



## 2015-2016 ANNUAL REPORT

## Message from Executive Director Kay Reed

Prevention works. That's the core belief underscoring The Dibble Institute's work to **equip young people with the skills and knowledge they need to build healthy relationships both now and in the future.**

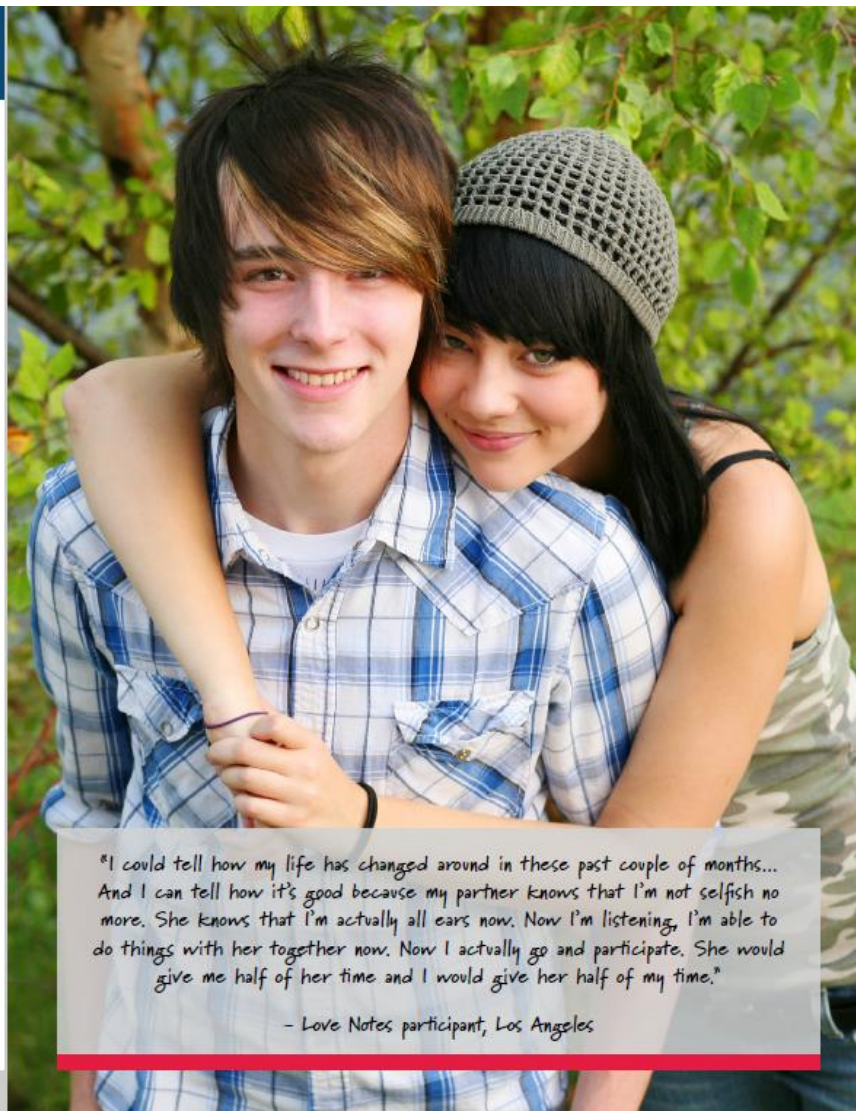
Our award-winning curricula all start from the same foundation: helping youth form strong and healthy relationships instead of simply avoiding negative ones. And the past year has marked some unprecedented triumphs in these efforts!

As we'll share later in this report, our curriculum *Love Notes* was added to the U.S. Department of Health and Human Services – Office of Adolescent Health's list of evidence-based programs for preventing teen pregnancy. *Love Notes* also has the distinction of being the only curriculum on the list to transcend basic contraception messages to focus on building healthy relationships as an outcome. And the results of a 5-year study found that this approach **WORKS!**

As we look ahead to the next year, The Dibble Institute is excited to deepen our menu of award-winning, evidence-informed curriculum. We'll unveil new research-based resources to help prevention programs work more effectively with trauma-affected youth and help these youth develop resilience to move beyond the confines of adverse experiences. We'll learn more about what researchers have to say about our programs' efficacy. We'll continue to lead the charge in making healthy relationship tools widely available. **And, with your help, we'll see real changes in young people's lives.**



Kay Reed  
Executive Director  
The Dibble Institute



"I could tell how my life has changed around in these past couple of months... And I can tell how it's good because my partner knows that I'm not selfish no more. She knows that I'm actually all ears now. Now I'm listening, I'm able to do things with her together now. Now I actually go and participate. She would give me half of her time and I would give her half of my time."

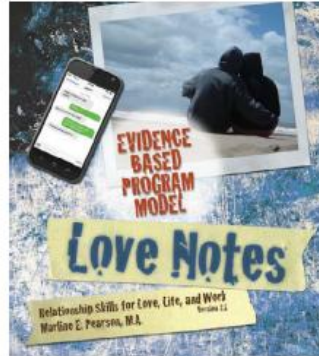
- Love Notes participant, Los Angeles



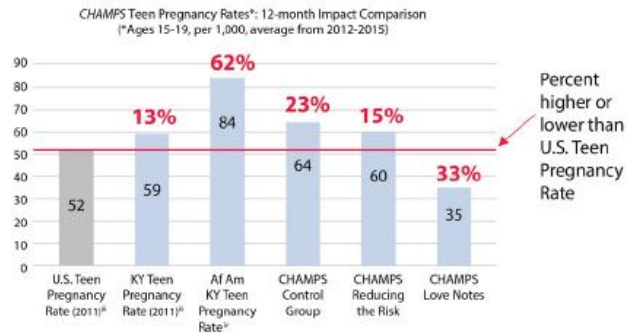
## Love Notes v2.1: Relationship Skills for Love, Life, and Work

### Love Notes Made the List!

Love Notes, a curriculum for young people ages 15-24, addresses the problems of unplanned pregnancy, single parenting, and troubled/abusive relationships. In 2016, the results of a 5-year study of the curriculum conducted at the Kent School of Social Work, University of Louisville found that students who had been through the classes were **33% less likely to get pregnant than the national average**. As a result, the U.S. Department of Health and Human Services – Office of Adolescent Health added this curriculum to its prestigious Teen Pregnancy Prevention Evidence Review list.



The evaluation also found that six months after going through the program, students were **“significantly less likely”** to report having sex, getting pregnant, or having unprotected sex.



<sup>a</sup>[www.quttmacher.org/sites/default/files/report\\_downloads/us-teen-pregnancy-state-trends-2011\\_tables\\_1.pdf](http://www.quttmacher.org/sites/default/files/report_downloads/us-teen-pregnancy-state-trends-2011_tables_1.pdf)

<sup>b</sup> [http://www.quttmacher.org/sites/default/files/report\\_pdf/ustptrends10.pdf](http://www.quttmacher.org/sites/default/files/report_pdf/ustptrends10.pdf)

Some organizations currently using Love Notes include:

- City of Hartford, CT
- Colorado Youth Matters, CO
- Mission West Virginia, WV
- OIC of Southern Florida, FL
- OMNI Youth Services, IL
- Planned Parenthood of Southern New England, CT
- Quest for Change, GA
- The Mary Black Foundation, SC
- Trinity Church, FL
- University of Texas Science Health Center, TX



*“Youth in Love Notes had the time and space to talk about their life goals, to practice healthy relationship skills [like] how to avoid or leave controlling or violent partners and how to stay safe emotionally and physically when they choose to have sex.”*

*– Love Notes Facilitator, as quoted in the OAH “Teen Pregnancy Prevention Program: Spotlighting Success” bulletin.*

## Our Reach

In 2014 and 2015, the Dibble Institute's curricula were used in 525 programs across the United States and Canada, with additional programs in St. Kitts, Great Britain, and Australia.



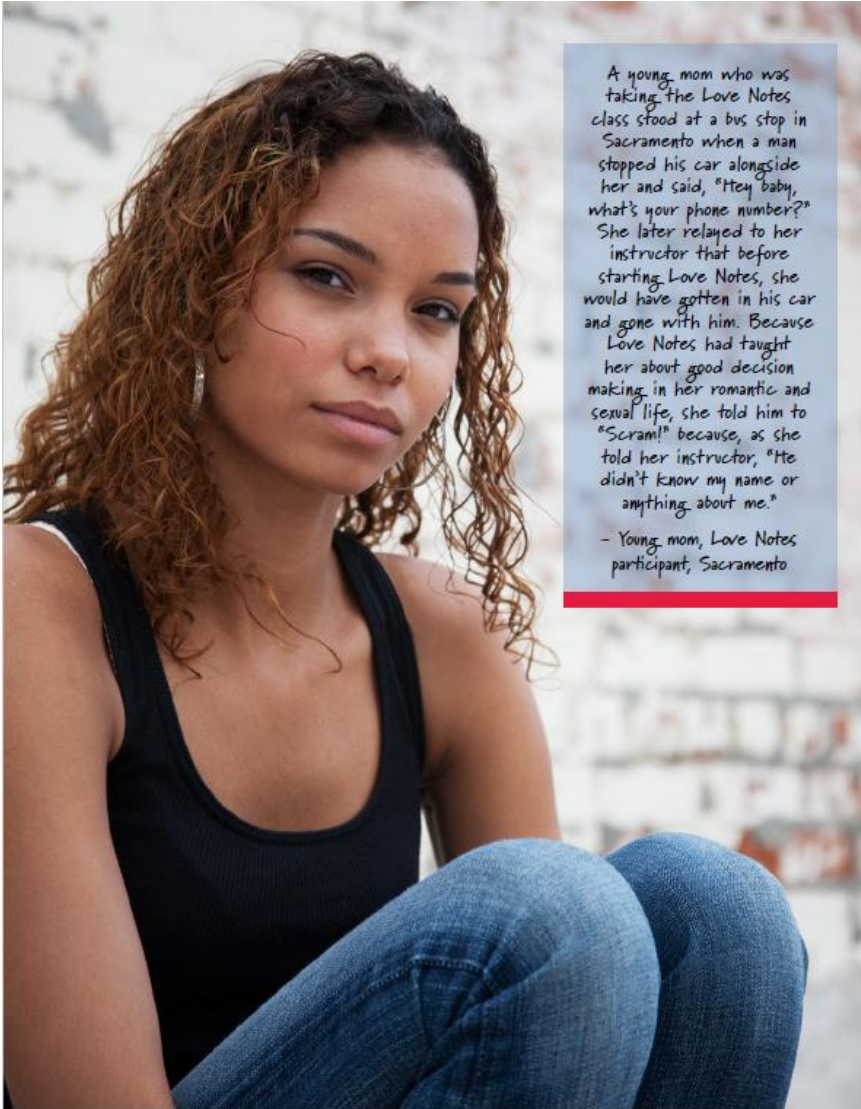
### The following types of programs use our award-winning materials:

- Child Support Services
- Corrections - Family Reunification and Reentry
- Dating Violence and Rape Prevention
- Expecting and Parenting Teens
- Foster Youth/Independent Living
- Health Education
- High School Completion
- LGBTQ youth
- Mental and Behavioral Health
- Pregnancy Prevention
- Responsible Fatherhood
- Runaway and Homeless Youth Outreach
- Temporary Assistance to Needy Families (TANF)
- Workforce Development

### Some of Our Customers

- Arizona Youth Partnership (AZ)
- Catholic Charities of the Diocese Rochester (NY)
- Central Nassau Guidance and Counseling Services (NY)
- Children's Aid Society (PA)
- Children's Harbor (FL)
- Compton YouthBuild (CA)
- Diaspora Community Services (NY)
- Family and Workforce Centers of America (MI)
- Family Resources, Inc. (FL)
- Hertford County Council (UK)
- Horizon Outreach (TX)
- Illinois State University-Care4You (IL)
- Iowa Ctr for Faith Based & Community Initiatives (IA)
- Los Angeles Community Colleges (CA)
- More Than Conquerors (GA)
- Ohio Commission on Fatherhood (OH)
- Omaha Public Schools (NE)
- Pathway Community Action Agency (OH)
- Quest For Change, Inc. (GA)
- San Gabriel Conservation Corps (CA)
- Tacoma School District (WA)
- Volunteers of America Dakotas (SD)





A young mom who was taking the Love Notes class stood at a bus stop in Sacramento when a man stopped his car alongside her and said, "Hey baby, what's your phone number?" She later relayed to her instructor that before starting Love Notes, she would have gotten in his car and gone with him. Because Love Notes had taught her about good decision making in her romantic and sexual life, she told him to "Scram!" because, as she told her instructor, "He didn't know my name or anything about me."

- Young mom, Love Notes participant, Sacramento

## Celebrating a Decade of Awards

Since 2007, The Dibble Institute's programs have received the following recognition:

- "Golden Lamp Winner" for *Healthy Choices, Healthy Relationships* from the Association of American Publishers, 2015.
- "Excellence in Financial Literacy Education (EIFLE) Award" for *Money Habitudes for Teens*, 2012.
- "Distinguished Achievement Award for Supplemental Resources" for *Things to Know Before You Say "Go!"* from the Association of Educational Publishers, 2012.
- Dibble named "Champion for Family and Consumer Science" from the National Association of Teachers of Family and Consumer Science, 2012.
- Named one of America's top-performing nonprofit organizations on the Social Impact (S&I) 100 Index, 2012.
- "Family Champion Award" from Kansas Association of Family and Consumer Sciences, 2012.
- "Distinguished Achievement Award" from the American Association of Educational Publishers for *Healthy Choices, Healthy Relationships*, 2010.
- "21st Century Community Champion Award" from the American Association of Family and Consumer Sciences, 2009.
- "Smart Marriage Impact Award," 2007.

2015 Golden Lamp WINNER  
**REVERE**awards  
AAP THE ARTS EDUCATION





## Testimonials

The curricula available from The Dibble Institute have been shown to:

- Prevent teen pregnancy
- Reduce teen dating violence and abuse
- Increase youth's assets
- Reverse harmful behavior
- Equip future parents
- Significantly delay the onset of sexual activity
- Improve ability to resist sexual pressure
- Decrease negative behaviors at home and at school
- Decrease peer-to-peer physical violence
- Improve communication with parents

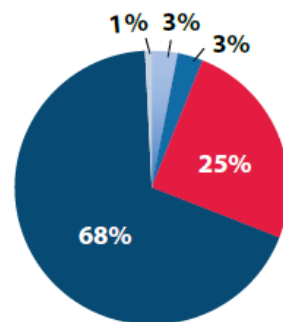
"The students who participated in the Love U2 Relationship Smarts (RQ+) program experienced significant improvements in terms of increases in relationship knowledge, decreases in destructive verbal and physical conflict strategies, increases in reasoning strategies, and positive changes in relationship beliefs regarding healthy relationships. Furthermore, analyses indicated that RQ+ increased conflict management capabilities in teens, especially minority and socioeconomically disadvantaged youth and those living in step families."

— Jennifer Kerpelman, PhD, Auburn University, et al; Family Relations (2007), Journal of Couple & Relationship Therapy. April 19, 2010.

## Financials

### Revenues

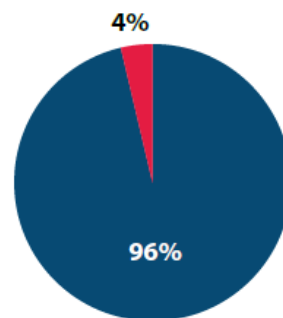
	2014-2015	2015-2016
Program Sales	\$478,272	\$665,196
Training	\$34,745	\$242,408
Donations	\$504	\$30,007
Grants	\$784,102	\$29,159
Other Revenue	\$19	\$7,668
<b>TOTAL</b>	<b>\$1,297,646</b>	<b>\$974,438</b>



2015-2016  
Revenue

### Expenses

	2014-2015	2015-2016
Program	\$1,311,096	\$864,379
Administrative	\$32,552	\$33,001
<b>TOTAL</b>	<b>\$1,343,648</b>	<b>\$897,381</b>



2015-2016  
Expenses

## Endorsements from the Field

"When I first began facilitating *Love Notes*, I was skeptical if this curriculum would be effective for young, African American males and I didn't think they would participate in the activities. I was pleasantly surprised to find that the activities were the most effective way to communicate with the young fathers. After these activities, case managers reported that the fathers began to open up more about how they felt about being fathers and the challenges of co-parenting."

– Avis Denise Files, Director of Family Supportive Services,  
Brothers United Fatherhood Program, Toledo, OH

"Kids like the Dibble curriculum because the topics are conversation starters with their parents. Several students have shared that they have taken the workbook home to give to their single parents or to their girlfriend or boyfriend."

– Deborah Gunn, *First Things First*, Chattanooga, TN

"We are proud to announce that we have provided healthy relationship education to over 3,000 youth and young adults using the *Love Notes* curriculum. These participants improved their self-esteem, healthy relationship expectations, effective communication, conflict resolution, and much more. We have empowered youth and young adults to take control of their relationships in a positive way, and we have seen real impact."

– Julie McGary, MSW, RCSWI, *Safe2B - You & Me*, Pinellas Park, FL



## Relationship Smarts PLUS 3.0: Relationship & Romance for Teens

*Relationship Smarts Plus* is a curriculum consisting of 12 lessons for teens addressing emotional resilience and wise dating choices. It includes lessons on identity, healthy relationship qualities, conflict, sexual decision-making, and appropriate social media use. The images and material are LGBTQ friendly.



*Relationship Smarts Plus* has **proven to improve life skills and healthy relationships by reducing teen dating violence and abuse**. That's why this curriculum was added to the National Registry of Evidence-based Programs and Practices (NREPP). Developed by the Substance Abuse and Mental Health Services Administration (SAMHSA), the NREPP is the premier database for scientifically established behavioral health interventions.

*Relationship Smarts PLUS* is now honored to be part of an ongoing study with the Healthy Minds Project evaluated by the London School of Economics. Preliminary results suggest that *Relationship Smarts PLUS* shows promise in building resiliency.



"Before this class, I never would have realized I was in an abusive relationship, let alone have had the courage to leave. I thought that an abusive relationship only meant one person hit the other. I learned that I was being abused emotionally and mentally. He told me all the time that he was the only person I could ever get, and if I left him he would turn all of our friends against me and make me a no one like I already was, except worse. He told me that he would start nasty rumors about me and make my life hell. I believed him too.

When we started getting more in depth with the unit, learning about warning signs and red flags, I realized I really wanted to leave. As we finished up the unit I learned how and where to break up with him. I am with someone new now that treats me right, but if I ever start seeing some of the red flags or warning signs, I will leave him immediately."

— Relationship Smarts PLUS participant, Pennsylvania





**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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