



HEALTHY

CONNECTIONS

2022

HEALTHY COUPLES, FAMILIES, AND COMMUNITIES



## WHO WE ARE

### CHURCH PARTNERSHIPS

- All Souls
- Apostles Anglican
- Arlington Church of Christ
- Bearden UMC
- Central Baptist Bearden
- Cokesbury UMC
- Crossings
- Emmanuel Assembly of God
- Fellowship Church Knoxville
- First Baptist Church Dandridge
- First Baptist Concord – West Hills
- First Presbyterian Church
- Hardin Valley Church of Christ
- Overcoming Believers Church
- Powell Church
- Sequoyah Presbyterian Church
- West Towne Christian Church

### COMMUNITY IMPACT PARTNERSHIPS

- Bearden High School
- Knox Education Foundation
- Compassion Coalition
- Ebenezer Counseling Services
- Helen Ross McNabb
- The Restoration House
- River & Rail Theater Company
- University of Tennessee
- Healing Hearts Counseling

We offer workshops for couples in the **Fall** and **Spring** annually.

We have **34** facilitators from our network of church and community partners trained in our various programs.

Hello all,

Welcome to our first annual Healthy Connections Knoxville (HCK) Annual Report. HCK has been in existence since 2014, starting as the Knoxville Marriage Initiative and then transitioning to Healthy Connections Knoxville in 2018. HCK exists because we believe that healthy couple relationships can transform lives. In a nutshell, our mission is to equip the Knoxville community to support healthy couple relationships, who can then form healthy families, and who will, in turn, make up healthy communities.

Family breakdown significantly contributes to ongoing income and health disparities and is a source of many negative childhood events. A recent United Way needs assessment in Knoxville indicated that single-parent households are six times more likely to be in poverty than married households. Nationwide data indicates that middle to low-income couples struggle to develop and maintain stable relationships, most likely due to the financial and other stressors that couples encounter daily. This struggle then affects everything else; when your relationships aren't healthy, you aren't healthy, and that dysfunction affects all other parts of your life. Alternatively, when people can maintain stable, close, and respectful relationships even in the face of these outside stressors, they feel secure and valued at home and are better able to navigate outside challenges to find ways to flourish.

The pandemic has created even more stress for all people, and as a result, couples are finding it harder than ever to maintain healthy close relationships. HCK is here to help. We are a partnership of UTK, community churches, and community agencies who work together across Knoxville. Our partnership seeks to develop effective programs that provide couples with the tools to create vital, loving, and safe relationships. Please read on to see all of the ways we create healthy connections in Knoxville – and then please consider how you might support and join our mission.

**Kristina Gordon, Ph.D., LP**

*Executive Director of Healthy Connections Knoxville  
Associate Dean of Academic Affairs and Engagement  
College of Education, Health, and Human Sciences, UTK*

# YEAR AT A GLANCE

In collaboration with our partners, we have:

hosted a Trauma Informed Couple Therapy training for over **60** members in the community

hosted a Valentine's Day movie date night and are developing additional date night events

trained **4** new facilitators for a total of **17** facilitators trained in Make Love Last Online

launched a new program, Make Love Last Online

hosted **4** Make Love Last workshops since January 2022



71%

reported increases in satisfaction



73%

reported increased intimacy



**Key Effectiveness Outcomes**  
*Since attending Make Love Last:*



83%

reported improvements in communication



69%

reported increases in relationship commitment

\*\*These statistics are based on a process of rigorous evaluation. We ask participants to complete measures of relationship satisfaction, communication, intimacy, and commitment at the start and end of the program. We use this information to determine if our programs are effective.

## Make Love Last Online



Scan to learn more about our program

An online program designed to help couples develop and maintain a healthy and satisfying relationship.



Make Love Last Online is a couples relationship education program, not couples therapy. Couples are not required to share intimate details about themselves or their relationship during this program.

## Other Programming Offered through HCK

### MAKE LOVE LAST

Designed to teach couples scientifically proven tools and strategies to develop and maintain a healthier relationship. This program can be offered in multiple formats, such as weekend retreats or weekly workshops, to large and small groups of couples.

### WITHIN MY REACH

A program designed to empower single individuals to achieve their goals in current and future relationships.

### THE RELATIONSHIP CHECKUP

A brief, two-session intervention designed to be a regular, annual checkup for couples' relationship health. This program allows facilitators to uniquely tailor the experience to a couples' needs.

### MARRIAGE PILGRIMAGE

An 8-week small-group journey through times of marriage-focused biblical reflection, group discussion, and guided couples' exercises.

### FEEDING THE FAMILY

An engaging program that consists of three family nights and three date nights where participants get to cook delicious meals while learning about nutrition and healthy relationships. \*Being piloted in Summer 2022

### DATE NIGHTS

Host fun and insightful date nights for couples, such as movie date nights where couples get to discuss meaningful questions that relate to the movie and their relationship.

# LOOKING *AHEAD*

Each year we host trainings for providers in the community, and we train providers and community lay leaders in evidence-based programs. Along with our community partners, we host several workshops each year as consecutive-week series and weekend retreats. Please consider donating to support this work.

**\$700**

COULD SPONSOR A COUPLE  
TO BE TRAINED TO  
FACILITATE IN OUR MAKE  
LOVE LAST PROGRAM

**\$300**

COULD SPONSOR A COUPLE  
TO BE TRAINED TO LEAD THE  
MARRIAGE PILGRIMAGE

**\$50**

COULD SPONSOR A COUPLE TO  
PARTICIPATE IN OUR MAKE  
LOVE LAST PROGRAM

**\$25**

COULD SPONSOR A COUPLE  
TO PARTICIPATE IN OUR  
MAKE LOVE LAST ONLINE  
PROGRAM

SCAN THE QR CODE TO DONATE TODAY!





## Important Information:



[Contact@healthyconnections-knoxville.org](mailto:Contact@healthyconnections-knoxville.org)



Healthy Connections Knoxville  
1122 Volunteer Blvd, Suite 424  
Knoxville, TN 37996



## Connect With Us:



[@healthyconnections-knoxville](https://www.instagram.com/healthyconnections-knoxville)



[@healthyconnections-knoxville](https://www.facebook.com/healthyconnections-knoxville)



<http://healthyconnections-knoxville.org>

