Logic Model for PREP’s Curriculum

*Within Our Reach™*

Designed for **Couples**

Logic models specify how a grantee sees their efforts leading to the desired impacts. Here is what the FOA says about what you should include. Usually, these are presented graphically, with a set of diagrams like a flow chart from left to right.

*From page 21 of the Community-Centered Healthy Marriage and Relationship Grants*

*HHS-2011-ACF-OFA-FM-0193:*

**Logic Model**

Applicants are expected to use a model for designing and managing their project. A logic model is a one-page diagram that presents the conceptual framework for a proposed project and explains the links among program elements. While there are many versions of logic models, for the purposes of this announcement the logic model should summarize the connections between the:

- **Goals of the project** (e.g., objectives, reasons for proposing the interventions, if applicable);
- **Assumptions** (e.g., beliefs about how the program will work and its supporting resources);
- **Assumptions should be based on research, best practices, and experience**;
- **Inputs** (e.g., organizational profile, collaborative partners, key staff, budget);
- **Activities** (e.g., approach, listing key intervention, if applicable);
- **Outputs** (i.e., the direct products or deliverables of program activities); and
- **Outcomes** (i.e., the results of a program, typically describing a change in people or systems).

FOR GRANT WRITERS, PLEASE TAKE CAREFUL NOTE: Much of the information in a logic model from a grantee will be program specific, detailing the overall strategies and tools you plan to use to achieve the proposed goals. Therefore, each grantee should have their own version of a logic model related to their plans. What we provide here is specific information related to the curriculum *Within Our Reach* organized by the categories of the overall logic model that are relevant to an actual curriculum. We have included the **goals of Within Our Reach**, **activities associated with Within Our Reach**, and **outcomes of Within Our Reach**.

We are NOT suggesting you add *all* of these elements to your larger logic model. However, if you are including specifics about curricula in your logic model and you are using Within Our Reach, these elements can be useful in the relevant categories. However, unless you are developing very large logic model charts with detailed information on curricula, you will need to pick and choose the most important elements in how you are crafting your grant.

This document is focused on Within Our Reach/PREP and related PREP curricula that focus on working directly with couples (married or not). There are separate documents like this for other PREP Curricula.
**Goals of Within Our Reach/PREP:**

1) help couples develop and maintain healthy relationships; prevent divorce  
2) help couples manage stress  
3) strengthen emotional support between partners

**Activities associated with Within Our Reach/PREP:**

Provide models of healthy relationships and marriage  
Provide information about how to get help for domestic violence  
Provide training in communication and conflict management skills  
Provide training in skills to foster emotional safety (empathy and emotional understanding)  
Foster awareness of how adult romantic relationships impact children  
Provide information on how parental conflict and aggression are harmful to children  
Foster community integration and social support  
Provide information on benefits of committed, secure relationships (i.e., marriage)  
Provide training in stress management and relaxation  
Provide Ground Rules for handling conflict and talking without fighting  
Provide training in how to have more fun and friendship in their relationship  
Help people understand and manage relationship expectations

**Short-term Outcomes of Within Our Reach/PREP:** (immediately post intervention)

Increase in knowledge about what healthy relationships and marriages look like  
Improved confidence in maintaining romantic relationships  
Increase in communication skills  
Increased skill in managing conflict and escalation (e.g., ability to take Time Outs)  
Increase positive bond between the partners  
Increase in realistic expectations for marriage  
Increased knowledge of how parents’ relationships affect children  
Increased relaxation and coping skills  
Increased understanding of the nature and importance of commitment

**Long-term Outcomes of Within Our Reach/PREP:** (6 months and longer after the intervention)

Increased relationship quality  
Increased ability to communication well and manage conflict  
Increased relationship stability (reduce divorce/break up for healthy relationships)  
Increased in the probability of dangerous and damaging relationships ending  
Improvement in emotional connection and positive bond between partners  
Reduction in inter-partner and family violence  
Improvement in parenting quality  
Improvement in child health and well-being  
Increased family economic stability  
Increased likelihood that children are raised by both parents