

Veterans and Military Marriage Enrichment Impact

Actual evaluations from participants under the VMH-14-0204 Marriage Management Grant

VETERANS AND MILITARY MARRIAGE ENRICHMENT

PROJECT IMPACT SUMMARY

AS OF: June 30, 2015

GRANTEE: MARRIAGE MANAGEMENT
BOB AND BARBARA ZIELINSKI, EXECUTIVE CO-DIRECTORS

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Military Marriage Management Project: Summary Jul 2014-Jun 2015

The FVA requires Grantees ask some participants the following questions for each Quarterly Performance Evaluation Report. We ask EVERY participant the same questions at the end of each program.

Approximately 270 Veterans and Spouses were surveyed after completing the Military Marriage Enrichment Program. Following is a summary of the responses:

1. What challenges did you face prior to participating in this program?

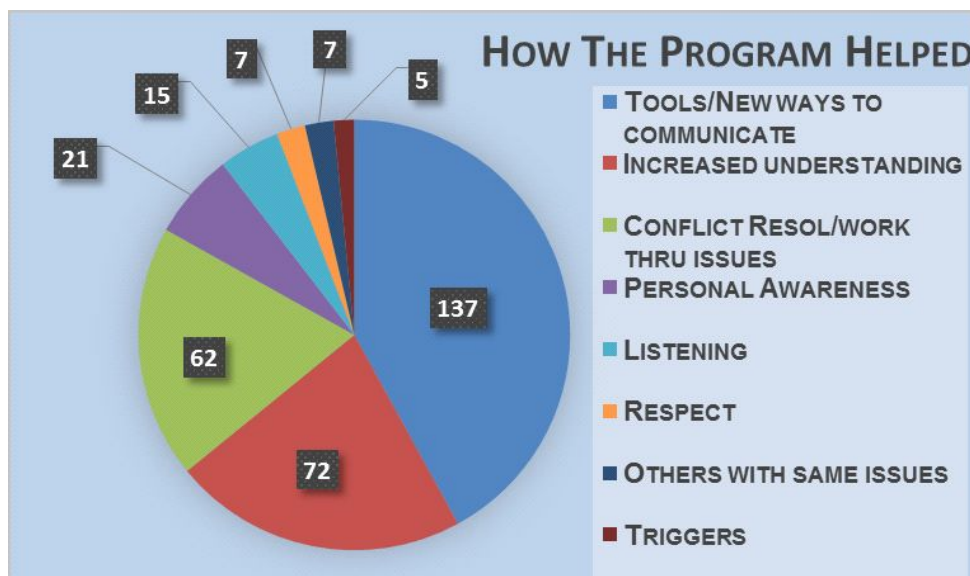
- 127 respondents (over half) cited "Communication Problems,"
- 47 said "Lack of Understanding"
- 43 noted "Disagreements or Unresolved Arguments"
- Others specifically said "Deployments, Reintegration, Medical Issues, No Quality Time, Anger or Mistrust"
- Only 4 individuals said they were "good"

Actual Participant Comments:

- **"Constant yelling with no way of compromising."**
- **"Many challenges, no communication, a lot of fighting."**
- **"Not understanding each other."**
- **"My communication with my spouse was almost non-existent"**
- **"Lack of support and resources; care-giving full time for a mentally disabled Veteran."**

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2. How did this program help you overcome these challenges?



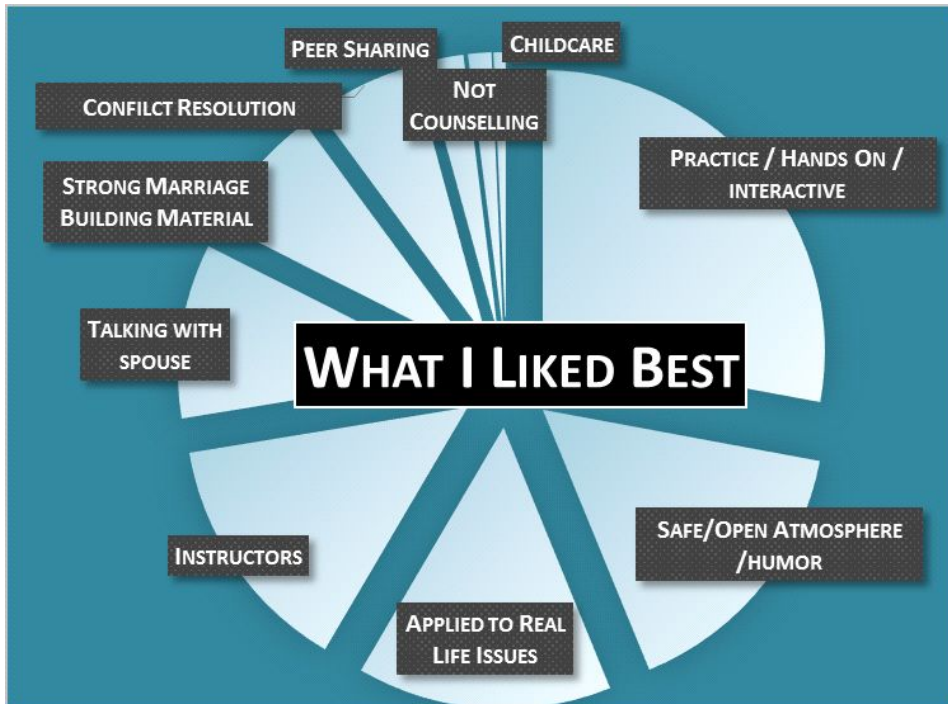
- 137 participants said they acquired "Tools or New Ways to Communicate"
- o 10 more than reported having this problem
- o 72 answered "Increased Understanding."
- o 29 more than reported this problem
- o 62 said they were able to work through or even resolve an issue
- o 15 more than reported having unresolved disagreements
- o Other participants who before the class were dealing with Reintegration, Anger and Mistrust said the lessons helped them with their Triggers, Listening Skills and respecting each other.
- o Many really appreciated learning other Veterans had the same issues
- o Even one participant who said they had no problems found room for growth and quality time with their spouse.

Actual Participant Comments:

- **"They provided material on how to speak clearly & effectively."**
- **"Gave me tools that we need to fix our marriage/friendship/relationship."**
- **"We see a different perspective and are able to implement the lessons in our life." "We finally got down to the root of the problem and now know how to resolve our problems peacefully."**
- **"I was able to listen instead of always talking." "Gave some structure to communication skills."**
- **"Tools to use to understand each other's feelings and thoughts."**

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3. What I liked most about this class was...



- 86% said they liked the Interactive, hands-on style and practicing the lessons
 - 49% appreciated the “Safe” atmosphere of the class
 - 45% really liked how the lessons could be applied to REAL LIFE EXPERIENCES
- 43% noted the effectiveness of the instructors
- Successful outcomes included: Conflict Resolution, Talking with Spouse and Marriage Building and the fact that it was “not like counselling”

Actual Participant Comments:

“I like that it wasn’t like counseling. It was very warm and inviting and not hostile. We really know how to solve our problems now! I’m excited to use these skills at home.”

“Learning how to build a strong relationship with my husband. I learned a lot about him.” “Resolving a big conflict in my marriage.”

“Safe, fun, relaxed, solution-based.”

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4. Where would you be if this program did not exist?



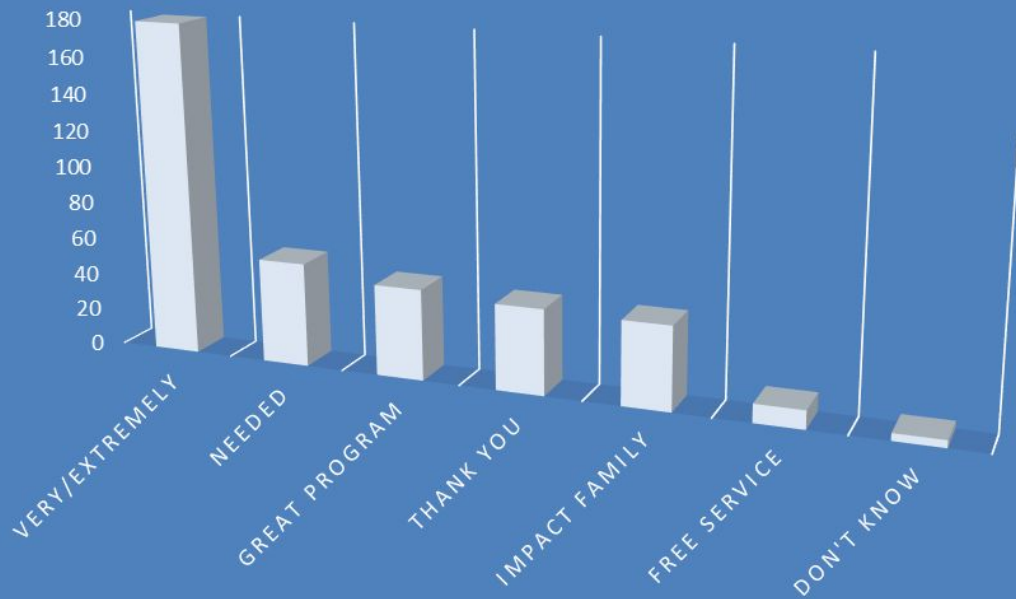
- Over HALF the participants surveyed told us they would be Stuck or Worse Off, Struggling with Unresolved Issues, an additional
- 21 individuals said they would be DIVORCED or SEPARATED!

Actual Participant Comments: **“Probably divorced.” “Downward spiral.”**
“Still very hostile, angry with a lot of problems.” “Still trying to communicate.”
“Not in a very great place.” “Still fighting.”
“I believe a lot of our problems would be ignored and become worse.” “Existing but with zero tools and little hope for survival.”

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5. How important is the Fund for Veterans’ Assistance?

HOW IMPORTANT IS THE VETERANS MARRIAGE ENRICHMENT



**We received
MORE POSITIVE RESPONSES TO THIS THAN ANY OTHER QUESTION!**

Actual Participant Comments:

“It’s EXTREMELY important. I work with couples who could have benefitted from attending BEFORE having a Domestic Violence incident.”

“It’s great. We couldn’t afford this class any other way.” “Very! Every military couple should attend this program!”

“Very important. If it wasn’t for them, these kind of programs would not be out giving help to all the families.”

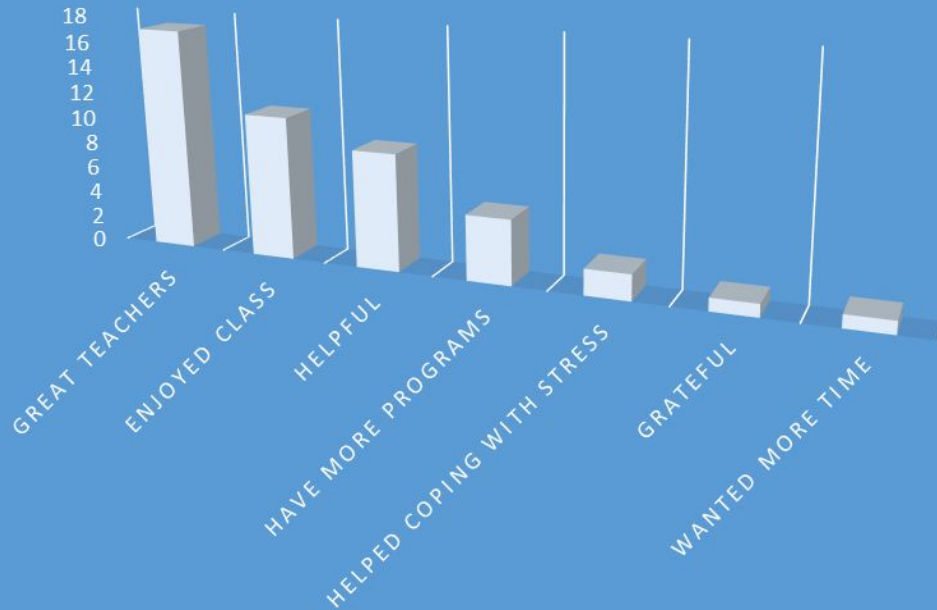
“Very important for helping veterans.”

“It’s priceless. We all know that Vets need these types of programs.” “It will save my marriage and my life.”

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We received 46 other unsolicited comments from participants which we categorized below:

OTHER COMMENTS FOR THE VETERANS MARRIAGE ENRICHMENT



Actual Participant Comments:

**"Thank you for giving us the tools to save our marriage." "Have more classes that dive deeper into these lessons."
"Awesome class. Great instructors."
"I loved it!"**

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Participants were also asked to rate seven statements regarding the Military Marriage
Enrichment Lessons. Below is a compendium of all the individual ratings to date.

Participant Class Ratings Likert Scale Military Marriage Management Project Jul 2014 - Jun 2015

Regarding Today's Lesson:	1	2	3	4	5
	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
I found it Helpful	0	0	1	32	201
I understood it very well	0	0	2	32	200
I will use what I learned	0	0	1	42	191
I would recommend this class to others	0	0	1	15	218
The Instructors encouraged questions and comments	0	0	1	16	217
The instructors are knowledgeable about the material being presented	0	0	2	7	225
Overall, I liked today's lesson	0	0	1	12	221
Total	0	0	9	156	1473
Pct. Of Total	0.0%	0.0%	0.5%	9.5%	89.9%

Disagree 0.0%	Neutral 0.5%	Agree 99.5%
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- **99.5% of participants in the Military Marriage Enrichment gave positive overall ratings.**
- **89.9% gave the highest ratings possible: 5 out of 5, or “Strongly Agree.”**
- **There were no negative ratings of any kind in any category**
- **Only 0.5% gave a neutral rating however subjectively noted the class was helpful.**
- **The class appealed to every age, sex, rank and level of marital satisfaction.**
- **Every other single participant noted they would recommend this class to others.**
- **Instructor competence secured the highest ratings.**
- **These last two statements are significant and demonstrate the Veterans feel safe.**
- **In addition to liking the class, nearly every participant indicated they found it helpful, they understood it and they will use what they learned.**

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Summary:

The impact of the Veterans and Military Marriage Project is clearly outstanding.

We have established the network of contacts and supporters needed to reach out to the Veterans most in need Statewide.

Please help us to continue and expand our mission to keep Veterans’ Marriages from becoming a hidden casualty of war!

Very Respectfully,

Bob (US Army 1970) and Barbara Zielinski
Executive Directors, Facilitators
Military Marriage Management Project