

Human Sciences Extension and Outreach

REGIONS 11-12-20

SEPTEMBER NEWSLETTER 2023

Strong Couples Project Pilot

Strong Couples Project was piloted across North Central Region states in 2023. This project is based with Illinois Extension and was expanded to the other states in the North Central Region that were interested this year.

The Strong Couples Project is an online relationship education project that focuses on helping couples improve communication, connection, intimacy and strengthening their relationship. The project has been available at no cost to the couples and the only requirement for couples to participate has been that the couple must be married, engaged, or living together for at least six months.

Couples complete a series of six online sessions within the evidence-based ePREP® program. These online sessions are supplemented with five, 20-minute coaching calls over Zoom. During the coaching calls participants strengthen their skills that are learned during the online sessions. Participants had the opportunity to complete three surveys throughout the time of the project at pre-determined stages.

Iowa had three coaches receive training in this pilot phase, Dr. Anthony Santiago, Ryan Stuart, and Danielle Day. Coaches received training in fall 2022. Marketing and coaching began in spring 2023. To date, around 300 couples responded to marketing for strong couples and about one-third of the couples enrolled in the project across the six North Central Region states that participated.

Iowa couples that completed the program were from counties across the state and all shared that they found value in the program, taking it for different reasons and at different stages of their relationships. All Iowa couples that fully completed the program highly recommended the program. In the couples that I coached all had various interactions with extension programming, with some this was their first interaction, with others this was their first Human Sciences program, for others they were very familiar with our programming and had participated in multiple programming opportunities. Program pilots are another way we engage with Iowans to meet their needs.

Individual County Program Planning Days Coming Soon!

Join your regions 11, 12, 20 Human Sciences Specialists this fall for dedicated one-on-one time to plan programming for 2024 -2025 that aligns with county priorities prior to setting the FY2025 budget. An email went out to county directors with the locations, dates, and 90-minute time slots available for each county. If you did not register by August 31st, register [HERE](#), by Friday, September 8. If you are unable to attend on the in-person dates, reach out to schedule a virtual meeting.

These meetings are important times for counties to discuss county needs and human sciences program alignment. During these meetings we can also discuss county deliverable programming to build capacity within counties and strengthen human sciences partnerships.

This institution is an equal opportunity provider. For the full non-discrimination statement or accommodation inquiries, go to www.extension.iastate.edu/diversity/ext.

Your Human Sciences Specialist Team

Family Wellbeing: Danielle Day daday@iastate.edu

Family Wellbeing: Barbara Dunn Swanson bdswanso@iastate.edu

Family Wellbeing: Phyllis Zalenski zalenski@iastate.edu

Food and Health: Vera Stokes vstokes@iastate.edu

Food and Health: Kelsey Salow ksalow@iastate.edu

Learn about upcoming events and programs on the **Human Sciences Website**.

Human Sciences Events

ServSafe® Certified Food Protection Manager

Bettendorf – September 18

Hiawatha – September 19

Dubuque – September 26

Environmental Rating Scale

Bettendorf – August 29, September 5, 12, 19 (ECERS-3)

Virtual – August 24, 31, September 7, 14 (SACERS-3)

Virtual – October 3, 10, 17, 24 (ECERS-3)

The Science of Parenting

Muscatine – September 11, 18

WIN

WIN BINGO - Dubuque, September 28

Your Money, Your Goals

Virtual Quarterly Webinar, Strategies for Building, Managing, and Repairing Credit, September 13

Basic Money Management

Cedar Rapids – September 7

Davenport – September 5, 12, 19, and 26 (2 sessions on each date)

Dubuque – September 7 and 14

Mental Health First Aid

Cedar Rapids – September 8 (private)

Des Moines – September 21 (private)

Dubuque – September 26 (private)

Preserve the Taste of Summer

Iowa PBS – September 12

Tipton – September 28 (Fermentation)

PROMOTE PROGRAMS

Make promotion easy using the ready-made pieces in the [Human Sciences Marketing Materials](#) folder.

The Cybox folder houses materials for many statewide offerings, including flyers, news releases, and social media images.

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