

July 2020

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WEBINAR - July 8, 2020

**Mind Matters Lesson One:
Self-Soothing**

FUNDING STREAMS

THE LATEST



The Disparate Effects of Family Structure

In this article, Melanie Wasserman reviews the latest evidence about the causal link between family structure and children’s economic and social outcomes. Going beyond the question of whether family structure affects child outcomes—a topic that’s already been covered at length—she examines how family structure differentially affects children. One important finding from recent studies is that growing up outside a family with two biological, married parents yields especially negative consequences for boys as compared to girls, including poorer educational outcomes and higher rates of criminal involvement.

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An Overview of Healthy Marriage and Relationship Education Curricula

Healthy marriage and relationship education (HMRE) programming—also called marriage and relationship education or relationship education programming— teaches concepts and skills that promote healthy, safe, and stable relationships among youth and adults. When designing and implementing an HMRE program, one of the most important decisions that program providers must make is to choose which curriculum to implement.

[Read More...](#)



Research Synthesis on the Benefits of Delayed Sexual Activity for Adolescents

Explore findings from a research synthesis on how the timing of first sexual activity relates to such outcomes as teen pregnancy, relationships, mental health and emotional well-being, risky sexual activity, and substance use.

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Select Colleges and Intact Families

Students from married birth parent families are more than twice as likely to graduate from a selective college as those from all other family types even after controlling for parent education, family income, and student race and ethnicity.

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NEWS YOU CAN USE



Where is “Family” in the Social Determinants of Health?

Social determinants of health include culture, social norms, social policies, and political systems that directly impact the health of families and to some extent are influenced by families. As families fulfill their functions to socialize and protect their members, they incorporate and interpret the larger sociocultural and political worlds for their members. Therefore, issues that affect any part of the ecological worlds of individuals can affect the health of families by potentially providing protection or increasing risk.

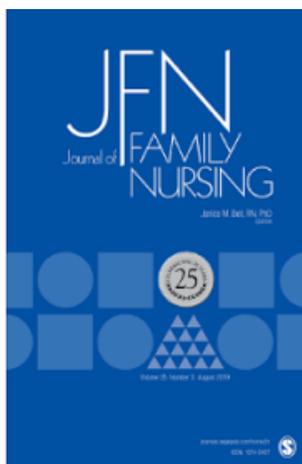
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Teens of Overcontrolling Parents Struggle with Relationships, Educational Goals

A new longitudinal study sought to determine the long-term impact on youth of parenting that is psychologically controlling. Although the study did not establish causation, it found that overbearing and overcontrolling tactics by parents when children were 13 years old were associated with difficulties in social relationships and educational attainment by the time the teens reached age 32.

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How to Help Teens Navigate the Disruption and Uncertainty of a Pandemic

The COVID-19 lockdown is hard on everyone emotionally, but adolescents are the most psychologically vulnerable population. Unlike adults, who may be frightened in the present but understand that this will end, teens have difficulty seeing past present pain and towards future hope. This diminished consideration for the future, and greater focus on the present, is further suggested by impulsive decision-making observed in adolescence.

[Read More...](#)

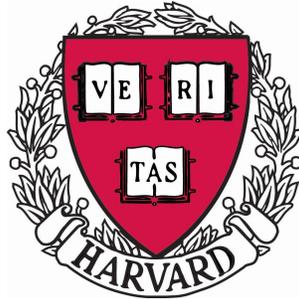
TOOLS YOU CAN USE



National Resource Center for Healthy Marriage and Families

Social service agencies are a crucial part of the safety-net for families struggling to gain or maintain economic stability. Yet all too often, these agencies are not equipped to address relationship and family issues as part of their routine service offerings. The National Resource Center for Healthy Marriage and Families helps agencies develop the capacity to promote healthy relationship skills in a way that meets both their needs and those of the families they serve.

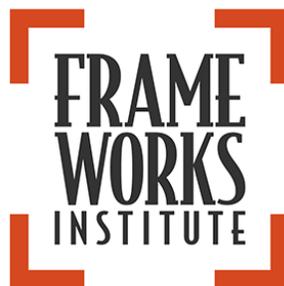
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How to Help Families and Staff Build Resilience

Resilience can help us get through and overcome hardship. But resilience is not something we're born with—it's built over time as the experiences we have interact with our unique, individual genetic makeup. That's why we all respond to stress and adversity—like the COVID-19 pandemic—differently. This brief offers three ways to build up and strengthen resilience during the COVID-19 outbreak to plan ahead for the future.

[Read More...](#)



Framing Adolescent Development during the COVID-19 Pandemic

Adolescence is a time when skills to manage strong emotions and setbacks are developing—but with so many worries about family health and finances, and so many new responsibilities for sibling care, the situation could outpace young people’s ability to cope in healthy ways. By thinking about the stories we tell and the ways we tell them, we can offer up powerful alternatives to usual media stories about adolescents as selfish, dangerous, and at risk. Here are five ways we can help to reframe the conversation about adolescent development in this challenging time.

[Read More...](#)

WEBINAR



July 8, 2020

Mind Matters Lesson One: Self-Soothing

NOTE THE NEW TIME! 5 PM EASTERN AND 2 PM PACIFIC.

Back by popular demand!* Come join Dixie and Carolyn in the Self-Soothing lesson from Mind Matters.

Self-Soothing is a skill that is developed over time, through practice. The goal of self-soothing is to dial-down the reactive response of the body's central nervous system. A traumatized person needs a means of reducing the automatic reactivity of their nervous system. Self-soothing will help. You will learn and practice four self-soothing skills that you can use personally as well as share with colleagues and clients.

*Over 3,000 people have viewed this class online. You will love it live!

Participant Objectives:

1. Connect the key concept of self-soothing/self-regulation to positive life outcomes
2. Recognize the difference between taking the time to decide rather than immediately reacting to persons, places, and things
3. Learn four different self-soothing skills that can be used inside and outside of the classroom
4. Practice self-soothing skills at least twice during the webinar

Presenter: Carolyn Curtis, Ph.D., author of Mind Matters and Dixie Zittlow, Dibble Master Trainer.

Who should attend: Program and administrative staff who work in human services, teachers, home visitors, mentors, correctional staff, and anyone who wants to learn how to self-regulate and help others do the same.

When: July 8, 2020 @ 5:00 pm – 6:00 pm EST/2:00 pm-3:00 pm Pacific

Duration: 60 minutes

Cost: Free!

[Register Now >](#)



Charting a Course for Economic Mobility and Responsible Parenting

Post Date: October 21, 2020

The Office of Child Support Enforcement (OCSE) forecasts inviting states and tribes to submit applications developing interventions to educate teens and young adults about the financial, legal, and emotional responsibilities of parenthood. The primary goal of the grant projects is to leverage the child support program's expertise on the legal and financial responsibilities of parenting to educate and motivate teens and young adults to postpone parenthood until after they have completed their education, started a career, and entered a committed relationship. The target populations for these three-year grant projects are teens and young adults ages 13-25, including unmarried parents and those who have not yet started families.

[Find Out More...](#)

FUNDING - APPLY NOW!



Support for Efforts to Promote Positive Relationships in the U.S. and Abroad
Major League Baseball - Healthy Relationships Community Grants

Application Deadline: September 1 and December 1

The Healthy Relationships Community Grants, an initiative of Major League Baseball and the Major League Baseball Players Association seeks to **address positive relationship health, with self and others**. Through this initiative, MLB and MLBPA will jointly award \$3 million in funding to U.S.-based nonprofit organizations and global non-governmental organizations over 2020 and 2021. The focus is on three distinct areas: building and improving relationship skills of the next generation as a prevention strategy, **building and improving mental health resiliency for vulnerable populations**, and strengthening and providing critical services to survivors of domestic violence. Grants of up to \$50,000 are provided. Requests will be reviewed quarterly for the next two years.

[Find Out More...](#)



Suicide Prevention Programs in Alaska Funded

Alaska Community Foundation: GCI Suicide Prevention Grant Program

Application Deadline: July 15, 2020

The Alaska Community Foundation is currently offering the GCI Suicide Prevention Grant Program, which funds projects and organizations whose goal is to reduce the rates of suicide in Alaska and promote **mental wellness** through strengthened community and **personal connections**. Grant requests of up to \$30,000 are considered, with typical awards ranging from \$2,500 to \$10,000. Preference will be given to programs that are located in rural Alaska or programs that reach rural communities in Alaska (defined as outside of Anchorage, Fairbanks, and Juneau). Nonprofit organizations, as well as tribes, schools, churches, and local government agencies, are eligible to apply.

[Find Out More...](#)



Funds for Local Nonprofits in Bank Communities

BBVA Foundation

Application Deadline: July 31, 2020

The BBVA Foundation supports nonprofit organizations that are making a positive impact in the communities the bank serves in Alabama, Arizona, California, Colorado, Florida, New Mexico, and Texas. The Foundation provides grants of up to \$5,000 through the Small Grants Program to organizations that address one of the following focus areas: community development, education, health and human services, arts and culture, environment and natural resources, and diversity and inclusion. Priority is given to organizations that target individuals or communities with low-to-moderate income levels.

[Find Out More...](#)



Programs Benefiting Disadvantaged New Jersey Residents Funded
Robert and Joan Dircks Foundation

Application Deadline: August 5 and October 30

The mission of the Robert and Joan Dircks Foundation is to support nonprofit organizations that enrich and improve the quality of life for individuals living in New Jersey. The focus is on encouraging programs that benefit children and adults who are physically, mentally, or economically disadvantaged. The Foundation concentrates on small nonprofit organizations and prefers programs that focus on preventing or solving problems, rather than meeting basic needs. Grants generally range from \$1,000 to \$15,000.

[Find Out More...](#)

