



HELPING REFUGEE AND IMMIGRANT FAMILIES STAY TOGETHER

HIGHLIGHTED RESOURCES Refugee Healthy Marriage Materials

1. **Adaptation of "Family Wellness: Survival Skills for Healthy Families"** Catholic Charities of Tennessee, Inc. 13. Nashville, TN: Catholic Charities of Tennessee, Inc. 2006.

This adapted curriculum for refugee youth is to be used along with the curriculum "Family Wellness: Survival Skills for Healthy Families" from Family Wellness Associates. The full curriculum can be ordered from Family Wellness Associates at <http://www.familywellness.com>. The curriculum adapted for refugee youth is available free on the Web at: <http://www.brycs.org/documents/familywellness2.pdf>. This curriculum was developed by the Refugee Youth Program of Catholic Charities in Nashville and is based on the "Family Wellness: Survival Skills for Healthy Families" curriculum by Family Wellness Associates. This curriculum was created when Catholic Charities Nashville was a part of the U.S. Conference of Catholic Bishop's Strengthening Refugee Families and Marriages program from 2003-2006. This curriculum outlines sessions on: Making (and Following) Rules, What is My Job?, Getting Along with Friends, Changes, Problem Solving, and Values.

2. **Adapting Healthy Marriage Programs for Disadvantaged and Culturally Diverse Populations: What are the Issues?** Ooms, Theodora. Couples and Marriage Series. Brief No. 10. 12 pages. Washington, DC: Center for Law and Social Policy, March 2007.

This resource is available free on the Web at: http://clasp.org/publications/couplesmarriage_brief_10.pdf. This brief looks at programs that were primarily designed for white, middle-class, educated couples and describes the types of adaptations that are underway to make them relevant and accessible to diverse populations.

3. **Assessing the Needs of Refugee and Asylee Families: A Healthy Marriage Initiative.** Busch, N. B., and Fong, R., and Heffron, L., and McClendon, A. 74 pages. Austin, TX: The University of Texas at Austin, Center for Social Work Research, 2004.

This resource is available free on the Web at: www.brycs.org/documents/texasrefhm.pdf "This project's purposes were to determine the marital and family challenges experienced by refugees, and outline services available to refugees, in Austin and San Antonio, Texas. Thirty-one families and 21 providers of refugee services participated. Refugees from 12 countries were included: Afghanistan, Bosnia, Colombia, Cuba, Ethiopia, Iran, Liberia, Republic of Congo, Serbia, Somalia, Sudan, and Vietnam. The Texas Health and Human Services Commission funded this project." - Publisher's description

4. **Creating Strong Families Motivational Training.** Vue, Thai. 101 pages. La Crosse, WI: La Crosse Area Hmong Mutual Assistance Association, Inc. 2006.

This resource is available free on the Web at: <http://www.brycs.org/documents/CreatingStrongFamilies.pdf>. This curriculum was created as a part of a program for refugees called "Creating Strong Families." It may be particularly useful with Hmong refugees as it was created by a Hmong organization. The purpose of the curriculum is to help refugees make educated choices, improve their self-esteem, take control of their lives, and recognize the benefits of becoming emotionally and economically self-sufficient. Some of the topics covered by this curriculum are: changes in roles, family relationships, grief and loss, differences between Eastern and Western beliefs, behavioral conventions in the workplace, domestic violence, and more. This curriculum also contains topics unique to refugee-produced materials such as "Reaching Out to Western Friends and Understanding their Culture."

5. The Hispanic Healthy Marriage Initiative (HHMI) (website) U.S. Department of Health and Human Services, Administration for Children and Families. Washington, DC: U.S. Department of Health and Human Services, Administration for Children and Families, This Web site can be accessed at: http://www.acf.hhs.gov/healthymarriage/about/hispanic_hm_initiative.html Addresses the unique cultural, linguistic, demographic, and socio-economic needs to help Hispanic couples attain the knowledge and skills necessary to form sustainable, healthy marriages. This Web site, a tool to support President George W. Bush's Healthy Marriage Initiative of 2001, strengthens two-parent, married families as the ideal environment to raise children. Since the Hispanic community forms the largest minority with the highest birth rates, teen pregnancy rates, out-of-wedlock birth rate, and poverty rates, this program focuses on raising awareness in the Hispanic community of the importance of a healthy marriage. Internet links facilitate access to working papers on marriage education and cultural structure of Hispanic families. Program developers and staff can access Internet links for assistance with program development, and to get tip sheets on program recruitment, marriage education curriculum, sensitivity training for working with recent immigrants, and hints for program leaders to develop plans and implementation.

6. Marital Education Program. Fertelmeyster, Tatyana. 57 pages. Chicago: Illinois Refugee Family Strengthening Project & Denver: Therapyhelp.com, 2003.

The original and adapted curriculum "Power of Two: Marriage Skills Workshops" by Dr. Susan Heitler can be ordered at <http://www.therapyhelp.com>. This curriculum for refugees and immigrants is an adaptation of "Power of Two: Marriage Skills Workshops" and focuses on communication and conflict resolution. The 9 units include:

- 1) Coming to America as a Couple/Family
- 2) Basics of Talking Effectively
- 3) Safe Talking
- 4) Listening Skills
- 5) Expressing Anger
- 6) Controlling Anger
- 7) Receiving Anger
- 8) Fix-It Talk
- 9) Shared Decision Making

7. National Healthy Marriage Resource Center (Web site) National Healthy Marriage Resource Center. Fairfax, VA: National Healthy Marriage Resource Center, This Web site can be accessed at

<http://www.healthymarriageinfo.org/> The National Healthy Marriage Resource Center (NHMRC) is a national resource and clearinghouse for information and research relating to healthy marriages. It is a "first-stop shop" for marriage and family trends and statistics, marriage education and programming, scholarly research and the latest news and events. In particular, the NHMRC also provides training and technical assistance presentations and documents for federally funded Healthy Marriage Initiative (HMI) grantees. -Publisher's Description

8. Refugee Marriage Education Program (RMEP): Adapted from the Prevention and Relationship Enhancement Program (PREP) PREP Inc. & Catholic Social Service of Arizona. 21 pages. Phoenix, AZ: Catholic Social Service, 2006.

This resource is to be used along with the curriculum "Prevention and Relationship Enhancement Program" from PREP Inc. The full curriculum can be ordered from PREP Inc. at www.prepinc.com and the adaptation for refugees is available free on the Web at www.brycs.org/documents/rmep.pdf Presents an educational program, using video presentations, to help refugees improve communication, constructively resolve differences, and strengthen the marriage relationship. The definition of relationships and marriage is explained as a shared journey based on compatible values and teamwork. Marital distress stems from static factors (personality traits, religious differences, youth, or economic status) which are difficult to change and dynamic factors (improved communication skills, conflict management strategies, physical aggression, and motivation) which are easier to improve. Patterns of dangerous behavior patterns are explored as well as key factors for success such as a joint spiritual life, shared cultural traditions, and a support network. Examples of positive and negative communication patterns are presented, and effective strategies illustrate how to develop realistic expectations and respectful methods of raising concerns.

9. **Relationship Enhancement for Refugees and Immigrants: Leader's Guide.** Guerney, B.G., and Ortwein, M., and Amin, G. Frankfort, KY: IDEALS & U.S. Committee for Refugees and Immigrants, 2007.

This curriculum can be ordered at <http://www.skillswork.org/> or call 502-227-0055. A 16 hour curriculum adapted by the Institute for Development of Emotional Life Skills (IDEALS) and USCRI for refugees and immigrants. The curriculum is comprised of two parts: "Introduction to Relationship Enhancement" and "Family Stress and Conflict Management." The materials are designed to help refugees and immigrants enhance their communication and problem solving skills in order to improve their marriages, parenting, and family relationships.

10. **Relationship Enhancement® For Refugees and Immigrants: Illustrated Participant Manual.** Guerney, B.G., and Ortwein, M., and Amin, G. 28 pages. Washington, DC: U.S. Committee for Refugees and Immigrants, 2008.

Copies of this illustrated workbook may be ordered from USCRI at <http://www.refugees.org>. The accompanying Relationship Enhancement® materials can be ordered from IDEALS at <http://www.skillswork.org> or by calling 502-227-0055. An illustrated participant workbook developed by USCRI for refugees and immigrants. The materials are adapted from the Institute for Development of Emotional Life Skills (IDEALS) MML program. The workbook, to be used with the "Relationship Enhancement for Refugees and Immigrants: Leader's Guide" is designed to help refugees and immigrants enhance their communication and problem solving skills in order to improve their marriages, parenting, and family relationships.

11. **Relationship Enhancement® and Financial Literacy: Leader's Guide.** Guerney, B.G., and Ortwein, M., and Amin, G., and Chaterdon, M. 57 pages. Washington, DC: U.S. Committee for Refugees and Immigrants, 2008.

Copies of this may be ordered from USCRI at <http://www.refugees.org>. The accompanying Relationship Enhancement® materials can be ordered from IDEALS at <http://www.skillswork.org> or by calling 502-227-0055. An 8 hour curriculum developed by USCRI with materials adapted from USCRI's Banking on the Future Program and IDEALS Love's Cradle Program. Program focuses on utilizing communication skills in discussing money. Participants also learn new financial skills.

12. **Strengthening Refugee Families and Marriage Program: Implementation and Best Practices Manual.** Garriott, Aileen, and Haynes, Kimberly. 46. Washington, DC: US Conference of Catholic Bishops, 2006.

This resource is available free on the Web at: <http://www.brycs.org/documents/usccbsrfm.pdf> Describes detailed approaches to help develop or improve a Strengthening Refugee Families and Marriage program (SRFM) designed to meet the unique needs of refugees who experienced trauma and the stress of transition to a new culture. The SRFM Initiative began in 2002 at the Department of Health and Human Services (HHS) to serve low-income families, and the model was adopted by the Office of Refugee Resettlement (ORR) in 2003 and used to develop 11 sites managed in partnership by the U.S. Conference of Catholic Bishops Office of Migration and Refugee Services, the Hebrew Immigrant Aid Society, and the Lutheran Immigration and Refugee Services. Chapter one outlines three curricula - family wellness, the Power of Two (a marriage strengthening program), and Prevention and Relationship Enhancement Program (PREP) - as well as methods to adapt this structure to a local population. Chapter two discusses challenges that may cause problems in areas such as: recruitment and retention, collaboration, funding, language, evaluation, hiring staff, space constraints, administrative support, scheduling, cultural sensitivity issues, and transportation. Chapter three clarifies staffing issues including educational/language requirements and intangible qualities such as warmth, flexibility, and team-focus. Chapter four discusses promising practices based on the best ideas gleaned from current programs to assist with customizing a SRFM program to fit local circumstances.

13. **Survivor! for Families.** The New American Family Center & Family Wellness Associates. Various pagings. Grand Rapids, MI: The New American Family Center, 2006.

This collection of handouts is to be used along with the curriculum "Family Wellness: Survival Skills for Healthy Families" from Family Wellness Associates. The full curriculum can be ordered from Family Wellness Associates at <http://www.familywellness.com> and the handouts adapted for refugees are available free on the Web at: <http://www.brycs.org/documents/familywellness.pdf>. This collection of handouts and activities is an adaptation of "Family Wellness: Survival Skills for Healthy Families" by Family Wellness Associates. The New American Family Center in Grand Rapids, Michigan created these materials when they were part of the U.S. Conference of Catholic Bishop's Strengthening Refugee Families and Marriages program from 2003-2006. The handouts emphasize speaking, listening, working together, parenting, cultural adjustment, and managing stress.

If you know of other resources that should be included in this list, please let us know by emailing info@brycs.org.