

April 2020

DIBBLE NEWS

- Free 12-Week Mind Matters Online Series
- Great Resource for Healthy Families America Sites
- Dibble Earns 2020 Platinum Seal of Transparency

THE LATEST

- Relationships, Marriages, and Living Alone In The US
- The Social Context of Adolescent Mental Health and Wellbeing
- Fatherhood & Coparenting
- Strategies Preventing Intimate Partner Violence

NEWS YOU CAN USE

- Technology and Relationships While Social Distancing
- Relationship Education And Child Outcomes
- The True Hard Work of Love and Relationships

TOOLS YOU CAN USE

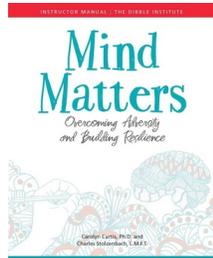
- Building Developmental Relationships in the COVID-19 Crisis
- Supporting Children's Emotional Well-Being
- 5 Ways To Help Teens Manage Anxiety About the Coronavirus

WEBINAR – April 8, 2020

**Family Environment Instability:
How Early Childhood Shapes Social Maladjustments Over Time**

FUNDING

DIBBLE NEWS



Free 12-Week Mind Matters Online Series

In appreciation of and support for the tremendous work our clients are doing under these trying circumstances, Dibble will be hosting a free 12-Week Mind Matters Online Series with Dr. Carolyn Curtis and Dixie Zittlow. Sessions are held weekly on Tuesday at 12:30 EDT and 9:30am PDT.

[Read more here...](#)



Great Resource for Healthy Families America Sites

[Mind Matters: Overcoming Adversity and Building Resilience](#) is now available for the first time to home visitors to use with families in one-on-one settings. Mind Matters provides powerful tools to help people move past the effects of trauma and adverse experiences. (From the Healthy Families America Newsletter -December 2019)

[Read more here...](#)



Dibble Earns 2020 Platinum Seal of Transparency

At The Dibble Institute, we are committed to the highest level of transparency! Our organization earned the 2020 Platinum Seal of Transparency, showcasing the progress and results we're making toward our mission!

[View the Updated Profile...](#)

THE LATEST



The State Of Relationships, Marriages, And Living Alone In The US

Decades of data show how American families are changing, from a decreasing share of married households to a growing share of people living on their own. The growing trend of living unmarried and alone impacts several aspects of American life such as household income, health coverage, and more.

[Read more here...](#)



The Social Context Of Adolescent Mental Health And Wellbeing

Many explanations on mental health difficulties in young people, ranging from peer pressure and bullying, to social media and gender inequality, have been offered for the rise in mental health problems. This study utilized data from the Millennium Cohort Study (Wave 6) to examine 14-year-olds' mental health and wellbeing in relation to familial and peer interactions, gender, socio-economic factors and social media use.

[Read more here...](#)



Fatherhood & Coparenting

University of Louisville researchers received funding from the Fatherhood Research & Practice Network to recruit the coparenting partners of responsible fatherhood participants. The intervention features an educational workshop and an opportunity to receive free mediation services. The results of the study showed that mothers who participated in the brief intervention reported better conflict-resolution skills and coparenting relationship than mothers in the control group.

[Read more here...](#)



Strategies For Preventing Intimate Partner Violence in RF Programs

A new Child Trends report identifies common challenges, successes, and promising practices for intimate partner violence prevention in Responsible Fatherhood programs. Teaching fathers about the consequences of intimate partner violence for children's well-being may be an effective strategy to motivate them to engage in intimate partner violence and intervention initiatives.

[Read more here...](#)

NEWS YOU CAN USE

Can Technology Cultivate Relationships While Social Distancing?



Across the United States and around the world, we are “sheltering in place,” learning how to do “social distancing,” and struggling with adjusting to changes or uncertainty in employment and juggling the responsibilities of caring for kids who are out of school at the same time. When we get beyond the technical, logistical, and financial challenges, we’re faced with another conundrum: How to cultivate developmental relationships when we can’t connect in person? We know we can learn and communicate virtually. But can we really nurture relationships virtually?

[Read more here...](#)



Relationship Education and Child Outcomes: Beyond Couple Effects

Does the impact of relationship education programs go beyond the couple and actually impact parenting and children’s behavior? Nearly 30 studies have looked at this question and document that children benefit from their parents’ involvement in relationship education.

[Read more here...](#)



The True Hard Work of Love And Relationships

What if the first question we asked on a date were, “How are you crazy? I’m crazy like this”? Philosopher and writer Alain de Botton’s essay “Why You Will Marry the Wrong Person” was, amazingly, the most-read article in The New York Times in the news-drenched year of 2016. As people and as a culture, he says, we would be much saner and happier if we reexamined our very view of love. How might our relationships be different — and better — if we understood that the real work of love is not in the falling, but in what comes after?

[Listen to the Podcast...](#)

TOOLS YOU CAN USE

Building Developmental Relationships During the COVID-19 Crisis



Search Institute is providing a free checklist with 19 ways to connect with young people during this time. When young people experience developmental relationships with parents, educators, youth program staff, and other adults their outcomes are better, their risk behaviors are lower, and they are more likely to be on the path to thrive in life. Staff in schools and youth programs do not need to and should not stop seeking to build developmental relationships with young people while they are at home during the nation’s response to the COVID-19 crisis.

[Download the Checklist.](#)



Supporting Children’s Emotional Well-Being During the Pandemic

Child Trends is providing guidance, recommendations, and resources from child trauma experts to maintain child well-being during the COVID-19 Pandemic. The resources include resources for educators, child care providers, parents, and others.

[Read more here...](#)



5 Ways To Help Teens Manage Anxiety About the Coronavirus

People of all ages are concerned about the spread of the coronavirus, and teens as a group, tend to experience emotions especially intensely. As someone who might be raising, teaching, or otherwise caring for an adolescent who is feeling very nervous about it, here are five things that might help teens manage their anxiety.

[Read more here...](#)



Tips for Staying Connected to Community Youth During the COVID-19 Pandemic

During the COVID-19 pandemic as communities are asked to take precautions including canceling meetings and events, adult mentors can still stay connected to the youth they serve. Caring adults who serve youth in any capacity whether it is through a community club, recreation center, church, etc. are a key protective factor for our youth. Protective factors help lower negative risks that youth may encounter such as stressful conditions, events, or circumstances (Child Welfare Information Gateway, 2014). Community adult leaders can be advocates and resources to help protect the youth they serve. This document includes traditional and innovative methods to engage youth and maintain healthy relationships to prevent social isolation.

[Find Tips here...](#)

WEBINAR



April 8, 2020

Family Environment Instability: How Early Childhood Shapes Social Maladjustments Over Time

Early family contexts can shape the trajectories of children's adjustment throughout childhood. Families can provide a safe and stable base for children that is protective against adversity. However, when family environments are not stable (e.g., when parents/parent figures are moving in and out of the home), children may suffer.

Join Dr. Elizabeth Karberg of Child Trends, she explores how family instability in early childhood shapes children's social (mal)adjustment over time.

Objectives:

Webinar attendees will learn:

1. How families in America are changing and what are common contexts for children's early family experiences.
2. Whether instability in families is linked with children's social outcomes.
3. Why instability in families is linked with children's social outcomes.

Presenter: Elizabeth Karberg, PhD, Senior Research Scientist, Child Trends

Who should attend: Social Workers, guidance counselors, healthy marriage and responsible fatherhood grantees, educators, therapists, caseworkers, juvenile justice staff, facilitators working with traumatized youth, and anyone interested in promoting family and child health.

When: April 8, 2020 @ 4:00 pm – 5:00 pm EST/1:00 pm-2:00 pm Pacific

Duration: 60 minutes

Cost: FREE!

FUNDING



Sexual Risk Avoidance Education Program Federal Grant Announced

Deadline: May 26, 2020

Successful applicants are expected to submit program plans that agree to use medically accurate information referenced to peer-reviewed publications by educational, scientific, governmental, or health organizations; implement sexual risk avoidance curricula and/or strategies with an evidence-based approach integrate research findings with practical implementation that aligns with the needs and desired outcomes for the intended audience; and teach the benefits associated with self-regulation, success sequencing for poverty prevention, healthy relationships, goal setting, and resisting sexual coercion, dating violence, and other youth risk behaviors such as underage drinking or illicit drug use without normalizing teen sexual activity.

(Editor's Note: We are currently reading through the grant and are preparing a toolkit for your use.)

[Find out more...](#)



Grants Strengthen Programs for At-Risk Oregon Youth

Deadline: April 30, 2020

The Trail Blazers Foundation Fund, administered by the Oregon Community Foundation, supports nonprofit organizations throughout Oregon and southwest Washington that provide programs for underserved youth and their families.

[Learn more here...](#)



Project AWARE (Advancing Wellness and Resiliency in Education) State Education Agency Grants

Deadline: April 20, 2020

SAMHSA is accepting applications for Project AWARE (Advancing Wellness and Resilience in Education) to promote the healthy development of school-aged youth and prevent youth violence. SAMHSA expects that this program will focus on partnerships and collaboration between state and local systems to promote the healthy development of school-aged youth and prevent youth violence.

[Read more here...](#)
