



2012 Alaska Maternal Child Health & Immunization Conference

Innovative Practices and Programs to Support Children

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Importance of Relationships

- ▶ Relationships are important in the lives of everyone.
- ▶ There is a connection between physical and mental health and the quality of an individual's relationships.
- ▶ Healthy relationships lead to lower rates of
 - ▶ Depression
 - ▶ Stress
 - ▶ Anxiety
 - ▶ Mortality

Cohen, S. (2004). Social relationships and health. *American Psychologist*, 676-684.



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- ▶ Those with a broad range of relationships have a greater sense of
 - ▶ Identity
 - ▶ Belonging
 - ▶ Purpose
 - ▶ Meaning
 - ▶ Self-worth
 - ▶ Motivation to care for oneself

Cohen, S. (2004). Social relationships and health. *American Psychologist*, 676-684.



Relationship Rates

- ▶ How many teenagers between the ages of 13 and 18 say they have been in a relationship?

89%

- Children Now/Kaiser Permanente poll, 1995.

- ▶ How many 8th and 9th graders report “dating”?

72%

- Loveisrespect.org, 2012.



Teen Dating Violence Rates

- ▶ CDC reports about 10% of students nationwide report being physically hurt by a boyfriend or a girlfriend. (2012)
- ▶ NIH reports between 8% - 30% of adolescents have experience violence within their relationships within the previous year. (2009)



High School Youth Risk Behavior Survey

Question	AK 2009	US 2009
Hit, slapped, or physically hurt on purpose by their boyfriend or girlfriend	13.3%	9.8%
Ever physically forced to have sexual intercourse	10.1%	7.4%
Ever had sex	43.5%	46.0%
Did not use a condom during last sexual intercourse (among sexually active students)	37.8%	38.9%
Did not use birth control pills or Depo-Provera before last sexual intercourse (among sexually active students)	69.2%	77.1%

*From: Centers for Disease Control and Prevention,
<http://www.cdc.gov/HealthyYouth/yrbs/index.htm>*



Teens with ID/DD Interpersonal Violence Rates

- ▶ Rates are not reported separately for teens with ID/DD.
- ▶ Adults with ID/DD experience rates of interpersonal violence 1.5 to 10 times greater than people without disabilities.
- ▶ Based on what is known about adults, it is plausible teens with ID/DD are experiencing similar, if not higher rates of interpersonal violence than their peers.



Risk Factors of Interpersonal Violence and Teen Dating Violence

- ▶ Low socioeconomic status
 - ▶ History of being abused
 - ▶ Unemployment
 - ▶ Low self-esteem
 - ▶ Low academic achievement
 - ▶ Social isolation
 - ▶ Alcohol use
 - ▶ Exposure to harsh parenting or inconsistent discipline
 - ▶ Lack of parental supervision, monitoring, and warmth
 - ▶ Depression
 - ▶ Aggression
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Additional Challenges for Youth with Intellectual and Developmental Disabilities

- ▶ **Teens with ID/DD have a difficult time making and keeping relationships with peers.**
- ▶ **They face additional challenges, such as:**
 - ▶ Becoming over-stimulated in social situations
 - ▶ Not understand subtle social cues
 - ▶ Lack reciprocal relationships
 - ▶ Have poor communication skills



Teen Friendships & Dating Pilot Project

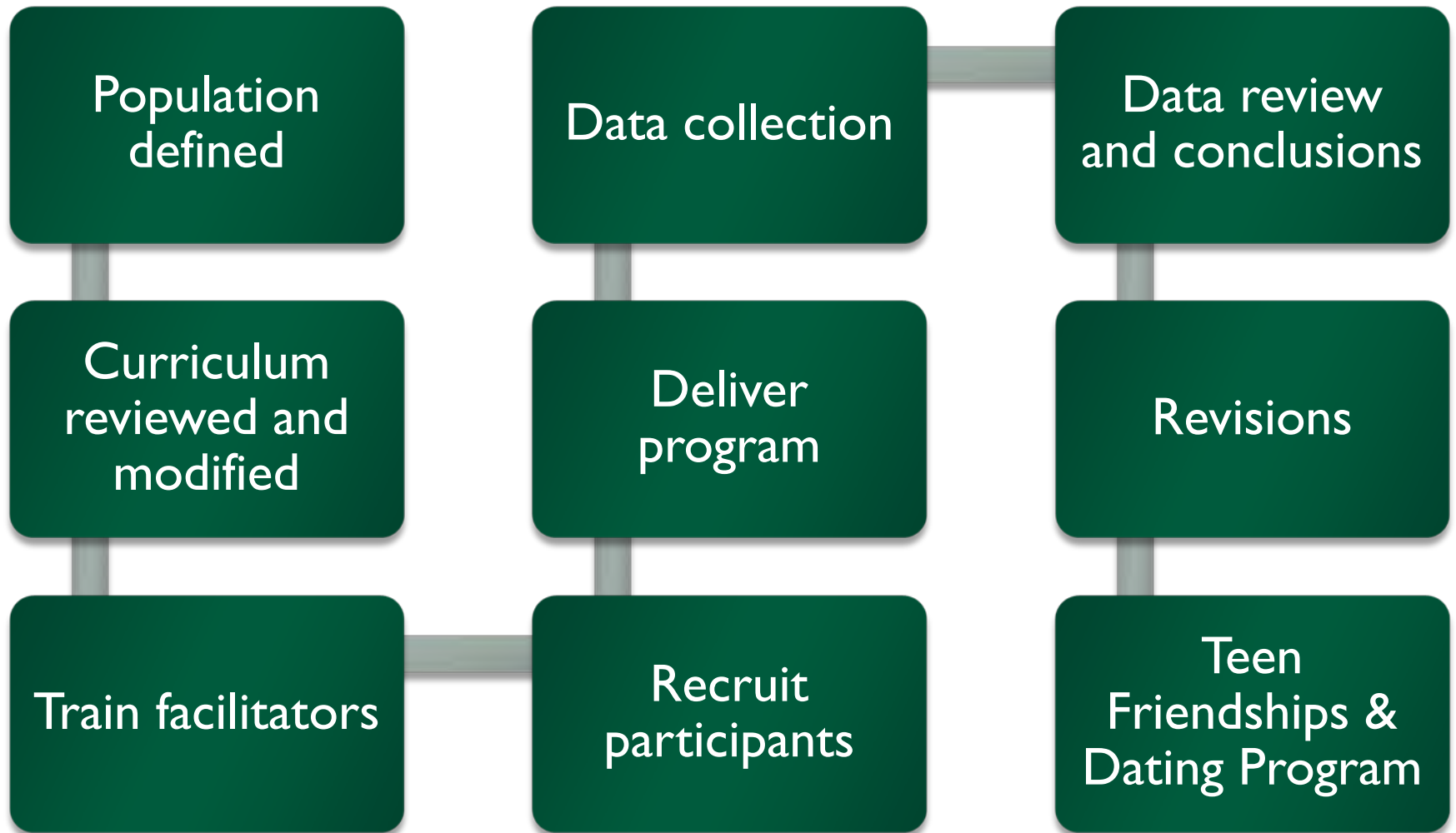


Teen Friendships & Dating

- ▶ Created by the University of Alaska Anchorage Center for Human Development based on the adult Friendships & Dating Program.
- ▶ To teach social skills necessary to develop healthy, meaningful relationships for teens with intellectual and developmental disabilities, and
- ▶ To prevent violence in relationships.



Pilot Project Process



Teen Friendships & Dating Format

- ▶ 20 session program – 1.5 hour sessions twice a week over 10 weeks.
- ▶ Odd numbered sessions focus on skill building using a group process.
- ▶ Even numbered sessions focus on skill building using experiential learning in a community setting.



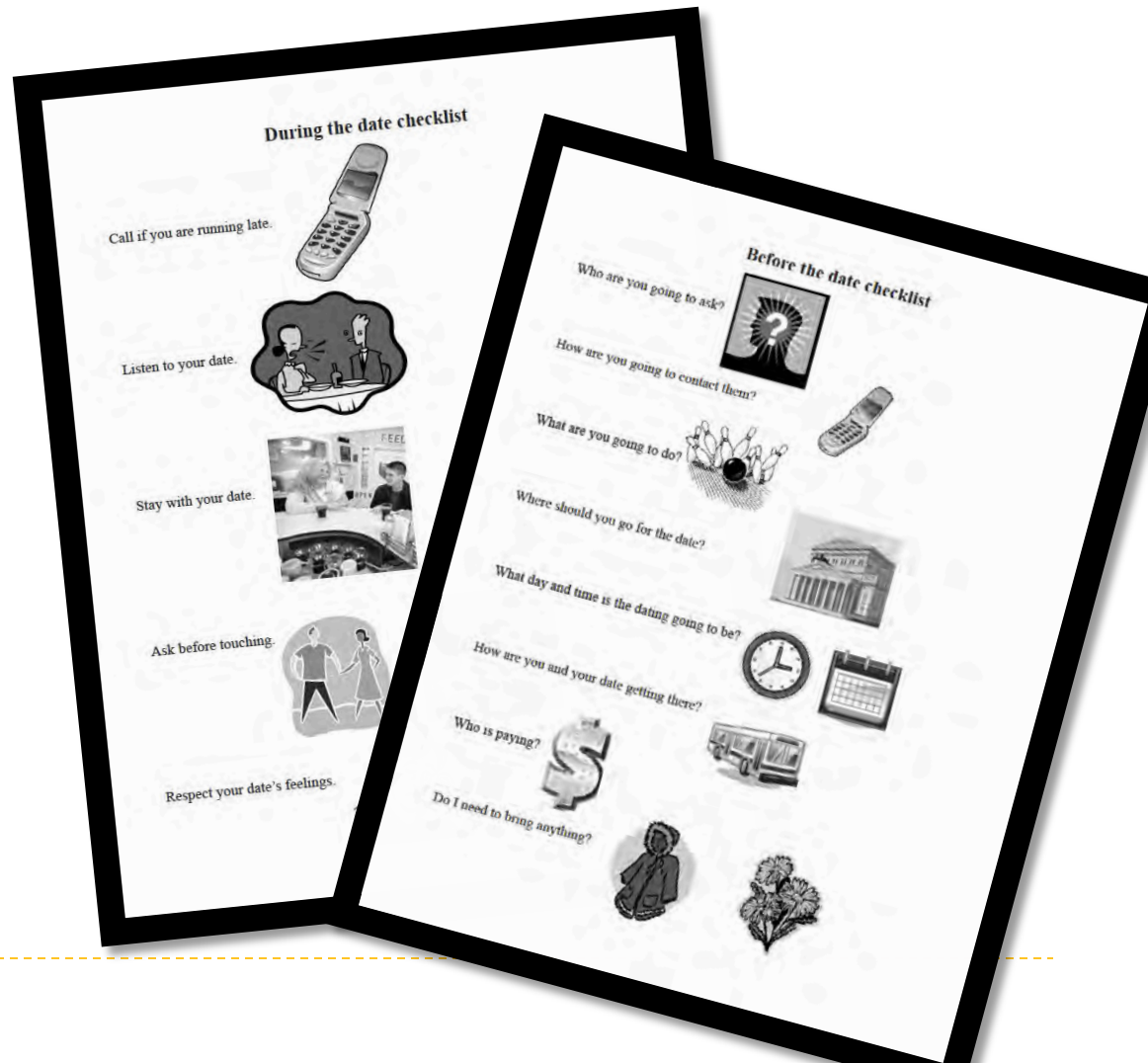
Teen Friendships & Dating Session Topics

- ▶ Introduction
- ▶ Feelings and emotions
- ▶ Types of relationships
- ▶ Potential dates
- ▶ Boyfriend/girlfriend
- ▶ Boundaries
- ▶ Public vs. private displays of affection
- ▶ Assertiveness
- ▶ First impressions
- ▶ Communication
- ▶ Non-verbal social cues
- ▶ Planning an activity or date
- ▶ Dating rights
- ▶ Personal safety
- ▶ Sexual health
- ▶ Gender differences
- ▶ Breaking up
- ▶ Conflict resolution



Approach

- ▶ The TFDP introduces information using a multi-modal approach including:
 - ▶ discussion,
 - ▶ role rehearsal,
 - ▶ games,
 - ▶ worksheets,
 - ▶ handouts,
 - ▶ DVDs,
 - ▶ slides,
 - ▶ posters,
 - ▶ guest speakers, and
 - ▶ modeling.



Evaluation of the Program

▶ Program Fidelity Data

- ▶ Exposure/participation
- ▶ Comprehensiveness of delivery

▶ Focus Groups

- ▶ With participants and care givers

▶ Participant Behavioral Data

- ▶ Interpersonal Violence Interview
- ▶ Social Network Assessment
- ▶ Socio-Sexual Knowledge and Attitudes Assessment Tool-Revised, healthy boundaries subscale



Fidelity Outcomes

- ▶ Facilitators delivered the program with a high degree of fidelity
- ▶ Participants engage at high rates over the course of the 10-week program
- ▶ Facilitators delivered content as intended
- ▶ Facilitators followed the Teen Friendships & Dating Manual



Focus Group Outcomes

- ▶ “I learned who is appropriate to date and who is not appropriate to date.”
- ▶ “With my friends and communicating I know sometimes I get too excited and can’t communicate well or something happens. I learned how to effectively communicate.”
- ▶ “I think an eye opener for him is that when a girl says yes it means yes, but when she says all these other things it really means no. That’s a biggie for him because he would be the one ‘she is going to call, she said she would call me’ and he would be waiting weeks, months, years for her to call.”
- ▶ Phone call story

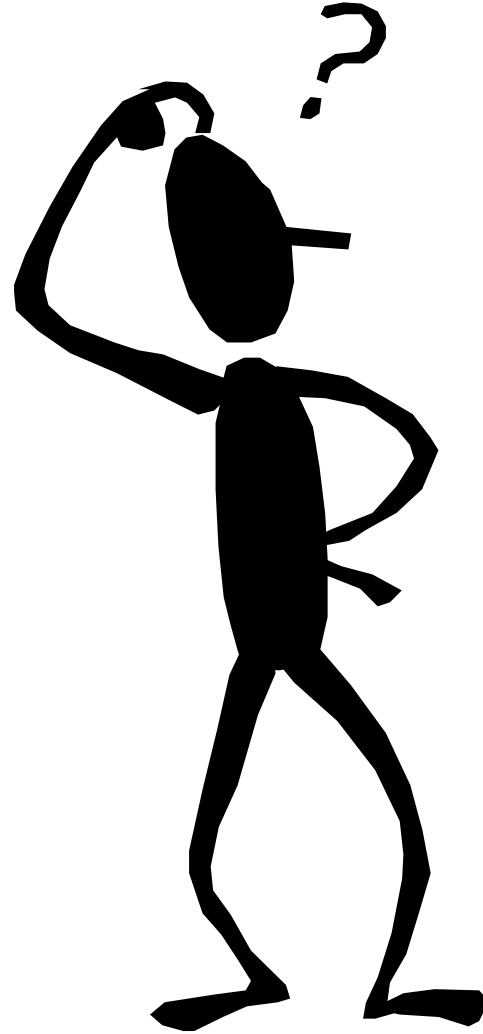


Next Steps

- ▶ Complete data collection from participants
- ▶ Data review and analysis
- ▶ Revisions to curriculum and training materials



Questions?



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