



2020/2021 Annual Report



The Dibble Institute
Relationship Skills for Teens and Young Adults

A Message from our Executive Director, Kay Reed



What I have learned from these two pandemic years is that relationships matter. The relationships that I have with my family, friends, and colleagues have sustained me over these two long years. It's probably similar for you.

Yet, these two long years have been especially tough on our young people who have had their relationships disrupted. Not being able to see friends, having their romantic relationships put on hold, and worrying about family members who they couldn't visit have wreaked havoc on their mental well-being. It's been a tough several years. We are seeing that relationships matter, especially to our youth.

The Dibble Institute has been flying the relationships banner for many years. And, slowly others are seeing the power of helping young people build skills and knowledge to navigate their intimate relationships with romantic partners, friends, and family. You will see in this report that our reach to young people has doubled to over 115,000 this year. Now a Dibble program is being taught in every state. And, you will learn the very interesting funding sources that are being used to support this work.

We took some time this year to refresh our mission and vision because we strive to follow the research on intimate relationships, family formation, and outcomes for children. Here it is:

MISSION: We empower teens and young adults with knowledge and evidence-based skills to successfully navigate their intimate relationships.

VISION: We strive for a world where more young people are making healthy relationship choices and more children are being raised in safe, stable, and nurturing families.

We also highlight in this report new research findings on the Mind Matters program, which show its effectiveness in helping young people deal with trauma. And finally, we are thrilled to announce our latest project, Me & My Emotions, a free, interactive website for teens. Check it out and share with the young people in your life!

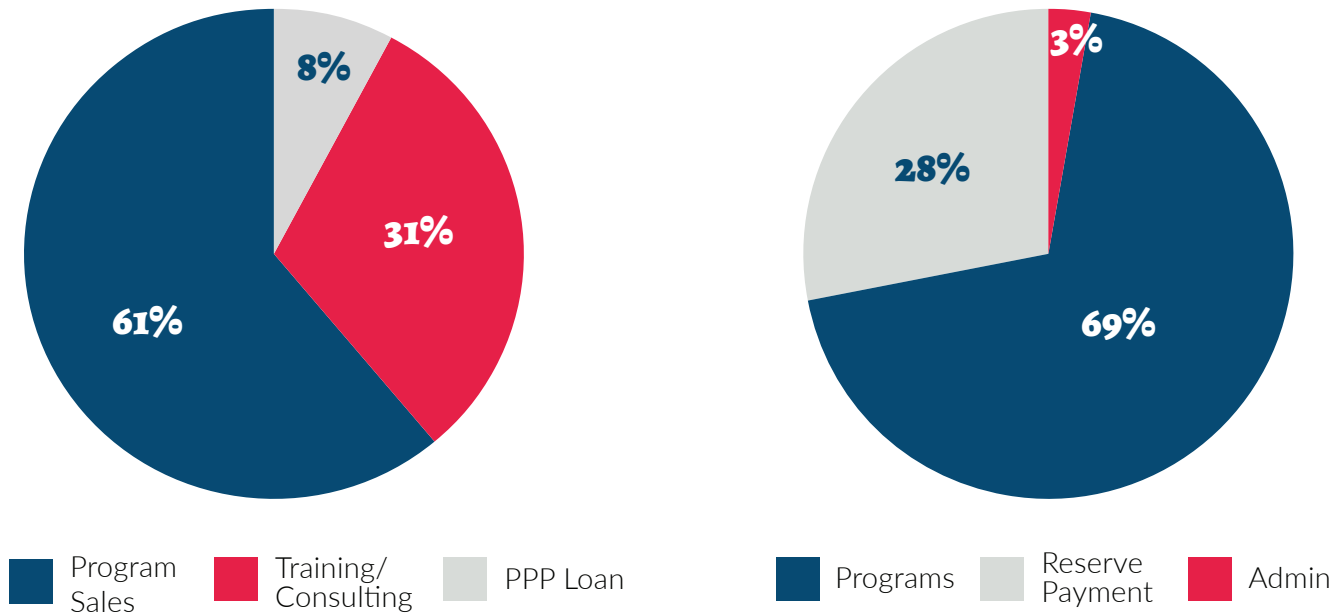
Thank you for helping more young people build strong connections and healthy relationships!

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

Kay Reed
Executive Director
The Dibble Institute

Financials

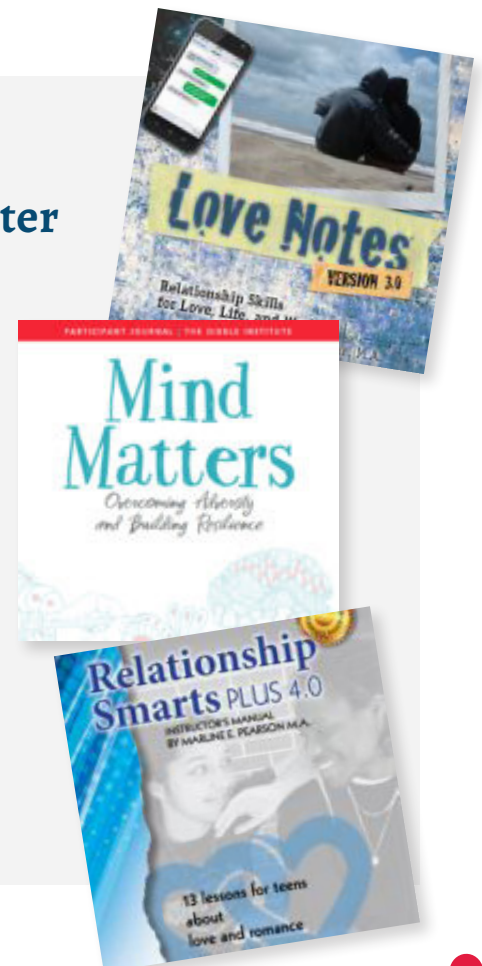
FY 2020/2021 Revenue/Expense: **\$1,462,281**



Dibble Materials Now Included in the National Instructional Materials Access Center

All student materials for Love Notes, Relationship Smarts PLUS, and Mind Matters are now fully compliant with NIMAC requirements, the national repository of accessible educational materials. This means that students who are differently-abled will now gain the benefits of relationship education.

Now that Dibble materials are in the NIMAS fileset, the XML and image source files may be used to create not only printed materials, but also screen enlargement, braille, large print, HTML, DAISY talking books using human voice or text-to-speech, audio files derived from text-to-speech transformations, and more.





Evaluation Shows Mind Matters Makes a Difference

Mind Matters: Overcoming Adversity and Building Resilience has been used since 2017 by youth-serving programs to help people move past the effects of trauma and adverse experiences. Designed to be taught on its own or integrated with other prevention education, Mind Matters promises to help young people take charge of their emotions, improve their states of mind, and self-regulate in times of stress and overwhelm.

In FY2020-21, researchers at the University of Louisville released a report that demonstrates promising findings from a study of Mind Matters participants. The randomized control trial was conducted in a community-based setting with a group of young people at-risk of adversity due to high adverse childhood experiences (ACE) scores.

“The focused breathing to calm down, and to, like, just have a little moment to yourself when you can’t really understand the [school] work and you’re getting really frustrated about it.”

Female, 10th grade

In comparison to the control group, the study found that Mind Matters:

- improves participants' coping skills and behaviors;
- reduces participants' PTSD symptoms; and
- improves participants' emotional regulation and social competence.

From pre-program to post-program, participants' demonstrated significant improvement in the trauma coping skills taught by Mind Matters: 1) three-part breath; 2) focus time; 3) the ACE response checklist; 4) efficient sleep; and 5) yoga.

The study also found participants had significant improvements in each of the following PTSD symptoms:

- I am on the lookout for danger or things I am afraid of (like looking over my shoulder even when nothing is there);
- I try not to think about or have feelings about what happened;
- I have thoughts like "I will never be able to trust other people;"
- I feel alone even when I am around other people.

These promising findings are just one step toward deepening the evidence base for Mind Matters. Researchers out of the University of Texas at San Antonio™ have recently launched a study of a Mind Matters pilot program, and we look forward to sharing the results when they are ready!

**"I don't want it to be over...
it's really fun."**

Male, 6th grade



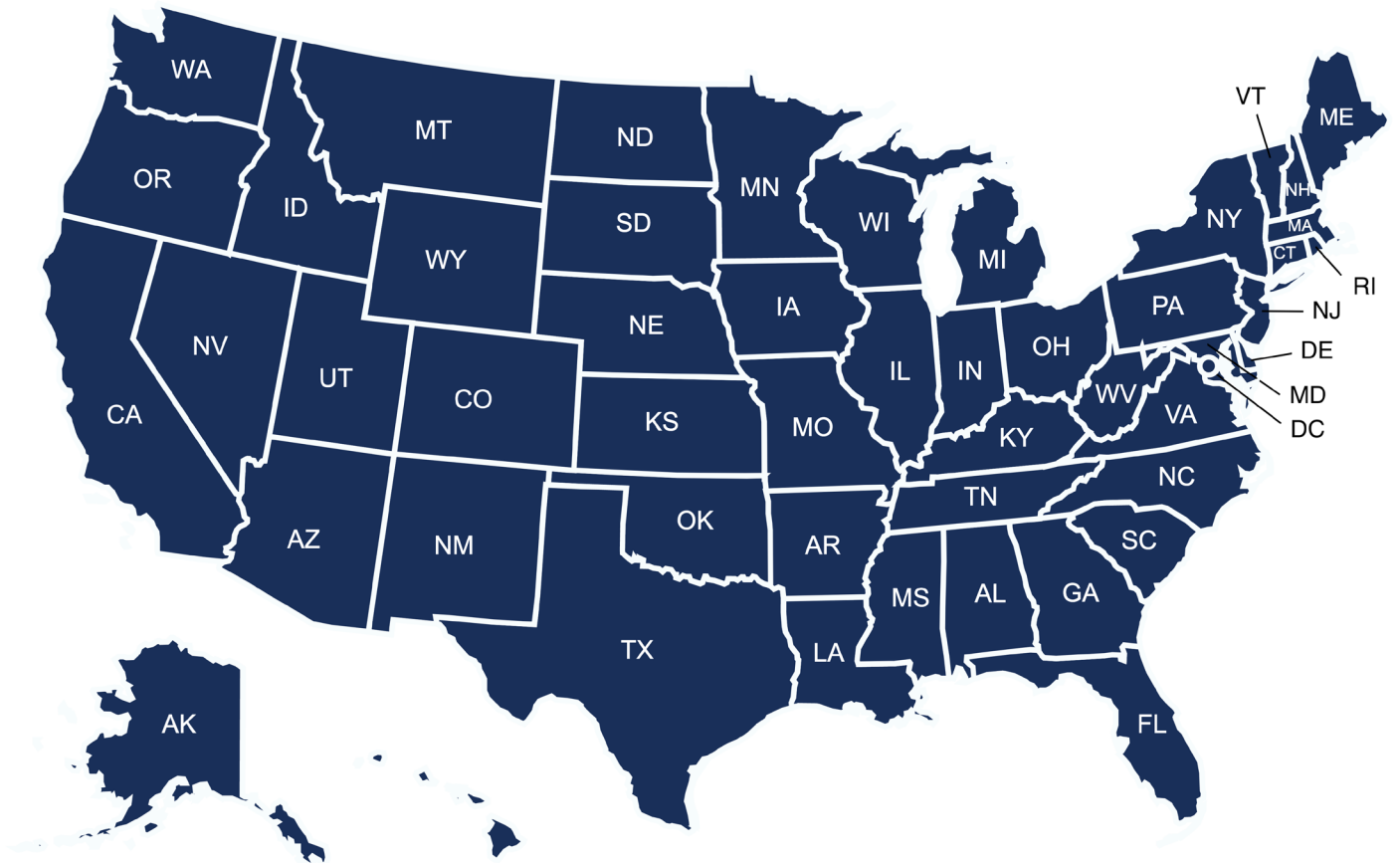
Helping Georgia's Youth Become Relationship Smart

The University of Georgia Extension Service has long used Relationship Smarts PLUS as part of their youth programming. Educational programs on healthy relationships, such as Relationship Smarts, can help youth develop skills to make smart relationship choices and avoid risky behaviors.

In 2020 [UGA published a report](#) describing their work as well as why relationship education is relevant to youth, where it fits in schools, and what the benefits are to young people.

Dibble's Reach

In 2021, for the first time, Dibble's reach extended to all 50 states, with additional programs in Puerto Rico, Guam, and American Samoa.



Innovative Funding

Here is a sample of the diverse organizations that are implementing one or more Dibble curriculum with novel grant funding!

Arkansas Children's Hospital, AR
Nonprofit Hospital Funds

Optimum Lifestyle, TX
Social and Emotional Learning Funds

Orange County Department of Education, CA
Mental Health Students Services Act Grant

Northern Ohio Recovery Association, OH
Substance Abuse Prevention Funds



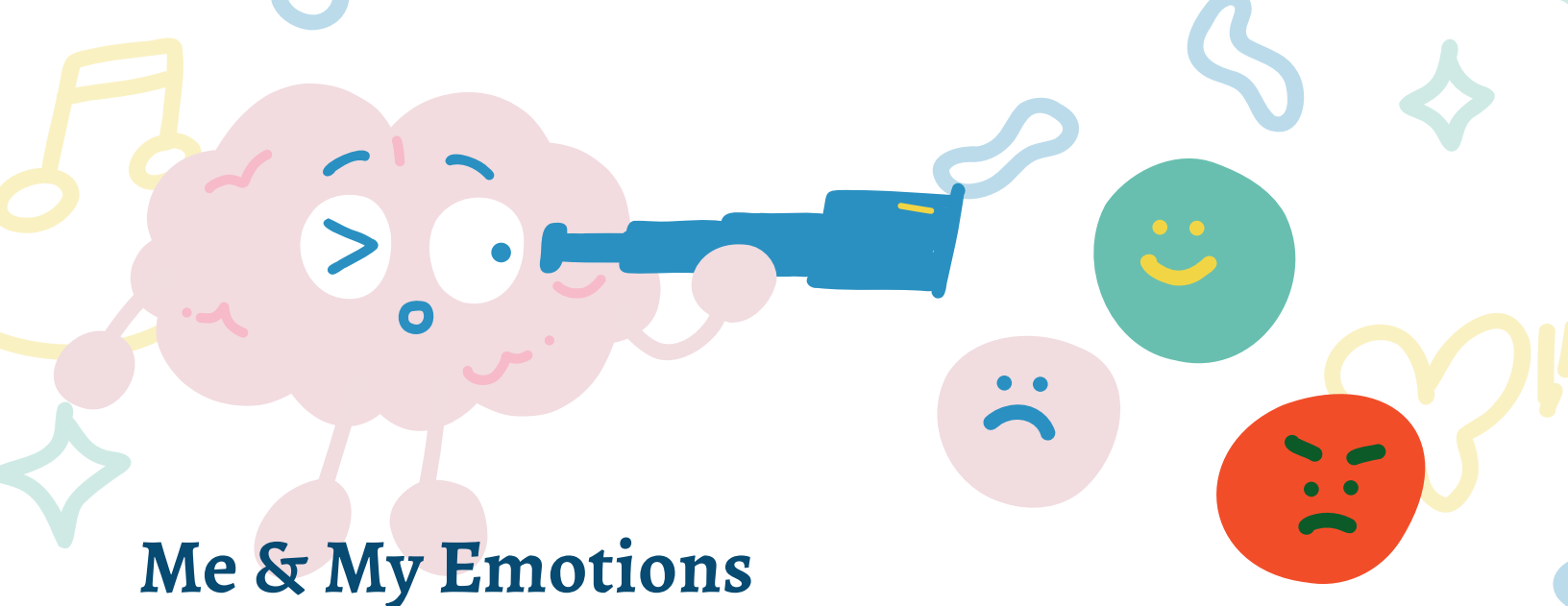
Dibble Clients Awarded 70 New 2020 Federal Grants!

The Dibble Institute is thrilled to report that our clients have received over \$160 million in new federal funding to reach over 117,806 youth with healthy relationship education. Organizations from 26 states, districts, and territories successfully won grants from the Office of Family Assistance, Office of Population Affairs, Family and Youth Services Bureau, and the Office of Child Support Enforcement.

We are pleased that healthy relationship education is increasingly recognized as an intervention with youth that can positively impact so many facets of their lives including self-regulation, pregnancy prevention, sexual risk avoidance, and economic mobility.

We also applaud the hard work of all who applied but were not selected in this round. We remain committed to working with all applicants to find other funding streams at the federal, state, and local levels to support this critical piece of positive youth development.

For the full list of funded Dibble clients, click [here](#).



Me & My Emotions

With the release of Me & My Emotions, young people aged 13 and up can now learn and practice skills to build resilience on their own through Dibble's new mobile friendly website. Developed in response to the pandemic-related toxic stress youth have endured, this new resource presents the content of Mind Matters in an age-appropriate, interactive way. The best part? It is available at no cost!

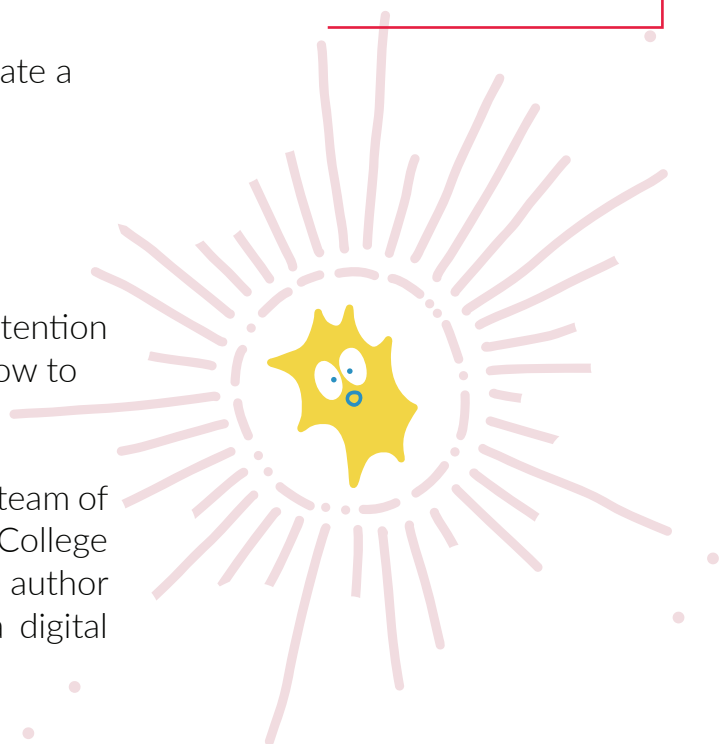
Me & My Emotions is designed to support teens' social-emotional learning and development. With engaging graphics and bite-sized lessons, Me & My Emotions invites users to slow down, check in with themselves, and develop practices that align with the same skill sets available in Mind Matters:

- Self-Soothing and Regulating Emotions: Cultivate a mindfulness practice
- Managing Stress Effectively: Learn to reduce intrusive thoughts
- Developing Empathy: Improve interpersonal communications
- Creating a Code of Honor: Develop a life of intention
- Building and Using a Support System: Learn how to ask for help

The [Me & My Emotions website](#) was created by a team of senior-level students and alumni from ArtCenter College of Design working with Carolyn Curtis, PhD, the author of Mind Matters. It adapts Mind Matters into a digital experience for teens.

"[My boys] were so eager to...see the final lessons and express how excited they are. Just tonight, my [son] Benjamin said to me, 'Mama, today I had some self care!' I can see how important this work is to...the youth of our country."

Kimberly Velazco, Parent

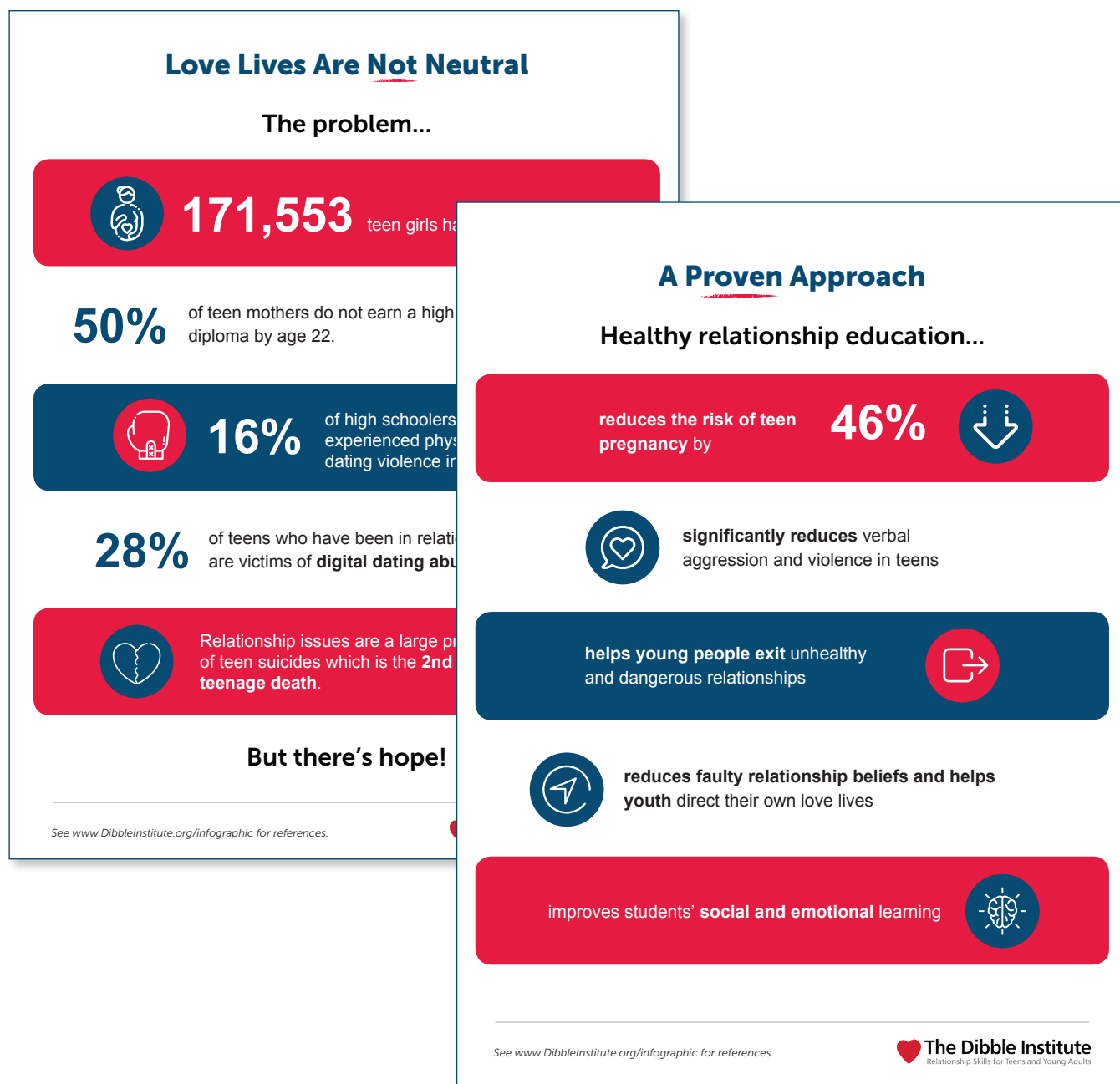


Love Lives are Not Neutral

Why is relationship education so important?

Dibble's updated infographic contains the latest data on why relationships matter and how healthy relationship education can make a difference.

Visit dibbleinstitute.org/infographic/ to download a copy.





The Dibble Institute is a national, independent nonprofit that empowers young people with the evidence based skills and knowledge they need to successfully navigate their intimate relationships.

We do this by translating research into teaching tools for use in multiple settings with diverse youth.

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

1-800-695-7975

www.DibbleInstitute.org

