

Purchase the Program

Are you interested in using the Friendships & Dating Program at your agency?

We offer two packages to purchase the program and associated materials.*

Package One

Basic Materials - This package includes one curriculum manual, one training guide, and program resources needed to implement the program.

Price: \$600 + shipping

Package Two

Materials plus Training - This package includes two curriculum manuals, two training guides, program resources to implement the program, ten hours of distance-delivered training on how to implement the curriculum, and technical assistance.

Price: \$1,800 + shipping

If you would prefer a face-to-face training with your staff, contact us for a quote.

Additional copies of the curriculum manual and training guide can be purchased at a cost of \$175/set.

*Materials include curricular resources (e.g., weekly handouts, demonstration materials), care provider orientation guide and resources, and access to the Friendships & Dating Website (e.g., supplemental videos, handouts, websites, printable resources for on-going implementation).

Peer-reviewed articles about the effectiveness of the Friendships & Dating Program

- Ward, K.M., Atkinson, J.P., Smith, C.A., & Windsor, R. (2013). A friendships & dating program for adults with intellectual and developmental disabilities: A formative evaluation. *American Journal on Intellectual and Developmental Disabilities*, 51(1), 22-32.
- Ward, K. M., Windsor, R., & Atkinson, J. P. (2012). A process evaluation of the Friendships and Dating Program for adults with developmental disabilities: Measuring the fidelity of program delivery. *Research in Developmental Disabilities*, 33(1), 69-75.

More questions about the program?

Contact us at e-mail:
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Visit us online at:
fdprogram.org

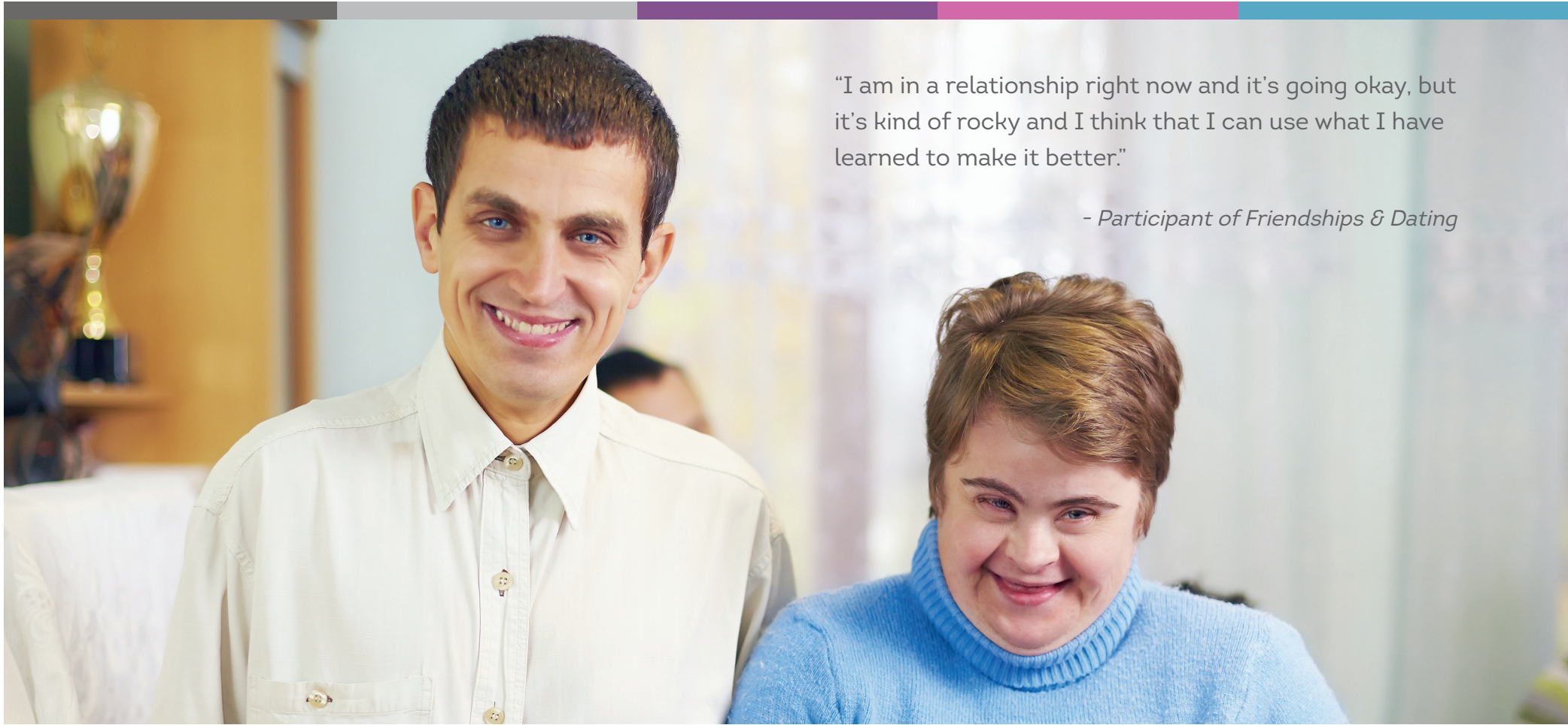


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What is the Friendships & Dating Program?



"I am in a relationship right now and it's going okay, but it's kind of rocky and I think that I can use what I have learned to make it better."

- Participant of Friendships & Dating

The Friendships & Dating Program

The Friendships and Dating Program (FDP) is an evidence-based, comprehensive approach developed to teach individuals with intellectual and developmental disabilities the skills needed to develop meaningful relationships and prevent interpersonal violence.

The FDP has over ten years of research, program implementation, and data collection behind it. In 2014, a version of the program for youth with serious emotional disturbance (SED) was developed in response to requests from behavioral health providers.



The curriculum is designed for community agency personnel to teach the program in small groups of 6-10 co-ed participants.

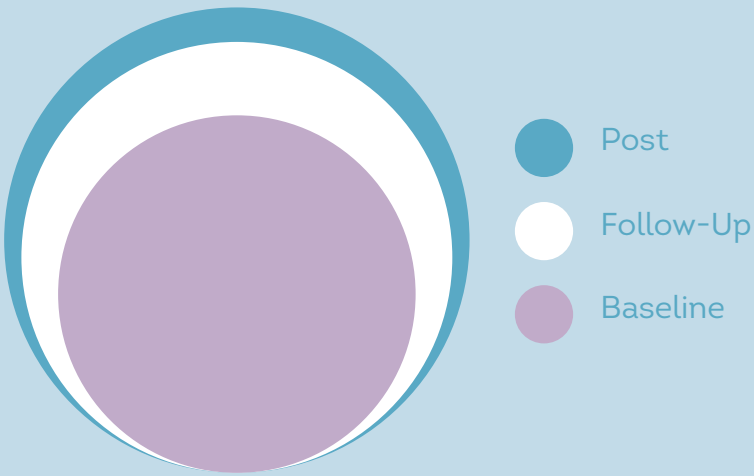
The FDP is a 10-week program taught twice per week in small co-ed groups.

Weekly sessions are approximately 1.5 hours and focus on skill building in group settings and experiential learning in community settings.

What topics are included in the 10-week program?

Session topics include feelings, types of relationships, personal boundaries, communication, meeting people, first impressions, planning social activities, the dating process, personal safety, sexual health, gender differences, conflict resolution, and maintaining relationships.

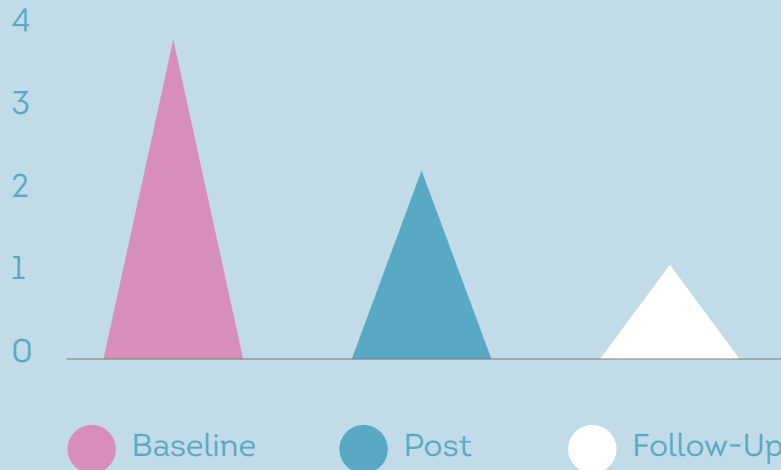
Outcomes – Social Network Size



SOCIAL NETWORK SIZE SIGNIFICANTLY INCREASED FROM AN AVERAGE OF:

5.4 people at baseline to 7.0 people at the end of the program, Ten-weeks later people's social network size remained elevated at 6.7 people.

Interpersonal Violence – Incidents



THE AVERAGE NUMBER OF INCIDENTS OF INTERPERSONAL VIOLENCE SIGNIFICANTLY DECREASED OVER THE PROGRAM FROM:

3.4 at baseline, 1.5 at the end of the program, 0.7 Ten-weeks after the program ended.