



The Dibble Institute

Relationship Skills for Teens and Young Adults

2019/2020

Annual Report



A Message from our Executive Director, Kay Reed

This past year revealed so much how communities across the world responded to the new realities brought on by a global pandemic. With mandated stay-at-home orders, the role of healthy relationships in our lives is perhaps now felt more deeply than ever before.



As the people we work with demonstrated their adaptability finding new ways to engage the people they serve, we at Dibble got busy. “Reaching people no matter what” became our motto. And our accomplishments last year attest to that!

We released the content of our [Mind Matters](#) curriculum in a webinar format and based on the enthusiastic response, adapted it into [Mind Matters Now](#). This self-directed, on-demand product helps adults build and practice skills for tending to themselves and soothing their stress.

We thought about the way that language barriers can stand in the way of participation, so we released a new Spanish language version of Relationship Smarts Plus. And we made all our participant materials accessible for differently-abled youth, including in Braille for the first time!

But we didn’t stop there. We made sure anyone who wanted to teach our evidence-based curricula could access virtual trainings to develop their confidence as facilitators. We also released a free online teaching toolkit on our website, which we continuously update to help people adapt to teaching our curricula in virtual spaces. These improvements will continue to serve communities well, no matter what the future of in-person gatherings holds for us!

Most importantly, all year long we stood strong in our resolve that healthy relationships are a necessary part of our lives. We stand strong in our commitment to helping our clients and their programs be a beacon of hope.

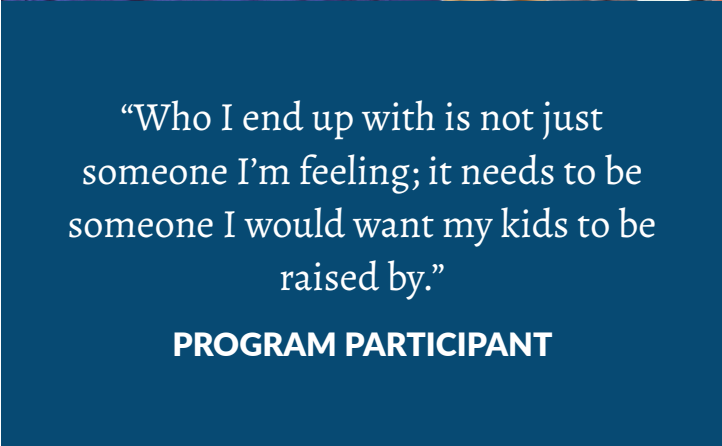
A handwritten signature in blue ink that reads "Kay".

Kay Reed
Executive Director
The Dibble Institute



“I’ve never seen youth engage in a program like they have Love Notes. They do the student workbook with no prompting and talk with each other about what they learned outside of sessions.”

PROGRAM INSTRUCTOR



“Who I end up with is not just someone I’m feeling; it needs to be someone I would want my kids to be raised by.”

PROGRAM PARTICIPANT



“This is the first program I have ever been a part of that gave us a chance to sit down and talk about it (LGBTQ issues).”

PROGRAM PARTICIPANT



“Mister, all this information makes me not want to be in a relationship; relationships are a lot more complicated than they seem.”

PROGRAM PARTICIPANT



Mind Matters Now

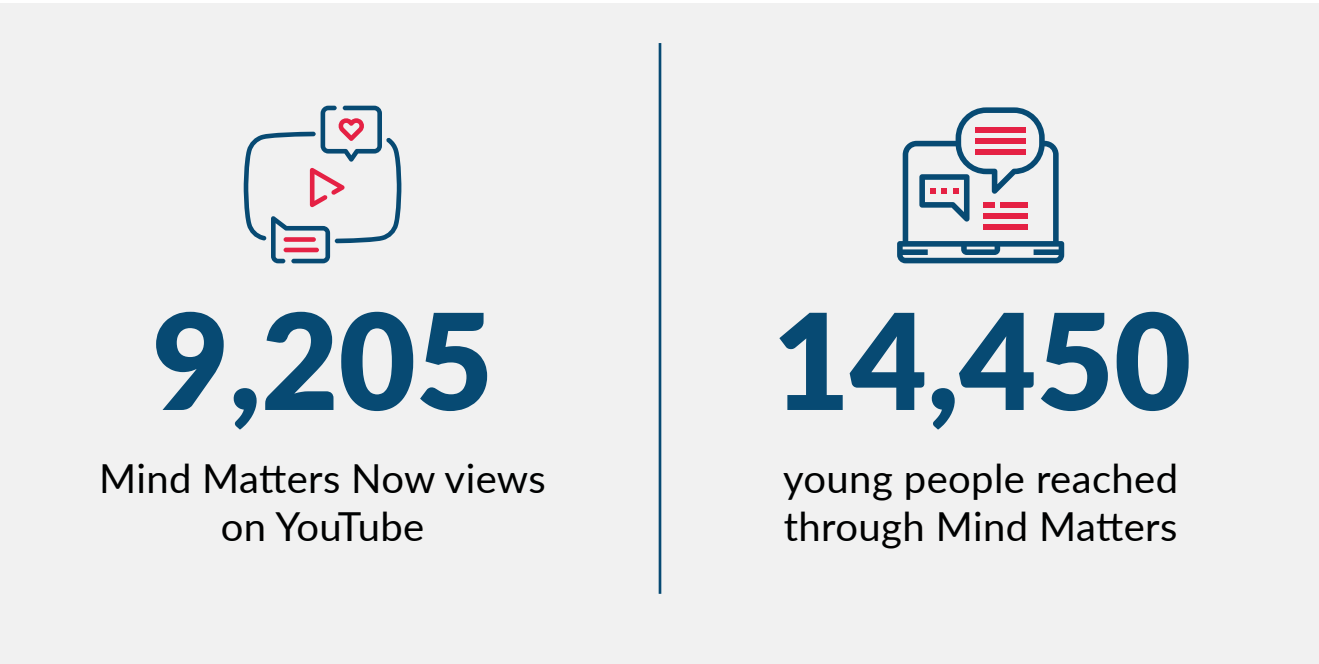
With the onset of the COVID-19 pandemic, Dibble recognized a new opportunity to bring the evidence-based content of our [Mind Matters](#) curriculum to new audiences in new ways. In early April, we released a live webinar series and invited our vast community of practitioners, parents, and teachers to experience Mind Matters for themselves—for free!

Over 400 people participated in the full 12-week series, with 3,500 participating in one or more modules. Seeing the high demand, Dibble morphed the series into a new offering known as [Mind Matters Now](#), a low-cost professional development series for adults.

Teachers, social workers, and other front-line workers from all across the country and in other parts of the globe have participated in this on-demand learning experience. The purpose of this self-directed series of 12 lessons is to teach people the skills and practices that cultivate healing and build resilience. The content supports adults in building practices to tend to themselves and care for those around them.

Bringing Mind Matters’ simple but transformative skills to caring adults through this on-demand series is one way Dibble has responded to the challenges of pandemic isolation and stress.

Soon, we will be adapting the content once more to reach youth through a no-cost version of the curriculum known as [Mind Matters Minutes](#).



“I really appreciate being a part of this series. It was super relevant for work and home, very special and heart-warming and inspired new vision, growth. Thank you from my heart.”

“I wish to express my heartfelt gratitude for the information you shared with us. This has been such a powerful series that is helping on both a personal and professional level.”

“This series came at a very important time in my life. After caring for my father this last year while he battled pancreatic cancer, we got a terminal prognosis in March and he passed away on May 7th. I couldn’t be more grateful to have Mind Matters come into my life during this time of grief. Thank you.”

Mind Matters Now
Overcoming Adversity and Building Resilience

Dibble's Reach

In 2020, Dibble's programs were awarded **74 federal grants** reaching **116,806 youth** throughout the United States, with additional programs in Puerto Rico, Guam, and Samoa.

Federal Grants Awarded

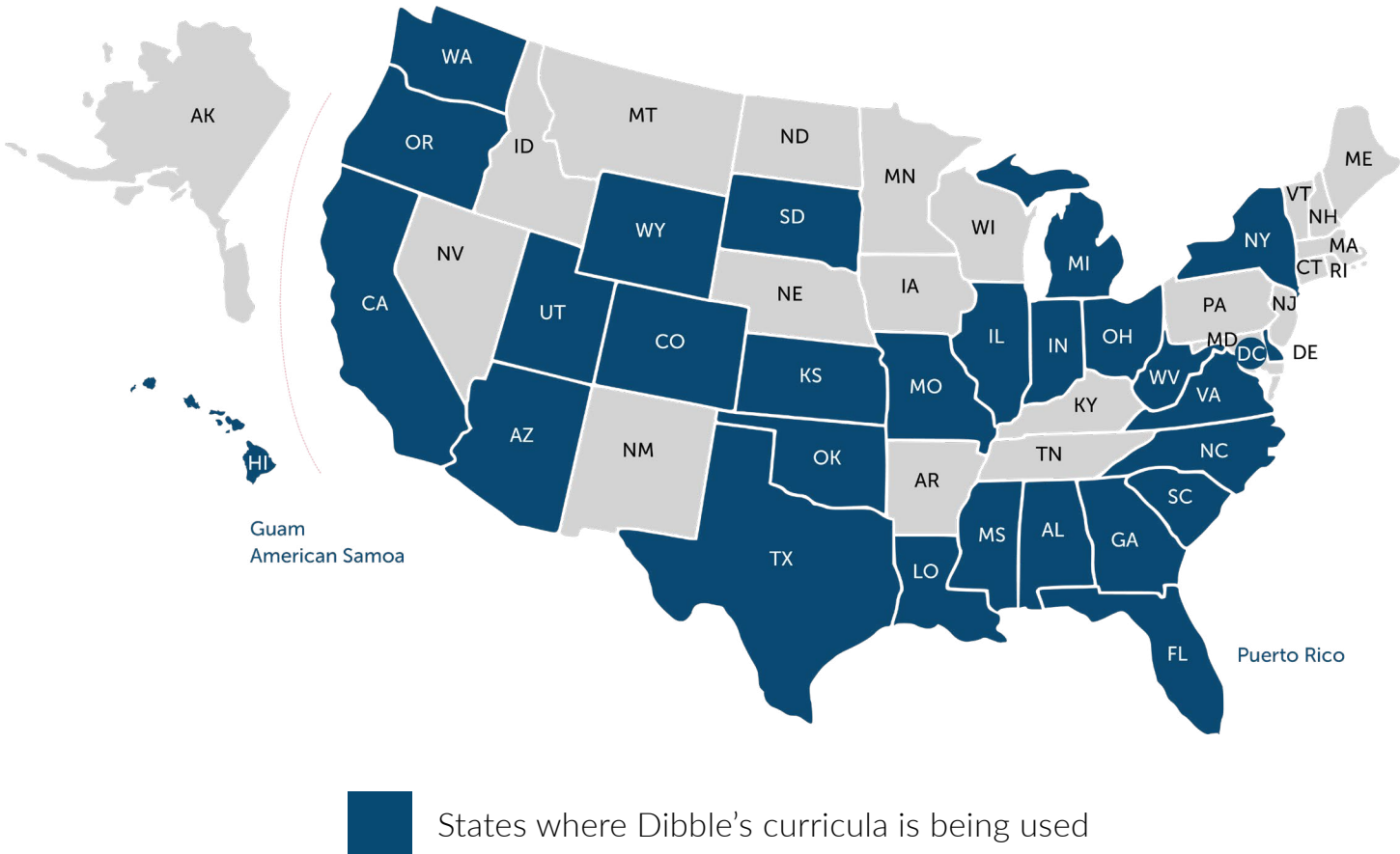
Family and Youth Services Bureau – 38 grants
Office of Family Assistance – 17 grants
Office of Population Affairs – 17 grants
Office of Child Support Enforcement – 1 grant

Newest Settings Served

Probation Camps
Section 8 Housing
Group Homes
Job Training Programs
Home Visitor Programs
Residential Treatment Centers

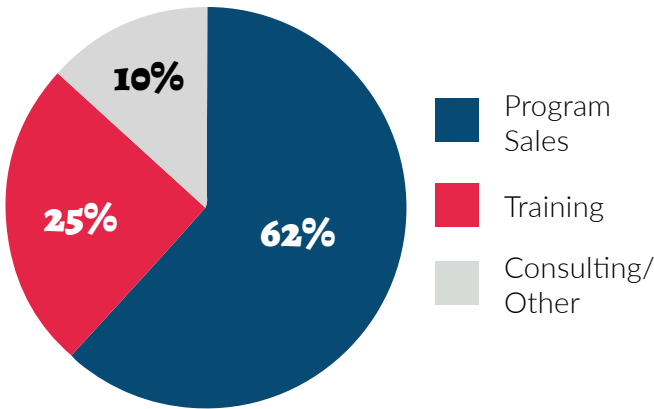
A Few of Our Clients

Arkansas Children's Hospital Foundation
Boys & Girls Clubs of Redlands and Riverside, CA
Community Action Corporation of South Texas
Family Resource Center of the South Atlantic
Healthy Families America, IL
Inter-Tribal Council of Arizona, Inc.
Lutheran Social Services of the National Capital Area
Ohio Commission on Fatherhood
School District of Philadelphia
Touchstone Health Services, AZ
United Way, Puerto Rico
University of Georgia Extension
Urban League of the Upstate, SC
Volunteers of America – Southeast Louisiana
Youth and Family Services, SD

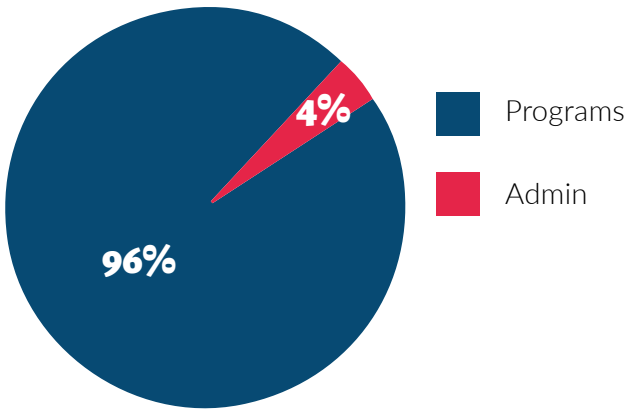


Financials

FY 2019/2020 Revenue:
\$930,325



FY 2019/2020 Expenses:
\$946,696



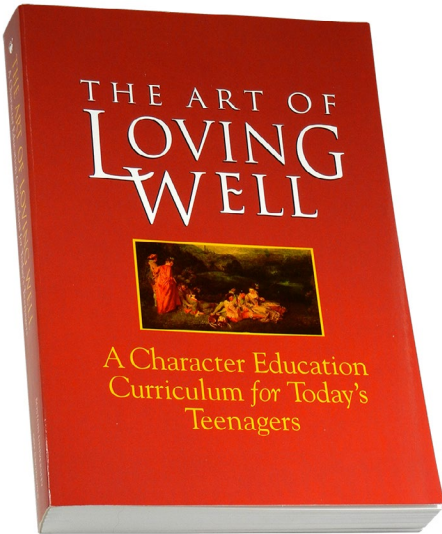
Dibble Curriculum Selected for Prestigious Innovation Grant

With funding from the U.S. Department of Health and Human Services, a little-known but promising intervention distributed by Dibble known as [The Art of Loving Well](#) was adapted into a new program called [Project With](#). From 2018-2020, the adapted curriculum went through an initial pilot phase with justice-involved youth in a partnership between Urban Strategies, Los Angeles County Probation, and WestEd (the project's independent evaluator).

After achieving initial positive results, in 2020 the project was one of just four in the United States to be selected for Phase 2 funding! During the next three years, the project will be implemented to scale and rigorously evaluated.

This innovative curriculum is rooted in a literary approach. It engages youth through short stories and poetry designed to build healthy relationship knowledge, attitudes, and skills while increasing protective factors. The implementation methodology leans on trusted messengers who have lived experience within the justice system who serve as project facilitators.

Dibble is excited for the potential of this new adaptation of a promising intervention, and we can't wait to share the results of the innovation study.



Stepping Up to a Virtual World

New Release: Online Teaching Toolkit

As Dibble's clients saw that COVID was going to stick around for a while, they contacted us for support in transitioning their workshop facilitation to online spaces. In response, we gathered clients representing different settings and constituencies. This group met with our staff for five weeks to work through our programs and identify virtual teaching strategies.

These meetings culminated in a [free online teaching toolkit](#), available at no cost on our website. And, to ensure our advice remains relevant in the rapidly changing COVID landscape, our advisory group continues to add new content to can keep the toolkit continuously updated.

The toolkit includes tips for online engagement; an at-a-glance summary of different online platforms; apps for supporting learning; and a growing library of "how-to" videos.

All Dibble Trainings Are Virtual

In another COVID pivot Dibble moved all our curricula trainings online. By early summer our training team, led by Dr. Rachel Savasuk-Luxton, had created new ways to make our trainings engaging and impactful through Zoom. We look back on this year where we hosted 39 trainings and certified 646 facilitators in Love Notes. Relationship Smarts PLUS, and Mind Matters with much gratitude. Thanks to Senior Training Consultant, Dixie Zittlow, clients can also now become trained in Money Habitudes for At-Risk Youth on demand!

A grid of 12 headshots of the Dibble Training Team members, arranged in three rows and four columns. Each photo has a name label at the bottom.

Dibble Training Team

First Row: John Lewis, CA; Rachel Savasuk-Luxton, PhD., FL; Dixie Zittlow, UT; Caleb Cook, FL

Second Row: Carlie Kaeppler, M.S., AL; Janet Pozmantier, M.S., TX; Charlene Jones, M.S., SC; Michele Wilson, OR

Third Row: Jonelle Zachary, OH; Melanie Behrends, FL; Lindsey Almond, M.S., AL; Ashley Brown, UT



The Dibble Institute is a national, independent nonprofit that equips young people with the skills and knowledge they need to build agency in their intimate relationships, now and in the future. We do this by translating research into teaching tools for use in multiple, diverse settings.

The Dibble Institute, PO Box 7881, Berkeley, CA 94707-0881

1-800-695-7975

www.DibbleInstitute.org

