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The Dibble Institute

Resources for Teaching Relationship Skills

April 2022

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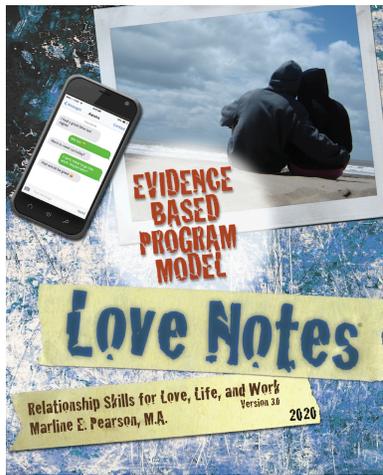
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Adolescents, Attachment, & ACEs Science

FUNDING STREAMS

DIBBLE NEWS



Funded Research Opportunity Now Available!

The Dibble Institute is pleased to announce a **research opportunity of up to \$20,000** for an evaluative study of [Love Notes Evidence-Based Program Model](#). Our goal with this 18-month study is to understand what youth participants learn and what changes they have seen in their lives after program participation.

This opportunity is **open to researchers of all levels**. It is ideal for a new professional or an advanced-level doctoral student. More detailed information about how to apply for this opportunity can be found on our website [here](#).

We are currently accepting letters of interest. All letters should be submitted to our Administrative Assistant, Tasia Hadiwibowo, at Tasia@DibbleInstitute.org by **5 pm PT on Friday, April 29th**. Please submit using the subject line: Love Notes EBP Letter of Interest.

If you have any specific questions about this opportunity, please contact our Training and Research Coordinator, Carlie Kaepler, at Carlie@DibbleInstitute.org.



Free Me & My Emotions Posters and Stickers

Have you checked out [Me & My Emotions](#) yet? Teens can practice skills and build resilience by playing through the free online lessons, watching videos, and earning experience points... all from their mobile devices. The site supports teens' mental wellness by helping them slow down, check in with themselves, and develop practices for healthy living.

If you would like to receive 2 free printed posters and 100 pop socket stickers for distribution, [send us your mailing address!](#)



Dibble Earns the 2022 Platinum Seal of Transparency

We're excited to share that our organization has earned the 2022 Platinum Seal of Transparency with Candid! Now, you can support our work with trust and confidence by viewing our profile at [GuideStar.org](#)

THE LATEST



The Effects of Healthy Marriage and Relationship Education Programs for Youth

Although many youth receive instruction in school or through programs in the community on avoiding teen pregnancy and sexually transmitted infections (STIs), few receive instruction on the social or emotional aspects of romantic relationships. By emphasizing these topics, HMRE programs aim to help youth improve their relationship skills, attitudes, and behaviors and ultimately form and maintain healthy relationships in adolescence and adulthood. This brief uses an evidence and gaps map to summarize the existing evidence base on the effectiveness of HMRE programs for youth.

[Read more...](#)



Dating Snapshot on Teen Dating Violence

The Office of Juvenile Justice and Delinquency Prevention (OJJDP) updated its Statistical Briefing Book with a new Data Snapshot on teen dating violence. The snapshot draws on data from the Centers for Disease Control and Prevention's Youth Risk Behavior Surveillance System to document the trends and characteristics of exposure to dating violence reported by high school students. The data show the prevalence of physical and sexual dating violence reported by students declined overall between 2013 and 2019.

[Read more...](#)

ScienceDirect



ELSEVIER

Social Media is Riskier for Kids than 'Screen Time'

Suppose your 13-year-old daughter wants to subsist on candy during this drawn-out pandemic, and she challenges you to prove that candy is bad for her. For help, you turn to the Internet — and find many newspaper articles with headlines like “Don’t freak out about sweets for teens!”

[Read the research](#)

[Finish the article](#)

NEWS YOU CAN USE



Mathematica

Progress Together

Call for Studies: HHS Teen Pregnancy Prevention Evidence Review

Deadline: April 15, 2022

Mathematica® Inc. seeks studies to include in a systematic review of the evidence base on programs that impact teen pregnancy, sexually transmitted infections, and associated sexual risk behaviors. The Teen Pregnancy Prevention Evidence Review is being conducted for the Office of the Assistant Secretary for Planning and Evaluation, the Administration on Children, Youth and Families and the Office of Population Affairs all in the U.S. Department of Health and Human Services.

[Learn more...](#)



Socioeconomic Factors and Differences in Forming and Maintaining Marriages and Cohabitations

Romantic relationships—and especially relationships in which romantic partners live

together—are a major part of overall individual and family life in the United States. However, the ways in which individuals form and maintain marital and cohabiting relationships—and when they form them—have changed substantially since the 1950s.

Cohabitation—in which two partners live together outside of marriage—has become more common, especially for young adults. For some, cohabitation is simply an extension of dating, while others consider living together a steppingstone to marriage, or as an equivalent to marriage and therefore an environment suitable for having and raising children.

Nevertheless, for many people, marriage is still a key life goal for both its symbolic and legal benefits

[Read more...](#)

Pew Research Center 

Young Adults Today Face More Challenges Than Their Parents' Generation

About seven-in-ten Americans think young adults today have a harder time than their parents' generation when it comes to saving for the future, paying for college and buying a home. There's less consensus around whether finding a job and finding a partner are easier, harder or about the same.

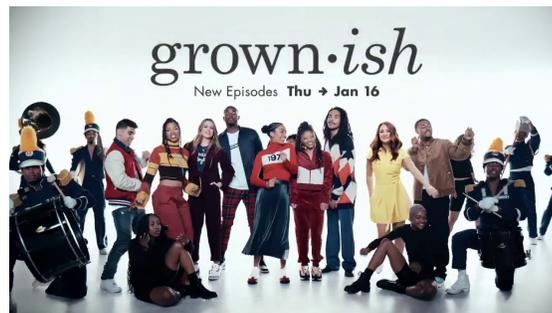
[Read more...](#)

TOOLS YOU CAN USE

Building Relationships with Ourselves and Others

“I recently listened to an interview featuring David Richo. He wrote a book several years ago, [How to be An Adult in Relationships](#), in which he explained what he calls the Five A’s that help relationships flourish. What he said made so much sense, and I saw applications beyond individual relationships. I believe we can use the Five A’s to better understand relationships with others and ourselves and even apply it to other contexts.”

[Read more...](#)



Grown-ish, Gen Z, and Relationships

Grown-ish teaches its viewers the challenges and realities faced during young adulthood and why the relationships in their lives help shape who they are. In this Teen Talk blog, a Gen Z-er reflects on five lessons about different types of relationships that she’s learned from the show.

[Read more...](#)



What to Do When Love Breaks Your Heart

Heartbreak is inevitable. Romances end, loved ones die, friends let us down. These experiences might be universal, but their impact can still be devastating. By studying research, science journalist Florence Williams found that heartbreak can be more

harmful to our health than people typically think. Ironically, heartbreak does affect the heart, with one study finding that men and women (aged 30–65 years old) are at a significantly increased risk of having a heart attack within the first year after a romantic breakup—25% and 45%, respectively. And it doesn't stop there. Here are some tips to get through heartbreak.

[Read more...](#)

WEBINAR



April 13, 2022

Adolescents, Attachment, & ACEs Science

In this webinar the new PACES Connection CEO, Ingrid Cockhren, will explore the connection between advise childhood experiences, trauma, attachment styles and various types of abuse in dating and romantic relationships.

She will examine the systemic nature of trauma and adversity and how early adversity is a root cause of poor relationship outcomes in adolescence and early adulthood. This webinar will also outline systemic solutions for populations that have experienced historical trauma and adversity.

Objectives: Webinar Participants will understand:

1. The impact of early adversity on the brains and bodies of children and adolescents.
2. The impact of early adversity on developing secure attachment.
3. The link between attachment in infancy and early childhood and adolescent/young adult relationships.
4. The systemic barriers that impact the attachment bond and dating relationships in populations that have experienced historical trauma.

Presenter:

Ingrid Cockhren, M.Ed., CEO of PACES Connection

Who should attend: People who work with youth-in-care, community based organizations who work with youth in challenging circumstances, those who help people

heal from trauma, organizations that focus on dating and interpersonal violence, adolescent group facilitators, secondary educators, grantees who target youth.

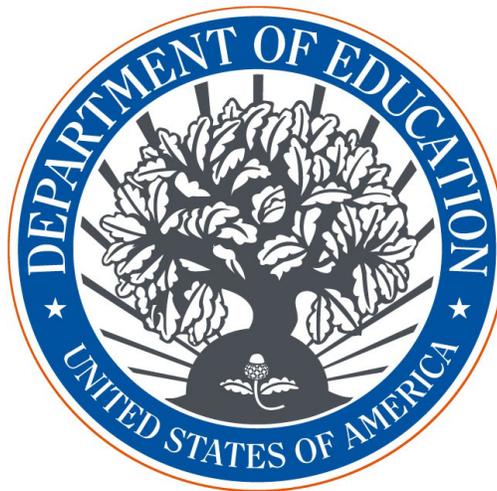
When: *Wednesday, April 13, 2022, 4:00 pm Eastern/1:00 pm Pacific*

Duration: 60 minutes

Cost: Free!

[Register Now >](#)

FUNDING STREAMS



Braiding and Blending Funds: Learning, Collaborating and Understanding

What can schools do with millions of dollars in federal pandemic relief funding?

Turns out they can do [lots of things](#) that will help children, but school and district leaders need to be aware of the time constraints. Funds from the Elementary and Secondary School Emergency Relief (ESSER) are plentiful, but they come with tight timelines (not to mention the different timelines for ESSER I, ESSER II, and the [American Rescue Plan \(ESSER\)](#)). To make the best use of these and other existing funding sources, school and district leaders need a different approach beyond straightforward, simple use. They needed to **braid and blend** their ESSER funds with existing grants and other funding streams to maximize possibilities and potentially improve sustainability.

[Read more....](#)



Support for Youth Programs in Oregon and SW Washington

[Trail Blazers Foundation Fund](#)

The Trail Blazers Foundation Fund, administered by the Oregon Community Foundation, supports nonprofit organizations throughout Oregon and southwest Washington that provide programs for youth and families from historically underserved and marginalized communities. Grants are offered through three funding streams: LIVE Greener Grants focus on organizations connecting youth with the environment for education, preservation, and employment. LEARN Grants focus on organizations supporting youth in their journey to and through high school. PLAY Grants focus on organizations getting kids and their families active. General operating support and program funding are available. Applications will be accepted through April 28, 2022. Funding guidelines and online application information are available on the Oregon Community Foundation's website.



Project AWARE (Advancing Wellness and Resiliency in Education)

The purpose of Project AWARE is to develop a sustainable infrastructure for school-based mental health programs and services. It is expected that the recipient will build a collaborative partnership that includes the State Education Agency (SEA), the Local Education Agency (LEA), the State Mental Health Agency (SMHA), community-based providers of behavioral health care services, school personnel, community organizations, families, and school-aged youth. Based on a public health model, this partnership will implement mental health related promotion, awareness, prevention, and intervention activities to ensure that students have access and are connected to

appropriate and effective behavioral health services. SAMHSA expects that this program will promote the healthy social and emotional development of school-aged youth and prevent youth violence in school settings

[Read more...](#)



Funds for Family Empowerment Projects in Six Southeast States

[Charlie's Heart Foundation](#)

Charlie's Heart Foundation supports nonprofit organizations that operate in Georgia, North Carolina, South Carolina, Tennessee, Virginia, or West Virginia. The 2022 Charlie's Heart Family Empowerment Grant will fund innovative human service projects that empower families to stay together when difficult life circumstances challenge the family structure. The Foundation generally provides grants ranging from \$5,000 to \$50,000 for specific program or project expenses. Letters of interest/organizational summaries may be submitted through the link found at Charlie's Heart Foundation's website through April 15, 2022; invited full grant applications will be due by June 15, 2022. Detailed application guidelines are available on the Foundation's website.



WEYERHAEUSER FAMILY
FOUNDATION

Youth Initiative Grant

Deadline: Multiple Dates

The goal of the Youth Initiative is to support direct service programs that promote resilience, stability, and psycho-social health for youth ages 14-21 who have been traumatized by Adverse Childhood Experiences (ACEs). The average grant size for the Children's Initiative is \$30,000 or less. The Foundation gives priority to programs that:

- Actively solicit input from program beneficiaries in ways that guide the design, delivery, and refinement of the program.
- Collaborate with other organizations to enhance the program curriculum, measure outcomes, or expand and share knowledge in order to better serve program beneficiaries.
- Take a multidisciplinary and multidimensional approach, treating individuals holistically, and consider existing social and cultural contexts.
- Educate significant adults (e.g., parent, foster parent, teacher, coach) in order to best serve program beneficiaries.
- Serve youth segments that historically have less access to services, including youth of color, youth from rural communities, youth involved with state systems, refugees, LGBTQ youth, and those who have experienced sexual exploitation.