



Partners in LIFE Newsletter

July 2014



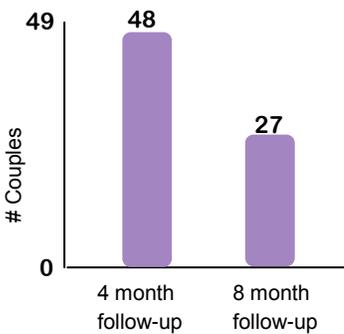
Partners in LIFE (Love, Intimacy, and Family Education) is a relationship-strengthening HIV/STI prevention intervention for young parenting couples. This randomized controlled trial (RCT) pilot study uses the nationally recognized Nurturing Families program as the control group. The 15-session intervention, Partners in LIFE (PiL), covers topics such as communication, empathy, conflict resolution, sexual risk reduction, and family planning. Each session is conducted in a face-to-face group format and led by 2 trained facilitators. Child care, transportation, and dinner are provided.

The basic inclusion criteria are:

- mother and father of the baby are in a romantic relationship
- mother is between 14 and 25; father is 14 or older
- child is between 0 and 5

Study Progress

We have finished recruitment and all 3 cycles of the groups. We enrolled a total of **49 couples** and **27 couples** have completed the study entirely. The final stage of data collection will be wrapped up by the fall and we are looking forward to analyzing our results!



“Because we had our problems, but this group helped us find our middle ground and it's like when you're around other people and you get a chance to talk, it opens your ears more.”

-PiL Dad

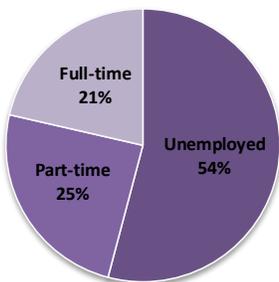


“I actually found that asking people “So what you're saying is,” and then repeating back to them what they have said has helped me in so many facets of my life. More so than my relationship with my partner, but I use it everywhere and it is so invaluable. It's a piece of gold right there.”

-PiL Mom

Participant Demographics

Employment Status



Gender	Age Range	Average Age
Women	15- 25	20.8
Men	16 - 41	22.9



Retention

98% of participants returned for their 4 month follow-up visit.

100% of participants returned for their 8 month follow-up visit.

arch.yale.edu/projects/partnersinlife



We would like to thank our amazing facilitators for the final cycle of the program, Chris Griffin and Tim Brown, for all their hard work and for always making the participants feel at home.



Tim Brown,
PiL Facilitator

Facilitator Reviews

“They made it really comfortable. They made you feel free to speak your mind and say how you felt about anything. And they were non-judgmental and they just made you feel like you were at home and that you could say anything.”

-PiL Mom



Chris Griffin,
PiL Facilitator

Participant Feedback

During the RCT, we collected various forms of data from participants, facilitators, and observers to evaluate the strengths and areas for development of the PiL program.

Hot topics from Cycle 3, based on participant, observer, and facilitator feedback and ratings:

- LISTEN UP communication & empathy skills
- Facilitator role plays
- Handling anger in positive ways
- Conflict resolution & compromise
- Sexual communication

I liked how we learned listening techniques and how you guys actually taught us to show our partner that we're listening to what they're saying and to show them that we are caring, what they have to say. That was the best. I think that was the best thing that we learned here, to communicate.

-PiL Mom in response to what she liked about the program

Next Steps

- Modify our curriculum using the feedback we have gathered
- Data analysis to evaluate the effectiveness of the intervention, especially regarding our primary outcomes:
 - High-risk sexual behavior
 - Relationship satisfaction
 - Parenting
- Development of a larger grant to test intervention
- Dissemination of our results via:
 - Website (arch.yale.edu)
 - Facebook page (ARCH Research Team)
 - Newsletters



Thank You!

We would like to give a BIG thank you to our community partner, **Children's Community Programs of Connecticut**, as well as our other recruitment partners for their commitment to Partners in LIFE and strengthening young families! We couldn't have done it without you!



CT Supports for Pregnant & Parenting Teens

POLLY T McCABE HIGH SCHOOL

at Hillhouse High School



Celotto Day Care at Wilbur Cross High School



Have a question?

Please feel free to contact Dr. Trace Kershaw or Valen Grandelski with any questions!

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