

# ShowMe Healthy Relationships:

*Relationship Education for Single Adults*

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[www.ShowMeHealthyRelationships.com](http://www.ShowMeHealthyRelationships.com)



Strong Relationships  
Stable Families  
Better Missouri



# Singlehood in the U.S.

- Nearly 50% of adults currently unmarried (U.S. Census Bureau, 2021)
  - Age of first marriage steadily rising; rates of divorce rising in later adulthood
  - Spend less than 50% of adult life (ages 15-75) in a marital relationships
- Almost 40% of adults aged 25-54 unmarried and not living with romantic partner
- About 31% of US adults identify as single (not married, living with a partner, *or* in a committed relationship)
  - About half of single adults report currently looking for a relationship/actively dating (Pew Research Center, 2020)





# Relationship Education for Singles



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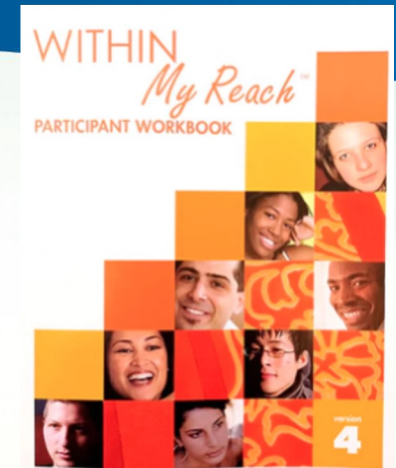
# Why Relationship Education?

- Relationships are a major social determinant of health
- RE programs provide a foundation for *generalizable interpersonal skills* in many relationships
  - Effective communication, conflict resolution, empathy, perspective taking
  - Personal well-being (e.g., less depression, more optimism and self-efficacy)
  - Spillover effects into parenting and coparenting relationships
- Promoting healthy relationships *enhances stability* for adults, families/children, and communities



## *Within My Reach* (PREP, Inc)

- Grounded in research suggesting that *being intentional in relationships leads to healthier, more satisfying relationships*
- Participants learn:
  - **Self-reflection** about their relationship histories, and their goals, values, expectations for relationships
  - **Safety** in relationships comes in many forms, identify warning signs
  - **Strategies** to evaluate partner quality and make more intentional decisions about relationship progressions
  - **Skills** that contribute to healthy relationships like communication, problem solving, emotion regulation
  - **Considerations** of children and finances in relationships



# How SMHR Works

## Eligibility

- Age 18+, own legal guardian
- Single, not in committed/ ongoing relationship
- Motivated to learn relationship skills
- Living in Missouri
- Consistent access to Zoom via phone/PC

## Cost

- **FREE!** No charge to participants
  - Federal grant through Fall 2025
- Earn **up to \$145 in gift cards** for participation milestones (surveys, program completion, attendance raffles)

*Current federal funding does not allow us to serve those in committed couple relationships*



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## Program Intake

## Course



\$10  
Gift Card

\$25, \$10  
Gift Card

Pre-  
Program  
Surveys

8-week class;  
Ending  
Surveys

*Gift cards pre/end surveys and course completion given together 1-2 weeks after course ends (up to \$45 total)*

## Program Intake (1-14 days before class)

- Needs assessment
- Provide referrals as needed
- Understanding relationship context
- Screen for DV/current safety and support
- Commitment to 8-week class schedule
- Program evaluation baseline surveys



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## Course



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## 8-Week *Within My Reach* Class

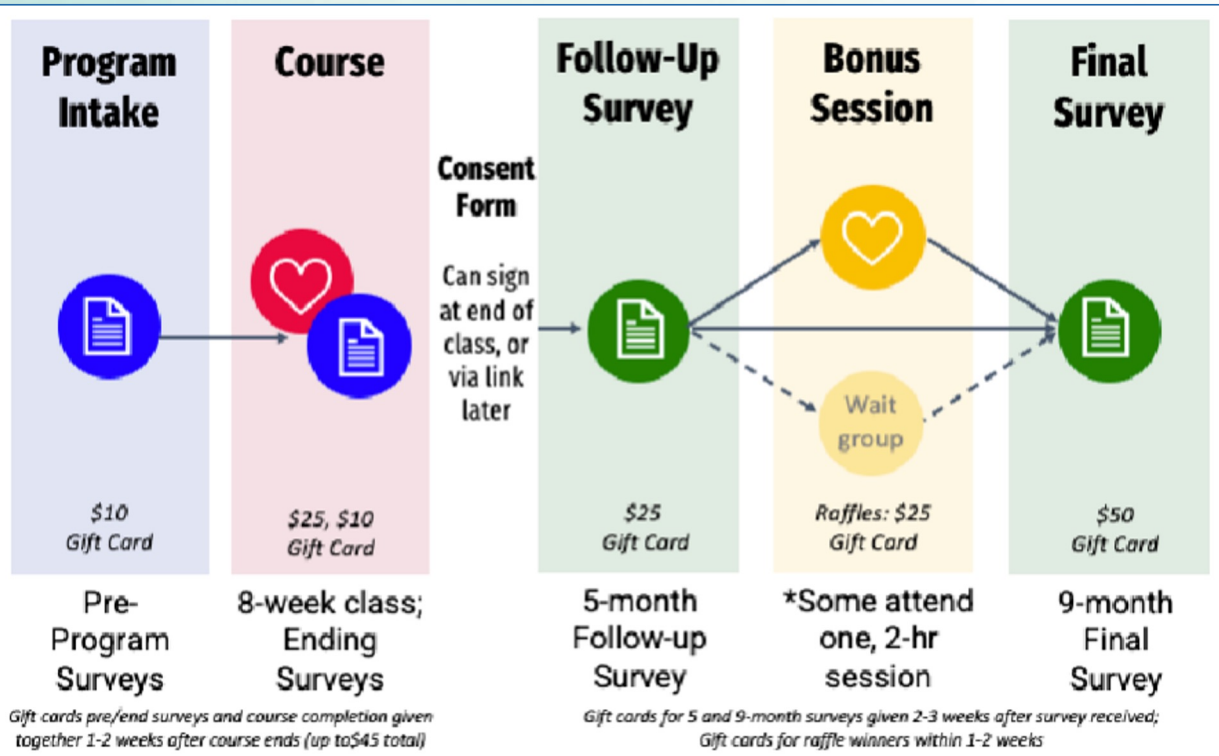
- 2-hours, once per week, 8 weeks
- Consistent facilitators, group members
- Post-program evaluation surveys

## Ongoing Program Coaching

- Referrals to services
- Barrier reducers as needed
- Periodic check-ins





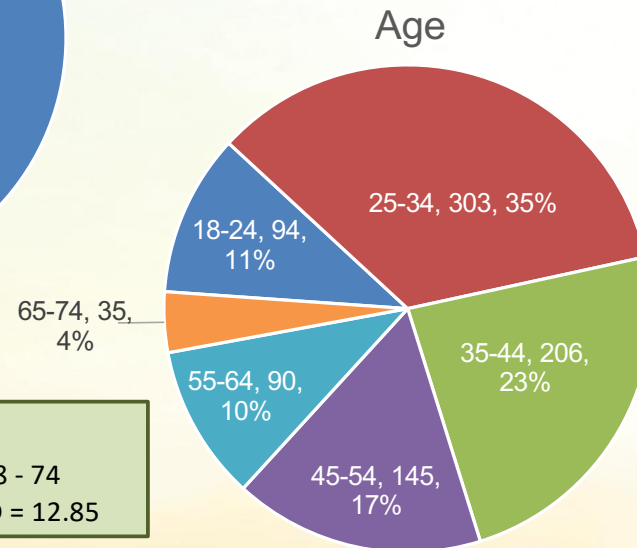
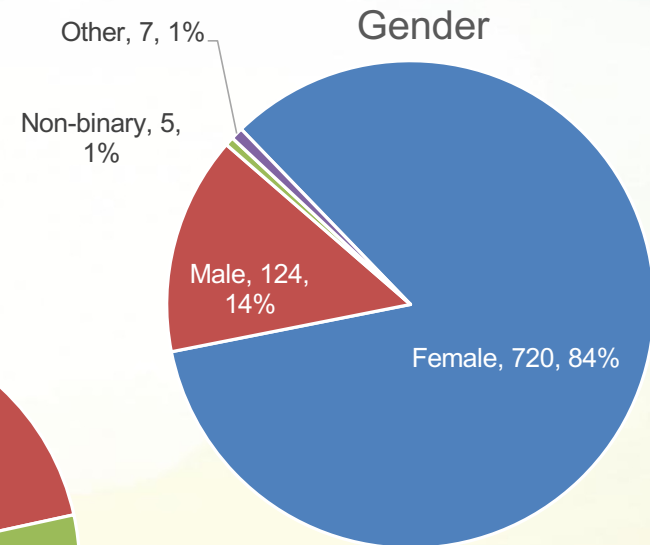
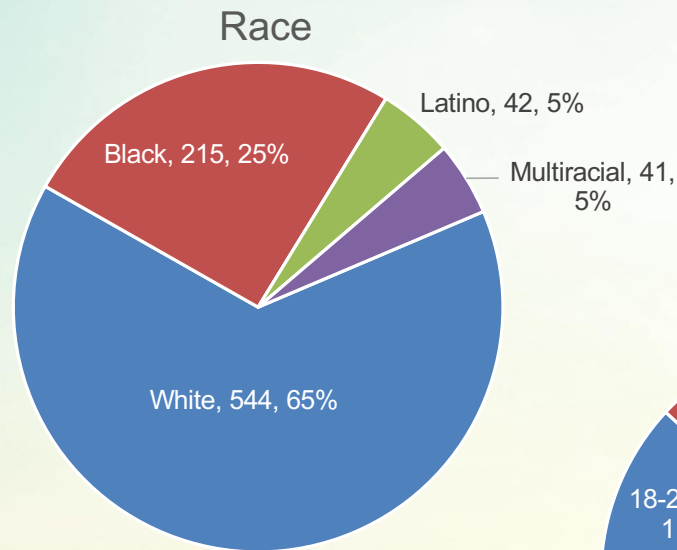


## Optional Follow-Up Study

- Evaluating effectiveness of RE for singles over time and value of a bonus session
  - Randomized control trial
- Available only to those completing the 8-week class



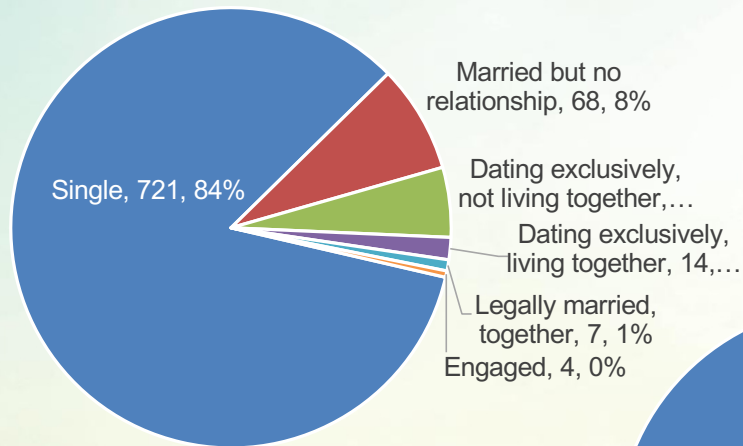
# SMHR Participants



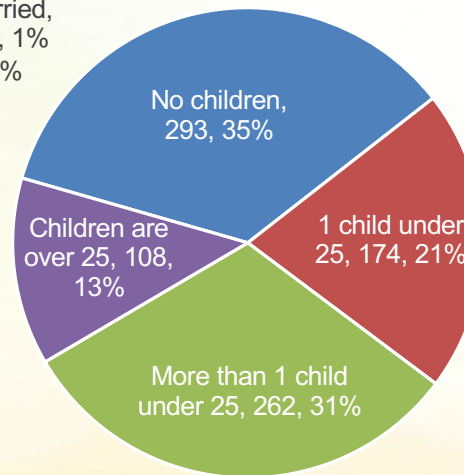
**Age**  
Range = 18 - 74  
M = 38.82, SD = 12.85



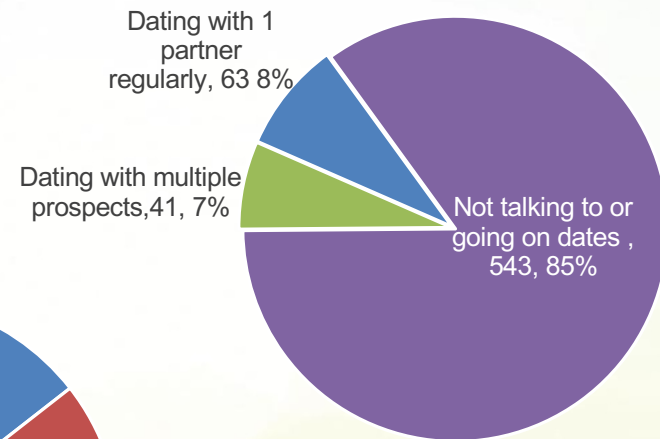
# SMHR Participants



Relationship Status



Parenting Status



Single Status



# Is it working?

## Significant pre to post change...

- Improved beliefs that relationships take work and love alone may not sustain
- Decreased fears of singlehood and pessimism about relationships
- Less accepting of abusive behaviors in relationships

- Feeling less economic stress
- Decreased overall stress and fewer symptoms of psychological distress
- Feel less impact of past negative family experiences
- Report fewer difficult interactions in current family
- Increased feeling of optimism in life

- Less willing to settle for relationships/partners
- More intention to decide not slide
- Greater confidence in their own relationship skills and ability to recognize warning signs
- Greater belief they can communicate and breakup effectively



# How do participants rate their own change?

Items as participants to reflect on self now (after) and before the program began

1=not at all true; 3=somewhat true; 5=very true



ALL items demonstrate statistically significant growth!!



Declines in constructs marked ^ indicate decrease endorsement = growth

All participants who ended WMR/had post data by 12/31/22 (n=611)

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# How do participants view the program?

	Mean (5 is highest)	% Rating 4 or 5
Overall, how much did SMHR help you?	4.60	93.78%
Rate the quality of the facilitator's work	4.81	96.39%
In future, how much will I apply what I learned	4.62	90.46%
How likely are you to recommend SMHR to others?	4.72	93.59%

I know where I had messed up in the past to stop the cycle from continuing in the future

I never thought about sliding before, but that is definitely something I've been doing all my life. I'm starting to really think more about things, and this was my biggest "ah-ha" moment in class

This program has been a big motivator to continue working on myself and certain areas in my life as an individual

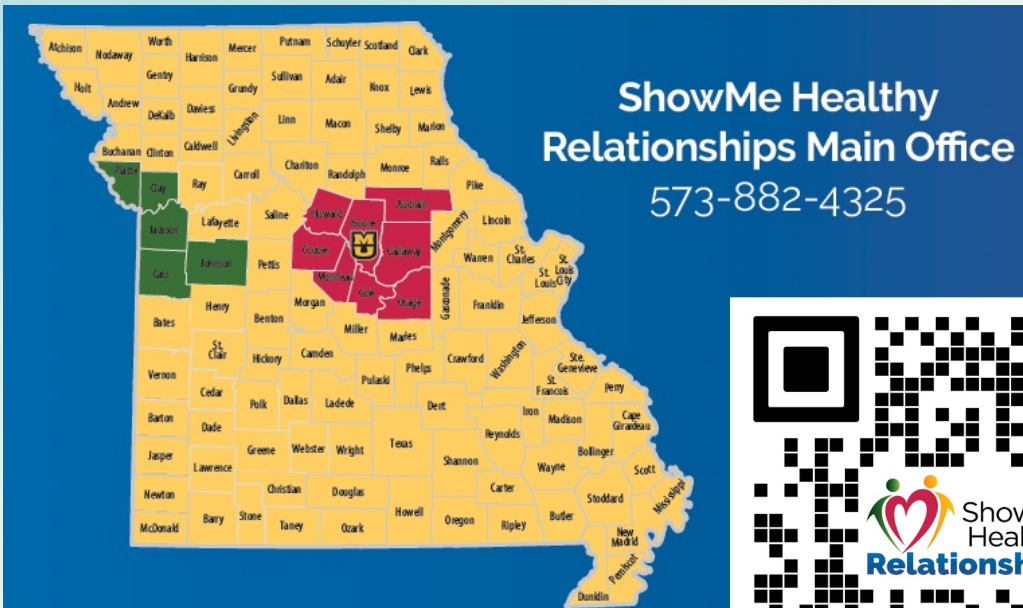
I really enjoyed class and am working on modeling what I learned for my kids



# Get Involved with SMHR

- **Follow SMHR social media for upcoming class sessions**
  - New classes begin every 2-4 weeks
  - Contact us by phone, email, website, or Facebook
  - Participants select by service area or by day/time that works for their schedule
- **SMHR available Statewide**
  - Most classes held via Zoom
  - Possible in-person classes in 13 counties
  - Option of closed groups for groups of 12 or more





- **Central Missouri Community Action**  
Limited in-person classes available  
1-855-422-4510  
smhr@cmca.us
- **Cornerstones of Care**  
Limited in-person classes available  
855-778-5437, option 3  
relationshipeducation@cornerstonesofcare.org
- **Online classes offered state wide**



- Participants can contact us directly directly by phone, email, or on Facebook
- Request a brief presentation for your organization so staff/clients can learn more
- Request rack cards or flyers to display at your offices / give to your clients

