Implementation and outcome findings from a two-year national study of the Healthy Relationships Plus Program

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Objectives

- Provide an overview of the Healthy Relationships Plus Program (HRPP)
- Discuss the HRPP National Implementation Study
- Highlight emerging outcome findings from this study
What is the Fourth R?

- A relationship-based approach to prevent adolescent violence and related risk behaviours

- School based comprehensive prevention approach. Units include:
  - Personal Safety & Injury Prevention
  - Substance Use, Addictions & Related Behaviours
  - Human Development and Sexual Health
  - Healthy Eating

- This program has been rigorously studied
Program Registries

**Canada**
- Ontario Bullying Prevention Data Base
- Canadian National Crime Prevention Registry
- Curriculum Services Canada
- Public Health Agency of Canada Promising and Best Practices Portal
- Public Health Agency of Canada Promising and Model Crime Prevention Programs
- National School-Based Mental Health and Substance Abuse Consortium

**United States**
- SAMHSA’s National Registry of Evidence-Based Programs and Practices
- US Department of Justice Programs Crime Solutions
- Office of Juvenile Justice and Delinquency Prevention’s Model Programs Guide
- Find Youth Info Government Evaluated Program Directory
The Adolescent Risk Triad: The Relationship Connection

- Mental Health
- Mental Wellbeing
- Substance misuse
- Peer and dating violence
- Unhealthy sexual behavior

Relationships
Healthy Relationships Plus Program (HRPP)

- Evidence-informed small groups program
- Targets the prevention of violence through the promotion of positive, healthy relationships
- Intended for youth between the ages of 12 and 18
- 14 sessions
- Flexibility around delivery
HRPP is currently being implemented in more than 80 sites across 4 provinces and territories.
Diverse Settings

- Emergency Women's Shelter
- Catholic School Board
- Public School Board
- Metis Settlement
- Rural Communities
- Youth Community Organizations
Considering Contextual Factors

- Within-group design to look at impact of different characteristics on implementation quality and youth outcomes

Group characteristics

Setting characteristics

Facilitator characteristics
Emerging Findings: Outcomes for Youth

- Pre- and post-assessments

- Use person-centered analysis to uncover within-group patterns
  - Multi-level modeling (MLM) approach: looked at group and individual level predictors of change
  - Latent class growth curve (LCGA) approach: identified classes of youth to look at who changed over the course of the program
Implications

- Extending evidence-based healthy relationships programming to have strengthened focus on mental health is a natural next step.