

*June 2025 Webinar*

**Mind Matters**  
**An Intervention for Substance Use  
and Misuse Prevention**

Presenter:

**Julie Craig**

Arizona Youth Partnership

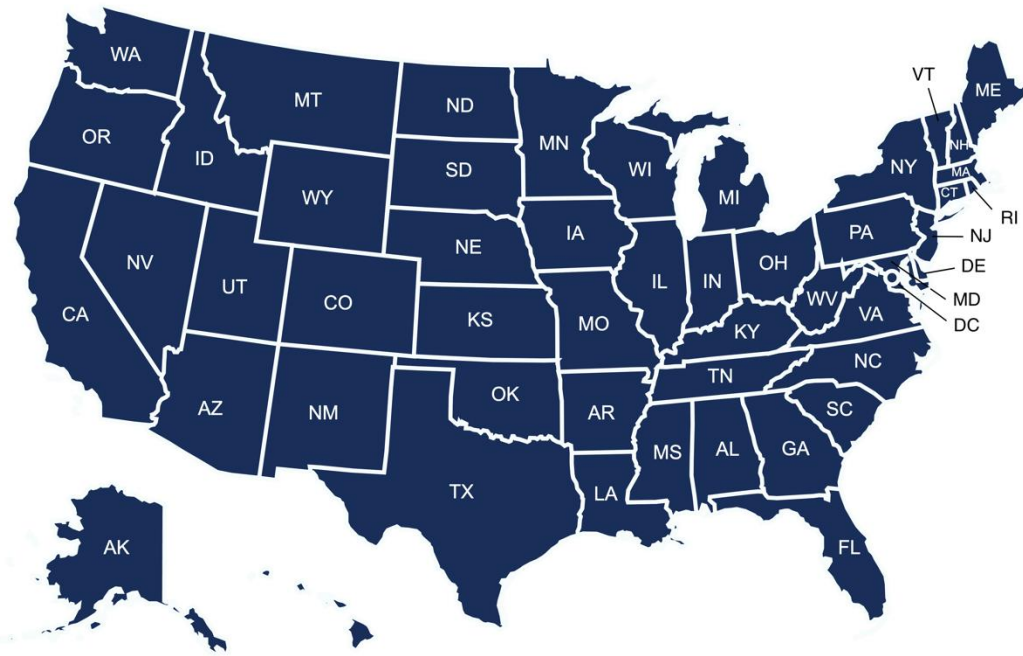
# Technical Questions

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# Charlie and Helen Dibble





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

# Our Mission

*Empowering youth and young adults with skills to build and sustain healthy interpersonal and romantic relationships.*



We believe in research.



We believe in stable, safe, and nurturing families.



We believe that relationship education is for everyone.





Arizona Youth Partnership

# AZYP Diversion Program

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# Objectives

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Learn the importance of school attachment

Learn how the Mind Matters program has positive effects on students

Learn how to approach a school to discuss diversion instead of suspension

# Why Diversion



# Risk factors

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- Community
  - Neighborhood attachment45.8%  
Low Community Attachment
- Family
  - Family conflict41.9%  
Family Conflict
- School
  - Commitment to school64%  
Low Commitment to School
- Peer and Individual
  - Rewards for antisocial behavior
  - Attitudes favorable to antisocial behavior38.8% Reward for behavior  
39.8% Favorable attitude toward behavior

# School Attachment

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Increased Resilience

Positive self-concept and identity

Improved Mental Health

Improved Social-Emotional Development

Enhanced Academic Performance



# Mind Matters

*Overcoming Adversity  
and Building Resilience*

# Lessons

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- ❑ Self-Soothing and Regulating Emotions: Cultivate a mindfulness practice
- ❑ Managing Stress Effectively: Learn to reduce intrusive thoughts
- ❑ Developing Empathy: Improve interpersonal communications
- ❑ Creating a Code of Honor: Develop a life of intention
- ❑ Building and Using a Support System: Learn how to ask for help



# Goals

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1. Utilize Self-Soothing Skills
2. Develop an Observing Self
3. Strengthen Relationships
4. Compassion for the Hijacked Brain
5. Practice Self-Care
6. Live Intentionally

People who can wait have skills for —  
success.



# Skills from Lesson 1

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- Focused Breathing
- Peripheral Vision
- 5-4-3-2-1 Skill
- Coloring



## Discover Emotions



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## Why are we doing a body scan?

- Our body is the first way that we experience an event
- Pay attention to what our body is telling us
- Benefits
  - Able to communicate better with others
  - Make better choices, decisions
  - Keep or challenge your thoughts





*How would you like it  
if the mouse did that to you?*

## My Support Map



# How do I start a Diversion Program?

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Julie Craig  
Director of Community Impact  
Arizona Youth Partnership  
[JulieC@azyp.org](mailto:JulieC@azyp.org)  
(928) 961-0426  
[www.azyp.org](http://www.azyp.org)



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

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

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

# **Second Wednesday Webinar**

July 2025

## **Details Coming Soon**