

HEALTHY ADOLESCENT RELATIONSHIP PROJECT (HARP)

UPDATE: September 28, 2010

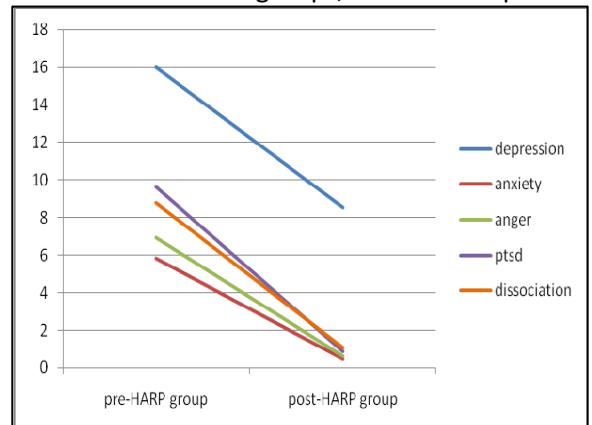
As always, thank you for making or facilitating referrals to University of Denver's Healthy Adolescent Relationship Project (HARP). We're sending you this brief update to keep you posted on HARP progress – and to share some **exciting news from the first cohort of HARP prevention groups!**

WHAT IS HARP AGAIN?

HARP tests 2 programs designed to help teen girls (ages 12-19) who have come to the attention of the child welfare system learn about healthy relationships. **Program 1** teaches teen girls about: power in relationship violence; skills to build healthy relationships; and social influences on violence (such as media messages). **Program 2** teaches teen girls about: safety in relationships, including how to recognize and respond to internal (e.g., one's own emotions) and external (e.g., other people's emotions, behaviors) safety signals; and attention regulation. Previous research suggests both groups may also help to decrease teens' experiences of symptoms, such as anxiety and depression.

IS HARP WORKING? THE FIRST DATA ARE IN!

The first two prevention groups finished up in September. Of the 14 teens involved in these groups, 13 have completed pre- and post-group interviews. **We are excited to report that teens showed significant decreases in a range symptoms** – from anxiety and depression to attention problems and PTSD symptoms. Some of these decreases are illustrated in the graph to the right.



WHAT'S NEXT?

49 teens referred from Denver, Arapahoe, Adams, and Jefferson Counties have completed pre-group interviews. Our 3rd cohort of groups will start on 10/4. In addition, **we are now seeking referrals to fill additional groups this fall.** Thank you in advance for your help!

WHAT'S IN IT FOR TEENS?

- Teens attend 12-sessions of a prevention group at no cost. Groups are run by graduate-level facilitators working under the supervision of licensed clinical psychologists.
- Teens receive \$10/prevention group meeting to offset transportation costs (up to \$120).
- Teens receive \$40/research interview to compensate them for the time involved in 4 interviews (up to \$160) as well as \$10/research interview to offset transportation costs (up to \$40).

THANK YOU!!

Thank you to the many people who continue to help to make this project possible, including (but not limited to):

Mary Berg Ashley Bertsch Andrea Bradford Peggy Baikie Margie Brenner Tricia Buddy Jessica Bueno Deborah Canlas Lori Carlson
Melissa Carson Sarah Cashion Ally Coleman Shanon Copeland Keith Crosson Dawn Crosswhite Michael Degretto Renee Dixson Amy Espinoza
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Christina Pospeck Alex Prehn Ally Regan Ellen Rincon-Pruitt Toni Rozanski Roxanne Sabin Tracey Schlafer Anna Schneider Courtney Smith Heather
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We look forward to continuing to work with you and **we thank you in advance for your referrals to HARP.**

Best wishes,
Anne P. DePrince, Ph.D., Project Director

You can find up-to-date HARP materials, including **referral and consent forms**, on our project website:
<http://mysite.du.edu/~adeprinc/harp.html>

For questions regarding HARP, please contact us at
(303) 871-4103 or harp@du.edu.