

# SMART Couples Florida

## OVERALL 5-YEAR IMPACT REPORT

2015-2020



# WHAT IS THE SMART COUPLES PROJECT?

**SMART Couples Florida** is a five-year (2015-2020), five-million-dollar federal grant project under the direction of Dr. Victor Harris in the University of Florida's Institute of Food and Agricultural Sciences (UF/IFAS) Department of Family, Youth and Community Sciences. The project's goal is to strengthen marriages, relationships, and families among Florida residents across ethnicities and income levels. There are four focus areas:

1. Marriage and relationship education/skills
2. Premarital education
3. Marriage enhancement for couples
4. Youth relationship education

The SMART Couples program is for all families and couples in Florida, with a special focus on:

- Couples preparing for marriage
- Couples wanting to strengthen their relationships
- Remarried couples and stepfamilies
- Parenting and co-parenting
- Youth and at-risk youth
- Active military and veteran couples
- Low-income families





During the period of this grant cycle, Smart Couples Florida conducted in-person and virtual classes in six strategically selected Florida counties: Alachua, Citrus, Duval, Manatee, Palm Beach, and Santa Rosa. Healthy relationship information, online classes, and many materials and resources are currently available through the SMART Couples website ([www.smartcouples.org](http://www.smartcouples.org)) to all Florida residents.

Analysis of evaluation surveys completed by program participants reveals strong support for reported improvements in targeted SMART Couples Florida knowledge and skills (behaviors).

Results presented in this report cover survey evaluations submitted between September 30<sup>th</sup>, 2015 to September 29<sup>th</sup>, 2020 from the following populations:

- Youth (9<sup>th</sup> to 12<sup>th</sup> grade)
- Adult Couples
- Adult Individuals



# ADULTS & YOUTH (INDIVIDUALS & COUPLES)

Workshop	# of Series	# of Clients Enrolled	# of Clients Completed
RS+3.0 (Youth)	79	1441	1139
ELEVATE	299	4508	3025
BYTK	127	1368	926
Smart Steps	4	31	23
Not Registered	-	27	0
Total	509	7375	5113

During the five-year period specified in the grant, 1,642 Youth and 9,598 Adults totaling 11,240 participants signed up for SMART Couples programs with 7,291, or 65%, attending at least one class. A total of 3,974 adults and 1,139 youth completed all programming and the exit survey(s) with a 66% overall completion rate. Almost 1 in 10 (9.8%) adult participants sought referrals through SMART case management to local social service providers (e.g., career services, substance abuse treatment, mental health, domestic violence, marital counseling, etc.).

The following results show selected sample population characteristics and their reported improvements from before to after SMART programming. (Note: Some numbers may vary due to missing data or survey questions only being asked for specific programs and not others):

Survey Questions	Percent of Adults Reporting an Increase in Agreement
Overall, I use <i>healthy</i> skills to increase positive interactions in my relationship.	63% (2015 of 3167)
Overall, I use <i>healthy</i> skills to decrease negative interactions in my relationship.	64% (2008 of 3161)
Overall, I use <i>healthy</i> skills to increase positive bonds ( <i>friendship</i> ) in my relationship.	59% (1848 of 3155)
Overall, I use <i>healthy</i> skills to increase happiness and satisfaction in my relationship.	60% (1889 of 3153)
I trust my partner/spouse completely.	75% (2686 of 3561)
My partner/spouse knows and understands me.	81% (2863 of 3535)
I feel appreciated by my partner/spouse.	79% (2801 of 3529)
My partner/spouse expresses love and affection toward me.	76% (2695 of 3523)

As a result of participating in this program, how confident do you feel now compared to before in each of the following:	Percent of Adults Reporting an Increase in Confidence
Practicing healthy living choices, including eating well, getting regular sleep and exercise, having quiet time for yourself every day, and managing the stress in your life.	83% (2706 of 3279)
Prioritizing your partner and relationships by committing effort every day to make the relationship work and thinking about how your choices affect your relationship.	94% (2815 of 3000)
Recognizing and understanding your partner's current life stressors, major aspirations, and hopes in life.	92% (2748 of 3000)
Expressing your love, appreciation, and respect to your partner every day.	92% (2748 of 2996)
Sharing information about your interests and daily activities with your partner and taking time to listen to what your partner would like to share.	90% (2696 of 2999)
Managing differences and conflict in healthier ways, including seeing your partner's point of view, expressing your feelings in a safe and calm way, using "time outs" as needed, and being open to forgiveness.	94% (2828 of 2998)
Reaching out to friends, family and others who care about you and your partner and who can support your relationship.	77% (2326 of 3003)

Survey Question	Percent of Adults Reporting an Increase in Satisfaction
How satisfied are you with the way you and your partner/spouse handle conflict?	90% (3183 of 3544)
How likely are you to use the skills you learned in this program? "Somewhat Likely", "Likely", or "Very Likely"	99% (3267 of 3294)
In general, how satisfied do you feel with your relationship now? "Satisfied", "Very Satisfied", or "Extremely Satisfied"	91% (2753 of 3010)

*Note: When reporting number of improved responses, these statistics only represent data that allowed for improvement. (e.g., 250 pairs of pretest/posttest - 27 of these responded the most positive response in the pretest = 223 pairs allowing for improvement)*

During the past month...	Percent of Adults Reporting an Increase in Frequency
My partner/spouse and I participate together in an activity we both enjoy.	81% (2859 of 3526)
My partner/spouse and I were good at working out our differences.	61% (2170 of 3573)
When my partner/spouse and I had a serious disagreement, we discussed our disagreements respectfully.	64% (2248 of 3511)
When my partner/spouse and I had a serious disagreement, we worked on it together to find a resolution.	65% (2294 of 3513)
During arguments, my partner/spouse and I were good at taking breaks when we needed them.	69% (2436 of 3521)
My partner/spouse understands that there are times when I do not feel like talking and times when he/she does.	72% (2535 of 3506)

*Note: When reporting number of increased responses, these statistics only represent data that allowed for improvement. (e.g., 250 pairs of pretest/posttest - 27 of these responded the most positive response in the pretest = 223 pairs allowing for improvement)*





During the past month...	Percent of Adults Reporting a Decrease in Frequency
When my partner/spouse and I argued, past hurts got brought up again.	92% (3221 of 3517)
My partner/spouse was rude or mean to me when we disagreed.	89% (3139 of 3520)
Our arguments became very heated.	91% (3192 of 3518)
Small issues suddenly became big arguments.	91% (3227 of 3528)
My partner/spouse or I stayed mad at one another after an argument.	91% (3210 of 3527)
My partner/spouse blamed me for his/her problems.	94% (2966 of 3519)
My partner/spouse yelled or screamed at me.	84% (2973 of 3527)

Note: When reporting number of increased responses, these statistics only represent data that allowed for improvement. (e.g., 250 pairs of pretest/posttest - 27 of these responded the most positive response in the pretest = 223 pairs allowing for improvement).

Since attending the program...	Percent of Adults Reporting Agreement
I know how to handle my money and bills better.	64% (2453 of 3817)
I feel more confident that I have the skills necessary to be an effective parent.	81% (3045 of 3743)
I know how to handle conflict with my partner/spouse better.	97% (3720 of 3835)

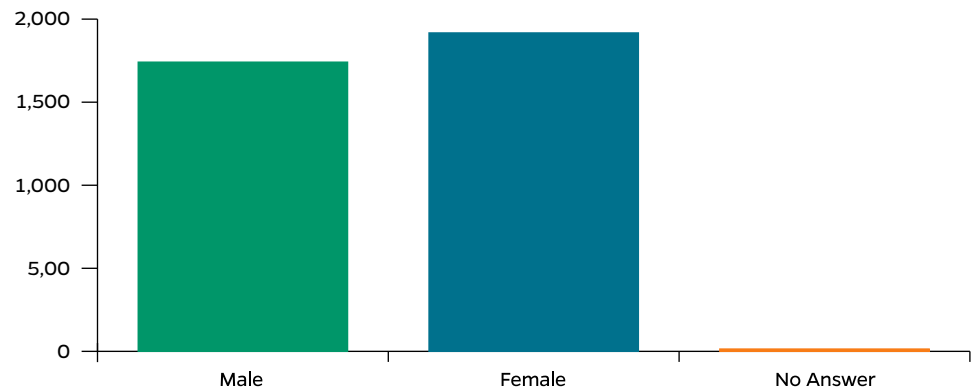
Since completing the program...	Number of Adults Reporting "Yes"
Have you ended a relationship that was emotionally unhealthy or abusive?	448 (out of 4842)
Have you ended a relationship that was just not working for you?	518 (out of 4811)
Have you ended a relationship that was physically unhealthy or abusive?	273 (out of 4908)

As a result of participating in this program...	Percent of Adults Reporting
Has your satisfaction with your relationship... "Increased a Little" or "Increased a Lot"	87% (2632 of 3010)

Overall, how much would you say that this program has helped you?	Percent of Adults Reporting Each Response
A lot	57% (2794 of 4896)
Some	41% (2010 of 4896)
Not at all	2% (92 of 4896)

# GENDER

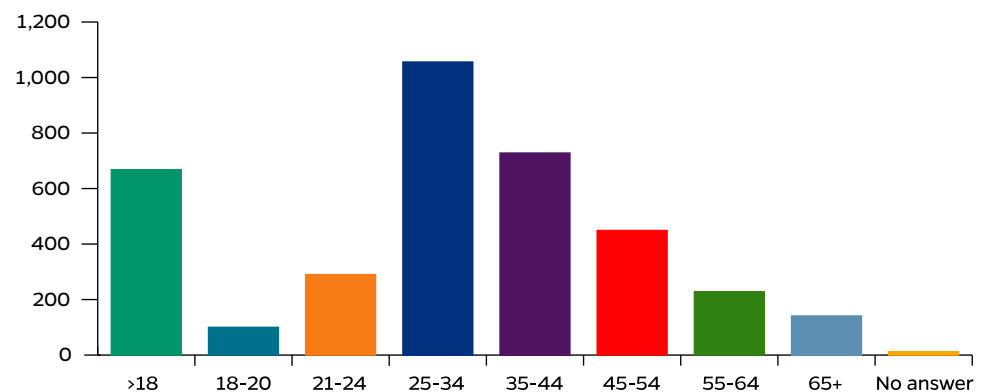
Gender	n=	This sample	Overall
Male	1741	47.4%	23.6%
Female	1917	52.2%	26.0%
No answer	14	0.4%	0.2%
<b>TOTAL</b>	<b>3672</b>	<b>100.0%</b>	<b>49.8%</b>



# AGE GROUPS

Age Groups	n=	This sample	Overall
Under 18	668	18.2%	9.1%
18-20	100	2.7%	1.4%
21-24	290	7.9%	3.9%
25-34	1056	28.8%	14.3%
35-44	728	19.8%	9.9%
45-54	449	12.2%	6.1%
55-64	228	6.2%	3.1%
65+	141	3.8%	1.9%
No answer	12	0.3%	0.2%
<b>TOTAL</b>	<b>3672</b>	<b>100.0%</b>	<b>49.8%</b>

Mean age of Selection: 33.8 years old

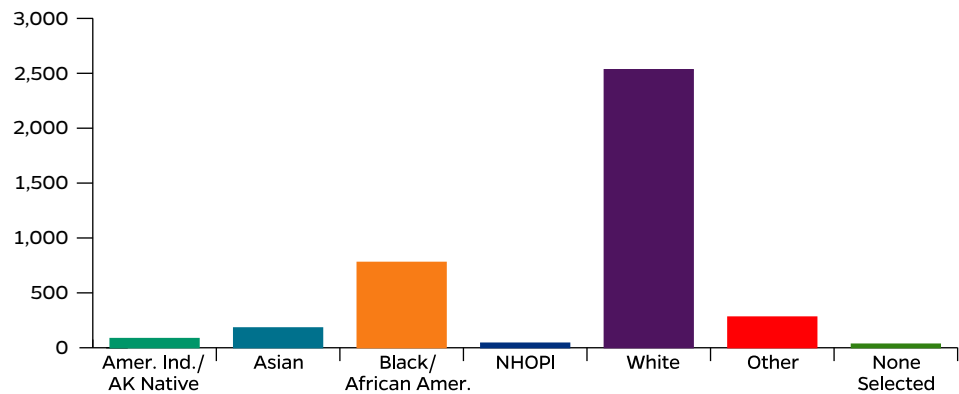




# RACE

Race	n=	This sample	Overall
American Indian/ Alaska Native	84	2.3%	1.1%
Asian	181	4.9%	2.5%
Black/African American	778	21.2%	10.5%
Native Hawaiian/ Pacific Islander	42	1.1%	0.6%
White	2533	69.0%	34.3%
Other (Specify)	280	7.6%	3.8%
None Selected	33	0.9%	0.4%
<b>TOTAL</b>	<b>3931</b>	<b>107.1%</b>	<b>53.3%</b>

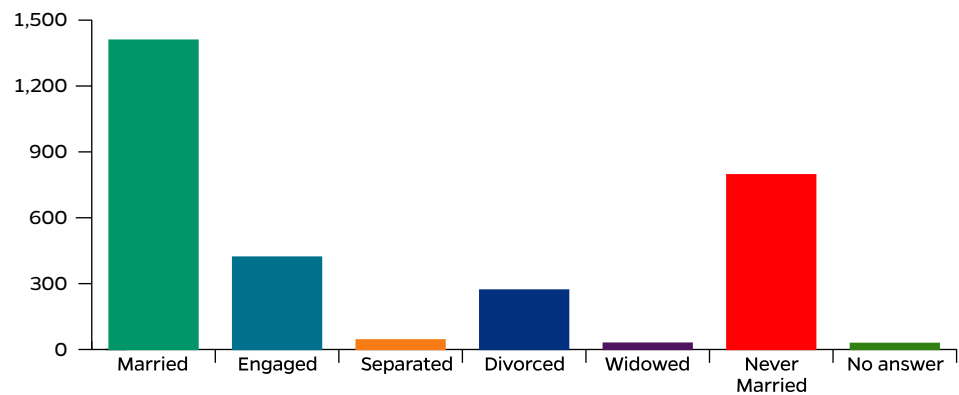
Note: Totals exceed 100% due to multiple selected races.



# MARITAL STATUS

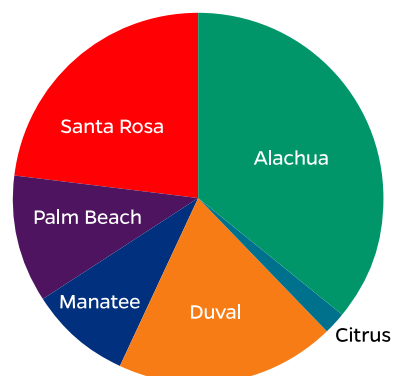
Marital Status	n=	This sample	Overall
Married	1409	47.0%	19.1%
Engaged	421	14.0%	5.7%
Separated	44	1.5%	0.6%
Divorced	271	9.0%	3.7%
Widowed	29	1.0%	0.4%
Never Married	796	26.6%	10.8%
No answer	28	0.9%	0.4%
<b>TOTAL</b>	<b>2998</b>	<b>100.0%</b>	<b>40.7%</b>

Note: Youth participants are removed from the "No Answer" category.



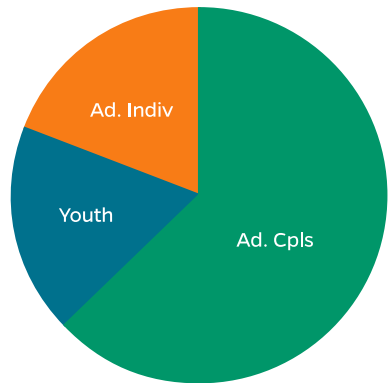
# COUNTY

County	n=	This sample	Overall
Alachua	1307	35.6%	17.7%
Citrus	76	2.1%	1.0%
Duval	684	18.6%	9.3%
Manatee	337	9.2%	4.6%
Palm Beach	423	11.5%	5.7%
Santa Rosa	845	23.0%	11.5%
<b>TOTAL</b>	<b>3672</b>	<b>100.0%</b>	<b>49.8%</b>



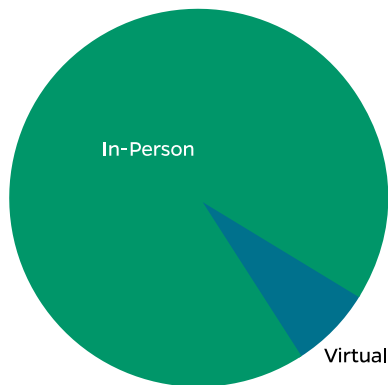
# POPULATION

Population	n=	This sample	Overall
Ad. Indiv	672	18.3%	9.1%
Ad. Cpls	2326	63.3%	31.5%
Youth	674	18.4%	9.1%
<b>TOTAL</b>	<b>3672</b>	<b>100.0%</b>	<b>49.8%</b>



# DELIVERY

Delivery	n=	This sample	Overall
In-Person	3413	92.9%	46.3%
Virtual	259	7.1%	3.5%
<b>TOTAL</b>	<b>3672</b>	<b>100.0%</b>	<b>49.8%</b>

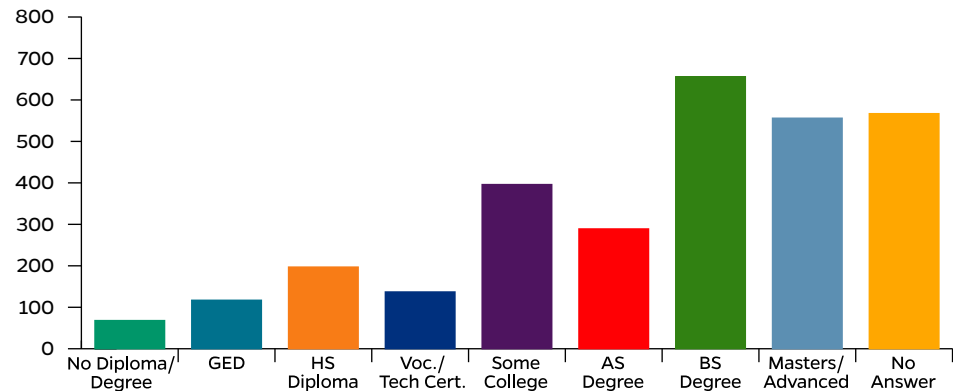




# HIGHEST EDUCATION

Highest Education	n=	This sample	Overall
No Diploma or Degree	68	2.3%	0.9%
GED	117	3.9%	1.6%
HS Diploma	197	6.6%	2.7%
Voc./Tech Cert.	137	4.6%	1.9%
Some college	396	13.3%	5.4%
Associate's	289	9.7%	3.9%
Bachelor's	656	22.0%	8.9%
Masters/Advanced	556	18.6%	7.5%
No answer	567	19.0%	7.7%
<b>TOTAL</b>	<b>2983</b>	<b>100.0%</b>	<b>40.4%</b>

Note: Current high school students are removed from the "No Answer" category.



# SAMPLE POPULATION

- Adults who have completed ACS, Entrance, Exit, Pre, and Pre/Post (S5) surveys and 5 or more workshop sessions.
- Youth who have completed ACS, Entrance, Exit, and Pre/Post (S10) surveys and 10 or more workshop sessions.







Visit our website,  
**SMARTCOUPLES.ORG**  
and click on Classes to find out more.

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