

*October 2024 Webinar*

***Mind Matters:***  
**Implementing with Diverse Audiences in New Mexico**

Presenter(s):

**Karim Martinez, PhD**

**Augusta Ahlm, Phillip Alden, Dianne Christensen, and Charlene Carr**

New Mexico State University

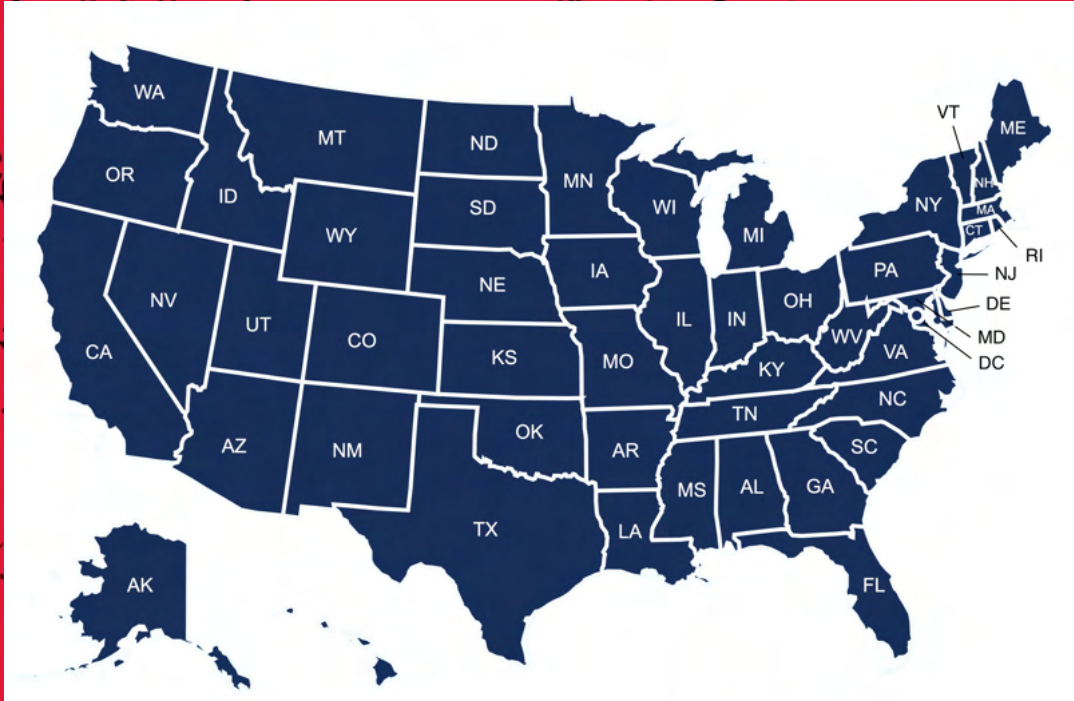
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# Charlie and Helen Dibble



2022-2023 Clients  
serving over 126,000 youth



The Dibble Institute  
is a national,  
independent non-  
profit organization.

# Our Mission

*Empowering teens and young adults with knowledge and research-based skills to successfully navigate their intimate relationships.*



We believe in research.



We believe in stable, safe, and nurturing families.



We believe that relationship education is for everyone.





# Implementing A Dibble Institute Program

## MIND MATTERS

*OVERCOMING ADVERSITY AND BUILDING RESILIENCE*

Karim Martinez, PhD

Family Life and Child Development Specialist

Augusta Ahlm

San Juan 4-H FCS Agent

Charlene Carr

Southern Pueblos Agent

Phillip Alden

Bernalillo 4-H FCS Agent

Dianne Christensen

Bernalillo FCS Agent



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**New Mexico State University**

# 5-4-3-2-1 GROUNDING TECHNIQUE



5 THINGS YOU  
CAN SEE



4 THINGS YOU  
CAN FEEL



3 THINGS YOU  
CAN HEAR



2 THINGS YOU  
CAN SMELL



1 THING YOU  
CAN TASTE

INSTRUCTOR MANUAL | THE DIBBLE INSTITUTE

# Mind Matters

*Overcoming Adversity  
and Building Resilience*

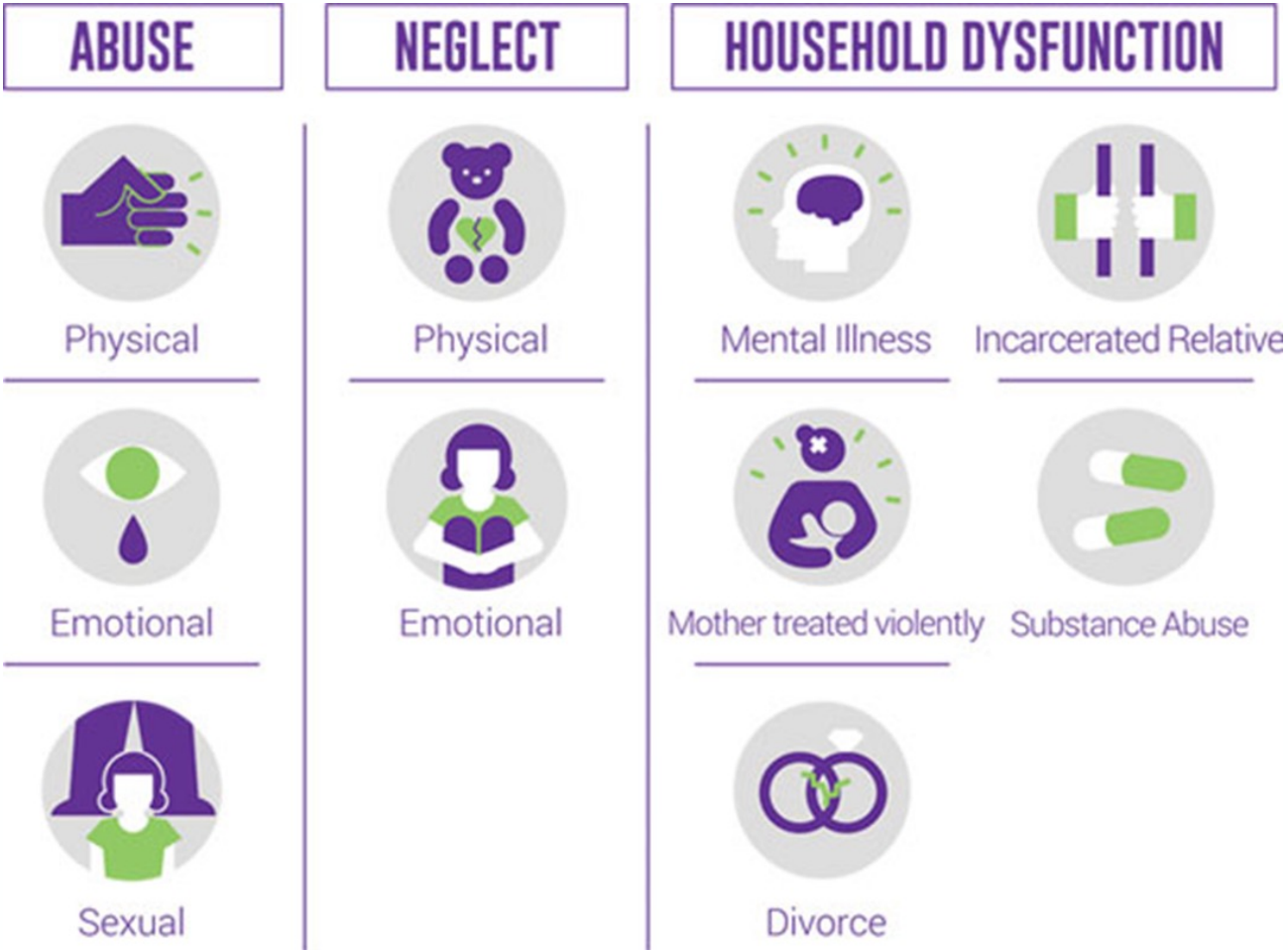


Carolyn Curtis, Ph.D. and  
Charles Stolzenbach, L.M.F.T.



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# Adverse Childhood Experiences (ACEs)



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Image: Robert Wood Johnson Foundation

# 3 Realms of ACEs

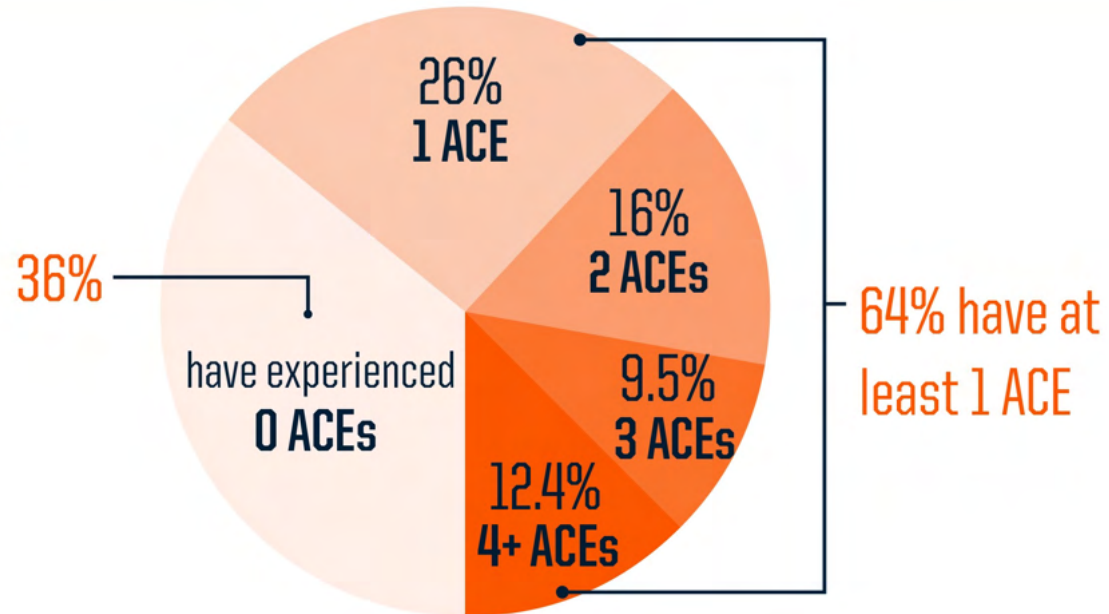
ACEs Connection accelerates the global movement to prevent and heal adverse childhood experiences (ACEs), and supports communities to work collaboratively to solve our most intractable problems. Left unaddressed, toxic stress from ACEs harms children and families, organizations, systems and communities, and reduces the ability of individuals and entities to respond to stressful events with resiliency. The ACEs in these three realms intertwine throughout people's lives, and affect the viability of organizations, systems and communities.

Image: <https://www.pacesconnection.com/blog/aces-101-faqs>



# ACEs are Common

*Of 17,000 ACE  
study participants:*

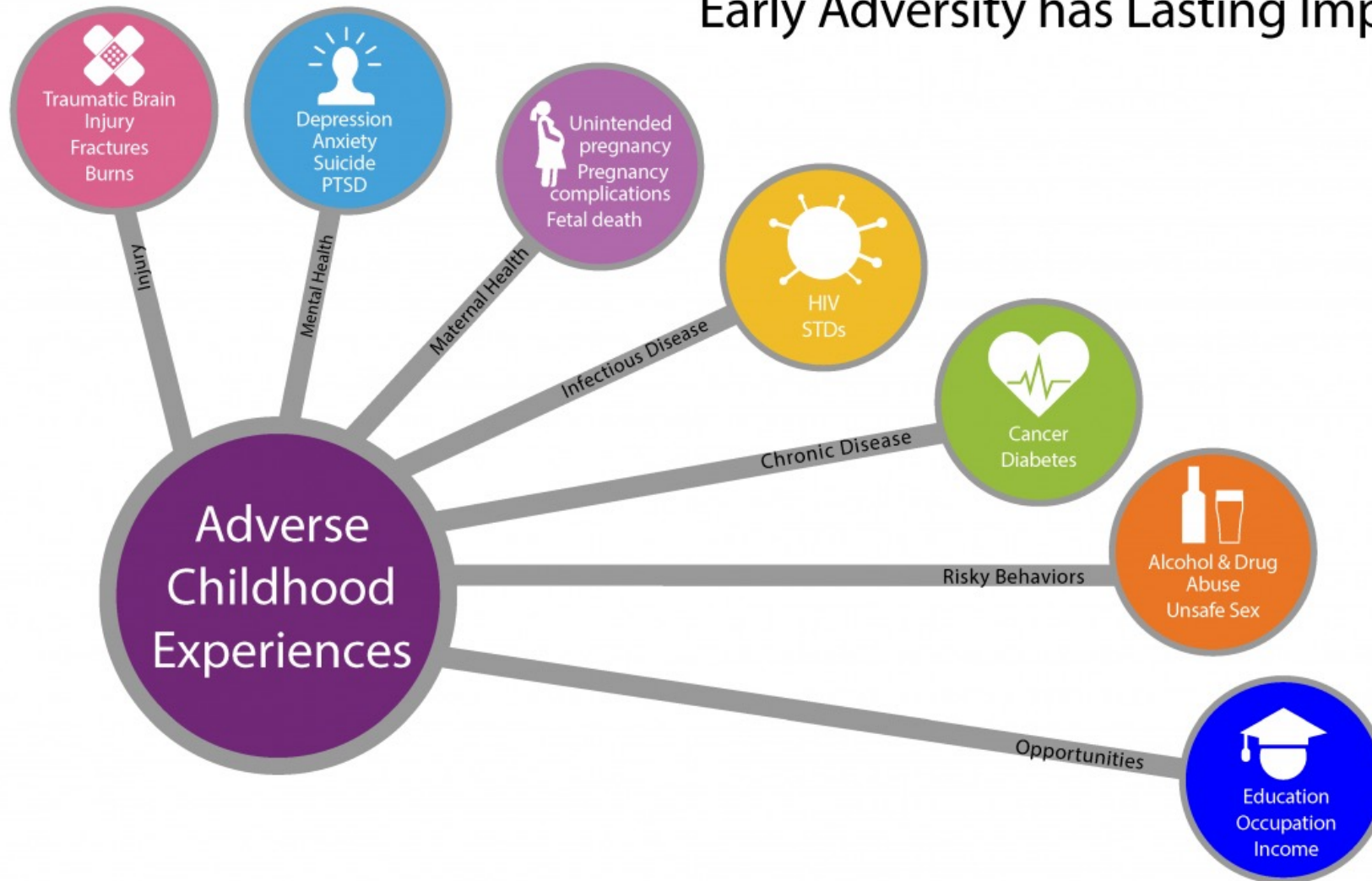


# WHAT IMPACT DO ACEs HAVE?

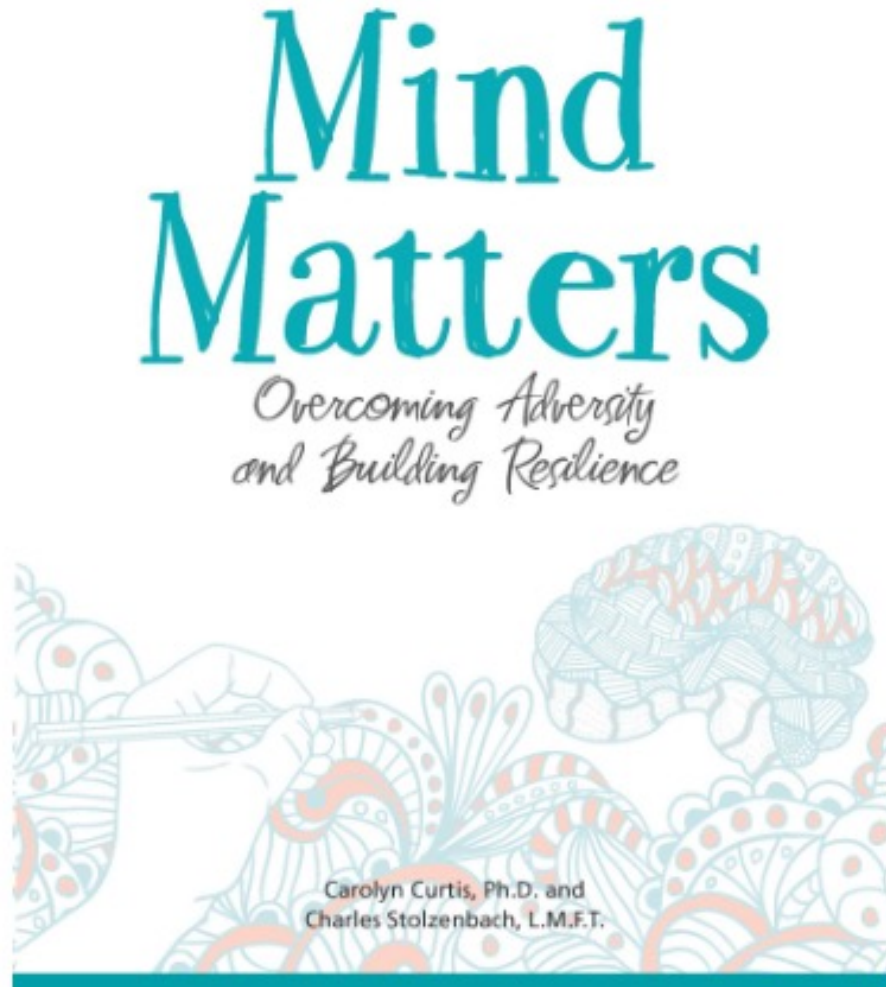
*As the number of ACEs increases, so does the risk for negative health outcomes*



# Early Adversity has Lasting Impacts







- Length: 12 Lessons, 1 hour each
- Age Group: 12 years to Adults
- Cost: Instructor manuals, participant journals and optional instructor training

# Mind Matters Lessons

- Self-Soothing
- Discover Emotions
- The Difference Between Emotions and Thought & The Internal Journal
- Building Empathy
- I Get By with a Little Help from My Friends & Wheel of Awareness
- Compassion for the Hijacked Brain
- Trauma Containment and Rhythm
- Tapping & Efficient Sleep
- Let's Get Moving
- Life of Intention
- Code of Honor & Asking for Help
- The Ongoing Journey









# Audiences



- Youth
- Families
- Adults
- Indigenous Communities
- Underrepresented Audiences, some who may have experienced:
  - Incarceration
  - Homelessness
  - Substance use challenges

# MIND MATTERS PROGRAMING IN NEW MEXICO



-  Public School
-  Indigenous Community
-  Incarcerated Adults
-  4-H Youth/ Family
-  Adult
-  Military 4-H Youth



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# Program Implementation

*EXPERIENCES OF COUNTY AGENTS*



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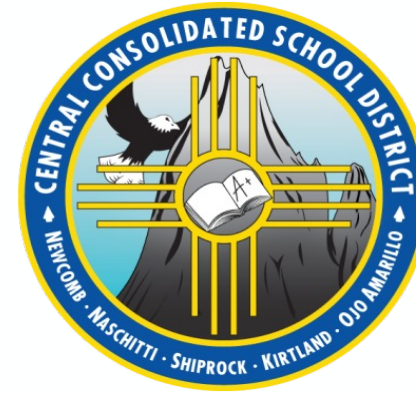
**Augusta Ahlm**  
**4-H FCS Agent, San Juan County**



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# Delivery in Schools

- Indigenous Youth Attending School on Navajo Nation
- Middle School Leadership Class
- Professional Development for School Support Staff



Farmington Municipal Schools  
Rising to excellence in every pursuit



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# Delivery within 4-H Programs

- 4-H Families
- Supported anti-bullying conversation
- Bi-state youth leadership conference
- Explore how 4-H builds resilience for youth





# Highlights and Lessons Learned



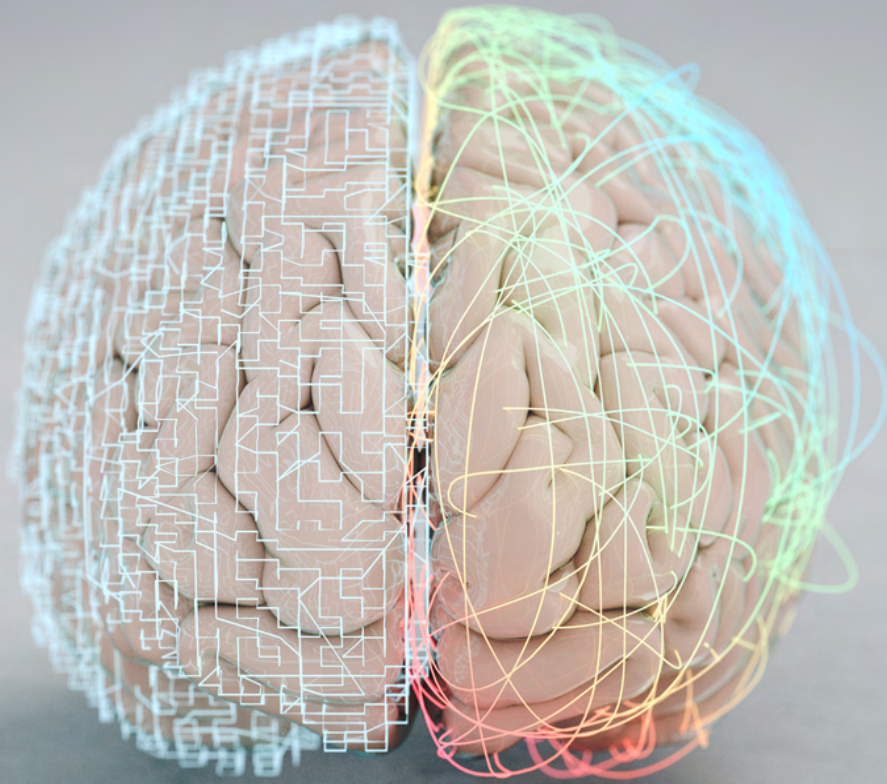
- Culturally Informed Programming
- Value to adults and youth in school and at home.



**Phillip Alden**  
**4-H FCS Agent, Bernalillo County**



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# Selecting Specific Lessons Based on Audience Needs



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# Youth Audiences with Restrictions

Evaluation and Subject Matter Restrictions

- 4-H Military partnership
- 4-H In Schools



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# Youth Audiences without Restrictions but with Age Differences

Junior aged (11-14) 4-H vs Senior aged (14-19) 4-H



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# Highlights and Lessons Learned





**Dianne Christensen**  
**FCS Agent, Bernalillo County**



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# Diverse Adult Audiences



- New Mexican Residents
- Underserved Women
- Professional Development



# Highlights and Lessons Learned

- Know your audience (educational level, primary language, ACES experiences)
- Be flexible as you facilitate
- Enjoy seeing lives changed!





**Charlene Carr**  
**Ag and 4-H Agent, Southern Pueblos**



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# Implementing Mind Matters Curriculum Into Pueblo Extension Programming



<https://youtu.be/rw4t6XI> M4s

COOPERATIVE EXTENSION SERVICES

**NM**  
STATE

TRIBAL EXTENSION UNIT

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**New Mexico State University**



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Know & Show Pottery  
NMSU Pueblo Extension C.C. 2023

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**Karim Martinez, PhD, CFLE**  
**Family Life and Child Development Specialist**



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# Evaluation

- Selection of evaluation methods were based on audience, delivery format, and length of instruction.
  - **Families:** Adults/parents reported using tapping for self-soothing at work.
  - **Underrepresented Women:** 83% strongly agreed that as a result of the series they felt more confident in their ability to manage stress and build resilience.
  - **Adults (virtual delivery):** The most helpful tools cited were focused breathing, loving kindness, wheel of awareness, and tapping.
  - **Indigenous communities:** Tribal youths' favorite lessons were coloring, music, exercise techniques and they found skills learned in the program were useful in their daily lives and at school.



# Funding

## NMSU Extension

- Extension Operating Budget
- USDA- Farm and Ranch Stress Assistance Network

## Examples of Potential Grant Opportunities

- USDA-NIFA CYFAR
- SAMHSA



# Support from Dibble Institute

- Information about grant opportunities
- Value input and incorporate input into revisions



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ANY  
QUESTIONS  
?



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# Thank You!

Karim Martinez, PhD, CFLE

[karmarti@nmsu.edu](mailto:karmarti@nmsu.edu)



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# Thank you for joining us today!

There is a brief survey after the end of this webinar.  
Thank you for providing us feedback by completing this survey.

**Webinar will be available in 3 days:**

**<http://www.dibbleinstitute.org/webinar-archives/>**

**Questions? [RelationshipSkills@Dibbleinstitute.org](mailto:RelationshipSkills@Dibbleinstitute.org)**

# Second Wednesday Webinar

November 13, 2024

Innovative Uses of *Mind Matters*  
to Promote Youth & Family Well-Being

**Becky Antle, PhD**

Kent School of Social Work and Family Science  
University of Louisville