of these programs... the need for each is either created or exacerbated by the breakup of families and marriages.”

--Dr. Wade Horn, Assistant Secretary, Administration for Children and Families (ACF/HHS) 2004.

Estimates of Potential Economic Benefit from Relationship Education:

Recently, a valuable new method for assessing the return on investment created by social service programs such as Relationship Education has been created by Saint Wall Street, a nonprofit consulting firm.⁴⁶ Called Program Return on Investment™ (PROI), this model eases identifying and calculating of cost-benefits generated by nonprofit program services.⁴⁷ As this monograph makes the case that Relationship Education has the potential for intervening against numerous social factors, PROI significantly advances the capacity to assign economic evidence of value for Relationship Education, and provides a valuable new perspective on the potential economic benefits that can derive from scaling Relationship Education programs across America.

RE for Couples: In addition to the many personal benefits of RE for couples who avoid divorce, as well as avoiding publicly-supported social services, the PROI model highlights other likely economic benefits resulting from Relationship Education. These include: lifetime savings from improved health and reduced treatment costs, lifetime savings from improved mental health and violence avoided, and lifetime savings from public costs that would otherwise

occur from families becoming impoverished as a result of divorce. Utilizing a pro forma analysis of these factors for an RE program delivered to 100 couples where just 5% of the couples avoided divorce as a result, and applying research-supported estimations for each of the additional PROI factors generates a potential programmatic benefit of more than \$1.1 million resulting from these five couples being able to avoid divorce.⁴⁸

In comparing these predicted program benefits with program delivery costs utilizing the California MESH (Marriage Education Service Hour) metric which found an average cost of less than \$20 per MESH, a 10-hour RE program delivered to 100 couples comes at a program cost of approximately \$40,000, including overhead. Allowing for this, and with a lifetime potential benefit of more than \$1.1 million from an investment in RE that helps five couples avoid divorce, the program return on investment is over 27 times the cost.



RE Programs for Youth: Some RE programs are designed specifically to help youth acquire skills for making healthy choices in their relationships and in their lives. While it is difficult to tease out those PROI benefits that might derive from programs that help couples stay together as a family and those that might derive from programs for youth, it is informative to address the specific potential PROI from youth RE programs.

Using a simplified pro forma version of the PROI model where 200 Youths receive a high quality Relationship Education program that results in 15% of these youths acquiring and demonstrating healthy relationship skills and thus avoiding the potential at-risk behaviors and social services associated with the factors cited above, the potential benefits include: Lifetime savings from STD treatments/medications avoided, lifetime savings from violence avoided, lifetime savings from costs of underage drinking, lifetime savings from teen pregnancies avoided (costs specific to

pregnancy), lifetime tax revenues gained from achieving high school diploma, and lifetime savings from costs associated with raising a child. The total savings from these program effects are estimated at more than \$1.3 million derived from successful outcomes for just 200 youths taking the RE program. With program delivery costs estimated as above, the Program Return on Investment comes in at more than 32 times the cost.

While social scientists will be the first to tell you that measurements of economic costs and benefits of interrelated and complex social factors associated with family fragmentation are far from an exact science, two things are evident from the work that has been done by researchers in the field: 1) That the costs associated with reparative efforts addressing byproducts of family fragmentation are staggering; 2) The likely benefits from Relationship Education programs implemented on a wide scale are predictably highly cost-effective, both in economic terms and in terms of their many benefit to the lives of human beings.

“One dollar up front prevents the spending of many dollars down the road.”

--Marian Wright Edelman, Founder & President,
Children’s Defense Fund



VIII. ADDITIONAL SOCIAL BENEFITS OF RELATIONSHIP EDUCATION

Looking at family breakdown and the variety of social factors it affects paints a moving picture of costly personal, social and financial fallout. However, the urgency of remedying these problems should not obscure the potential upside benefits of implementing Relationship Education programs throughout society, an upside that may be even more impressive and important. If we move toward bringing Relationship Education into the fabric of our culture in a way similar to Driver’s Education, for example, whereby virtually everyone has access to Driver’s Ed and this has become an important prerequisite and rite of social passage, scaling Relationship Education to such a level reveals a picture of considerable promise.

When we look at relationships as the foundation of society—everything from romantic relationships to the range of family relationships, work relationships, those with friends and neighbors, with those we contract for services, and others, it becomes apparent that having a populace utilizing in their everyday interactions the skills known to foster understanding and cooperation would yield a very different society. This conjures the picture of a society that functions more successfully, generates a higher GNP, ties up less of its resources in corrective action against intransigent social problems, achieves against its potential at a higher rate than ever before, and works inspirationally and peacefully with other nations. We may even see the faint outlines of a nation that has become the model we have always strived to be.

IX. STAKEHOLDERS

Because Relationship Education has significant potential across society, there are many institutions that can and should play important roles in bringing about this change and for whom there are multiple likely benefits. California polling data identifies the following types of organizations as being widely seen as responsible for providing relationship support: Schools, health centers/mental health centers and counselors, faith-based organizations, places of work and government organizations.⁵⁰ These are examined below.

Schools:

Schools are mandated with equipping the next generation with the knowledge and skills needed for a successful life. It can be argued that relationship skills are an important part of this equation. And, because nothing holds more personal importance for kids than their peer friendships, RE classes are desired and popular and can heighten the relevance of school for students. Furthermore, because schools are the natural gathering place for youth across a span of many years, schools have a built-in capacity to offer a range of age-appropriate RE curricula. While many schools offer RE classes as part of Health Science or Home Science curricula, this is not the norm for most schools, and thus, most students do not have access to these programs during years when they are forming relationships that can have significant consequences for their lives.

Age-specific RE curricula are available for junior highs, high schools, community colleges and universities. Additionally, universities and graduate schools can and should be stimulated to offer majors in Relationships Education and foster academic research across a range of foci such as the standardization of measurements, program efficacy, dosage levels, etc., thereby stimulating program development and refinement and increasing professional standards while launching the next generation of practitioners and researchers.

The Workplace:

The workplace is another natural venue for RE programs, because problems at home affect productivity and the corporate bottom line and because existing Employee Assistance Programs are organized structures of support for employees. Traditionally, EAPs generate positive returns—ranging from \$1.40 - \$6.85 for every dollar invested in employee wellness programs.⁵¹ Thus, in consideration of the number of workers whose productivity is compromised by divorce and the cost of this lost productivity, the tight

margins bedeviling businesses today make investment in RE an important growth area across America.

In addition to these bottom-line benefits, the communication and problem-solving skills taught in Relationship Education classes are the foundational skills taught in many highly-esteemed corporate training programs. Training employees in these skills to benefit their family relationships simultaneously equips them with skills of value at work—along with outcomes such as improved teamwork, decision-making, productivity, morale, employee satisfaction and retention, customer satisfaction, sales, profit, growth and margins.⁵²

Additionally, some businesses in particular will derive unusually high ROI from RE because of the nature of their business. These include health insurers for whom reduced use of health care services, a research-supported outcome of healthy relationships, will redound to the insurers' bottom lines. Banks will likely benefit from lower levels of default on home loans stemming from married couples who stay together. Other institutions with likely very high ROI include those extending credit for the purchase of consumer products, from car dealerships to furniture stores to credit card companies.

Because of the interrelated nature of human life wherein improvements in family relationships reverberate across the whole of people's lives, a fertile new line of thinking for corporate America can be to ask the question, "In what ways would our business be likely to profit from investing in Relationship Education?"

Counseling Centers and Health Care Institutions:

Counseling Centers and Health Care Institutions are a natural constituency for Relationship Education as they are institutions that people turn to for help with a variety of personal and interpersonal problems, they have staff readily trainable as RE Instructors and they have a built-in delivery system for RE programs. Moreover, participant gains from RE classes can augment private counseling sessions and will stimulate health outcomes that benefit the work of health practitioners. RE classes also provide means for these professionals to access new clients. Furthermore, from the broader perspective of social change, counselors, therapists and health practitioners of all kinds are important opinion leaders for their clients and have key roles as change agents around the importance of Relationship Education. Because of the affinity between the goals and benefits of Relationship Education with the traditional work of helping professionals of all kinds, RE can and should be a standard part of the professional training programs for counselors, therapists, nurse practitioners, physicians as well as a variety of other health professionals.

Faith-based Organizations (FBOs):

Faith-based organizations are and should continue as prime movers of Relationship Education, especially Premarital Education and Marriage Education. As about half of all couples want to be married in their house of worship, this creates a natural funnel through which young couples can learn about and receive access to Premarital Education and Marriage Education programs and yield preventive benefits before relationship damage is likely to occur.

For married couples, especially those experiencing difficulties in the relationship, their church, synagogue, mosque or other house of worship is for many the organization to which they are most likely to turn for help. Because of the natural alignment between the mission of faith-based organizations and public reliance upon them as sources of support, faith-based organization should offer an array of Relationship Education programs including those for youth, Premarital Education, programs for Marriage Enrichment and programs for troubled marriages.

Faith-based organizations that have Family Life offices, Family Ministries and Counseling services can develop comprehensive programs utilizing the professionals on staff, and because of the ethic of volunteerism that is part of the culture of faith-based organizations, have access to the volunteer services of its congregants who have the potential for teaching/coaching in RE classes as well as organizing and supporting RE programs in a variety of ways. Additionally, because clergy are looked to as moral leaders in their community, their endorsement of Relationship Education as important for being able to form and maintain healthy families and of manifesting the teachings of their faith constitutes a form of leadership of great importance for the successful implementation of RE programs through FBOs.

Judicial System—County Courthouses/Divorce Lawyers/Judges:

Some Relationship Educators believe that as many as 80% of divorces would be unnecessary if the couple knew and utilized the RE skills that foster relationship satisfaction and avoid relationship damage. Because in most divorce proceedings there is a time when each person reconsiders the relationship, county courthouse staff, divorce attorneys and judges can play important roles as gatekeepers who funnel couples into RE classes before these couples suffer the complications and consequences of breaking up their families. Divorce-intervention projects are beneficial for a significant percentage of couples and the ROI for society is considerable. Furthermore, for couples who continue with divorce proceedings after taking an RE program, their having acquired skills in communication and problem-solving

increases the likelihood of successful co-parenting after the divorce.

Government:

Government at all levels—local, State and Federal—is a prime stakeholder for Relationship Education as government coffers stand to reap tremendous savings from preventive investments in RE instead of bearing the burdensome costs associated with reparative social services.

Those interested in careful investment of taxpayer dollars should look closely at the cost of maintaining the status quo in comparison with the development of systems and structures that equip our populace with the skills necessary to form and sustain healthy and stable families within which children thrive and adults develop skills associated with success in the workplace.

With the increased understandings about the components of successful interpersonal relationships that have been developed by social scientists over this past generation, it is no longer necessary to continue the status quo of a largely reparative approach to social problems. The U.S. Department of Health and Human Services/Administration for Children and Families has taken a series of initial steps to fund the development of an infrastructure of nonprofit organizations working to develop, foster and deliver Relationship Education programs across the country. This infrastructure is far from comprehensive and it is likewise far from achieving the level of visibility and penetration needed to reach the full potential of Relationship Education across society. Additional government support—Federal, State and local—is key to achieving the potential of RE. As public coffers are likely the largest benefactors of investing in RE, it makes considerable sense to investigate optimal ways of reaping this benefit.

Foundations and Private Donors:

Philanthropists look to make wise and enlightened investments that will help people and create a more just and humane society, and there is no shortage of important problems to fix and worthy approaches for fixing them. Relationship Education can not and should not be seen as a be-all and fix-all. Yet, a careful review of existing research shows RE as having the potential to be perhaps our most cost-effective intervention against a wide range of social problems. These include the spiraling costs of healthcare, shortfalls in educational achievement, the costs of poverty, drug and alcohol abuse, domestic violence and crime. In addition to this are the collateral benefits from RE that can strengthen families, communities and the workplace. For those philanthropists who focus their philanthropy on any

one of many key social problems we face today, investment in RE will likely help that particular problem and benefit many others as well.

Moreover, with all that social scientists have cumulatively learned over the past generation, our society—indeed, our species—may well be at the edge of monumental change. We are at a point of having acquired knowledge and understanding that our parents and grandparents never had, nor had any previous generation—knowledge that now gives us significantly increased capacity to form and sustain interpersonal relationships of a different quality than human beings have ever before known how to institute in a systematic way. This knowledge can and should be spread across our culture.

Relationship Education contains the knowledge and represents a delivery system that that can enable us to bring this expertise into the mother’s milk of our culture. RE represents for philanthropists what can be seen as an opportunity of unprecedented proportions to contribute to the health and well-being of our species.

“The Case for philanthropic support for marriage is clear and indisputable. The problem of marital failure is at the root of many social problems to which donors devote their time, attention and fiscal resources.”

--William J. Doherty, Ph.D., Professor of Family Social Science, University of Minnesota. “Reviving Marriage in America: Strategies for Donors”. *Philanthropy Roundtable*, p. 63.



X. INVESTING IN SOCIAL CHANGE

For stakeholders and other members of society wishing to contribute to generating beneficial outcomes from Relationship Education, there are many avenues to consider, including the following:

- Expanding access to RE programs via new and existing delivery systems and institutional partnerships;
- Development of mass media marketing campaigns to educate about RE and create public demand for RE;
- Expansion and dissemination of outcome research on the impact of RE;
- Endowment of university chairs and fellowships for graduate students in RE;
- Support for a variety of community-based RE efforts;
- Development of statewide task forces to foster expansion of Relationship Education;
- Expansion and refinement of RE programs to address ethnic and cultural needs;
- Development of books, movies, TV, radio, internet vehicles and smart phone applications;
- Sponsorship of conferences and tradeshow for RE professionals and RE fairs for the lay public;
- Sponsorship of RE classes—large events for the general public and scholarships for individual participants.

This list is not exhaustive nor can it be as Relationship Education heralds a level of cultural change that from today’s vantage point cannot be fully imagined or described. Yet, with the considerable potential that RE holds, it may be that one or two hundred years from now human beings will look back upon our era and describe it as the time in history when our species first started to know how to relate together successfully, and they may find it difficult to imagine what life on Earth had been like before.

**APPENDIX A:
RELATIONSHIP EDUCATION RESOURCES—A
partial list of organizations offering comprehensive
resources**

**Healthy Relationships California/California Healthy
Marriages Coalition—Couples Division**

1045 Passiflora Avenue
Leucadia, CA 92024
213.291.0119
info@Relationships.CA.org
www.Relationships.CA.org

Better Marriages (formerly ACME—Association for
Couples in Marriage Enrichment)
800.634.8325
www.bettermarriages.org

Coalition for Marriage, Family and Couples Education

5310 Belt Road, NW
Washington, DC 20015-1961
202.362.3332
www.smartmarriages.com

**National Association for Relationship and Marriage
Education (NARME)**

P.O. Box 14946
Tallahassee, FL 32317
850.668.3700
www.NARME.org

National Council on Family Relations

3989 Central Avenue NE, Suite 550
Minneapolis, MN 55421
763.781.9331
888.781.9331
www.NCFR.org

National Healthy Marriage Resource Center

9300 Lee Highway
Fairfax, VA 22031
866.916.4672
www.healthymarriageinfo.org www.twoofus.org

The Dibble Institute

P.O. Box 7881
Berkeley, CA 94707
800.695.7975
www.DibbleInstitute.org

The National Marriage Project

University of Virginia
P.O. Box 400766
Charlottesville, VA 22904-4766
434.982.4509
www.virginia.edu/marriageproject

**U.S. Department of Health and Human Services/
Administration for Children and Families
Healthy Marriage Initiative**

370 L'Enfant Promenade, SW
Washington, DC 20447
www.acf.hhs.gov/healthymarriage/index.html

APPENDIX B: A SAMPLE LIST OF RELATIONSHIP EDUCATION CURRICULA

FOR YOUTH:

Active Relationships for Young Adults
Connections: Dating and Emotions
Essential Disciplines for Teens
Love Notes
Love U2: Relationship Smarts PLUS
One, Two...I Do!
PAIRS for PEERS

FOR SINGLES:

Connections: Relationships and Marriage
Healthy Choices, Healthy Relationships
PICK a Partner: How to Avoid Marrying a Jerk/Jerkette
Journey to Love
Love's Cradle
Ready for Love

PREMARITAL EDUCATION:

Before "I Do"—Preparing for the Full Marriage Experience
Engaged Encounter
FOCCUS Inventory
PREPARE Inventory
The First Dance

MARRIAGE/COUPLES EDUCATION:

Active Relationships
Basic Training for Black Couples
Bringing Baby Home
Building Successful Stepfamilies
Compassion Power
Couple Communication
Couplehood: A New Way to Love
Descubriendo los Misterios del Amor
Designing Dynamic Stepfamilies
Family Wellness—The Strongest Link, the Couple
Getting the Love You Want: An Imago Workshop
Hold Me Tight: Conversations for Connection
Keeping Love Alive
Love and Respect
Marriage Boot Camp: Anger & Violence Regulation
Marriage Encounter
Marriage Links
Marriage Matters
Married and Loving It
Mastering the Mysteries of Love
Mastering the Mysteries of Stepfamilies
Matrimonio de Clase Mundial

PAIRS Essentials
Power of Two
PREP
REFOCCUS Inventory
Relationship Enhancement
Relationship Enhancement for Immigrants
and Refugees
Retrouvaille
Scream Free Marriage
Second Half of Marriage
Smart Steps
10 Citas Extraordinaria
10 Great Dates
10 Great Dates for Black Couples
The Art and Science of Love
The Third Option
Ultimate Relationships
World Class Marriage

PARENTING EDUCATION:

1,2,3,4 Parents!
Active Parenting Now
Active Parenting of Teens
Active Parenting Today for Jewish Families
Confident Parenting: Survival Skills Training Program
Crianza con Carino para Padres y Ninos
Early Childhood STEP Program
Effective Black Parenting
Los Ninos Bien Educados
Nurturing Skills for Parents
Parents and Adolescents
Parents and Their Infants, Toddlers and Preschoolers
Parent Effectiveness Training
Parents Under Construction Program
Southeast Asian Parenting Program
Systematic Training for Effective Parenting Programs
Teenage Parents and Their Families
Raising Kids Twogether

IN THE WORKPLACE:

Conflict Resolution Workshop
Leader Effectiveness Training
Listen Up!
Synergistic Selling
Winning the Workplace Challenge

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Healthy Relationships California is one of the nation’s pre-eminent Relationship Education organizations. As the recipient of the largest Federal Healthy Marriages Demonstration Grant and other sources of support, Healthy Relationships California has developed a statewide network of nonprofit coalitions that reaches across age, geographic, cultural and language differences to serve California’s highly diverse population. Utilizing an innovative and cost-effective delivery model, Healthy Relationships California has taught skills-based Relationship Education programs to nearly 100,000 participants in the past five years. HRC publishes a variety of Relationship Education resources and has instituted the nation’s first statewide multi-year, multi-program study on the impact of Relationship Education.



www.RelationshipsCA.org

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