



# The Dibble Institute

Resources for Teaching Relationship Skills  
to Teens and Young Adults

## Mind Matters with OJJDP Title II Funding

<b>Organization:</b>	<a href="#">Arizona Youth Partnership – Youth Service Division</a> (AZYD)
<b>Program Name:</b>	<a href="#">Solutions of Success: Mind Matters</a>
<b>Funding:</b>	<a href="#">Arizona Title II Formula Grant</a> (Office of Juvenile Justice and Delinquency Prevention)
<b>What problem is being solved?</b>  <b>What are the goals of this funding?</b>	<ul style="list-style-type: none"><li>• Delinquency prevention, intervention, and accountability services.</li><li>• Appropriate and effective response to the needs of at-risk and delinquent youth and their families while promoting public safety.</li><li>• Facilitate and support positive outcomes for youth, families, and communities.</li><li>• Help youth manage peer pressure and emotions.</li><li>• Help youth develop impulse control and behavioral self-management</li></ul>
<b>Curricula Used:</b>	<a href="#">Mind Matters: Overcoming Adversity and Building Resilience</a>
<b>Curricula Benefits:</b>	<ul style="list-style-type: none"><li>• Teaches practical coping skills</li><li>• Can be utilized with any age group at any time</li><li>• Good for youth waiting for mental health services</li><li>• Participants learn skills that help with reactivity and build communication</li><li>• Very good for rural youth</li></ul>
<b>Target Audience:</b>	Juveniles at risk for delinquency or in the correctional system.
<b>Audience Demographics:</b>	50% male - 50% female Majority Caucasian, some Indigenous and Hispanic youth, and smaller percentages of other racial demographics
<b>Class Size:</b>	10-12 is ideal (not over 20)
<b>Program Settings:</b>	<ul style="list-style-type: none"><li>• Runaway and homeless youth shelters (male and female)</li><li>• Tribal schools</li><li>• Diversion classes during school time</li></ul>

	<ul style="list-style-type: none"> <li>• PRIDE center - a non-profit organization dedicated to serving the LGBTQ+ community in Bullhead City, Arizona and surrounding areas that provides a safe space for youth and adults to get resources, community information, attend various groups and participate in activities and programs such as Mind Matters.</li> <li>• AIM Program (Weekly classes for youth on probation): a evening reporting center for probation youth to have a safe place to check in with trusted adults, participate in various activities and programs such as Mind Matters, learn life skills, and get tutoring.</li> </ul>
<b>Location of Instruction:</b>	Rural Counties in Arizona
<b>Length of Instruction (# of Sessions and hours per session):</b>	All 12 lessons during school and AIM programs. Fewer than 12 lessons to youth in shelters.
<b>Instructors:</b>	AZYP employees who are: <ul style="list-style-type: none"> <li>• Trained to facilitate Mind Matters</li> <li>• Trained in Adverse Childhood Experiences, Kids at Hope and Trauma Informed Care, and Mental Health First Aid</li> </ul>
<b>How Was Cultural Adaptation Incorporated</b>	<p>No specific cultural adaptations were made.</p> <p>A wide breadth of self-soothing techniques are taught throughout the curriculum, and participants can utilize whichever ones most align with their cultural beliefs and attitudes during reflection periods.</p> <p>Gender sensitive language is used and Culturally and Linguistically Appropriate Services (CLAS) standards are followed.</p>
<b>Student Journals:</b>	<p>All students get journals. Instructors retain them and pass them out at every class. At the end of instruction, the students get to keep their journal.</p> <p>We encourage participation by providing art supplies such as colored pencils or crayons for them to journal, color or doodle.</p>
<b>Incentives to Students:</b>	No student incentives
<b>Observable Outcomes:</b>	<p>Staff have reported that youth are noticing the changes in each other such as:</p> <ul style="list-style-type: none"> <li>• being nicer, happier, talking more,</li> <li>• engaging more in conversations and activities,</li> <li>• being supportive of each other and</li> </ul>

	<ul style="list-style-type: none"><li>• sharing learned skills with family and friends.</li></ul>
<b>Challenges:</b>	<p>Without strong school partnerships, implementing programming into school schedules can pose scheduling challenges.</p> <p>Retention of participants at runaway and homeless youth shelters because of typical turnover. Complete dosage can be difficult to manage.</p>
<b>Tips:</b>	<p>Ask youth to lead the class in the self-soothing exercises.</p> <p>Provide pens, pencils, and colored pencils for the kids to doodle. (Not markers because kids will draw on themselves.)</p> <p>Describing the program as “coping and resilience skills,” may better create alignment with schools and other partners.</p>