



The Dibble Institute

Relationship Skills for Teens and Young Adults

Over 119,000
youth reached
this year!

2021/2022 Annual Report

A Message from our Executive Director, Kay Reed



About five years ago, I was asked to participate in a study led by a team of researchers at Stanford University's Civic Life of Cities Lab. They were exploring how nonprofit leaders navigate their own career trajectories, and how these leaders cultivate, sustain, and even change how they perceive the meaning of their work in their lives.

Recently, the researchers followed-up with me to ask what continues to give me satisfaction in my job. As I reflected on their question, two clear answers emerged.

The first was, "Small but mighty." Dibble's work embodies the power of leveraging a few to add up to something big. We are a lean operation of committed, talented staff and contractors. And, each year when I look at our reach, the number of young people who are taught our evidence-based and promising programs surges higher. This is thanks to the hard work and dedication of our clients in the field who reach so many young people.

In FY 2022, more than 119,000 teens and young adults were taught a Dibble program. That's roughly 500 a day! Through our programs like *Love Notes*, *Relationship Smarts Plus*, and *Mind Matters*, the young people who are reached develop skills that will serve them throughout their lives in intimate relationships and friendships.

The second was, "It's all about relationships." Dr. Robert Waldinger's report on the 80-year Harvard study of Adult Development says that a good life is built upon good relationships. Dibble's mission is grounded in the premise that the skills of healthy relationships can be learned and utilized for the benefit of individuals, families, and communities. I see this playing out every day, through the strong relationships that the Dibble team and I have developed with each other, our clients, and amazing partners. I treasure the relationships I currently have with many of you and look forward to building more in the future.

Our FY 2022 annual report celebrates our accomplishments and highlights the significant difference positive relationships make. We appreciate your help in making relationship skills education more widely available to benefit the youth of America.

A handwritten signature of Kay Reed in blue ink. The signature is stylized, with the first letters of the first and last names being large and prominent.

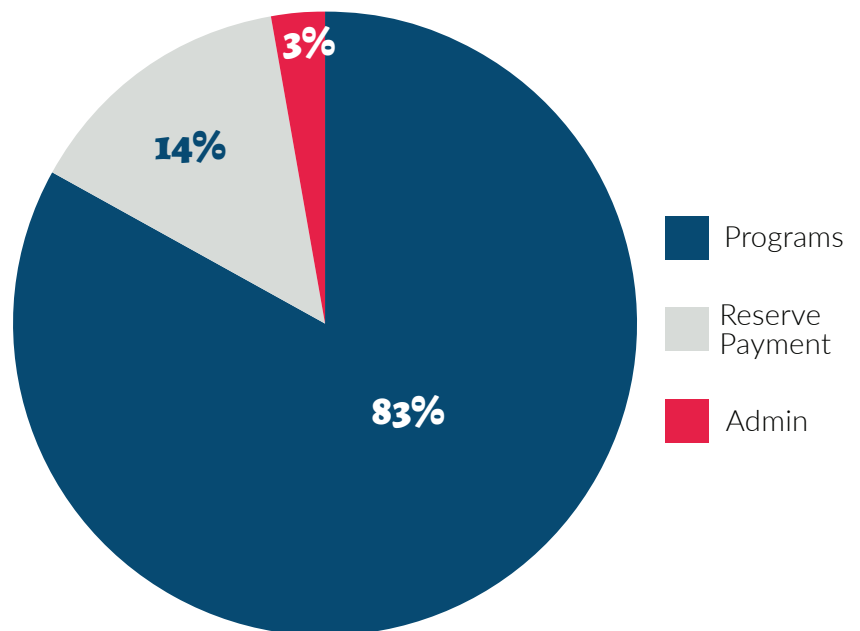
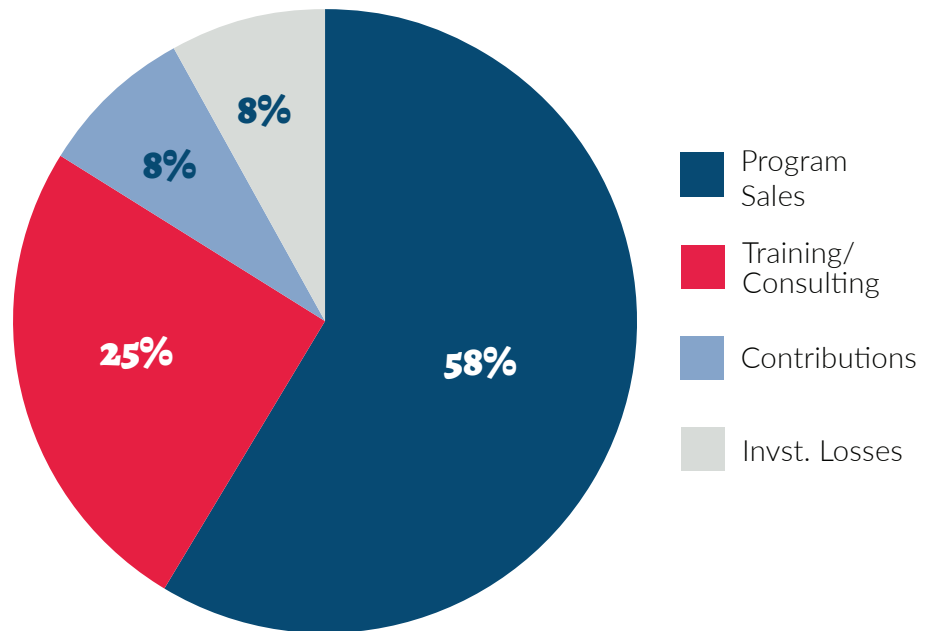
Kay Reed
Executive Director
The Dibble Institute

Financials

“Parents tell me that their child talks to them more about peer pressure and their feelings about what goes on with them at school or different events they attend.”

–Program Facilitator
Family Development
Enterprise, Inc., Louisiana

FY 2020/2021 Revenue/Expense: **\$1,489,852**





Love Notes and Relationship Smarts PLUS – Now Updated and Revised!

In FY 2022, The Dibble Institute updated our two most popular evidence-based programs. [Love Notes 4.0](#) (for adolescents and young adults, including pregnant and parenting teens) and [Relationship Smarts PLUS 5.0](#) (for younger teens). They both now feature brand-new, highly relevant content, including:

- How to navigate relationships in the digital age
- Sex trafficking prevention
- Consent and sexual assault prevention
- Online sharing, sexting, sextortion, and digital consent
- Greater depth discussions of casual sex, “hooking up,” and “hook-up culture.”

The instructor manuals for both programs have also been streamlined. Our signature strength-based approach uses popular media and innovative activities to engage young people in learning. The evidence-based content for both programs now sits alongside optional materials that allow facilitators to go deeper on topics that are meaningful to young people.

New Evidence that Love Notes Actually Prevents Pregnancy

In 2016, researchers from the University of Louisville published an initial study that found *Love Notes* had a 46% reduction in pregnancy compared to the control group at six months post-instruction. Now, a second study based on additional data reveals new evidence about the longer-term effects *Love Notes* has on participants.

Published in 2022, this [new rigorous study](#) followed up with 1,448 youth 12 months after they participated in the *Love Notes* program. Researchers found the effects of *Love Notes* held strong at one year out! Participants remained significantly less likely to become pregnant or cause a pregnancy (46%) than teens in the control group.

Understanding *Love Notes*' ongoing positive impacts strengthens the field of teen pregnancy prevention and demonstrates that healthy relationships education's innovative theory of change can make a profound difference in young people's lives.

Scholarships Make Mind Matters Now Even More Accessible

[Mind Matters Now](#) is an on-demand, self-directed learning experience for adults to experience the *Mind Matters* program. Based on current neuroscience research, *Mind Matters Now* is a series of recorded lessons with the author, Dr. Carolyn Curtis teaching the program.

Thanks to the generosity of the Dibble board, in FY 2022 we were able to make this virtual program available to people at no charge thanks to a new scholarship program! Over 160 people took advantage of the scholarship!

Scholarships are still available to access *Mind Matters Now*, which teaches practical skills for tending to yourself in tough moments. You'll practice techniques that help you pause, build hope, and move forward even when you feel stuck.

Mind Matters Now
Overcoming Adversity and Building Resilience





Dibble's Reach

Our programs are relevant to agencies serving youth and young adults in multiple fields. A selected list of organizations that using started using Dibble's programs in FY 2022 include:

Adams Central Community Schools (IN)

Central Jersey Family Health Consortium (NJ)

Children's Home and Aid (IL)

Communities in Schools of Catoosa
County (GA)

Community Advocates for Family & Youth,
Inc. (MD)

Empowering Tomorrow Foundation (CT)

Family Service of Roanoke Valley (VA)

Georgia DHS Division of Family and
Children Services (GA)

National Alliance for Hispanic Families (TN)

New Mexico State University - Extension
(NM)

Northern Ohio Recovery Association (OH)

Ohio Association of Community Action
Agencies (OH)

Operation SafeHouse (CA)

Partnership for Maternal and Child Health
of Northern New Jersey (NJ)

Revolution Youth Inc. (VT)

Texas Alliance of Boys & Girls Clubs—Boys
& Girls Clubs in Texas (TX)

The Southern New Jersey Perinatal
Cooperative (NJ)

University of Central Florida (FL)

West Virginia Schools for the Deaf and
Blind (WV)

Women in Safe Homes (AK)

Youth Advocates of Sitka (AK)

“Students have learned valuable skills for working through relationships as well as creating new coping skills.”

**–Program Facilitator
The Parenting Center, Texas**

Federal, state, and private funders continue to provide grants to organizations implementing our programs. In FY 2022, these included:

ACES Aware—California
Administration for Children and Families
Community Services Block Grant
Department of Agriculture—Ranch and Farm Stress Network
Department of Justice – Office of Violence Against Women
Family and Youth Services Bureau
Hospital Community Benefit Funds
Office of Population Affairs
Substance Abuse and Mental Health Services Administration
Weyerhaeuser Foundation



Client Testimonial

Urban Strategies, LLC has led collaboratives throughout Southern California to strengthen Latino youth and their families for the last 15 years. One of the most consistent curricula that we have utilized over these years has been *Love Notes*. Our programming is focused on some of the most under-resourced communities that provide numerous challenges for young people.

Love Notes focuses on allowing youth to reflect on themselves and their future and gives them relationship skills to navigate relationships successfully to move toward their long-term goals. Whether you are running an afterschool program, a mentoring program, a youth group, or a recreational sports league, *Love Notes* will help youth be positioned to excel.

John Lewis, Project Director
Urban Strategies LLC

Teaching the Field

As a leader in the field, Dibble is dedicated to building evidence and knowledge about healthy relationships education. We also seek to promote the importance of healthy relationship education as critical tool to enhance adolescent well-being.

For the past 10 years, we have offered our [Second Wednesday Webinars](#) with presentations by thought-provoking leaders in the field from institutions to practitioners alike. Our speakers have included Mathematica, the Social Innovation Laboratory, Paces Connection, and leading universities.

Webinars in FY 2022 spanned topics like gender, attachment, trauma and resiliency, The Success Sequence, and finding grant funding to support healthy relationship education programs.



FY 2022 Webinars-at-a-glance:

12

Webinars
Hosted

5,890

Registrants

2,426

Attended

2,088

Recording Views

“Working with youth in foster care or who have aged out of the foster care system I see them ‘churning’ in their relationships not only romantic, but many times with their biological families and this webinar gave me a new way to help identify for them the pattern.”

**–A.D., Program Director,
Walden Family Services,
California**

“Before I thought that relationships were relatively simple, but now I realize that it is a very complicated matter. For example, a relationship can only be a good relationship if you work on yourself first. Now after I have taken this class I have expectations and I know to take things slowly. I know to think about my partner and communicate my needs while listening to their needs as well.”

–Student, Madison Area
Technical College





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.

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