

THREE COURSES: Three primary “flagship” courses:

- PICK (healthy relationship skills, virtues, & partnerships for youth or adults)
- LINKS (healthy relationship skills and virtues for committed couples)
- Our Home Runs Series (healthy relationship skills & virtues for Families or Dads or Parents)

RESEARCH-INFORMED: Courses were developed from research/theory in attachment, healthy relationship formation and sustainment, marital/relational virtues, and relationship skills.

EVIDENCE-BASED: Research has been conducted and published on courses with outcomes of improvement in multiple areas of relationship quality and stability.

PREVIOUS & PRESENT GRANTEEES:

- Utah State Extension (HRU): PICK (youth and adult classes), LINKS, Home Run Dads
- Bethany Christian Services of Georgia: PICK (young adults)
- Allegheny Intermediate Unit: Home Run Dads/Parents (fathers)
- Marriage Works! Ohio: PICK (adults), LINKS (couples)
- Make It Last Evansville, IN: PICK (youth and adults); LINKS (couples)
- Additional Grantee locations that utilized PICK, LINKS, and/or Home Run Dads/Parents: Grand Rapids, MI; Dalton, GA; Richmond, VA; Fargo, ND; Knoxville, TN; Springfield, MO; Chattanooga, TN; Fort Worth, TX; Tallahassee, FL; Chicago, IL; Atlanta, GA

FLEXIBLE DELIVERY: The Flagship Courses are delivered in 12-hour (in-person or virtual) classes or expanded with course modules to 24-hours.

MULTIPLE POPULATIONS: Courses have been validated by data collections, pre/post studies, and published research with youth, at-risk youth, emerging adults, adults, married couples, low-income adults, incarcerated adults, and military members. English and Spanish versions, and Christian version for faith-based settings.

CONCEPTUAL CONTENT: A unique strength of the three flagship courses is the “conceptual” nature of the content. They are developed around the visual and interactive tool, the Relationship Attachment Model (RAM), which portrays five major bonding aspects of relationships, so that all the relationship virtues and relationship skills are not presented as list of relational topics, but rather packaged within each of the five dynamic bonds of a relationship represented by the RAM. This increases retention and provides a simple and practical understanding of how to “actively run” a relationship with the essential virtues, skills, and relational activities that build and sustain healthy relationships. Utilizing the RAM in the framework of all three flagship courses also provides a congruence between them so that courses can be combined as needed or sequenced with one course naturally leading to another.

