



2016-2017 ANNUAL REPORT



The Dibble Institute
Relationship Skills for Teens and Young Adults

Message from Executive Director Kay Reed

We at The Dibble Institute are driven by the belief that healthy relationships are critical for young people to achieve their goals and dreams. This belief is born out in research that shows our educational programs can help young people prevent teen pregnancy, reduce dating violence, avoid sexual pressure, and decrease negative behaviors.



Today, more than ever, our nation's young people need hope for their futures. As traditional and social media outlets bombard them with stories of assault and misconduct, our programs offer a clear message that healthy relationships are within their grasp.

In FY2017, this message reached over 76,000 teens and young adults in 43 states!

Our curricula are being used by community nonprofits, faith-based organizations, state agencies, tribes, and universities. They have been adopted in a variety of settings, from workforce development and rape prevention to child welfare, re-entry, and mental health.

This past year we also unveiled [Mind Matters](#), a new resource to help overcome the effects of trauma and toxic stress on young people. Designed to be taught individually or integrated with other prevention education, Mind Matters promises to help young people take charge of their emotions, improve their states of mind, and self-regulate in times of stress and when overwhelmed.

As we look ahead to the next year, we stand strong in our commitment to helping our clients and their programs all around the country equip young people with the skills needed to build healthy relationships.

A handwritten signature in blue ink that reads "Kay". The signature is fluid and cursive.

Kay Reed
Executive Director
The Dibble Institute

What Love Notes participants are saying...

"I learned how to know when a relationship is unhealthy and how to deal with situations."

"I learned how to be myself and not change for someone else."

"I learned that abusive relationships aren't always physical."

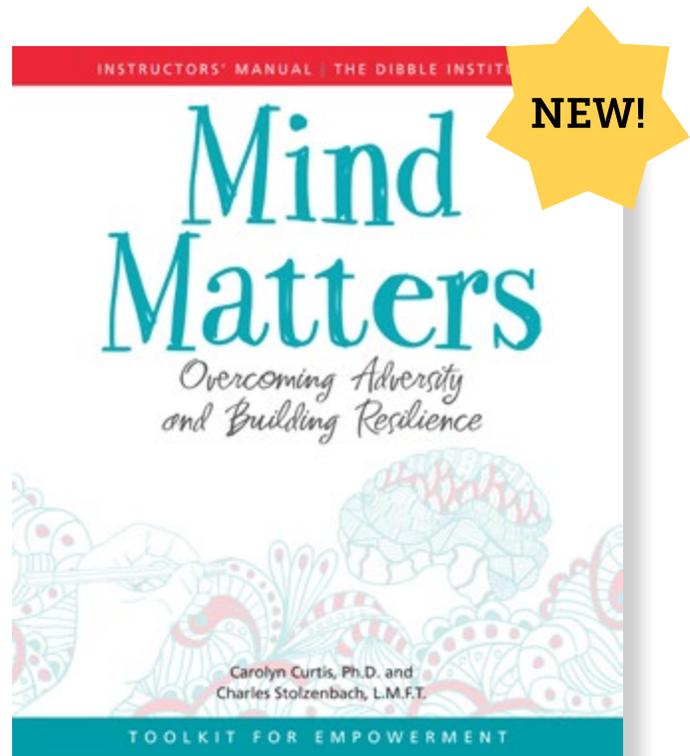


Mind Matters: Overcoming Adversity and Building Resilience

In 2017, The Dibble Institute released [Mind Matters](#), an exciting new curriculum to help teens and young adults understand and overcome the effects of adversity and toxic stress.

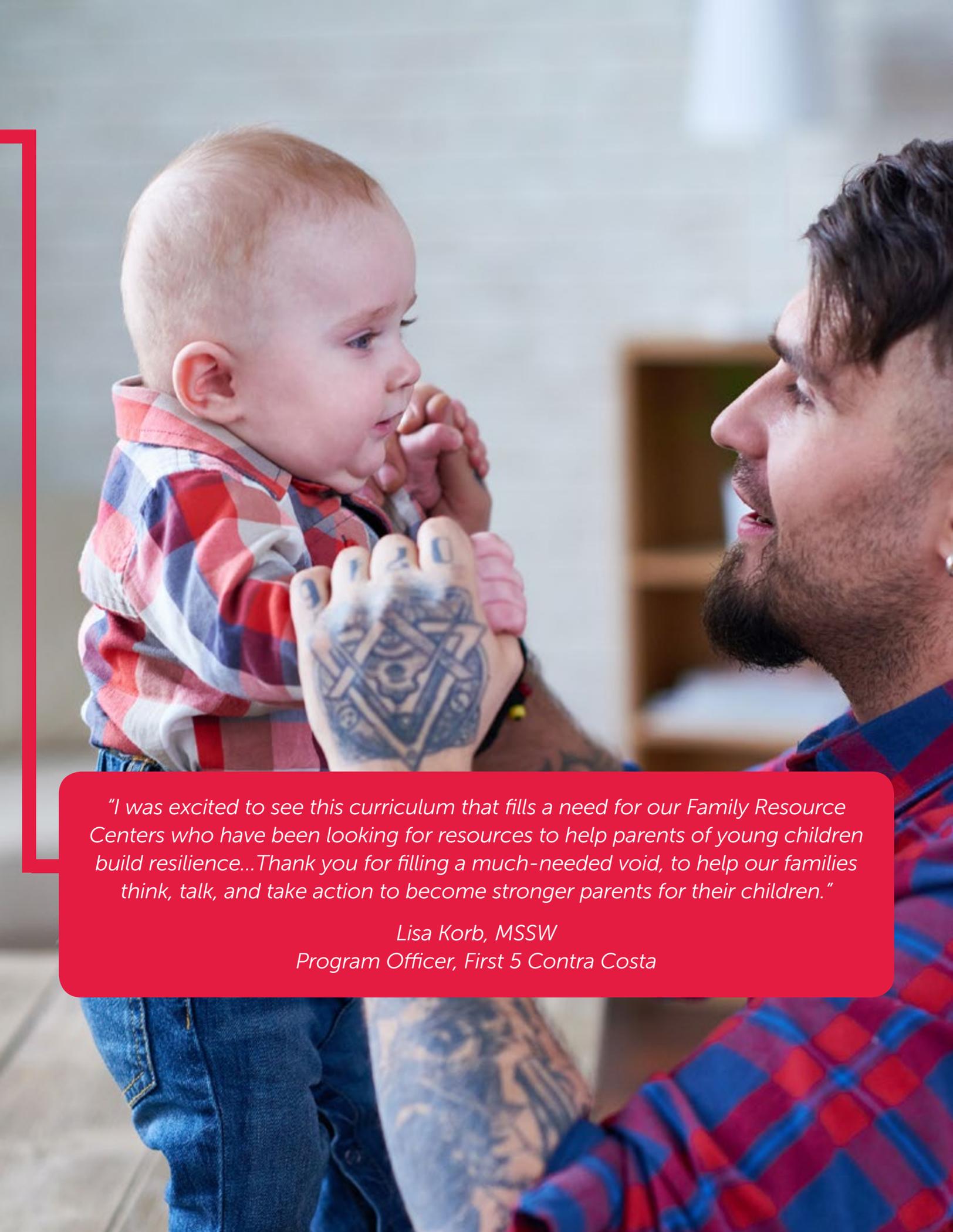
Mind Matters teaches young people skills and practices that cultivate healing and clear away distractions to learning and building healthy relationships. Programs using the curriculum are celebrating it as “clear and comprehensive,” “long-overdue,” and “the missing ingredient.”

This curriculum can be offered in a variety of settings, from shelters to after-school programs to traditional classrooms. Lessons may be easily broken into small chunks to be presented alongside other content or offered as standalone classes. Mind Matters is designed to be taught by paraprofessionals without a counseling background.



“I am not a therapist; I appreciate that you wrote Mind Matters in a way that a lay person could instruct students. Many of our students cannot afford a therapist if we even had enough available in our city. Students need these practical skills.”

*Patty Brus, M.Ed.
Cody High School Instructor,
Family and Consumer Sciences, Health*



"I was excited to see this curriculum that fills a need for our Family Resource Centers who have been looking for resources to help parents of young children build resilience...Thank you for filling a much-needed void, to help our families think, talk, and take action to become stronger parents for their children."

*Lisa Korb, MSSW
Program Officer, First 5 Contra Costa*

"I was able to ask some questions that would have been awkward to ask my parents. I love that you can go to class and be yourself; talk about anything. This class has helped me learn the warning signs of physical, mental, and verbal abuse that I had no idea about and that had happened to me. Now I know it was wrong and will not let that happen to me again."

*Love Notes participant
PREP Grant, Adult Preparation Topics, Utah*



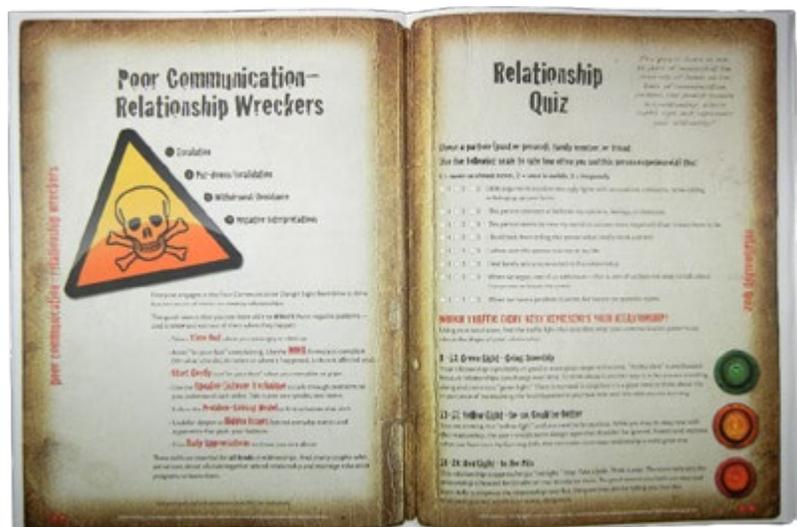
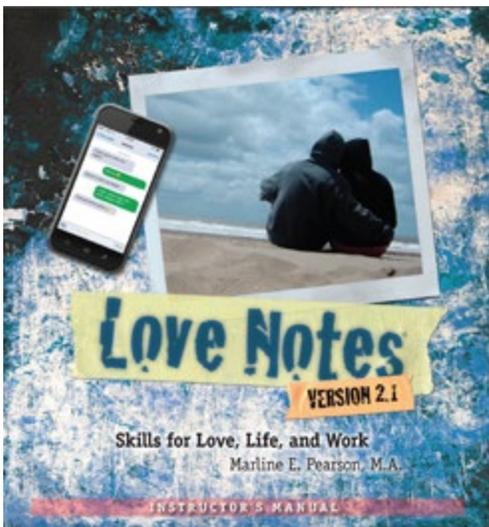
Year in Review: Dibble wins AAP Award for the Sixth Time!

After another rigorous evaluation process, the Association of American Publishers' REVERE Award was awarded to Dibble for [Love Notes](#). This prestigious award identifies and honors "high quality resources that educate learners of all ages, in all media, and in all educational environments, both in and beyond the classroom."



The Revere Award judges commented, *"Love Notes is EXCEPTIONAL. If only this was required in all middle schools. This is what Sex Education should be. Teens don't want a clinical view; they want a REAL life view."*

The Dibble Institute is deeply honored by the award. Executive Director Kay Reed stated, *"Being honored for the sixth time by AAP for producing an outstanding learning resource is a prestigious and special achievement for The Dibble Institute. We strive to create content that is significant to a meaningful educational experience. By being named a finalist for the REVERE Awards, Love Notes is highlighted as a product that does just that, helps students learn."*

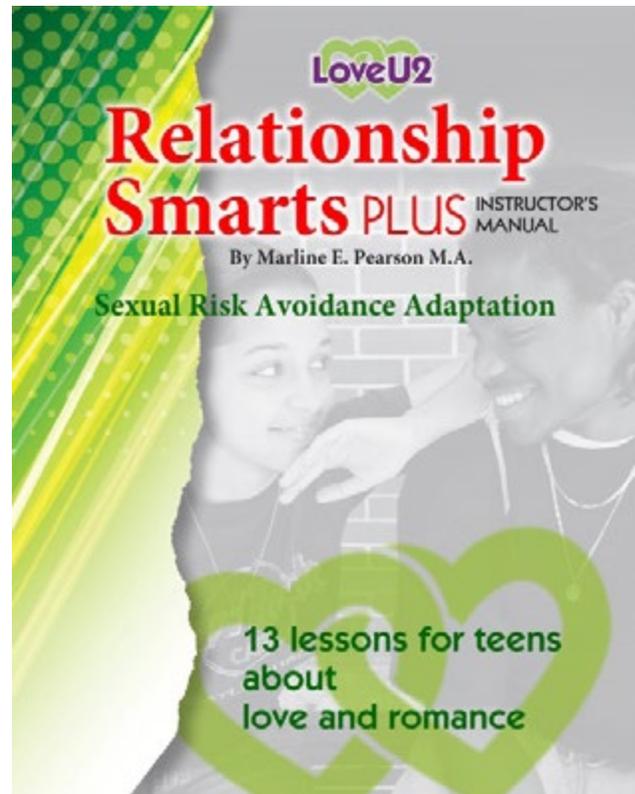
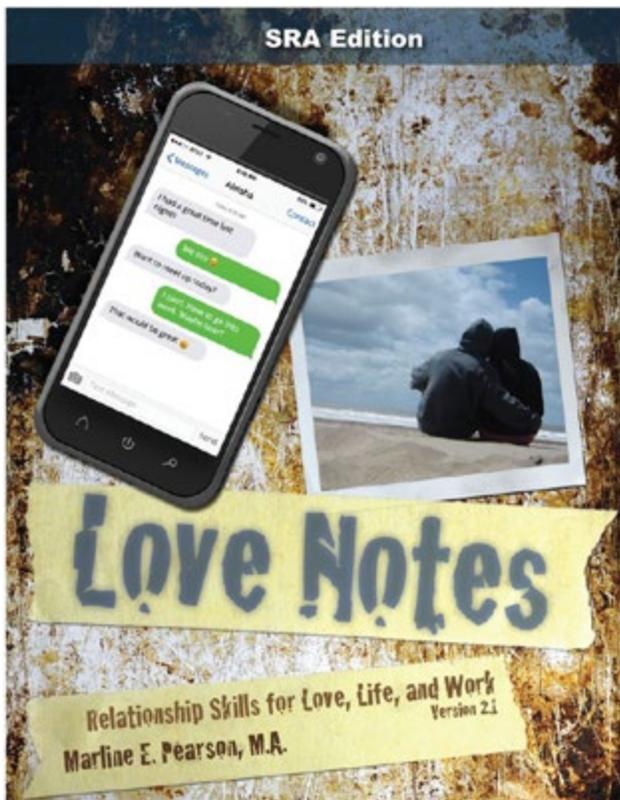


Year in Review:

The Dibble Institute adapted two popular programs

The Dibble Institute has adapted two curricula to meet the guidelines outlined in the Healthy Relationships Act of 2017 that set the stage for federal Sexual Risk Avoidance (SRA) grant funding. We offer adaptations of our most popular programs that now fit the requirements of the new funding, as well as local community standards. These are [Love Notes - SRA](#) and [Relationship Smarts PLUS - SRA](#).

The material in these adaptations include strong and consistent messages on the "Success Sequence," including the benefits of sexual delay and risk avoidance. Young people are encouraged to focus on personally meaningful aspirations and their goals in life, empowering them with skills and insight to make healthy life choices that reduce risky behaviors.



Where you can find our curricula...

Organizations all around the country depend on The Dibble Institute's curricula. In Fiscal Year 2016/2017, The Dibble Institute's curricula were used in 43 states and 4 countries, including the U.S., U.K., Vietnam, Netherlands, and South Africa. Our materials are used to teach essential relationship skills in a variety of different settings. Here are a few of the locations!

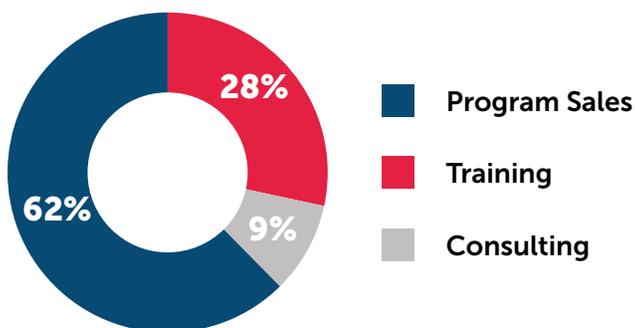
Programs Nationwide

Alternatives to Violence (CA)
Arizona Youth Partnership (AZ)
Butte County Behavioral Health (CA)
Central Nassau Guidance & Counseling Service (NY)
Cerritos Community College (CA)
Children's Aid Society (PA)
Children's Harbor (FL)
Covenant House of New Orleans (LA)
Family and Workforce Centers of America (MO)
Kansas State University (KS)
Latinas Unidas por un Nuevo Amanecer (IA)
Mount Aloysius College (PA)

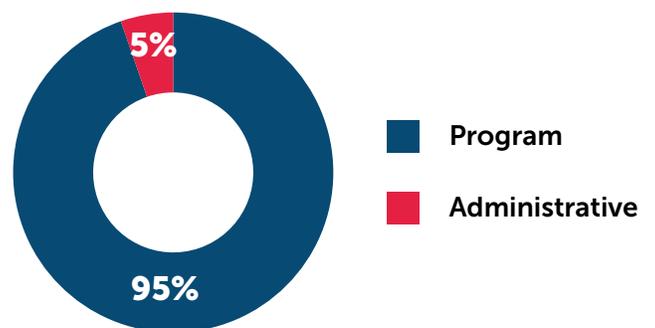
OMNI Youth Services (IL)
Opportunities Industrialization Center of South Florida (FL)
Planned Parenthood Central & Western (NY)
San Gabriel Valley Conservation Corps (CA)
Strong Families, Strong Wyoming (WY)
Tulsa Campaign to Prevent Teen Pregnancy (OK)
University of Georgia (GA)
University of Texas - Teen Health (TX)
Urban League (SC)
Washington State GRADS (WA)
West Virginia Foundation for Rape Information & Services (WV)
Wichita Children's Home (KS)

Financials

2016-17 Total Revenue:
\$724,401



2016-17 Total Expenses:
\$644,966





The Dibble Institute is a national, independent nonprofit that equips young people with the skills and knowledge they need to build healthy romantic lives now and in the future. We do this by translating research into teaching tools.

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