

## Logic Model: ELEVATE: Taking Your Relationship to the Next Level

Situation: Couples in healthy relationships tend to be healthier and live longer. They tend to have lower stress levels, exhibit better health habits and practices, be more stable emotionally, and have lower incidence of mental health issues. Research shows healthy relationships and resulting family stability, promote physical, social and emotional well-being of adults and children (Adler-Baeder, Shirer & Bradford, 2007). Married couples who participate in RME (relationships and marriage education), also show significant improvements in how they interact with each other (Blanchard et al., 2009) and in reporting overall marital quality (Hawkins et al., 2008). Gottman Institute research shows on average, couples wait six years before seeking help with their marital problems, and that prevention marital problems is three times more effective than intervention.

INPUTS	OUTPUTS		OUTCOMES – IMPACT		
	Activities	Participation	Short-term	Medium-term	Longer-term
What we invest	What we do	Who is reached	What do we think participants will know, feel, or be able to do after participating in program?	How do we think participants will behave or act differently after participating in program?	What kind of impact can result if participants behave or act differently after participating in program?
Obtain ELEVATE curriculum from University of Georgia Extension.  Train Educators in ELEVATE curriculum.  Marketing plans and materials.	Deliver ELEVATE program to couples in face-to-face or virtual format.  Develop community partnerships for focusing on relationship support: faith-based organizations, local agencies, schools, businesses, hospitals, military agencies, and family support services.  Seek financial resources or	Adult couples in a committed relationship  Engaged couples  Married couples	Participants gain knowledge/skills about physical, mental, and emotional well-being fostering healthier relationships. <ul style="list-style-type: none"> <li>Participants report increased confidence in practicing healthy living choices. (Q1)</li> </ul> Participants gain knowledge/skills in making decisions (commitment, intentional, proactive, strengths-focused) about relationships. <ul style="list-style-type: none"> <li>Participants report increased confidence in decision-making for relationships. (Q2)</li> </ul> Participants gain knowledge/skills about personal and relational needs, interests, feelings, and expectations in relationships. <ul style="list-style-type: none"> <li>Participants report increased confidence in understanding partner interests, feelings and expectations. (Q3)</li> </ul> Participants gain knowledge/skills in expressing kindness, using understanding and empathy, demonstrating respect, and investing time and openness in relationships. <ul style="list-style-type: none"> <li>Participants report increased confidence in expressing love,</li> </ul>	Participants report trying/practicing: <ul style="list-style-type: none"> <li>healthy living choices to foster healthier relationships</li> <li>relationship decision-making skills</li> <li>understanding partner interests, feelings and expectations</li> <li>expressing love, appreciation, and respect in relationships</li> <li>sharing interests and activities, and taking time to listen to partners</li> <li>managing differences and conflict (seeing partner's point of view, expressing feelings, using time outs, being open)</li> <li>reaching out to friends, family and others who can support relationships</li> </ul>	Participants report positive benefits from trying/practicing: <ul style="list-style-type: none"> <li>healthy living choices</li> <li>relationship decision-making</li> <li>understanding partner interests, feelings and expectations</li> <li>expressing love, appreciation, and respect in relationships.</li> <li>sharing interests and activities, and taking time to listen to partners.</li> <li>managing differences and conflict (seeing partner's point of view, expressing feelings, using time outs, being open).</li> <li>reaching out to friends, family and others who can support relationships.</li> </ul> Participants report

	sponsorships to reduce costs for participants.		<p>appreciation, and respect in relationships. (Q4)</p> <p>Participants gain knowledge/skills of together time and fostering a shared sense for couple identity.</p> <ul style="list-style-type: none"> <li>Participants report increased confidence in sharing interests and activities, and taking time to listen to partners. (Q5)</li> </ul> <p>Participants gain knowledge/skills about strategies to see partner views, accept differences and manage stress.</p> <ul style="list-style-type: none"> <li>Participants report increased confidence in managing differences and conflict (seeing partner's point of view, expressing feelings, using time outs, being open). (Q6)</li> </ul> <p>Participants gain knowledge/skills in developing connections for health and vitality of the relationship.</p> <ul style="list-style-type: none"> <li>Participants report increased confidence in reaching out to friends, family and others who can support relationships. (Q10)</li> </ul> <p>Participants report intention to use skills learned for their relationships.</p>		<ul style="list-style-type: none"> <li>improved couple and family functioning</li> <li>increased satisfaction and stability</li> <li>Greater family harmony</li> </ul>
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<b>Assumptions</b>	<b>External Factors</b>
<ol style="list-style-type: none"> <li>Couples desire to learn skills to effectively manage stress and maintain a healthy relationship.</li> <li>Improving healthy relationship and marriage skills will enhance couples to be committed, increase their ability to function, and maintain family stability.</li> </ol>	<ol style="list-style-type: none"> <li>Difficulty in recruiting couples to attend 12 hours of relationship and marriage education.</li> <li>Difficulty in maintaining couples in multiple session education program.</li> <li>Family /Cultural experiences have significant influence in shaping expectations, willingness, and approaches to address relationships.</li> </ol>