

Western



Centre for School
Mental Health

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

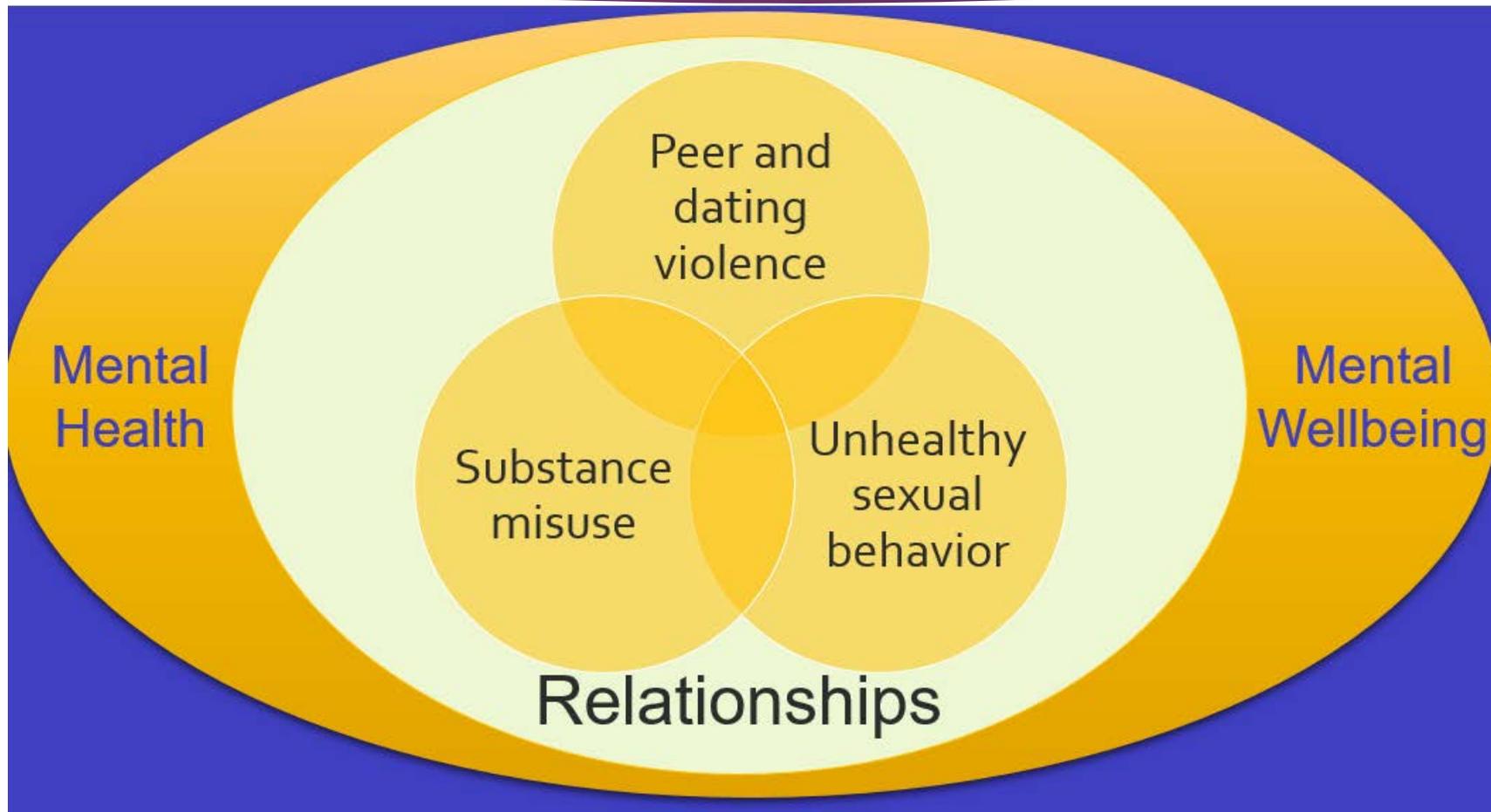
▶ Canada

- ▶ 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



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

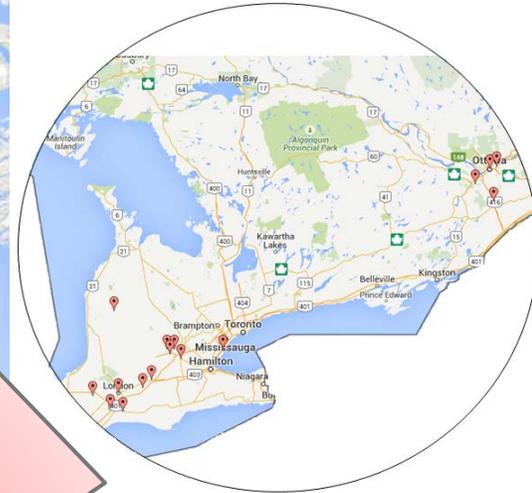
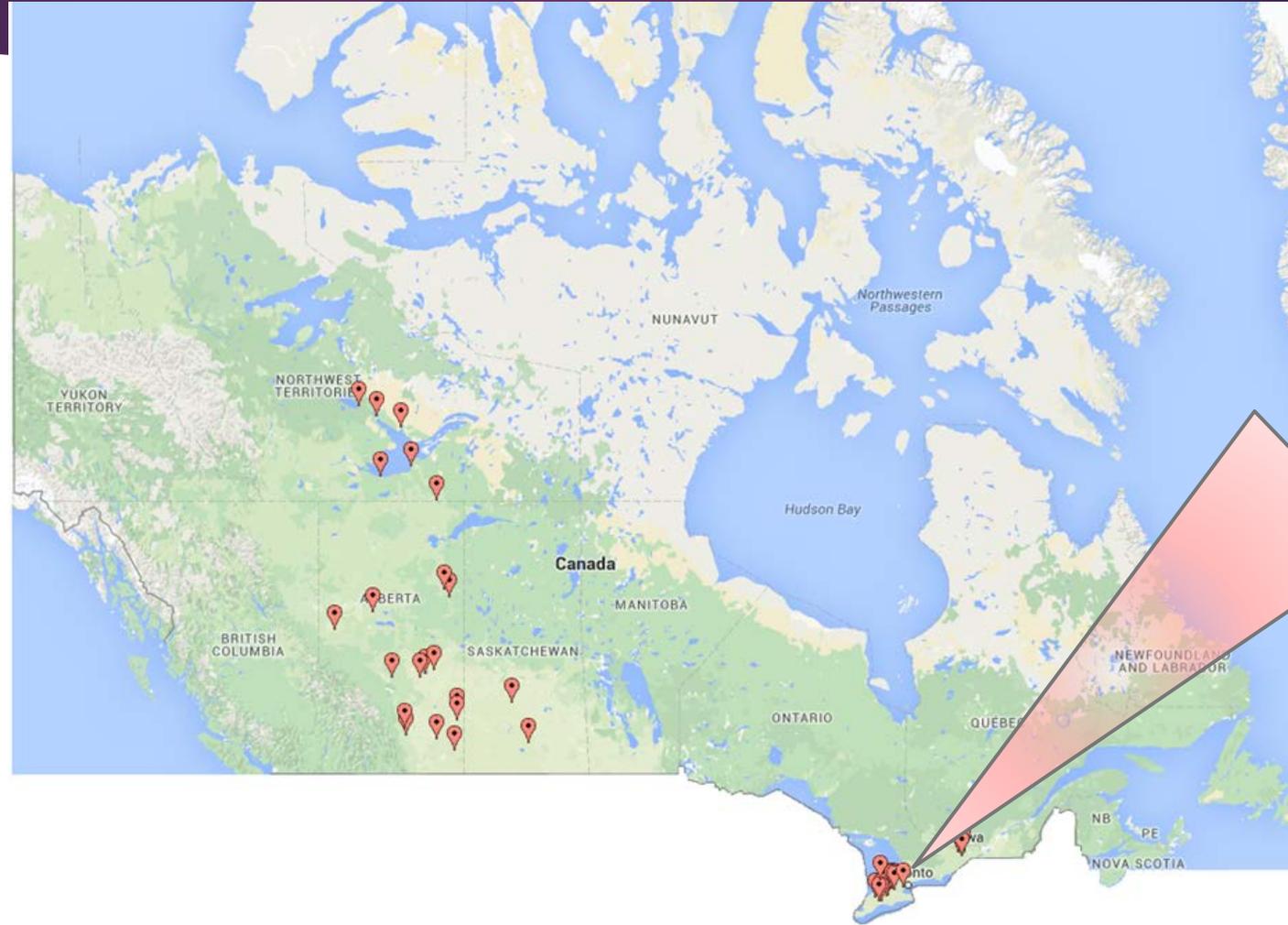


Healthy Relationships Plus Program

A Fourth R small groups program
to promote healthy relationships
and positive mental health

National Implementation Study

HRPP is currently being implemented in more than 80 sites across 4 provinces and territories



Diverse Settings

Emergency
Women's
Shelter



YOUTH

Catholic
School
Board

Public
School
Board

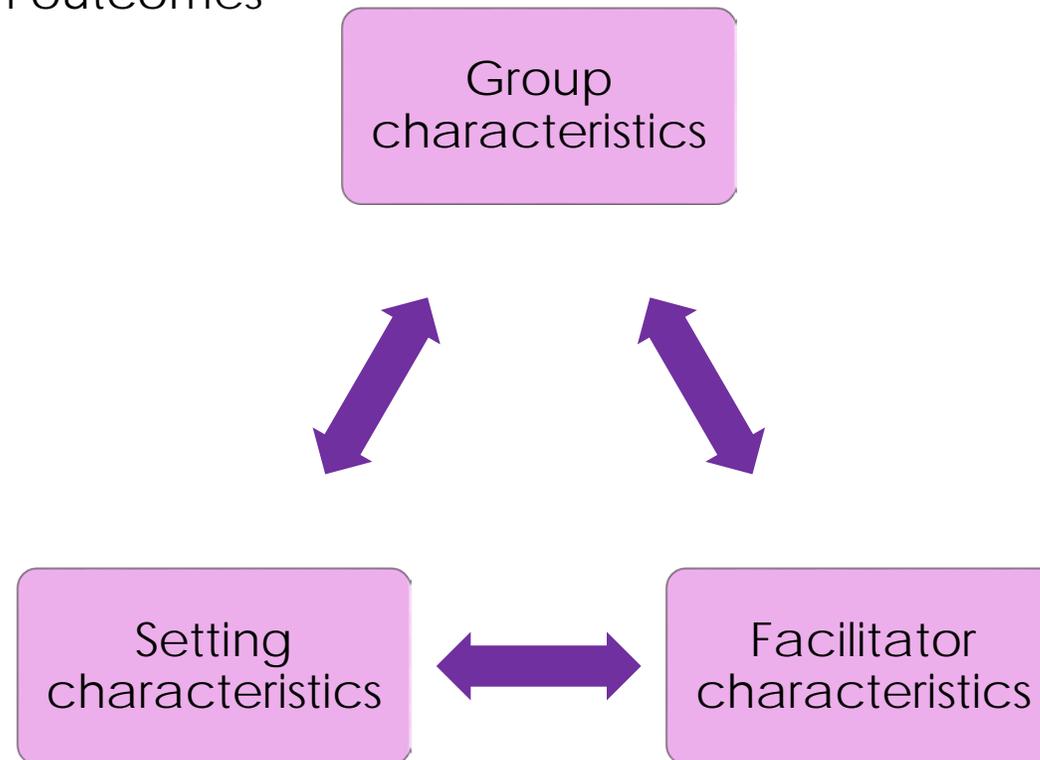
Metis
Settlement

Rural
Communities

Youth
Community
Organizations

Considering Contextual Factors

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





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