

PAIRS
FOR OUR FAMILY, FOR OUR FUTURE

SmartMarriages Conference
San Francisco, CA
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UCF Marriage & Family Research Institute

INTRODUCTION

- Presenters
- Time is of the Essence: Speak in headlines
- Question & Answer Session at end

OBJECTIVES

- Working with low-income couples
- Overview of *PAIRS For Our Family, For Our Future*
- Three tools:
 - *Relationship Road Map*
 - *Good Will Umbrella*
 - *Daily Temperature Reading*

WORKING WITH LOW-INCOME COUPLES

- Low-income defined
- Recruitment
- Retention
- Engagement

WHAT IS SHM?

- Supporting Healthy Marriage
- National random assignment study of marriage education & support on low-income couples & kids
- Eight Sites: Florida, Kansas, New York, Oklahoma, Pennsylvania, Texas, Washington (2 Sites)
- 800 Couples per Site / 6,400 Couples Total
- Funded by MDRC and U.S. DHHS HMI

WHAT IS PAIRS?

- Practical Application for Intimate Relationship Skills
- Interactive, educational program in group format
- Various lengths from one-day to semester-length
- Formats: youth, adult, faith-based, military and Spanish
- Created by Dr. Lori Gordon

PAIRS FOR OUR FUTURE

- Curriculum Goals
 - Effective communication
 - Connecting & confiding
 - Effective decision-making & conflict resolution
 - Social & family support

PAIRS FOR OUR FUTURE

- Curriculum Format
 - 30 hours of curricula
 - 12 2.5-hour sessions or 6 5-hour sessions
 - Includes Practical Tools and Concepts

TOOLS & CONCEPTS

- Relationship Road Map
- Good Will Umbrella
- Daily Temperature Reading
- Leveling Position
- PAIRS Invitation Rule
- Shared Meaning
- Talking Tips
- Love Languages
- Mind Reading
- Time Out
- Empty the Jug
- Fair Fight for Change



PAIN

*Mad
Sad
Hurt
Scared*

PLEASURE

*Happy
Joyful
Calm
Love*

RELATIONSHIP ROAD MAP



GOOD WILL UMBRELLA

DAILY TEMPERATURE READING



- Appreciations
- New Information
- Puzzles
- Complaints with Request for Change
- Wish, Hope, Dream



SUMMARY

- Objectives
 - Low-income Couples
 - Curriculum Overview
 - Three Tools
- Experiential & Interactive

QUESTIONS & ANSWERS

CONTACT INFORMATION

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