

March 2022

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DIBBLE NEWS

20-21 Dibble Annual Report

This month we released our Annual Report and it's filled with good news. Check out our updated mission and vision, read about our expanded reach, and celebrate new research results!

[Read more...](#)

THE LATEST



Rebalancing: Children First

The AEI Brookings Working Group on Childhood in the US agrees that public investment, adequate family income that is based in part on parental employment, and loving relationships in safe and nurturing environments are all critical to ensuring that children have what they need to prosper. One area of resounding agreement among this diverse group is the need to rebalance national investments toward children. Across critical domains—household resources, family structure and stability, early development, health, education, and the teenage years—the report presents key facts about the state of childhood in the United States, assembles evidence on policy effectiveness, and establishes a set of priorities for progress.

[Read more...](#)



How Bad the Pandemic Has Been For Student Mental Health

From the very first waves of school closures and lockdowns in 2020, the pandemic significantly damaged children's mental health in ways teachers are still coping with and researchers are still struggling to understand. A new analysis of research across 11 countries including the United States in the journal JAMA Pediatrics finds widespread anxiety and depression among those 19 and younger in the earliest days of the pandemic, exacerbated by greater screen time and less physical activity, and coupled with fewer adult supports to ensure children stayed out of dangerous situations.

(Ed. Note: Our program, [Mind Matters](#), has been [shown](#) as an effective way to improve trauma coping skills and reduce PTSD symptoms.)

[Read more...](#)

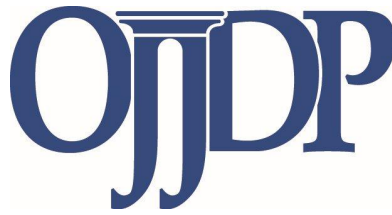


Star-Cursed Lovers: Role of Popularity Information in Online Dating

A new study has found that if you're perceived as more popular on a mobile dating app, there is a higher chance that other users will avoid connecting with you. This is one of the major findings of a study that sought to examine the effect of a dating app user's popularity rating on their demand on the online dating platform.

[Read more...](#)

NEWS YOU CAN USE



Teen Dating Violence Literature Review: A Product of the Model Programs Guide

During adolescence, many youths enter their first romantic relationship. In some of these romantic relationships, adolescents may experience teen dating violence, as either a perpetrator or a victim—and many as both. This literature review discusses the research surrounding teen dating violence, including definitions of different types of dating violence, the scope of the problem, risk and protective factors related to perpetration and victimization, short- and long-term consequences, and outcome evidence of programs that seek to prevent or reduce the occurrence of teen dating violence.

[Read more...](#)



Mental Health and the Single Parent

Single-parent families are increasingly common in the United States – some start that way, while others come about after divorce, death, or incarceration. Single parents often experience being at their limit regarding commitments and responsibilities. Identifying early warning signs of feeling overwhelmed – feeling resentful, irritable, or quick to lose the cool is usually a good indicator. Even if it feels impossible, allowing time to be alone and to relax will help single parents more able to your stress and energy levels.

[Read more...](#)



New Show Highlighting Adulthood on Autism Spectrum

"As We See It," a new show on Prime Video, is a TV first as the three lead actors, who play characters on the autism spectrum, also identify as living on the spectrum. Actor Rick Glassman joins "CBS Mornings" to talk about the series and positive feedback the show has received.

(Ed. Note: [Mike's Crush](#) is our relationship skills program for neuro-diverse youth! This clip shows why it's important to help young people build their capacity for healthy intimate relationships.)

[Read more...](#)

TOOLS YOU CAN USE



Checking In on Student Well-Being

Whether students are in school or learning remotely, Making Caring Common's free classroom check-in survey is a quick, easy, and confidential way for educators to assess student well-being. Developed by educators and researchers in our Caring Schools Network, the survey is designed to be used in both virtual and in-person K-12 classrooms. The survey is available as a Google Form that can be duplicated and customized as needed.

[Read more...](#)

Teen Dating Violence Resources

For teenagers, knowing the traits of an abusive relationship is valuable. A resource sponsored by the National Institute of Justice (NIJ) explores what teenagers need to know if they are experiencing harm, causing harm, or want to help a friend experiencing teen dating violence. Some signs of an unhealthy relationship include telling a partner who they can or cannot hang out with or follow on social media, and looking through a partner's messages without permission.

[Read more...](#)



Science of Late Adolescence: A Guide for Judges, Attorneys, and Policy Makers

This White Paper is the product of the Neuroscience Summit and intensive multidisciplinary collaboration over many months. It is designed to help judges, attorneys, and policy makers in thinking about the role of developmental neuroscience and related developmental research in fostering positive outcomes for young persons, their families, and communities. The information can support science-based policies, practices, reforms, and innovations which these figures devise and implement.

[Read more...](#)

WEBINAR



March 9, 2022

Strengthening Social-Emotional Wellbeing for Youth in Care

In today's uncertain times, many youth experience housing insecurity, unstable or unsafe relationships, and toxic stress. Social and emotional wellbeing can help these young people overcome adversity, heal from trauma, and build resilience, thereby increasing their hopes for the future.

Learning and practicing mindfulness skills can be the pathway to increasing self-regulation, building healthy relationships, and increasing resilience. The question is how can youth move towards social and emotional wellbeing?

During this webinar, we will explore some of the social-emotional needs of youth and how the Milestone Transitional Living Program in Utah utilizes mindfulness skills and the Mind Matters program in group sessions and in group homes.

Join Mina Koplin, Lorri Lake, and Maygan Martinez as they share how they utilize the ACEs questionnaire, how they present Mind Matters content, and how they implement mindfulness skills in sessions with disconnected youth.

Objectives: Participants will be able to:

1. Identify the Social-Emotional needs of youth you serve and learn how mindfulness exercises provide opportunities to set hopeful intentions.
2. Reflect on the experience of a TLP grantee and how they use mindfulness skills and Mind Matters in their programs.
3. Experience a few self-soothing exercises and ideas in that help build supportive, healthy relationships.

Presenters: **Mina Koplin, LCSW**, Program Manager of the Milestone Transitional Living Program, Salt Lake County Division of Youth Services

Lorri Lake, CMHC., Mental Health Therapist and Program Therapist, Salt Lake County Milestone TLP

Maygan Martinez, Chair of Youth Services Advisor Board, Salt Lake County Mayor's Council on Diversity Affairs

Who should attend: Foster youth workers, youth-in-care professionals, runaway and homeless youth grantees, mental health professionals, case managers, relationship skills facilitators, and grant managers.

When: Wednesday, March 9, 2022, 4:00 p, Eastern/1:00 pm Pacific

Duration: 60 minutes

Cost: Free!

Register Now >

FUNDING STREAMS



Support for Efforts to Boost SEL in K-12 Students

Deadline: March 14, 2022

The SEL in Action Awards program, a partnership of the NoVo Foundation with Education First and Rockefeller Philanthropy Advisors, aims to seed projects that foster social and emotional competencies in students in grades pre-K-12. For the 2022-23 school year, applications will be accepted from school-based educators seeking to implement social and emotional learning (SEL) initiatives in classrooms or schools, and district-level applicants seeking to implement SEL initiatives district-wide or across multiple schools within one district. Projects are sought that build and foster greater compassion, honor the lived experiences of students, build skills in people and groups to embrace and understand differences, and work through challenges to promote healing from all forms of trauma and harm.

[Learn more...](#)



Youth Initiative Grant

Deadline: Multiple Dates

The goal of the Youth Initiative is to support direct service programs that promote resilience, stability, and psycho-social health for youth ages 14-21 who have been traumatized by Adverse Childhood Experiences (ACEs). The average grant size for the Children's Initiative is \$30,000 or less. The Foundation gives priority to programs that:

- Actively solicit input from program beneficiaries in ways that guide the design, delivery, and refinement of the program.
- Collaborate with other organizations to enhance the program curriculum, measure outcomes, or expand and share knowledge in order to better serve program beneficiaries.

- Take a multidisciplinary and multidimensional approach, treating individuals holistically, and consider existing social and cultural contexts.
- Educate significant adults (e.g., parent, foster parent, teacher, coach) in order to best serve program beneficiaries.
- Serve youth segments that historically have less access to services, including youth of color, youth from rural communities, youth involved with state systems, refugees, LGBTQ youth, and those who have experienced sexual exploitation.

[Learn more...](#)



PNC Foundation

The PNC Foundation supports educational programs for children and youth, particularly early childhood education initiatives that meet the criteria established through PNC Grow Up Great. Specifically, PNC Grow Up Great grants must:

Support early education initiatives that benefit children from birth to age five; and
Serve a majority of children (>50%) from low- to moderate-income families; and
Include one or a combination of the following:

direct services/programs for children in their classroom or community;
professional development/workforce development for early childhood educators;
family and/or community engagement in children's early learning

The grant focus must include math, science, reading, vocabulary building, the arts, financial education, or social/emotional development. Visit the website to find a PNC Foundation in your region.

[Learn more...](#)



Support for Organizations in Bank Communities in ID, MT, OR, SD, WA, And WY

Deadline: Year-Round

The First Interstate BancSystem Foundation supports nonprofit organizations in communities served by First Interstate in Idaho, Montana, Oregon, South Dakota, Washington, and Wyoming. (A list of company locations is available on the bank's website.) The majority of the Foundation's grants are focused on alleviating poverty by assisting low- and moderate-income individuals and communities. Specific areas of interest include financial education and youth programs. The first step in the application process is to submit a letter of inquiry to the local branch of the bank. Selected organizations will be invited to fill out an online grant application.

[Learn more...](#)

**Grants to Promote Successful Reentry for Incarcerated People****Deadline:** Multiple Dates

The mission of the Bob Barker Company Foundation is to develop and support programs that help incarcerated individuals successfully reenter society and stay out for life. The Foundation supports organizations throughout the U.S. that work with the incarcerated community in order to prepare them physically, spiritually, and emotionally for successful reentry into society. Applying organizations must work with a minimum of