
North Dakota Intimate Partner Violence Prevention Program:
April 2016 Evaluation of the *Within My Reach* Curriculum Training

Prepared for: Veronica Zietz, Director
Violence Prevention Program
Catholic Health Initiatives St. Alexius
900 East Broadway
Bismarck, ND 58501

Prepared by: Nancy Vogeltanz-Holm, Ph.D., L. P., Director & Professor
Center for Health Promotion & Prevention Research (CHPPR)
University of North Dakota School of Medicine & Health Sciences
501 N. Columbia Road, Stop 9037
Grand Forks, ND 58202-9037
701.777.3148
nancy.vogeltanz@med.und.edu
<http://www.med.und.edu/chppr/>
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***CHPPR: Working Together for a Healthier North Dakota
Through Research, Education, and Service***

Overview of the April 2016 *Within My Reach* Curriculum Training

The CHI Mission and Ministry funded Intimate Partner Violence (IPV) Prevention Program, directed by Ms. Veronica Zietz, sponsored a *Within My Reach* (WMR) Curriculum training for professionals, acting as WMR Facilitators within their respective communities, on April 4-6, 2016. The training was conducted by Mr. Scott Roby, a master-level trainer from the Prevention and Relationship Education Program (PREP) organization. In addition to PREP's widely used relationship education programs for couples, WMR is a relationship-focused curriculum developed for "individuals whether or not they are currently in a relationship" including for use with single parents at low income levels. WMR combines traditional PREP relationship skills development in communication, conflict management, and managing expectations, but also teaches skills in making good choices in romantic relationships that are safe and healthy for adults and their children. The WMR curriculum was developed with "considerable input from national domestic violence experts," and according to their website, the curriculum encourages participants to:

- Practice replacing communication danger signs with proactive strategies for respectful talking and listening.
- Examine the warning signs of dangerous patterns in relationships.
- Develop skills to help manage stress and reduce the negative effects of stress.
- Explore personal needs and expectations and the role that decision-making plays in realizing those needs and expectations.
- Learn the brain science behind love and how to enjoy and thoughtfully navigate decisions while in love.
- Acknowledge the long-term satisfaction possible through the gift of commitment.
- Discuss forgiveness, infidelity and knowing when to end an unhealthy relationship.
- Recognize the challenges and opportunities inherent in step-parenting or blended families.

The program is typically delivered in group settings and consists of 15 lessons, each lesson typically requiring about 1 hour to complete. The PREP/WMR website provides further details at <https://www.prepinc.com/Content/CURRICULA/Within-My-Reach.htm>.

As shown in Table 1, 22 persons representing 8 North Dakota communities completed the two and one-half days training held in Bismarck, North Dakota. Of the 22 community professionals who completed the training, 20 completed evaluation surveys.

As shown in Table 2, almost all of the 20 community facilitators said they "strongly agreed" or "agreed" that they developed teaching/training skills related to the four main learning objectives of the WMR curriculum training: (1) identifying relationship risk factors (90%); learning strategies for reducing risks (100%);

understanding healthy relationship self-help models (100%); and improving professional practice with evidence-based strategies (95%).

As shown in Table 3, overall ratings of the quality and effectiveness of the WMR training experience were also very positive. Almost all attendees felt the training experience and curriculum content were "above average" or "very good" on measures of usefulness (95%), presenter's knowledge and skills (100%), and overall curriculum comprehensiveness and quality (95%).

Attendees also provided written comments about their training experience. Comments included that the presenter was excellent, the format was interactive, the content was evidence-based, and that important new skills were developed that could now be used in the facilitators' home communities. Suggestions for improving the training included having follow-up meetings to check on community progress, to increase the training time to 3 full days, to shorten the training time, and to have more time for practicing skills.

Table1

April 4-6, 2016 Within My Reach Curriculum Training, Bismarck, North Dakota: Community Representatives Attending and Their Professional Roles

Community	No. Attending	Professional Roles*
Bismarck	2	Hospital & Violence Prevention Services
Carrington	3	Hospital & IPV/SA Services; Community Advocate
Devils Lake	4	Family & IPV/SA Services
Dickinson	4	Emergency Services SA Nursing
Lisbon	2	IPV/SA Services; Community Advocate
Oakes	3	IPV/SA, Social Work, & Pastoral Services
Valley City	3	IPV/SA Services; Educators
Williston	1	Pastoral Service

Total

22

*IPV= Intimate Partner Violence; SA = Sexual Assault

Table 2

April 2016 Within My Reach Training: Community Professionals' Ratings on Four Key Learning Objectives

Use the following scale to rate the degree to which you agree or disagree with the following statements:	Strongly Disagree	Mostly Disagree	Mostly Agree	Agree	Strongly Agree	
	No. (%)	No. (%)	No. (%)	No. (%)	No. (%)	Average Rating*
1. I have learned key risk factors for relationship failure based on long-term studies of marital outcomes.			2 (10%)	5 (25%)	13 (65%)	4.55
2. I have learned empirically based strategies for helping individuals lower risks of relationship failure associated with negative patterns of interaction and/or unrealistic expectations.				6 (30%)	14 (70%)	4.70
3. I have learned a model for helping individuals understand dynamics of healthy relationships and ways in which individuals can be helped to learn to employ patterns of behavior associated with healthy relationships.				5 (25%)	15 (75%)	4.75
4. I understand the importance of empirical research in terms of being able to offer sounds strategies for helping individuals.			1 (5%)	6 (30%)	13 (65%)	4.60

*Ratings scored from 1 to 5: 1=Strongly Disagree; 2=Mostly Disagree; 3=Mostly Agree; 4=Agree; 5=Strongly Agree.

Table 3

April 2016 Within My Reach Training: Community Professionals' Ratings on Five Measures of the Quality and Effectiveness of the WMR Training Experience

Use the following scale to respond to the following prompts regarding the presentation of this material.	Poor	Below Average	Average	Above Average	Very Good	
	No. (%)	No. (%)	No. (%)	No. (%)	No. (%)	Average Rating*
1. I would rate the relevance/usefulness of this training material to me as			2 (10%)	5 (25%)	13 (65%)	4.55
2. My rating on the presenter's knowledge of the content is				2 (10%)	18 (90%)	4.90
3. My rating on the presenter's delivery of the content is				2 (10%)	18 (90%)	4.90
4. My rating of the comprehensiveness of the WMR program is			1 (5%)	3 (15%)	16 (80%)	4.75
5. My rating of the quality of the WMR material is			1 (5%)	3 (15%)	16 (80%)	4.75

*Ratings scored from 1 to 5: 1=Poor; 2=Below Average; 3=Average; 4=Above Average; 5=Very Good.