

Initial reports for the Co-Parenting for Resilience program evaluation show very promising results. The program has been successful in motivating divorcing parents to change behaviors that are harmful to children. After taking the class, parents are overwhelmingly committed to work together more cooperatively with their co-parent, decrease their negative behaviors, as well as implement positive parenting practices with their children.

Additionally, initial results suggest that parents are implementing and maintaining these changes three months after having taken the class. Parents showed significant increases in practicing positive parenting and working together with their co-parents. They also showed significant decreases in conflict with their co-parent, and in behaviors that alienate children from their other parent.

Overall, parents were extremely satisfied with the program, even though they were mandated to attend. Parents report that the class helped a lot with motivating them to change their behaviors towards their co-parent, as well as teaching them to be an effective parent during and after the divorce. The vast majority said they would recommend the program to a friend.

Evaluation Process

Time 1 Survey

- Participants completed the Time 1 survey **BEFORE** attending the program
- Measured current attitudes and behaviors
- 417 surveys completed

Time 2 Survey

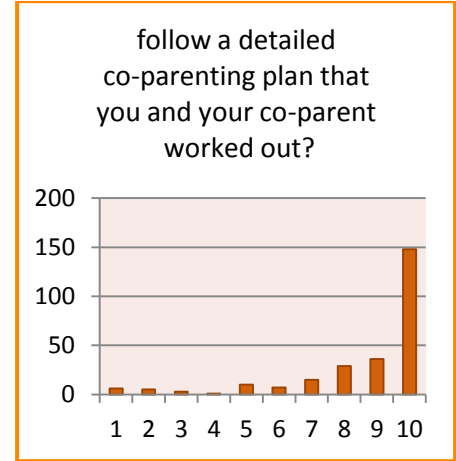
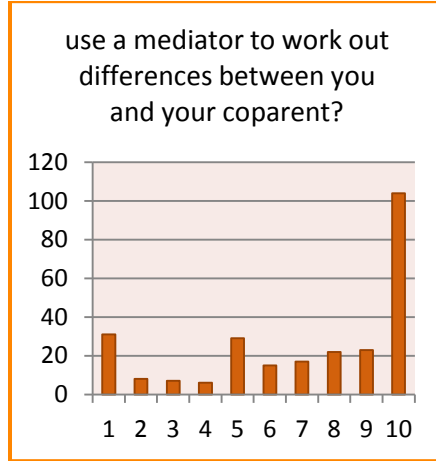
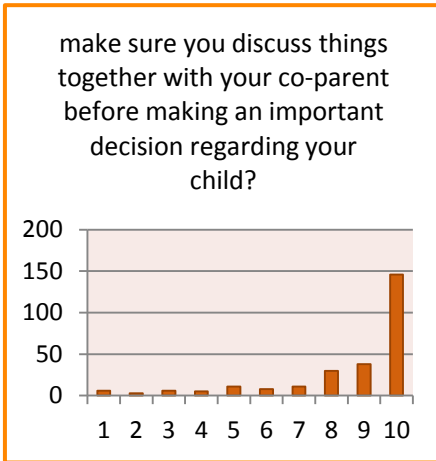
- Participants completed the Time 2 survey immediately at the end of the program
- Measured *intention* to change behaviors
- 264 surveys completed

Time 3 Survey

- Participants completed survey approximately 3 months after the program
- Measured post-program attitudes and behaviors
- 57 surveys completed and matched to Time 1 surveys (Data collection ongoing)

Behavioral Intention: Working Cooperatively with Co-Parents (Time 2 Survey)

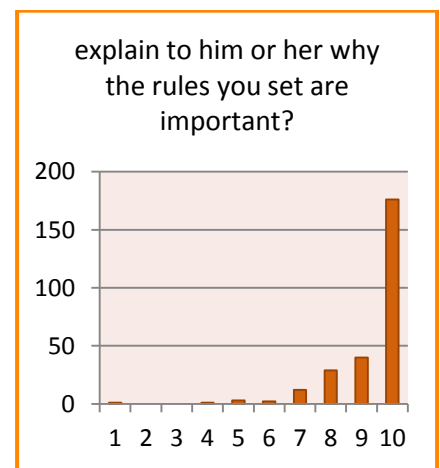
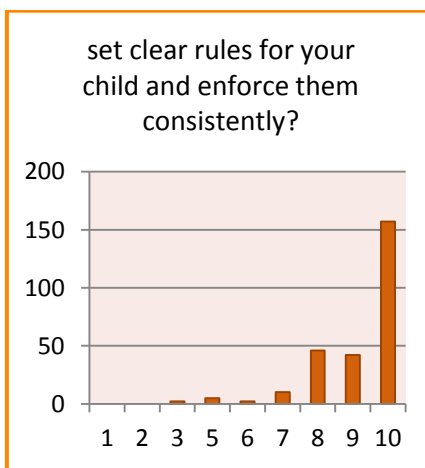
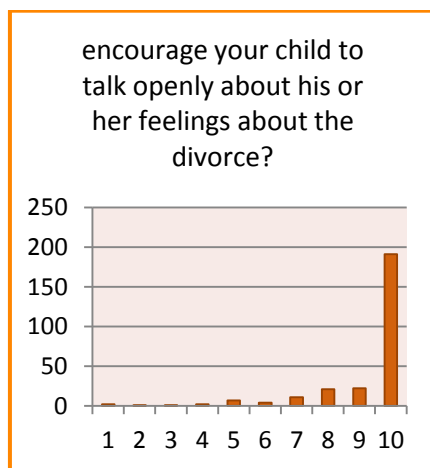
How often do you intend to...
(1=Never....10=Always)



Results showed parents intending to change their behaviors to work more cooperatively with their co-parent, for the wellbeing of their children.

Behavioral Intention: Positive Parenting Practices (Time 2 Survey)

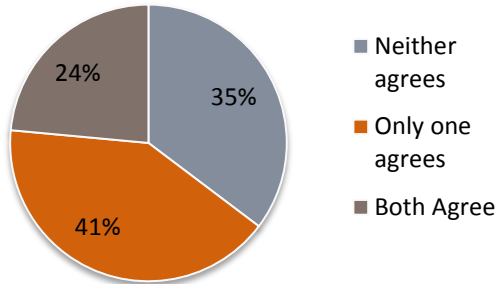
How often do you intend to...
(1=Never....10=Always)



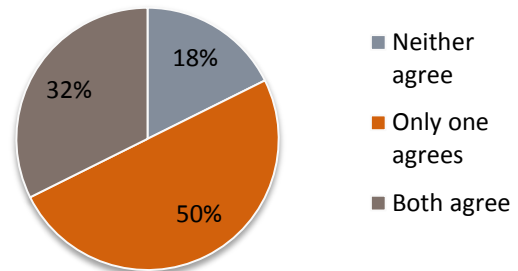
Results showed parents intending to change their behaviors to follow positive parenting practices with their children through the divorce.

Reconciliation (Time 2 Survey)

Even at this point, do you feel your divorce could be prevented if one or both of you works hard to save the marriage?



If a service were offered to help divorcing couples work out their problems and save their marriage, would you seriously consider trying it?



Participant Behavior Change (Change between Time 1 and Time 3 Survey)



Significant **increase** in collaborative behaviors and positive parenting strategies



Significant **decrease** in alienating behaviors and conflict between parents

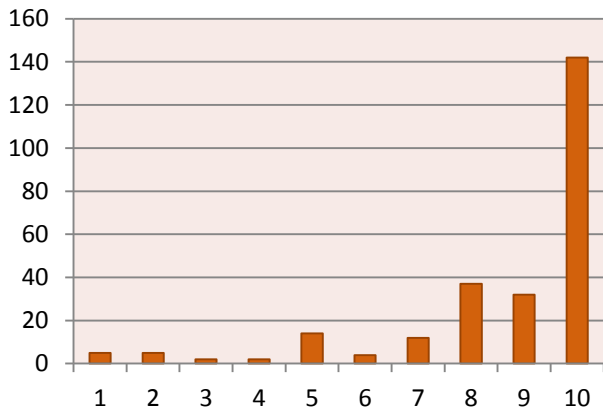
Paired t test (1 tailed)

1. **Parent Alienation Scale:** Parents significantly reduced alienating behaviors and conflict and increased collaborative behaviors $t=1.8, df(57) p<.05$
2. **Alabama Parenting Questionnaire:** Parents significantly increased their positive parenting strategies $t=1.9, df(57) p<.05$

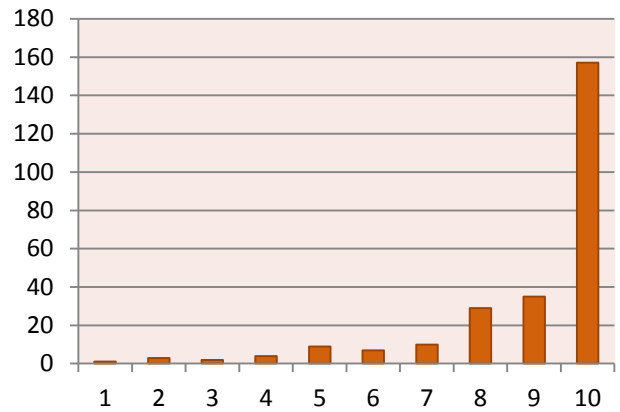
Overall Participant Satisfaction (Time 2 Survey)

How helpful was...
(1= Not at all....10= A lot)

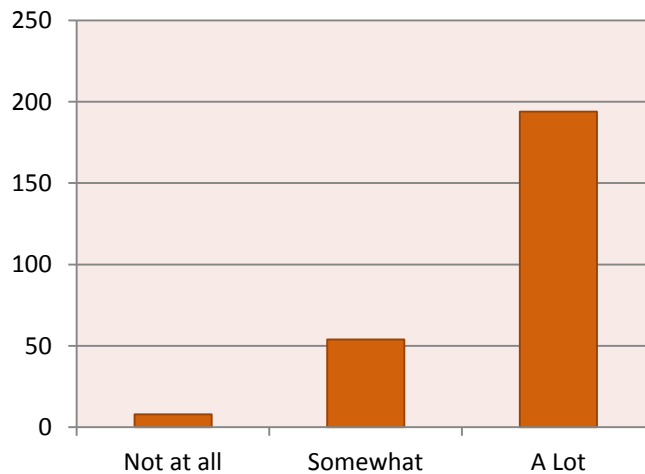
the program in motivating you
to change your behavior toward
your co-parent?



the program in teaching you new
ways to be an effective parent
during and after the divorce?



Would you recommend the
program to a friend who was
divorcing?



For more information about the Co-Parenting for Resilience program evaluation results, contact:
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