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The ELEVATE curriculum resulted from many years of effort by various faculty, students, and community partners who are experienced in family life and relationship education. The central core content and the framework for the modules are based on the **National Extension Relationship and Marriage Education Model (NERMEN)** (www.nermen.org/NERMEN.php) developed by the National Extension Relationship and Marriage Education Network (NERMEN) working group and derived from the extant literature on predictors of marital quality. An early version of this program was titled *RESPECT* and combined the NERMEN core concepts with additional new research information on psycho-physiology and the effects on relationships, stress management strategies, and human sexuality. The program content was piloted in Alabama and lead by Auburn University faculty and graduate students. The ELEVATE program components (facilitator guidebook, power-point slides, and couple workbook) were formalized and written in 2013/2014. Information, activities, and resources were combined and adapted from *RESPECT*, *Smart Steps for Stepfamilies*, and the *Healthy Relationship and Marriage Education Training (HRMET)* project (www.hrmet.org) funded by the United States Department of Health and Human Services, Administration for Children and Families, Grant: 90CT0151. Between 2015-2020, ELEVATE was further tested through a randomized control trial study conducted by Auburn University (ACF Grant #90FM0082) and a quasi-experimental descriptive evaluation study conducted by The University of Georgia (ACF Grant #90FM0081). Findings from both studies showed positive outcomes on all of the NERMEN predictors of couple relationship quality, as well as measures of couple quality and mental health. Updates were made to the ELEVATE facilitator guide, including the addition of a new guide to facilitate the adaptation of the program for online delivery.



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