

The FSAC Update



To promote and nurture safe, healthy family environments

June 2011
Issue 9

Hello and welcome to the FSAC Partners Newsletter! We would like to thank everyone for their support and dedication to our project. We have many exciting partnerships in the community including:

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| The Tri-County Health Department | Colorado Coalition for the Homeless |
| Alternatives to Family Violence | Mercy Housing |
| Adams County Housing Authority | Adams County School Districts 12, 27], 14, & 50 |
| Adams County Human Services Department | Adams County Head Start |
| Goodwill Industries Denver | Family Tree |
| Access Housing | Community of Faith United |
| Almost Home | Aurora Community Connection |
| Growing Home | A Road Called STRATE. |

Thanks to everyone for all your support, without you we would not be able to help our participants and our community! We are nearing the end of the final year of FSAC, and are heartened by promising immediate and long term outcomes (18-month follow-up) such as improvements in relationship confidence, well-being, financial management, and parenting self-efficacy.

In this issue we would like to highlight affordable family friendly activities in Colorado and discuss the meaning behind a "Healthy Relationship." Having a health relationship has been touted as a goal for many programs yet the definition of this is often illusive; spending time together (with date night or family time) is a recommended way to strengthen relationships yet planning these activities can seem daunting on a tight budget. In this newsletter we hope to highlight free/affordable activities to participants and discuss what it means to have a healthy relationship. Please enjoy this newsletter and share these findings/facts with all whom you feel would benefit.

We greatly appreciate any feedback on our content that you would like to provide or if you would like to post any information for future newsletters please contact Sara Anne Tompkins at stompkin@colostate.edu

Participant Voice:

The below excerpts are participant feedback from recent Within My Reach programs:

- "Communication is a huge issue in our family and just having the awareness on some of the things that contribute to those problems has been very useful in our daily lives."
- "I don't know how to explain it, but I noticed that in the last few weeks my wife and I have become closer and work better with the kids."
- "I have gained a much better understanding of how anger begins and how better to control it. Loved this class. I recommend this everyone."
- "I have learned about respect and love. I've learned how to handle situations better."

The below excerpts are participant feedback from recent Make Parenting a Pleasure programs:

- "I have less stress and understand more about my kids and how they grow."
- "I think it helped me grow as a parent."
- "I will continue taking more classes and spending more time with my son. I will try to have more patience with my little one."
- "The class provided a safe place to interact with other concerned parents that have similar goals."

The below excerpts are participant feedback from recent Spend Some Save Some programs:

- "I learned to be more aware of money and keeping things in order."
- "It helped me to understand my financial status and has really helped the budget."
- "I learned the importance of getting rid of debt."

Free or Affordable Local Family Activities:

Adams County Fairgrounds:

- Little Britches Rodeo Event Date: Saturday, June 18 & 19, 2011 -- Start Time: 8 am.
- R.U.F.F. Flyball Event Date: Saturday, June 18 & 19, 2011 -- Start Time: 8 am.
- The One Challenge Comedy Show Event Date: Saturday, August 27, 2011 -- Start Time: 7 pm



Rangeview Library (Thornton):

- My Summer Kickoff Party – Wed, June 1st, 1pm
- True Crime and Mystery Book Club – Wed, June 1st – 7pm
- Teen Night – Thursdays June 2 – 23 – 6pm
- Additional programs for adults, young children, & teens – call 303-288-2001

Denver Art Festivals:

- First Friday Art Walks in Denver <http://www.artdistrictonsantafe.com/>
- Denver Chalk Art Festival – <http://www.larimerarts.org/> June 4-5th; Larimer Square
- Denver Cherry Blossom Festival – <http://www.tsdbt.org/cherryblossom> June 25-26th
- Cherry Creek Arts Festival – <http://www.cherryarts.org/> July 2-4th

Free Concerts

- City Park Jazz – every Sunday in June and July - <http://www.cityparkjazz.org/>
- Confluence Concerts – every Thursday in July at 6:30pm - <http://www.greenwayfoundation.org/>

Free Attractions & Tours

- U.S. Mint Tours - http://www.usmint.gov/mint_tours/index.cfm?action=StartReservation
- Denver Story Trek - <http://www.denverstorytrek.org/>
- Dinosaur Ridge - <http://www.dinoridge.org/>
- Colorado Sports Hall of Fame Museum - <http://www.coloradosports.org/>

Free Day Trips:

- Denver Parks & Lakes - www.denver.org/what-to-do/sports-recreation/denver-parks-outdoors
- Estes Park - <http://www.estesnet.com/>
- Boulder - <http://www.bouldercoloradousa.com/>
- Denver Bike Trails - www.denver.org/what-to-do/sports-recreation/denver-bike-trails
- City of Brighton Parks and Trails - <http://www.brightonco.gov/egov/docs/1262194064861.htm>

Research Update: What is a “Healthy Marriage”? Defining the Concept

It is well known in the literature that a healthy marriage is associated with many positive outcomes. For adults, a healthy marriage is associated with better employment and higher income, better mental and physical health, higher levels of social support, and higher levels of satisfaction and happiness (Waite & Gallagher, 2001). Also, healthy marriages are associated with better parenting which may lead to positive child outcomes such as positive socio-emotional development, higher cognitive development, and greater educational achievement (Amato, 2000). Children from healthy marriages also tend to be healthier and are less likely to participate in risky behaviors (Coleman et al., 2000). Most importantly, a healthy marriage provides an example for children and increases their chances of learning useful relationship skills and having stability in their own marriages.

Due to all these positive outcomes for both adults and children, it is important that researchers continue to promote healthy marriages and relationships, but what is a healthy marriage? Researchers have found that the most important characteristics that are necessary for a healthy marriage are:

- (1) Commitment- It is important that couples are committed to each other and are able to see and plan for the long-term (Fowers, 2003). Couples must also be committed to their children's wellbeing whether the child is adopted or biological.
 - (2) Communication- Couples must have good communication with each other avoiding blame, criticism, and negative expressions (Gottman et al., 1998). Positive communication is characterized with respect, compromise, and humor which are effective at building intimacy and resolving conflicts (Smock & Manning, 1995).
 - (3) Lack of Domestic Violence- Most importantly, there must be a lack of domestic violence towards each other or towards children since it is associated when many negative consequences (Straus, 1992). In conclusion, it is important that these characteristics are promoted in a marriage so that these positive outcomes can be experienced by both children and adults.
- * Article by Moore, Jekeilek, Bronte-Tinkew, Guzman, Ryan, & Redd. Child Trends Research Brief, September 2004.

New Happenings/Classes:

- June 2, 9 & 16, (Thu), MPAP at Adams County Workforce & Business Center in Brighton, 1:00pm-4:00pm
- June 2 - 23, (Thu), RETHINK Anger Mgmt., at the First Southern Baptist Church in Northglenn, 6:00pm-8:00pm
- June 7, 14 & 21, (Tue), MPAP in Spanish, at Almost Home in Brighton, 5:30pm-8:30pm
- June 7 - 28, (Tue), WOR at Renaissance 88 in Thornton, 6:00pm-8:00pm
- June 13, 20 & 27, (Mon), MPAP at Renaissance 88 in Thornton, 10:00am-1:00pm
- July 9, 16 & 23, (Sat), MPAP at Almost Home in Brighton, 11:00am - 2:00pm
- August 8, 15 & 22, (Mon), MPAP at Renaissance 88 in Thornton, 10:00am-1:00pm

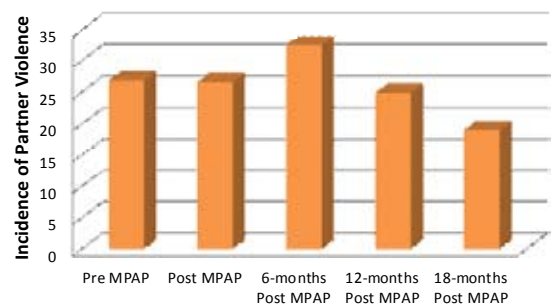
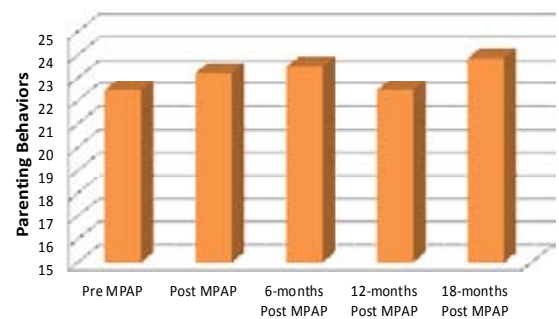
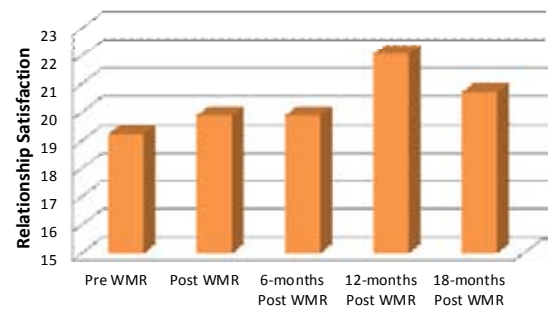
**above schedule and times may vary please check website for recent updates: www.adamscountyfamilies.org*

Current Evaluation Happenings:

We successfully presented our final poster at the OFA Grantee meeting in Baltimore

Continuing to see successful feedback on our program evaluations for our classes (i.e., majority of participants are reporting that they are satisfied with programs, instructors, and would recommend our courses to others)

Most recent findings show significant improvements in all programs in majority of outcomes at 18-months post program (e.g., see graphs 1-3; significant ($p < .05$) improvement in relationship satisfaction; improvement in parenting behaviors; decreases in partner violence).



Summer Activity Ideas for Dad's

(in Honor of Father's Day; June 19th):

- Learn a new sport with your child.
- Take a hike or go on a camping trip
- Visit a local monument or national park
- Get wet – visit your local community pool
- Be the student – have your child teach you their favorite activity

*National Fatherhood Initiative (www.fatherhood.org)