



OSU EXTENSION  
**FAMILY AND  
CONSUMER SCIENCES**



# CO-PARENTING FOR RESILIENCE

Oklahoma State University's Co-Parenting for Resilience Program is the premier extension education program in Oklahoma for divorcing parents of minor children and the only program with rigorous empirical support that demonstrates its efficacy. For example, longitudinal data shows increases in collaborative parenting, as well as reductions in the traumatic effects of divorce on children.

## 2021 STATEWIDE IMPACTS



**292 classes** held in **53 of the 77 counties** across Oklahoma.



**3,145 parents** took the online course.



**4,149 parents** completed the **English version**.



**92 parents** completed the **Spanish version**.



**98%** of participants were **extremely satisfied** and said they would recommend to a divorcing friend/family member.

Evaluation results showed that Co-Parenting for Resilience is effective at helping reduce the impact of divorce on children and at increasing parental coping and positive parenting.



### INCREASE IN

- ▶ Collaboration between co-parents
- ▶ Parents ensuring their children have a relationship with their other parent
- ▶ Parental hope for the future
- ▶ Parents protecting their children from the trauma of divorce
- ▶ Parental commitment to pay child support



### DECREASE IN

- ▶ Parental stress
- ▶ Child exposure to parental conflict
- ▶ Child irritability
- ▶ Child emotion dysregulation
- ▶ Child anxiety



## PROGRAM FEATURES



An **interactive workbook** that increases in-class participation, and provides a take-home resource for parents to refer to for years to come.



A **monthly newsletter** covering a variety of useful parenting tips



A **trauma-informed approach** to working with parents.



Delivery of all **program materials in Spanish** for Spanish speaking families.



A **nationally recognized online program** that allows online completion for parents that find it difficult to attend in person. The online program engages parents through a hybrid learning experience including a series of videos, reflective exercises and knowledge learn checks.

## INSTRUCTIONAL VALUE



Provides hands on **research practicum** experience yearly for approximately **8-10 undergraduate students**.



Since the program's launch, over **15 graduate students have been involved** in data collection, conference presentations, research publications, and thesis dissertations.

## REFERRAL ADVANTAGES

- ▶ Co-Parenting for Resilience is one of only a few programs nationwide that has been rigorously evaluated
- ▶ Oklahoma Cooperative Extension has a 30-year history of delivering divorce education programs
- ▶ Lower cost for participants (\$30-\$35 including program workbook)
- ▶ Support and input from judges and lawyers across the state
- ▶ Full compliance with Oklahoma Statutes, Title 43 Section 107.2 of Oklahoma law

## PUBLICATIONS

- ▶ Cox, R., Brosi, M. W., Spencer, T., & Masri, K. (2021). Hope, stress, and post-divorce child adjustment: Development and evaluation of the Co-Parenting for Resilience program. *Journal of Divorce and Remarriage*, 62(2), 144-163. doi:10.1080/10502556.2021.1871831
- ▶ Barth, K., Brosi, M., Cox, R., Spencer, T., & Beasley, L. (2019). A qualitative analysis of divorcing parents' readiness to co-parent. *Journal of Divorce and Remarriage*, 61(4), 267-286. doi:10.1080/10502556.2019.1699373
- ▶ Cox, R., Brosi, M. W., & Masri, K. (2018). Co-parenting for Resilience Workbook. Oklahoma Cooperative Extension Service.
- ▶ Jones, E., Brosi, M., Spencer, T., & Hardy, N. (under review). The influence of divorcing parents' post-separation dating relationships on children's behavior. Manuscript submitted for publication.

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- ▶ Spencer Foundation Grant

## CO-PARENTING TEAM



- ▶ Dr. Ron Cox
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- ▶ Katey Masri (Project Coordinator)