

First Responder Virtual Certification – Best Practices & FAQ

This document outlines the Training Objectives, Outcomes, and Best Practices for the Stronger Families Peer Support Certification Training.

Training Objectives

Upon completion of 2-day certification, Peer Support members will be able to:

- Deploy department wide assessment that captures the health and wellness of relationships within the department.
- Gain access to a library of resources that cover topics such as parenting, marriage, communication, finance, and dealing with stress on the job.
- Facilitate and/or request OXYGEN events covering the following topics:
 - Breaking Barriers to Better Communication
 - Understanding Differences in Relationships
 - Understanding Your Unique Love Style
 - Navigating Life Transitions
 - Love & Money
- Coach Couples utilizing the Couple Checkup Assessment and the OXYGEN Profile Assessment Training Benefits
- The OXYGEN Peer Support Training includes access to the Taste of OXYGEN curriculum, Couple Checkup, and OXYGEN Profile Assessment.
- Learn best practices on how to use the Couple Checkup Assessment as a baseline for department relationship health.
- OXYGEN curriculum was developed by Noel and Karissa Meador and has been used on 76 military installations with over 15,000 military couples having participated in the program. The program has been approved by the Army Chief of Chaplains office.

Trainers

Noel Meador: co-author of the OXYGEN curriculum that has been used on 76 military installations with over 25,000 military couples having participated in the program. The program has been approved by the Army Chief of Chaplains office.

Sean Sanberg: Sean is the Director of Training at Stronger Families. He has over 20 years of ministry/teaching experience specific to marriage and family, has been married for over 24 years, and is Stronger Families, Prepare/Enrich, and Symbis certified.

Curriculum Materials

- **OXYGEN Seminar:** The Seminar is 8 sessions and is utilized during a 1 to 3-day event/retreat. The content typically takes 8-10 hours to complete. The Participant Guide is around 125 pages long and is meant to be an ongoing benefit to couples even after the event.
- **Taste of OXYGEN Series:** There are currently 5 “Taste of Oxygen” topics included in the certification. These are 60-90 minute events, meant to be experienced over a meal. Topics are Communication, Differences, Love Styles, Transition, and Love & Money. Each topic includes a Study Guide for the participants.
- **Online Assessments:** The Seminar utilizes 2 Online Assessments.

Registration Info: TBD

Peer Support FAQ

Q - I'm interested in attending and/or promoting this within my department. I'm concerned my department leadership won't get behind this because they've never heard about OXYGEN. How do I get their buy-in?

A - Establishing credibility with your leadership will be important in order to take what you've learned in the training and implement across your department. Stronger Families has over 12 years of strengthening relationships in the military. Our OXYGEN program has been vetted and approved by the Pentagon. Over 25,000 military couples have gone through the program. In addition to the military, Renton PD has endorsed the program. They have offered to talk with any Chief or Peer Support leadership about their experience and how they will be using it across their department.

Q - What does a typical schedule look like for a 2-day training?

A - This is generally the flow of the two days. Keep in mind this could change based upon number of trainees and unique department needs.

Day 1

Time Topic

- 1300 - 1320 Welcome/Introductions/ SF& OXYGEN history
- 1320 - 1330 Facilitator Dashboard Tutorial
- 1330 - 1400 Assessment Overview
- 1400 - 1430 OXYGEN Profile deep dive
- 1430 - 1530 Couple Checkup Assessment
- 1530 - 1600 Q & A

Day 2

Time Topic

1300 – 1330 Q & A

1330 – 1500 Taste of OXYGEN Demo

1500 – 1530 Leader Account & OXYGEN Membership

1530 – 1600 Wrap Up & Feedback Survey

Q – What if I'm not able to attend the entire 2-days?

A – We encourage all participants to attend as much of the training as possible. With that said, we understand that you wear many different hats. If you are not able to attend the full training, we ask that you have someone from your Peer Support team attend with you. This will ensure that for the parts you might be missing, they will be able to fill in the details.

Q – Our Peer Support team doesn't have a budget for this kind of thing. Can Stronger Families help?

A – Yes! We have a group of dedicated supporters that have generously helped cover the cost for certification fee scholarships where departments don't have a budget. We realize that some departments have the budget and would ask that you cover the certification fee, so we can pass the generosity along to others.

Q – You mention that the use of the Couple Checkup can provide a baseline for departments to know what the relationship health looks like. How do you protect the privacy of individuals taking the assessment?

A – Stronger Families has used the Couple Checkup Assessment because the results are only passed along to the couple. Peer Support and the department leadership will never have eyes on individual reports. The way we are able to get a group summary report is by Prepare Enrich generating this on the backend. It requires at least 5 couples to submit their report before a group report is published. Individual results are never part of the summary report.

Q – What is the efficacy of the OXYGEN program? Do you have any data or research that validates this program works?

A – Stronger Families is currently underway with a Peer Reviewed Research project with Northwest University. This study will be performed by the University in a randomized selection with a peer reviewed study that is due out in 2021. However, in the past 12 years, we have captured a significant amount of data that confirms what we believe this research project will show. The analysis below shows pre – post data on couples who attended the OXYGEN Seminar.

Pre-Post Analysis

Pre and post-test analyses were completed to evaluate changes in Communication, Conflict Resolution, and Overall Couple Satisfaction.

Pre-Test versus Post-Test on Individual Scores

Individual mean scores are based on agreement with the positive (healthy) items in each scale. The pre-test was run for 304 participants and compared to a group of 92 who completed a posttest.

- Individual Communication mean scores increased from 39.4 at the pre-test to 60.8 at the post-test.
- Individual Conflict Resolution mean scores increased from 35.6 at the pre-test to 58.0 at the post-test.
- Individual Relationship Satisfaction mean scores increased from 53.0 at pre-test to 73.6 at the post-test.

In summary, this program demonstrated positive changes on all three scales (communication, conflict resolution, and overall relationship satisfaction) at the individual. These results indicate that the program had a very positive impact on the individuals and couples who participated in the Program.

Pre/Post Event Attendee Feedback

