

HEALTHY ADOLESCENT RELATIONSHIP PROJECT (HARP)

UPDATE: January, 2012

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 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.

WHAT'S HARP LIKE FOR TEENS?

There are several potential benefits for teens participating in HARP, including:

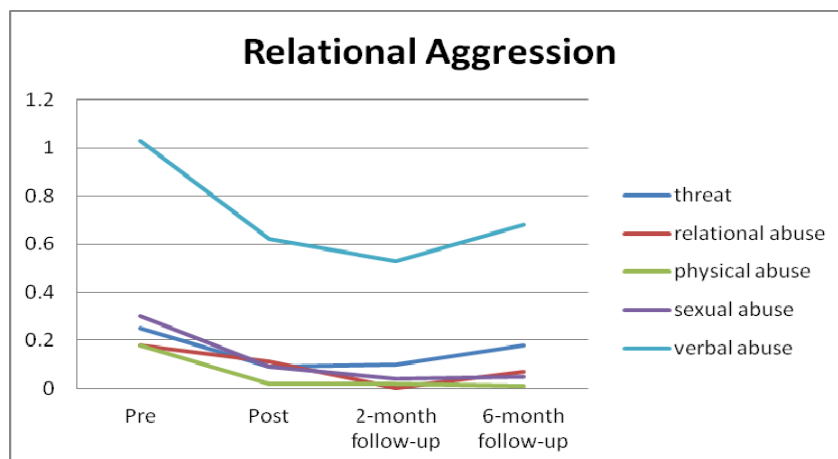
- Teens receive 12-sessions of a prevention group at no cost. Groups are run by graduate-level facilitators working under the supervision of licensed clinical psychologists.
- Teens receive \$10/prevention group meeting to offset transportation costs (up to \$120).
- Teens received \$40/research interview 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).

WHO HAS PARTICIPATED SO FAR?

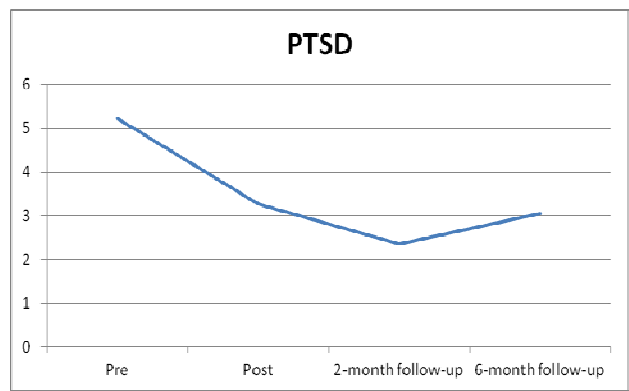
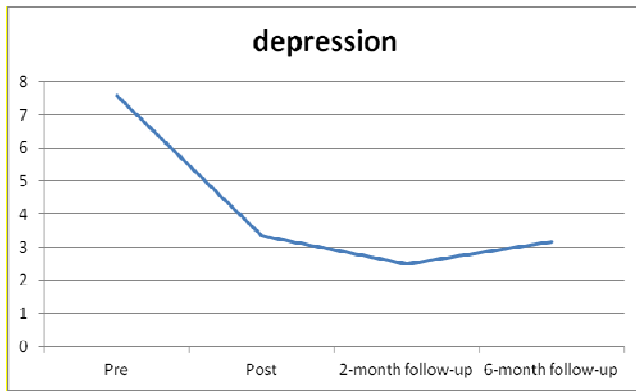
To date, 162 adolescent girls (ages 12-19) have completed the pre-assessment. Teens' average age at the time of the pre-assessment was 16 years. Teens described their ethnic/racial identities as follows: 31% White/Caucasian, 30% Black/African-American, 2% Asian/Asian-American, 7% American Indian/Native Alaskan/Native American, 30% Other/Multi-race, and 37% Hispanic/ Latina.

IS HARP WORKING? SOME EARLY DATA

To date, 38 teens have finished the study, including the 12-week prevention program and all 4 assessments. In preliminary analyses, teens report significant **decreases in relational aggression by partners** from pre-assessment to post-assessment. **Six months after the HARP groups ended, teens continue to report lower levels of verbal, physical, and sexual abuse relative to pre-assessment.**



In addition, **teens report significant decreases in various mental health symptoms from pre- to post-assessment and maintain those changes over time.** For example:



WHAT DO TEENS THINK ABOUT HARP?

Some of the comments from teens after they finished the 12-week groups and all 4 interviews:

- “I LIKE YOU PEEPS! THANKS FOR LETTING ME PARTICIPATE. YOU GUYS WERE GREAT!”
- “I REALLY LIKE IT ...LEARNED A LOT ...”
- “THIS IS A GREAT THING YOU'RE DOING. KEEP IT UP AND IT HELPS LOTS OF PEOPLE!!”
- “THAT THE TEST WAS REALLY GOOD FOR ME. IT [HELPED] ME A LOT.”
- “THANK YOU FOR EVERYTHING. YOU MADE ME CHOOSE RIGHT DECISIONS AND I THANK YOU.”

In addition to listening to their feedback during groups and assessments, we closely monitor teens’ responses to assessments using a measure called the Response to Research Participation Questionnaire. This measure taps positive (such as personal benefits, being treated well overall, feeling empowered in the research process) as well as negative (such as feeling negative emotions and experiencing regrets and/or negative perceptions about the research procedures) aspects of participating in research. We are pleased to report that teens rate the positive aspects of participating in this project as *significantly* higher than any negative aspects.

WHAT'S NEXT?

We are able to invite **17** more teens into the project by the end of January. We will then run our final HARP groups starting mid-February.

THANK YOU!!

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

Lacey Alesch	Valerie Arguello-Perez	Marci Ascherman	Mari Amarillo	Mary Berg	Ashley Bertsch	Andrea Bradford	Peggy Baikie	
Sarah Blaine	Angela Borkowski	Angela Bradford	Jessica Brogger	Margie Brunner	Tricia Buddy	Jessica Bueno	Deborah Canlas	
Lori Carlson	Melissa Carson	Carr Group Home Staff	Tina Carter	Sarah Cashion	Kristen Caswell	Ally Coleman	Erin Coloroso	
Cynthia Conner	Mandy Copeland	Shanon Copeland	Keith Crosson	Dawn Crosswhite	AnnaMarie Dalton	Trisha Daly	Michael Degretto	
Amber Delgado	Denver Children's Home	Renee Dixon	Amy Espinoza	Donna Dewkes	Jayme Fjeseth	Sally Gerdes	Nancy Gilder	
Marie Grande	Michele Green	Theda Griffin	Jennifer Gruca	Heather Guthrie	Lisa Haigh	Jessie Ham-Purser	Shawna Hayden	
Judith Henderson	Alicia Hewitt	Courtney Hightower	Latania Howard	Helen Israel	Kari Jett	Janis James	Brandi Jamison	Nicole Jerving
Kathy Johnson	Katie Johnson	Lorrie Johnson	Betsy Kalkstein	Kelly Karson	Rachel Knost	Bonnie Kossoff	Kathy Kostal	Jason Lester
Jude Liguori	Sara Lippert	Angela Lytle	Nancy Kingsolver	Cole McKinney	Yvonne Moeller	Tracy Neely	Carrie Nickles	Karin Nystrom
Kristin O'Gowan	Kelley Oakley	Allen Pollack	Christina Pospeck	Alex Prehn	Ashlee Redman	Ally Regan	Ellen Rincon-Pruitt	
Andrea Rivera	Jessica Roberts	Sandra Robinson	Shenelle Roebuck	Toni Rozanski	Roxanne Sabin	Laura Schaefer	Tandi Schips	
Tracey Schlafer	Kristin Schmidt	Anna Schneider	Shiloh House Staff	Brittany Sievers	Courtney Smith	Molly Somogyi	Sandra Stanger	
Heather Taussig	Third Way Center Staff	Lauren Timkovich	Sera Treston	Julie Trim	Jaime Trujillo	Margo Vanhaeck		
	Elizabeth Walters	Susie Walton	Kathryn Wells	Derek Williams	Edie Winters	Jerry Yager		

We look forward to continuing to work with you. Thank you for all of your support along the way.

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

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.