

July 2022

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WEBINAR - July 13, 2022

**Mind Matters: Overcoming Adversity and Building Resilience
Theories and Practices that Work!**

FUNDING STREAMS

DIBBLE NEWS



NEW! Mind Matters Journal in Spanish!

We have just translated the Mind Matters participant journal into Spanish! You can find the journal in [our bookstore](#). We are excited for all the people who can more easily access the Mind Matters content thanks to this translation.

[Order Now...](#)

THE LATEST



Adolescent Partnership Quality and Emotional Health

Using biweekly intensive longitudinal data from the mDiary Study of Adolescent Relationships linked to six waves of birth cohort data from the Fragile Families and Child Wellbeing Study, this study highlights the importance of partnership quality as a key source of temporal variation in adolescents' emotional states. Results showed that higher quality partnerships are associated with both decreases in negative affect and increases in positive affect with no significant gender differences.

[Read more...](#)



The Power of the Success Sequence

The “Success Sequence” is a proven formula to help young adults succeed in America. The [latest research](#) shows that 97% of young people who follow all three steps are not poor as adults. And 90% of young adults who complete the first two steps (graduate high school and get a full-time job) are not poor in their 30s. In comparison, half of adults in their 30s who missed all three steps (52%) are in poverty.

[Take a look at the website!](#) Download the videos to share with your students.



The Importance of Perspective Taking In Maintaining Healthy Romantic Relationships

Perspective-taking appears to act as a buffer against psychological relationship aggression during emerging adulthood, according to new research published in the Journal of Social and Personal Relationships. Forming and maintaining romantic relationships is an important part of emerging adulthood, and psychological aggression can play a pivotal role in this process. However, the authors of the current research said that few previous studies had considered the relationship experiences of both partners when investigating this topic.

[Read more...](#)

NEWS YOU CAN USE



Interconnecting Mental Health and Behavioral Support Improves School Safety

School Mental Health services focus on early identification and access to the mental health support for students with behavioral problems. Clinicians who are implementing treatment, however, are often isolated from other school programming resources (like Positive Behavioral Interventions and Supports), so there can be a disconnect between those who are handling a student's services. And it often takes a student reaching crisis levels before they are referred to the School Mental Health services that they need.

(Ed. Note: [Mind Matters](#) can connect clinicians to programming, improve Tier 1 and Tier 2 interventions! Learn more about how you can use this program to directly improve mental wellness in students and address student trauma.)

[Read more...](#)



Relationship Education for Youth Who Have Faced Adversity

Offering extra support on developing healthy relationships is particularly important for youth who have faced interpersonal trauma and adversity; these experiences may place young people at increased risk for poor relational and other outcomes. This annotated bibliography is intended to provide practitioners and researchers within the HMRE field with useful information that may help them adapt, develop, and test new or refined strategies for working with diverse groups of youth, including those who have faced adversity.

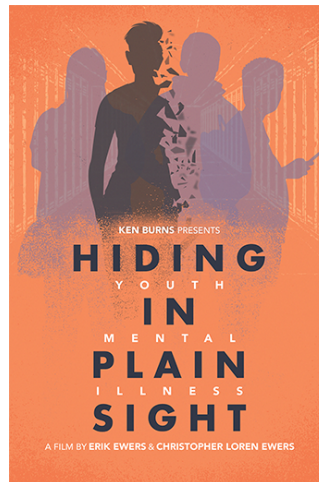
[Read more...](#)

4 Reasons to Get Premarital Counseling

Despite positive findings on the results of premarital counseling, only 36 percent of married or committed couples attend premarital counseling. Here are four tenets to address that might help.

[Read more...](#)

TOOLS YOU CAN USE



New Ken Burns Documentary Offers Raw Look at the Youth Mental Health Crisis

Hiding in Plain Sight: Youth Mental Illness, a two-part documentary on PBS, presents the raw accounts of nearly two dozen young people from diverse backgrounds who open up about their excruciating life experiences. Through varied stories that touch on issues like abuse, addiction and discrimination, the filmmakers will give their audience an understanding that they came to themselves: Everybody, no matter their backgrounds, is affected by America's mental health crisis in one way or another.

[Watch now...](#)

Take Your First Step in Stress Management

This tool contains several strategies known to help people better cope with stress. This plan may help you feel better about some of the stress in your life. By creating a personalized plan, you'll be prepared with a range of healthy coping strategies to draw from next time you're feeling stressed.

[Read more...](#)



The Cost of Caring: Compassion Fatigue And The Helping Professions

Empathy is the ability to understand another person's perspective and have an emotional experience in response. Like most human characteristics, the capacity for empathy occurs along a continuum with some people much better at it than others. Those who choose the helping professions generally have a high capacity for empathy. The best clinicians generally have the greatest ability to empathize. But they're also at the greatest risk for developing compassion fatigue. Discover your capacity for empathy with the **Interpersonal Reactivity Index**. It is free to use and more can be learned about it [here](#).

[Read more...](#)

WEBINAR



July 13, 2022

Mind Matters: Overcoming Adversity and Building Resilience

Theories and Practices that Work!

The University of Louisville, Center for Family and Community Wellbeing [study](#) found that [Mind Matters: Overcoming Adversity and Increasing Resilience](#) significantly reduced Post Traumatic Stress Symptoms and increased trauma coping skills. What makes *Mind Matters* so effective?

In this webinar author Carolyn Curtis reviews the research behind *Mind Matters*' effectiveness. She discusses the program's theory of change as well as the individual lessons that bring results.

Objectives: Participants will be able to:

1. Understand what the University of Louisville study results say about the effectiveness of *Mind Matters*
2. Explain the theories used in *Mind Matters*
3. Describe the research behind the *Mind Matters* pinwheel curls.

Presenter: Carolyn Rich Curtis, Ph.D., Author of *Mind Matters*

Who should attend: People who work with youth-in-care, community based organizations that work with youth in challenging circumstances, those who help people heal from trauma, organizations that focus on dating and interpersonal violence, adolescent group facilitators, secondary educators, state and federal grantees that target youth, home visiting organizations, and child abuse prevention grantees.

When: Wednesday, July 13, 2022, 4:00pm Eastern/1:00pm Pacific

Duration: 60 minutes

Cost: Free!

[Register Now >](#)

FUNDING STREAMS

Title V Competitive Sexual Risk Avoidance Education Grant

Deadline: July 28, 2022

The purpose of the Title V Competitive SRAE program is to fund projects that implement education exclusively on sexual risk avoidance that normalizes the optimal health behavior of avoiding non-marital sexual activity and teaches youth participants to voluntarily refrain from non-marital sexual activity. You are eligible to apply for this funding if you will be serving youth in: Alaska, California, Connecticut, Delaware, District of Columbia, Illinois, Kansas, North Dakota, Washington, Wyoming, American Samoa, Marshall Islands, and the Virgin Islands. Visit our [online Grant Toolkit](#) to write a strong proposal!

[Learn more...](#)



Brooks and Joan Fortune Family Foundation for Education

Deadline: Year-round

The Brooks and Joan Fortune Family Foundation was established to support education and the education and the arts. While the Foundation has historically supported nonprofit organizations in Florida and Indiana, requests from around the country are considered. The Foundation primarily supports education, art, and outreach programs and projects. Grants of between \$1,000 and \$10,000 receive greater consideration.

[Learn more...](#)

KENT RICHARD HOFMANN FOUNDATION

Kent Richard Hofmann Foundation for Health Education

Deadline: September 2, 2022.

The Kent Richard Hofmann Foundation is dedicated to the fight against HIV and AIDS. Grant requests from throughout the United States are considered, with particular

interest in smaller communities and rural areas. The Foundation supports community-based nonprofit organizations that focus on HIV/AIDS care and direct services, education, or research. Grants are provided to developing or established programs, with emphasis on those that provide direct benefit to clients or target audiences. Requests are reviewed two times per year.

[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.

(Ed. Note: This could help you implement [Money Habitudes!](#))

[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 100 incarcerated or formerly incarcerated individuals each year. Grants ranging from