



# The Dibble Institute®

Resources for Teaching Relationship Skills  
to Teens and Young Adults

## County Extension Agents Build Mental Wellness in Rural Youth

**Organization:**

[New Mexico State University Cooperative Extension Service](#)  
Contact: Augusta Ahlm, San Juan County 4-H FCS Agent,  
[arahlm@nmsu.edu](mailto:arahlm@nmsu.edu)

**Funding:**

USDA [Farm and Ranch Stress Assistance Network Grant](#) and  
Extension Operations Budget

**What Problem is  
Being Solved?**

Due to suicide rates in New Mexico being higher than the national average for youth and for Agricultural communities, the Cooperative Extension Service realized the need to support youth and family mental health by increasing wellbeing in their communities.

**Curricula Used:**

[Mind Matters: Overcoming Adversity and Building Resilience](#)

**Curricula Benefits:**

- Content includes coping with trauma, resiliency-building, goal setting, mentorship.
- Easy to facilitate and students like it.
- Easy to connect to diverse communities, cultures and ages.
- One curriculum used, applicable with families. Provides vocabulary and encourages communication within family.
- Instructors report they are using it in their own personal lives.

**Location of  
Instruction:**

Schools, youth/ school staff, 4-H youth/ 4-H families, Indigenous communities

**Length of Instruction  
(# of Sessions and  
Hours per Session)**

- Public School Youth: 8 lessons in 4 sessions.
- Navajo Nation Youth: 4 lessons in 2 sessions
- 4-H Youth/Families: 2 lessons in 1 session.
- Farmington School District Support Staff-Professional Development: Condensed overview with two lessons in 1 session.

<b>Class Size:</b>	25-55 with youth, 112 for Professional Development Overview
<b>Target Audience:</b>	Middle and high school adolescents and adults who serve them. Indigenous Youth 4-H Families
<b>Audience Demographics:</b>	39% Native American, 32% White, 16% Hispanic, 12% African American, 1% Asian American.
<b>Challenges:</b>	Navajo Culture teacher had a concern about curriculum because in Navajo teachings, it is inappropriate to focus on disparities and traumas. Resiliency and relationship lessons were highly encouraged because practicing resilience through challenges is part of traditional Navajo teachings.  The full course can be too long for some audiences. However, it allows you to adapt and choose lessons to customize for each group.
<b>Instructors:</b>	New Mexico has 33 counties. 21 County Extension Agents and community partners have received the Instructor's Materials and are trained or in the process of being trained.
<b>Instructor Training:</b>	All instructors receive 16 hours of training.
<b>Student Journals:</b>	Participants in Mind Matters use the student journals.
<b>Observable Outcomes:</b>	<ul style="list-style-type: none"> <li>• The goal is to be able to offer Mind Matters throughout the entire state of New Mexico.</li> <li>• Families reported using language and techniques learned through program at home daily.</li> <li>• Parents reported youth being able to communicate feelings and needs before they became overwhelmed.</li> <li>• 4-H clubs addressed anti-bullying through learning about emotional regulation.</li> <li>• Adults/ parents reported using tapping for self-soothing at work.</li> <li>• Tapping and 5,4,3,2,1 were the preferred self-soothing techniques.</li> </ul>



# The Dibble Institute®

Resources for Teaching Relationship Skills  
to Teens and Young Adults

## County Extension Agents Reaching Statewide Clientele

<b>Organization:</b>	<a href="#">New Mexico State University Cooperative Extension Service</a> Contact: Dianne Christensen, Bernalillo County FCS Agent, <a href="mailto:dianneec@nmsu.edu">dianneec@nmsu.edu</a> and Phillip Alden, Bernalillo County 4-H FCS Agent, <a href="mailto:palden@nmsu.edu">palden@nmsu.edu</a>
<b>Funding:</b>	New Mexico State University, State of New Mexico, Bernalillo County, USDA
<b>What Problem is Being Solved?</b>	Assisting New Mexicans across the state to manage their daily stress using the Mind Matters tools.
<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>• Content includes coping with trauma, resiliency-building, goal setting, and stress management tools.</li><li>• Easy to facilitate and students engage with and use the tools and principles.</li></ul>
<b>Location of Instruction:</b>	Statewide Webinar Series via Zoom in 2023.
<b>Length of Instruction (# of Sessions and Hours per Session)</b>	Virtual delivery: 12 lessons in 75 minutes in 12 weeks.
<b>Class Size:</b>	32 participants registered.
<b>Target Audience:</b>	New Mexican women (83%) and men (17%) 45-84 years of age.
<b>Audience Demographics:</b>	33% Hispanic; 67% White.

<b>Challenges:</b>	Program delivery had to be modified to be done effectively virtually. Breakout rooms were used successfully.
<b>Instructors:</b>	Bernalillo County Extension Family and Consumer Sciences Agents.
<b>Instructor Training:</b>	Both instructors received 16 hours of training.
<b>Student Journals:</b>	All participants in Mind Matters used the student journals.
<b>Observable Outcomes:</b>	<p>Evaluation results revealed the following:</p> <ul style="list-style-type: none"> <li>• 100% of participants felt more confident in their ability to use the tools to manage their stress. They all (100%) felt it was a valuable use of their time.</li> <li>• The most helpful tools cited were focused breathing, loving kindness, wheel of awareness, and tapping.</li> <li>• Comments on things gained from the series included: <ul style="list-style-type: none"> <li>“I was already using the breathing technique to slow an overactive brain but hadn't really applied it to stress situations and now I do. It works. The whole idea of self care was great and over the longer period of classes, I think I accepted the necessity of self care. I also greatly appreciated the attitude of sharing these ideas with everyone freely--which I do!”</li> <li>“I had not known about that test of traumatic events. I think there were several things I learned--most people have upsetting life experiences and carry these difficulties with them which then shape many of their responses. Not only do we need compassion for others, we need it for ourselves.”</li> </ul> </li> </ul>



# The Dibble Institute<sup>®</sup>

Resources for Teaching Relationship Skills  
to Teens and Young Adults

## County Extension Agents Reaching Underserved Clientele

<b>Organization:</b>	<a href="#">New Mexico State University Cooperative Extension Service</a> Contact: Dianne Christensen, Bernalillo County FCS Agent, <a href="mailto:dianneec@nmsu.edu">dianneec@nmsu.edu</a>
<b>Funding:</b>	New Mexico State, Bernalillo County, USDA, General Mills
<b>What Problem is Being Solved?</b>	Meeting the needs of women coming out of incarceration, most of whom have a high ACEs score, teaching them tools to manage stress in healthy ways assists in their success rates.
<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>• Content includes coping with trauma, resiliency-building, goal setting, and stress management tools.</li><li>• Easy to facilitate and students engage with and use the tools and principles.</li></ul>
<b>Location of Instruction:</b>	TenderLove Community Center, Albuquerque, NM in 2024.
<b>Length of Instruction (# of Sessions and Hours per Session)</b>	Classroom delivery: 12 lessons in 60 minutes in 12 weeks.
<b>Class Size:</b>	10-15 in the classroom
<b>Target Audience:</b>	Women 18-75 years of age.
<b>Audience Demographics:</b>	70% Hispanic; 10% Native American, 10% White; 10% African American.

<b>Challenges:</b>	Due to the wide diversity in educational background and English being a second language for several, some of the material was too complex or difficult to use with this group. However, the facilitators found it easily adaptable to the needs of the women.
<b>Instructors:</b>	Bernalillo County Extension Family and Consumer Sciences Agent and her volunteer assistant, who was also trained.
<b>Instructor Training:</b>	Both instructors received 16 hours of training.
<b>Student Journals:</b>	All participants in Mind Matters use the student journals.
<b>Observable Outcomes:</b>	<p>Evaluation results revealed the following:</p> <ul style="list-style-type: none"> <li>• 83% strongly agreed that as a result of the series they felt more confident in their ability to manage stress and build resilience.</li> <li>• 83% felt confident to use the tools to manage their stress.</li> <li>• 100% indicated loving kindness as being one of the most helpful tools while 83% also indicated focused breathing and coloring as most helpful.</li> <li>• Comments on things gained from the series included: <ul style="list-style-type: none"> <li>“I learned how to control my breathing when I have anxiety attacks. I also learned how to manage my childhood trauma.”</li> <li>“I have learned that what I am feeling is OK. I have also learned that if I help my mind, it will be able to help my body.”</li> <li>“I learned how to be patient with myself and others. And how to open up and talk more with others and know everything is going to be OK.”</li> </ul> </li> </ul>



# The Dibble Institute®

Resources for Teaching Relationship Skills  
to Teens and Young Adults

## County Extension Agents Reaching ICAN County Educators

<b>Organization:</b>	<a href="#">New Mexico State University Cooperative Extension Service</a> Contact: Dianne Christensen, Bernalillo County FCS Agent, <a href="mailto:dianneec@nmsu.edu">dianneec@nmsu.edu</a>
<b>Funding:</b>	New Mexico State University, State of New Mexico, Bernalillo County, USDA
<b>What Problem is Being Solved?</b>	Assisting Bernalillo County Ideas for Cooking and Nutrition Educators to learn the Mind Matters concepts for their personal use and to assist them professionally in their work.
<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>• Content includes coping with trauma, resiliency-building, goal setting, and stress management tools.</li><li>• Easy to facilitate and students engage with and use the tools and principles.</li></ul>
<b>Location of Instruction:</b>	Weekly professional development sessions at the Bernalillo County Extension Office in Albuquerque, NM.
<b>Length of Instruction (# of Sessions and Hours per Session)</b>	12 lessons in 60 minutes in 12 weeks.
<b>Class Size:</b>	Five educators participated.
<b>Target Audience:</b>	New Mexican bilingual women 45-62 years of age.

<b>Audience Demographics:</b>	80% Hispanic; 20% Native American.
<b>Challenges:</b>	A wonderful group of colleagues who loved the concepts and incorporated them into their personal lives and work with underserved New Mexicans.
<b>Instructors:</b>	Bernalillo County Extension Family and Consumer Sciences Agent and a volunteer facilitator.
<b>Instructor Training:</b>	Both instructors received 16 hours of training.
<b>Student Journals:</b>	All participants in Mind Matters used the student journals.
<b>Observable Outcomes:</b>	<p>Evaluation results revealed the following:</p> <ul style="list-style-type: none"> <li>• 100% of participants felt more confident in their ability to manage stress and build resilience.</li> <li>• 100% felt more confident to use the tools to manage their stress.</li> <li>• The most helpful tools cited were focused breathing, 5.4.3.2.1, body scan, internal journal, loving kindness, and tapping.</li> <li>• Comments on things gained from the series included:  “ I can give away the sad/bad experiences in my life and forgive/be forgiven and move on/forward. That has been a big blessing for me.”</li> </ul> <p>“That it’s okay to feel the way I do and so many people are feeling the same. I learned to find my inner self, find the energy I have inside, and be positive about life. Also to take time for myself and breathe.”</p>





# The Dibble Institute®

Resources for Teaching Relationship Skills  
to Teens and Young Adults

## County Extension Agents Build Mental Wellness in Rural Youth

**Organization:**

[New Mexico State University Cooperative Extension Service:  
Pueblo Extension](#)  
Contact: Charlene Carr, Southern Pueblos Agent, [ccarr@nmsu.edu](mailto:ccarr@nmsu.edu)

**Funding:**

NMSU Department of Extension Family and Consumer Sciences  
and USDA

**What Problem is  
Being Solved?**

Youth experiencing adverse childhood experiences (ACEs) can lead to increased future health conditions as they become adults. In an effort to interrupt the cycle of adversity, the Mind Matters training coupled with Pueblo 4-H programming can aid in preventing lifelong health and social problems to become thriving Pueblo community members.

**Curricula Used:**

[Mind Matters: Overcoming Adversity and Building Resilience](#)

**Curricula Benefits:**

- Content includes coping with trauma, resiliency-building, and increased coping skills.
- Curriculum can be tailored to meet Native American educational needs that is cultural relevant.
- Easy to facilitate and tribal youth like it.
- Instructors report they will use it in their classroom.

**Location of  
Instruction:**

Education retreat and summer youth program in Pojaque, NM and Pueblo of Laguna, NM respectively.

**Length of Instruction  
(# of Sessions and  
Hours per Session)**

- Teachers Professional Development: introduction to 12 lessons in 16 hours over a 2-day education retreat.
- 4-H delivers 12 lessons in two 4-hour day sessions merged into agricultural literacy sessions.

**Class Size:**

30 tribal youth in the summer youth program.  
49 tribal educators in an education retreat.

<b>Target Audience:</b>	Tribal educators and tribal youth from Cloverbud to Junior ages (4-H Cloverbuds are 5-8years and 4-H Juniors are 12-13 years).
<b>Audience Demographics:</b>	90% Native American; 4 % Hispanic; 4% White; 2% Other.
<b>Challenges:</b>	Some tribal educators felt that their students would not absorb lessons in a 2-day session; however they were reassured that lessons could be spread over a period of time. Youth enjoyed the lessons, but lessons had to be brief and hands-on for appropriate attention span of Cloverbud aged youth.
<b>Instructors:</b>	The Pueblo educator’s target audience resides in 10 Pueblos located over 6 NM counties. The agent received the Instructor’s training and some community partners are trained or are in the process of being trained.
<b>Instructor Training:</b>	All instructors receive 16 hours of training.
<b>Student Journals:</b>	All participants in Mind Matters use the student journals.
<b>Observable Outcomes:</b>	<ul style="list-style-type: none"> <li>• The goal is to be able to offer Mind Matters to tribal educators throughout the entire state of New Mexico and in Pueblo education programs. Tribal educators would then sign up to complete the trainer certification.</li> <li>• Tribal youths’ favorite lessons were the coloring lesson, music and exercise techniques (breathing, outdoor lessons and ballon racing). Tribal educators and youth found skills useful in their everyday lives and at school.</li> <li>• Curriculum was easily tailored to compliment Native American values, needs and ways of living that was cultural relevant and appropriate.</li> </ul>