The Co-Parenting for Resilience Program (CPR) provides divorcing parents with the insights, strategies, and skills necessary to help reduce the stress and conflict associated with divorce and to promote adjustment and resilience among their children. CPR is based on the latest empirical research in the field and employs proven theories of change to move participants beyond gains in knowledge to actual change in behavior. We also offer as part of the class follow-up materials for 12 months after the class to reinforce the concepts and strategies learned in the class. Some impacts this year were:

**There were 425 classes held in 58 of the 77 counties across Oklahoma.**

**There were 2,476 parent participants, with another 322 completing the online version.**

Even though parents were mandated to attend the program, they were overall extremely satisfied with the experience:

- 96% of participants said the program motivated them to change their behavior towards their co-parent
- 96% of participants said the program taught them new ways to be an effective parent during and after the divorce
- 92% of participants said they would recommend the program to a friend going through a divorce

A multi-method design was used to evaluate both within group changes (how parents changes from pretest to post test) and between group changes (how much more the intervention group changed compared to a non-intervention control group). The results found that Co-Parenting for Resilience was effective at helping parents reduce the impact of their divorce on their children. Specifically, there were:

**Significant increases in:**
- the child's adjustment to divorce or separation
- parental perceived hope for the future
- collaborative behaviors between parents
- positive parenting strategies

**Significant decreases in:**
- parental perceived stress
- conflict between parents

Rigorous evaluation has demonstrated that CPR is effective at improving the quality of life for divorcing parents and their children. To date, no other divorce education program has demonstrated empirical evidence showing improvements in child behavior. Future research conducted on Oklahoma’s CPR program will further refine and improve our knowledge about divorce and how to help parents and their children.

For more information about the CPR program evaluation results, contact Dr. Ron Cox, r.cox@okstate.edu.