

October 2024

## **DIBBLE NEWS**

- **NEW! *Mind Matters* Case Study**
- ***Mind Matters* in the News: Reshaping Futures in Adult Corrections**
- **The Hidden Biases of Good People Training**

## **THE LATEST**

- **Not Just 'Puppy Love'! Teen Relationships are 'Most Intense' of Lives**
- **The Marriage Paradox: Understanding and Remediating the Paradoxical Place of Marriage in America**
- **A Safe Haven Through Attachment: A Dyadic Perspective on the Association Between Cumulative Childhood Trauma and Relationship Satisfaction.**

## **NEWS YOU CAN USE**

- **Poor Teen Friendships Predict Adult Anxiety and Depression Symptoms**
- **Six Types of Loves Differentially Recruit Reward and Social Cognition Brain Areas**
- **The Impact of Childhood Trauma on Adult Relationships**

## **TOOLS YOU CAN USE**

- **The Gift of Other People**
- **Webinar- Powering Progress: Boosting Program Effectiveness with Implementation Drivers**

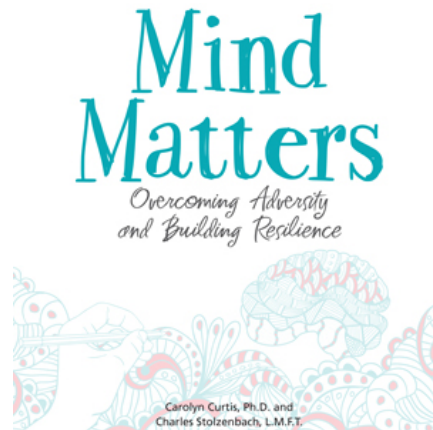
**WEBINAR** - October 9, 2024

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

## **FUNDING STREAMS**

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## DIBBLE NEWS



### **NEW! *Mind Matters* Case Study**

[Lao Family Community Development](#), dedicated to helping immigrant, refugee, and U.S.-born low-income families achieve long-term social and economic self-sufficiency, work with many clients in crisis. As a result, the staff may experience secondary trauma from their work. The leaders of Lao Family wanted to give their team tools to cope with the stress of their jobs. [Mind Matters: Overcoming Adversity and Building Resilience](#) was presented for staff professional development for their own use as well as in interactions with clients.

Read the Full [Case Study...](#)

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College of Agricultural &  
Environmental Sciences  
UNIVERSITY OF GEORGIA

### ***Mind Matters* in the News- Reshaping Futures in Adult Re-Entry**

University of Georgia Extension offers mindfulness and skills training to help incarcerated male adults reclaim their hope as they prepare for life outside.

[Read more...](#)

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## The Hidden Biases of Good People Training

Join us Tuesday, December 10, 2024 for The Hidden Biases of Good People- Implications for Individuals and Organizations. This is the second workshop in an annual series with Dr. Marks. You do not need to have attended the first workshop to attend the second.

This training satisfies federal grant requirements for DEI Trainings.

[Learn more and register...](#)

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## THE LATEST



### Not Just 'Puppy Love!' Teen Relationships are 'Most Intense' of Lives

From '10 Things I Hate About You' to 'To All the Boys I've Loved Before', teenage romances have been the focus of blockbuster hits for years. It's often tempting to trivialize these romances as 'puppy love'. However, an Oxford psychologist now claims that we should take teen relationships more seriously.

[Read more...](#)

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## **The Marriage Paradox: Understanding and Remediating the Paradoxical Place of Marriage in America**

We are living in a society that both aspires for marriage and yet sees marriage rates continue to decline. This article, calls attention to this paradox and proposes five policy changes to help marriage aspirations become a reality for more individuals.

[Read more...](#)

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## **A Safe Haven Through Attachment: A Dyadic Perspective on the Association Between Cumulative Childhood Trauma and Relationship Satisfaction**

Cumulative childhood trauma (CCT) increases the risk of experiencing interpersonal problems and relationship distress in adulthood. However, not all CCT survivors experience such difficulties, and little research has investigated protective factors against relationship dissatisfaction in CCT survivors and their partners.

[Read more...](#)

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## **NEWS YOU CAN USE**



## **Poor Teen Friendships Predict Adult Anxiety and Depression Symptoms**

Researchers found adolescents who struggled to form and maintain meaningful friendships were more likely to experience negative emotions and a poor self-concept between the ages of 27 and 32.

[Read more...](#)

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## **Six Types of Loves Differentially Recruit Reward and Social Cognition Brain Areas**

Feelings of love are among the most significant human phenomena. Love informs the formation and maintenance of pair bonds, parent-offspring attachments, and influences relationships with others and even nature. However, little is known about the neural mechanisms of love beyond romantic and maternal types. Here, we characterize the brain areas involved in love for six different objects: romantic partner, one's children, friends, strangers, pets, and nature.

[Read more...](#)

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# Psychology Today

## **The Impact of Childhood Trauma on Adult Relationships**

Survivors of childhood abuse often normalize behaviors such as manipulation, control, or emotional volatility and may dismiss or excuse these red flags in adult relationships.

[Read more...](#)

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## TOOLS YOU CAN USE



### The Gift of Other People

Are you someone who strikes up a conversation with the person next to you on the train? Or do you keep your eyes fixed on your phone? Do you offer gratitude to friends and family? Or do you assume that they already know how you feel? Listen to how you can make interaction with other people more rewarding.

[Listen now...](#)

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### Webinar- Powering Progress: Boosting Program Effectiveness with Implementation Drivers

Join Project Evident October 3, 2024 for a dynamic Equitable Outcomes Wallet webinar tailored for nonprofit teams, where we'll explore the key drivers that make programs thrive. Have you ever wondered why some nonprofits flourish—reaching more people and making a lasting impact—while others struggle? Often, success comes down to two critical components: your team's skills and knowledge (i.e., "competency drivers") and how your organization supports them (i.e., "organizational drivers") (Fixsen et al., 2005).

[Register...](#)

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## WEBINAR



October 9, 2024

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

The New Mexico State University Cooperative Extension Service has widely implemented ***Mind Matters*** to support mental health, which was identified as a priority area for the state. County Extension Agents have successfully reached a variety of audiences including youth, families, adults, indigenous communities, and underrepresented groups. Some underrepresented audiences include individuals who had experienced incarceration, homelessness, and/or substance use challenges.

Evaluations showed participants felt more confident in their ability to manage stress and build resilience after attending the program.

This webinar will highlight the experiences of the Extension Family Life team that spearheaded and implemented ***Mind Matters*** in their communities. They will share their successes reaching diverse audiences as well as lessons learned to improve future implementation efforts.

**Objectives:** Participants will be able to:

- Learn how Mind Matters was implemented with diverse audiences in a variety of settings.
- Review evaluation results from Mind Matters implementation.
- Practice self-soothing at least once during the webinar.

**Presenter:**

- **Karim Martinez, PhD, CFLE**- Extension Family Life and Child Development Specialist- New Mexico State University
- **Dianne Christensen**- Bernalillo County Extension Family and Consumer Sciences Agent- New Mexico State University
- **Charlene Carr**- Southern Pueblos Extension Agent- New Mexico State University
- **Augusta Ahlm**- San Juan County Extension 4-H Family and Consumer Sciences Agent- New Mexico State University
- **Phillip Alden**- Bernalillo County Extension 4-H Family and Consumer Sciences Agent- New Mexico State University

**Who should attend:** Cooperative Extension Specialists, County Extension Agents, Farm and Ranch Stress Networks and Grantees, school counselors, SEL programs,

domestic violence shelter staff, tribal youth programs, Family and Consumer Sciences teachers, afterschool program staff, and anyone interested in utilizing **Mind Matters** with the people they serve.

**When:** Wednesday, October 9, 2024 @ 1:00pm Pacific/4:00pm Eastern

**Duration:** 60 minutes

**Cost:** Free!

[Register Now >](#)

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## FUNDING STREAMS



### **VIP and BOOST Funding Now Available- PA Only**

**Application Due Date:** October 31, 2024

The Pennsylvania Commission on Crime and Delinquency (PCCD) recently announced the availability of Building Opportunity through Out of School Time (BOOST), Violence Intervention and Prevention (VIP), and Coordinated Community Violence Intervention (CCVI) Strategies Projects grants for 2024-25.

[BOOST FUNDING](#)

[VIP FUNDING](#)

[CCVI STRATEGIES FUNDING](#)





**Byrne State Crisis Intervention Program (SCIP)- GA Only**

**Application Due Date:** October 18, 2024

The projects of interest should focus on community treatment and violence intervention programs (track one) or intervention services and education programs for youth and children in need of services (track two).

Our evidence based program [Mind Matters: Overcoming Adversity and Building Resilience](#) would be a great intervention model for children and their families who have experienced trauma or are at risk of experiencing trauma to write into a behavioral health crisis intervention program

Please reach out to me for a [free review copy](#) of Mind Matters or would like to strategize ways to respond to this opportunity.

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**Formative Research of Community-led Primary Prevention Approaches to Address Elevated Risk of Intimate Partner Violence & Sexual Violence**

**Application Due Date:** December 2, 2024

The purpose of this NOFO is to build the evidence base for the prevention of intimate partner violence (IPV), including teen dating violence, and/or sexual violence (SV) in communities experiencing elevated risk of IPV/SV (i.e., people with shared social and structural conditions that create elevated risk). These communities include but are not limited to racial/ethnic minority groups, sexual and gender minority groups, and people with disabilities. This NOFO seeks proposals to support formative research of innovative primary prevention approaches (i.e., policies, programs, or practices) that address inequities in IPV and/or SV.

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**Rigorously Evaluating Primary Prevention Strategies for Intimate Partner Violence and Sexual Violence**

**Application Due Date:** December 2, 2024

This proposal aims at building the evidence base for the primary prevention of intimate partner violence, including teen dating violence, and/or sexual violence. This funding opportunity will support rigorous outcome evaluations of promising practice-based prevention approaches that are currently being implemented by state and/or local organizations that address intimate partner violence and/or sexual violence. This includes, but is not limited to, organizations that receive funding under CDC's Rape Prevention and Education Program and CDC's DELTA AHEAD program. By promising practice-based approaches we mean programs, policies, or practices that can demonstrate the following: (a) Evidence of implementation in the field for a minimum of two years; and (b) Collection of prior positive implementation-related outcomes (e.g., data demonstrating reach, fidelity, availability, and/or acceptability of the approach) and/or collection of outcome monitoring data before and after implementing the approach that demonstrate positive changes in relevant outcomes. Research on promising practice-based prevention approaches will evaluate the effectiveness of prevention approaches that already have traction within the field but have not been rigorously evaluated

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**FORECAST**

**Transitional Living Program**

**Estimated Post Date:** February 28, 2025

**Estimated Application Due Date:** May 1, 2025

The Transitional Living Program (TLP) provides shelter and comprehensive supportive services to youth ages 16 through 21 for up to 18 months or, under extenuating circumstances, 21 months. In addition to shelter, TLPs provide comprehensive services that support participating youth's transition to self-sufficiency and stable, independent living. Through the combination of shelter and services, TLP youth are expected to show improvements in four core outcome areas: safe and stable housing,

education or employment, permanent connections, and social and emotional well-being.

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**Relationships, Education, Advancement, and Development for Youth for Life (Ready4Life)**

**Estimated Post Date:** February 28, 2025

**Estimate Application Due Date:** May 1, 2025

The Department of Health and Human Services (HHS), Administration for Children and Families (ACF), Office of Family Assistance (OFA) announces its plan to solicit applications for the competitive award of grants that support healthy marriage and relationship education activities including parenting, and job and career advancement activities as authorized under Section 403(a)(2) of the Social Security Act. The Relationships, Education, Advancement, and Development for Youth for Life (READY4Life) grants will be targeted exclusively to projects designed to provide healthy marriage and relationship education skills, parenting (for young fathers and mothers as applicable), financial management, job and career advancement, and other activities, to youth that are high-school aged (grades 9-12) or in late adolescence and early adulthood (ages 14 to 24), including parenting and/or pregnant youth.

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