

*November 2020*

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**WEBINAR** - November 11, 2020

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## DIBBLE NEWS



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### NEWLY RELEASED: Mind Matters Now!

Overcoming adversity and building resilience are skills you can develop!

[Mind Matters Now](#) is a new, on-demand learning experience that teaches you to care for yourself in times of amplified stress. This all-new resource packages the content of our [Mind Matters](#) program in a digital format so it is available to you on your schedule, whenever you need it.

Mind Matters Now covers techniques for self-soothing, mindfulness, building support systems, and more. Thanks to generous grant funding, we are able to significantly discount the fees. You can even earn [Continuing Education Credits](#)!

Here's to getting the help you need, when you need it.



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### Self-Regulation Training Approaches and Resources

Youth need support to process emotions, cope with stress, and for self-regulation—managing thoughts and feelings to achieve goals and make healthy decisions in the moment and for the future. Caring adults such as parents, guardians, teachers, and coaches support the development of self-regulation skills from infancy through young adulthood through a process called co-regulation. This report describes how researchers in prevention science and public health partnered with practitioners who deliver [Dibble curricula](#) through youth healthy marriage and relationship education programs to translate the concept of co-regulation into action.

[Read more...](#)



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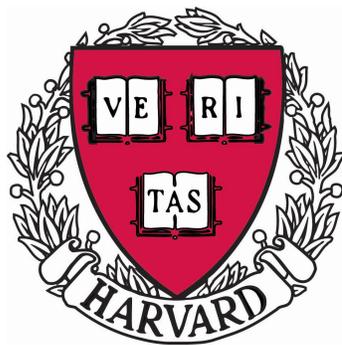
### **Dating Violence Disclosure in Youth Relationship Programs**

The overarching objective of the RIViR study was to assess and compare the effectiveness of teen dating violence (TDV) assessment approaches for identifying youth program participants experiencing TDV so that they can be referred for further services. The RIViR project partnered with two Dibble clients —More Than Conquerors, Inc. of Conyers, Georgia and Youth and Family Services of Rapid City, South Dakota—to examine and compare three different approaches to recognizing and responding to TDV in youth-serving programs.

[Read more...](#)

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## **THE LATEST**



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### **Adversity in Childhood Linked to Mental and Physical Health Throughout Life**

The prevalence of “toxic stress” and huge downstream consequences in disease, suffering, and financial costs make prevention and early intervention crucial, say Charles A. Nelson and colleagues.

[Read more...](#)



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## Historical Trends in Marriage, Divorce, and Widowhood

The National Center for Family and Marriage Research (NCFMR) recently released a new three-part series of Family Profiles examining historical trends in marriage, divorce, and widowhood. Using data spanning over 100 years from the National Center for Health Statistics and the Census, these profiles illustrate the changing landscape of marital formation and dissolution in the United States. Patterns over time are also examined by race and ethnicity and educational attainment.

[Read more...](#)



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## Low-level Parental Conflict Contributes to Children's Mental Health Problems

Low-level, poorly resolved conflict between parents – bickering, giving the cold shoulder, eye-rolling – can seem inconsequential. It isn't physical violence, after all. But it is a feature in many families. And such behavior may help explain enduring mental health problems for many children, including depression, anxiety, poor sleep, and aggressive behavior.

[Read more...](#)

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## NEWS YOU CAN USE





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## When Do Teens Feel Loved by Their Parents?

In their drive for independence, teenagers can seem to reject parents. A new study suggests that the key to making them feel loved is to be persistently warm, even in conflict.

[Read more...](#)



CENTER FOR PARENT & TEEN  
COMMUNICATION

Strengthening Family Connections

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## Nurturing the Amazing Teen Brain

The way children's brains grow during adolescence has lasting effects on their health and well-being later on in life. Brain science offers important insight into how and why adolescents may act the way they do. And it helps guide parents on ways to support teens' growing development.

[Read more...](#)

The  
New York  
Times

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## Sexting, Consent and the 'Quaranteen'

San Franciscan teacher offers guidance for for parents on talking to teens about consent

while on lockdown. Teenagers who have gotten used to a certain amount of independence may be finding that the only place they can flex their autonomy and act out a bit right now is online. Others don't want to be asked for nudes, and the uptick in solicitations stresses them out. Either way, it's an important time to talk about digital consent. Hint: Use french fries as an example.

[Read more...](#)

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## TOOLS YOU CAN USE



### **Tips for Virtually Engaging Parents and Caregivers**

Parents and other caregivers of adolescents play a key role in supporting young people and helping them navigate adolescence as they transition toward adulthood. This is particularly important during times of stress and change, such as the current public health pandemic that has upended the regular routines of adolescents and families. This tip sheet provides you with strategies you can use to reach out to parents virtually and provide them with support and information to help them cope with the challenges of the pandemic situation.

[Read more...](#)



### **Recognizing and Responding to Teen Dating Violence**

The Responding to Intimate Violence in Relationship Programs (RIViR) study enrolled 648 youth from school-based healthv marriage and relationship education (HMRF)

programs. Participants were invited to complete two questionnaire-style screening tools and a one-on-one universal education conversation with staff, given in random order. Qualitative and quantitative data analysis examined the accuracy, acceptability and feasibility of these three approaches to recognizing and responding to IPV.

[Read more...](#)



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## **A Primer on Financial Audits for Nonprofits**

A live Q&A will be held Thursday, November 19, 2020 at 11 a.m. PT, 2 p.m. ET (60 minutes). An annual financial audit is an important and necessary step to discovering any potential credibility and compliance issues in your nonprofit organization. This is your opportunity to ask questions as our panelists walk you through the various components of an audit.

[Register now...](#)

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## **WEBINAR**



*November 11, 2020*

## **Relationship Education: A Trauma-Informed Approach for Youth**

Join Dr. Kristen Plastino and Jennifer Todd from the University of Texas Health Science Center at San Antonio as they define trauma and discuss Adverse Childhood Experiences (ACEs). They will explore trauma's effects on young people as well as youth's reactions to

trauma. You will learn how they shifted from the existing paradigm to a trauma-informed approach utilizing relationship education. They will share lessons they learned in the field as they implemented their approach with over 100,000 young people over the last 4 years in San Antonio.

**Objectives:** At the end of the presentation, participants will be able to:

- Describe trauma.
- Name two causes of Adverse Childhood Experiences.
- List three either immediate or delayed responses to the “Effects of Trauma.”
- List one lesson learned from the field.

**Presenters:**

Kristen Plastino, MD, UT Health SA, UT Teen Health, San Antonio  
Jennifer Todd, JD, RN, UT Health SA, UT Teen Health, San Antonio

**Who should attend:**

Youth workers, health care staff, teachers, and facilitators who work with teens and young adults, especially in juvenile justice, child welfare, and runaway and homeless youth settings; federal- and state-funded grant managers; program supervisors; and anyone who works with high-need youth.

**When:** Wednesday, November 11, 2020, 4:00 pm Eastern/1:00 pm Pacific

**Duration:** 60 Minutes

**Cost:** Free!

[Register Now >](#)

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## FUNDING STREAMS - Forecast



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**ACF Charting a Course for Economic Mobility and Responsible Parenting - Cohort**

## II

**Estimated Post Date:** October 21, 2020

The Office of Child Support Enforcement (OCSE) forecasts inviting eligible applicants 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.

[Find out more...](#)



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### ACF Sexual Risk Avoidance Education Program

**Estimated Post Date:** February 24, 2021

The Administration for Children and Families, Administration on Children, Youth and Families' Family and Youth Services Bureau announces the availability of funds under the Sexual Risk Avoidance Education (SRAE) Program. The services are targeted to participants that reside in areas with high rates of teen births and/or are at greatest risk of contracting sexually transmitted infections (STIs). The goals of SRAE are to empower participants to make healthy decisions, and provide tools and resources to prevent pregnancy, STIs, and youth engagement in other risky behaviors.

[Find out more...](#)



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## **Tribal Personal Responsibility Education Program for Teen Pregnancy Prevention**

**Estimated Post Date:** March 22, 2021

The Administration for Children and Families announces the availability of funding in the form of discretionary, competitive grants to Indian Tribes and tribal organizations to develop and implement projects that educate American Indian/Alaska Native (AI/AN) youth on abstinence and contraception for the prevention of pregnancy, sexually transmitted infections, and HIV/AIDS. Projects are also required to implement at least three of six adulthood preparation subjects.

[Find out more...](#)

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## **FUNDING STREAMS - Available**

### **CORNELL DOUGLAS FOUNDATION**

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*Support for Environmental and K-12 Financial Literacy Programs*  
**The Cornell Douglas Foundation**

The Cornell Douglas Foundation is dedicated to advocating for environmental health and justice, encouraging stewardship of the environment, and furthering respect for sustainability of resources. The Foundation provides grants, generally ranging from \$15,000 to \$50,000, to nonprofit organizations throughout the United States that address one or more of the following areas of interest: environmental health and justice, land conservation, sustainability of resources, mountaintop removal mining, watershed protection, and K-12 financial literacy. Grant requests are reviewed throughout the year.

*(Editor's Note: This could help you implement [Money Habitudes!](#))*

[Find out more...](#)



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*Support for Nonprofit Organizations in Nine Western States*  
**Kampe Foundation**

The Kampe Foundation supports nonprofit organizations in California, Colorado, Idaho, Montana, Nevada, Oregon, Utah, Washington, and Wyoming. The Foundation's General Grants are provided to organizations that address one or more of the following program areas: healthcare and education for special populations (youth, people with disabilities, low-income populations, and senior citizens); Christian ministry, ethics, and social justice; science and engineering; and sustainable agriculture and environmental issues. Grants generally range from \$1,000 to \$7,500.

[Find out more...](#)



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*Funds for Behavioral Health Initiatives in Alaska and Washington State*  
**Premera Social Impact Program**

The Premera Social Impact Program supports nonprofit organizations in Alaska and Washington State that address behavioral health issues. A particular emphasis is placed on funding programs that help historically underserved communities, including people of color and low-income populations. Additional areas of interest include health equity, and the intersection of homelessness and behavioral health.

[Find out more...](#)



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*Youth Conflict Resolution Education Efforts Funded*  
**JAMS Foundation/ACR Initiative for Students and Youth**

**Proposal Deadline:** January 11, 2021

The JAMS Foundation/ACR Initiative for Students and Youth provides grants for conflict prevention and dispute resolution programs for K-12 students and for adults working with youth populations in ways that directly transfer conflict resolution education skills from adults to youth. The focus for 2021 is on utilizing conflict resolution education and training to enhance the ability of youth to find their voice and increase feelings of empowerment and safety in the following settings: foster care, homeless shelters, domestic violence shelters, and youth correctional facilities. Grants will range from \$15,000 to \$40,000.

(An informational conference call will be held on November 23, 2020, at 3:30 pm EST. Attendance is strongly advised.)

[Find out more...](#)



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*Grants Promote Positive Change in Louisiana and New Mexico*  
**Frost Foundation**

**Proposal Deadline:** December 1, 2020

The Frost Foundation provides support to nonprofit organizations in the states of Louisiana and New Mexico. The Foundation's areas of grantmaking interest include education, human service needs, and the environment. Grants are focused primarily on 1) supporting exemplary organizations that can generate positive change beyond traditional boundaries, 2) encouraging creativity that recognizes emerging needs, and 3) assisting innovation that addresses current urgent problems. Priority is given to programs