



May 2025

## DIBBLE NEWS

- [NEW! Non-Profit Advocacy/Resiliency Toolkit](#)

## THE LATEST

- [Northwestern Marriage Course Turns 25](#)
- [Why is Social Connection So Hard for Young Adults?](#)
- [Progressives Are Starting to Come Around on the Importance of Marriage and Fatherhood](#)

## NEWS YOU CAN USE

- [20-Year Study Finds: Verbal Aggression in Adult Relationships Linked to Fathers' Behavior and Adolescent Friendships](#)
- [Am I Safe Dating Online?](#)
- [2023 National Survey of Children's Health is Now Available!](#)

## TOOLS YOU CAN USE

- [Opioid Settlement Funding Toolkit](#)
- [How to Teach Mindfulness in a More Social Way](#)
- [How to Show Someone You're Listening](#)

WEBINAR - May 14, 2025

**Helping Healers Heal  
by Completing the Stress Cycle**

## FUNDING STREAMS

## DIBBLE NEWS



## **NEW! Non-Profit Advocacy/ Resilience Toolkit**

The Dibble Institute is highlighting valuable resources from organizations that offer powerful advocacy and resiliency tools and guidance. Explore ways to

[Find out more....](#)

Have a favorite advocacy resource we haven't listed on our [Advocacy/Resilience Toolkit Webpage](#)? We're always looking to expand our toolkit! Please share any useful links or organizations you've found so we can feature them in a future edition and help our community become even more effective.

[Email us...](#)

## **THE LATEST**



### **Northwestern Marriage Course Turns 25**

Northwestern's popular Marriage 101, taught by Prof. Alexandra Solomon, is celebrating its 25th year! This engaging class, centered around small group activities, covers topics on marriage, dating, breakups, long distance relationships and family.

[Read more...](#)



## Why is Social Connection So Hard for Young Adults?

Young people are struggling with mental health and relationships, but there are small shifts in beliefs and behaviors that could help.

[Read more...](#)



## Progressives Are Starting to Come Around on the Importance of Marriage and Fatherhood

Progressives and conservatives rarely agree. But there's a growing consensus that America's men are not OK.

[Read more...](#)

## NEWS YOU CAN USE



UNIVERSITY OF  
CAMBRIDGE

## 20-Year Study Finds: Verbal Aggression in Adult Relationships Linked to Fathers' Behavior and Adolescent Friendships

Childhood exposure to paternal aggression and teen friendship turmoil may predict adult romantic conflict, according to new research.

[Read more...](#)

# Psychology Today

## Am I Safe Dating Online?

Does online dating have you worried about your safety? Use these 7 tips to keep you safe as you date in a digital world.

[Read more...](#)



## 2023 National Survey of Children's Health (NSCH) is Now Available!

Designed to be representative at both the state and national level, the 2023 NSCH has data from 55,162 children ages 0-17 years on topics such as physical, mental and emotional health, health care access and quality, community and school activities, and family health and well-being.

[Read more...](#)

## TOOLS YOU CAN USE



### Opioid Settlement Funding Toolkit

In 2022, a settlement was authorized with three of the nation's top wholesale pharmaceutical drug distributors. All fifty states, two territories and thousands of local governments across the country will receive funds for current and future opioid remediation. Several Dibble clients are using Opioid Settlement funds to implement programs like [Mind Matters](#) in their communities.

[Learn more about how the funding in your state or territory works.](#)



**Greater Good in Education**  
SCIENCE-BASED PRACTICES FOR KINDER, HAPPIER SCHOOLS

## **How to Teach Mindfulness in a More Social Way**

Relational mindfulness practices help students cultivate awareness and connect with each other to facilitate learning and belonging.

[Read more...](#)



## **How to Show Someone You're Listening**

When we validate someone, we show them that we understand and care about their feelings and experiences.

[Read more...](#)

## **WEBINAR**



*May 14, 2025*

### **Helping Healers Heal by Completing the Stress Cycle**

Why do we as youth development professionals often feel stuck?

Attend this webinar to learn skills to move through the entire stress cycle rather than being stuck in tension, which can cause harm to the mind and body over time.

Practicing evidence-based techniques will help you truly relax and then reenergize, so you can be grounded and present for the youth you support. Techniques learned can also be taught to youth to build resilience.

The Team at “[\*\*IN WITH OUT\*\*](#)” provides meaningful experiences that foster reflection, create connections, and inspire action. Through the process of Reflection (In), Connection (With), and Action (Out), we support providers in finding and sustaining wellness so that they can more effectively support others.

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

- Understand the neurobiology of stress.
- Learn and practice several evidence-based strategies to complete the stress cycle.
- Discuss how to implement these strategies in youth programming.

**Presenters:**

- Carol Frame; Co-Founder, Consultant, Trainer- In With Out
- Jo Cruz; Co-Founder, Consultant, Trainer- In With Out

**Who should attend:** Anyone leading a team of youth workers or those directly working with youth who want to prioritize their well-being and gain tools to support both themselves and the young people they serve!

**When:** Wednesday, May 14 @ 1:00pm Pacific/4:00pm Eastern

**Duration:** 60 minutes

**Cost:** Free!

[\*\*Register Now >\*\*](#)

## CURRENT FUNDING STREAMS



[North Carolina Programs Promoting Family Well-Being](#)

Application Due Date: June 30, 2025

Charlie's Heart Foundation provides support to nonprofit organizations based in North Carolina for holistic programs that promote the mental and emotional well-being of families in underserved and under-resourced communities.

## ONGOING FUNDING



The Agnes M. Lindsay Trust

### Grants Benefit Those in Need in ME, MA, NH and VT

**Application Deadline: Proposals are reviewed on a monthly basis or more often as necessary.**

The Agnes M. Lindsay Trust provides support to nonprofit organizations that help those in need in Maine, Massachusetts, New Hampshire, and Vermont. Areas of interest include health and welfare, dental health, homeless shelters, and food banks and pantries. Examples of supported projects include programs serving seniors, programs for individuals with disabilities, children's homes, youth organizations, youth and family services, and summer enrichment programs. Camperships for children are also provided.



### Health, Education, and Recreation Funded in New England and Lee County, FL

**Application Due Date: None (Grant amount: \$1,000 to \$10,000)**

The Red Sox Foundation supports nonprofit organizations in New England and Lee County, FL, that make a difference in the lives of children, veterans, families, and communities in need. Programmatic grants focus on the areas of health, education, and recreation.



**Support Available for Youth Development Initiatives in OR, WA, and ID**

**Application Due Date: Proposals are accepted by invitation only and are reviewed twice a year, in March and September. Letters of Inquiry are accepted without invitation and can be submitted anytime.**

The Silver Family Foundation provides support to nonprofit organizations in Oregon, Washington, and Idaho that focus on transformative youth development. Priority is given to programs that provide in-depth, long-term investments and opportunities for underserved and at-risk youth, ages five to 18. Grantmaking priorities include youth mentorship, academic intervention and enrichment, high school completion, and college and post-secondary preparation and retention.



**Company Communities Supported in WA, OR, CA and ID**

**Application Deadline: None**

Banner Bank's community support program, Banner Gives, prioritizes nonprofit organizations that empower youth in Washington, Oregon, California, and Idaho. Key areas of focus for youth programs include academic achievement, civic involvement, financial literacy, and physical and emotional development. While also supporting housing, financial education, and economic development, Banner Gives specifically emphasizes programs that directly benefit young people, such as tutoring, mentoring, after-school programs, and youth leadership initiatives.

## **FORECASTED FUNDING STREAMS**





#### **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.



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

**Estimated Post Date: April 25, 2025**

**Estimate Application Due Date: June 24, 2025**

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.



**Family, Relationship, and Marriage Education Works – Adults- Helping Every Area of Relationships Thrive (HEART)**

**Estimated Post Date: April 25, 2025**

**Estimate Application Due Date: June 24, 2025**

This funding will be targeted exclusively to projects designed for adult individuals or adult couples, defined as persons who are age 18 and older. Applicants will be asked to submit proposals that are designed to implement programs that include a broad array of service provision strategies. These include curriculum-based skills development and services designed to support family strengthening activities through one or more of seven activities specified under the authorizing legislation: marriage and relationship education/skills (MRES); pre-marital education; marriage enhancement; divorce reduction activities; marriage mentoring; public advertising campaigns; and activities to reduce the disincentives to marriage.



**Title of Fatherhood -Family, Opportunity, Resilience, Grit, Engagement – (FORGE Fatherhood)**

**Estimated Post Date: April 25, 2025**

**Estimate Application Due Date: June 24, 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 "activities to promote responsible fatherhood" under each of the three broad categories of promoting or sustaining marriage, responsible parenting, and economic stability activities authorized under Section 403(a)(2) of the Social Security Act. This funding will be targeted exclusively to projects designed for adult fathers, defined as fathers that are age 18 and older.

