

# 2018/2019 Annual Report

## Message from Executive Director Kay Reed

I often say that building healthy relationship skills “pulls many levers.” When youth have a voice in the way they are treated by others and a clear understanding of the types of relationships they want to have, research shows the positive impact extends beyond their romantic lives.



That’s why I’m excited to present an annual report that shows how much The Dibble Institute’s reach has increased over the past five years. Today, The Dibble Institute’s programs are used successfully in programs that address dating violence, pregnancy prevention, rape prevention, expecting and parenting teens, services for runaway and homeless youth, foster care, dropout prevention, mental health prevention and early intervention, and juvenile corrections.

This past year, The Dibble Institute’s research-backed healthy relationship programs continued to reach new audiences. Expanded resources, including federal and state funding, make it possible for programs all around the country to teach healthy relationship skills—both on their own and part of other important programs.

Dibble also released an adaptation of *Mind Matters* for one-on-one settings. We recognize that this curriculum has the potential to serve even more youth and young adults who have experienced trauma when used in this way.

Dibble has long been a nonprofit clearinghouse for research and news on the field of healthy relationships. I’m proud to announce the launch of our newly redesigned website! With increased ease of navigation and customized interfaces for mobile devices and tablets, this new website will make it even easier for you to access the latest research, funding opportunities, tools, and resources to support your programs.

As we look ahead to the next year, we stand strong in our commitment to helping our clients and their programs all around the country be a beacon of hope for young people’s futures.



Kay Reed  
Executive Director  
The Dibble Institute

## Dibble's Impact Over the Last Five Years

429,000

youth served through

19

Dibble  
programs



18,000

total webinar attendees



129

total trainings  
given

1,962

total adults  
trained



“The cycle [of violence] will not continue, ya  
know, because I’m going to change it.”

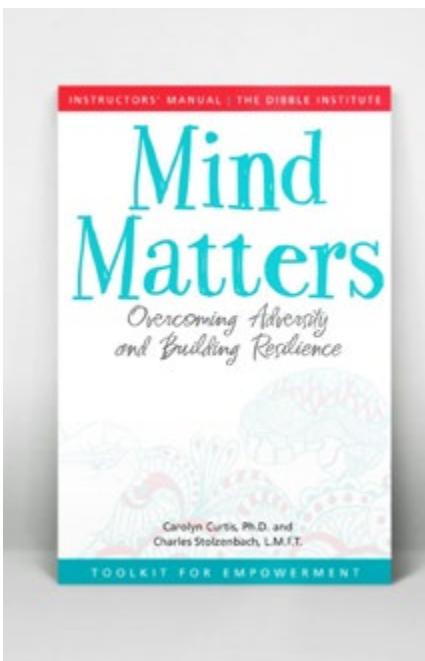
PROGRAM PARTICIPANT

# Mind Matters for One-on-One Guidance

[Mind Matters: Overcoming Adversity and Building Resilience](#), a curriculum used by youth- and adult-serving programs, provides powerful tools to help people move past the effects of trauma and adverse experiences.

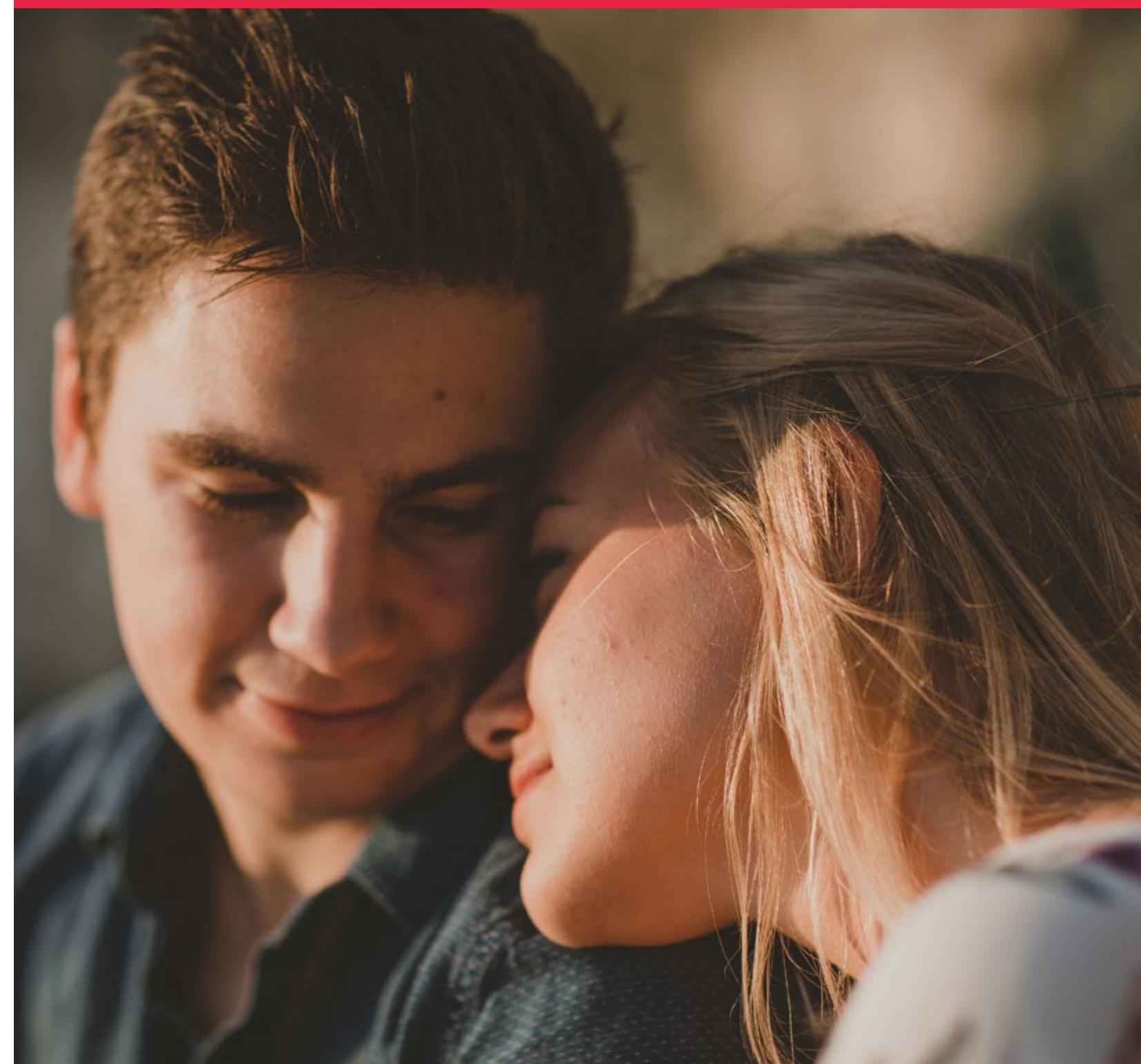
Organizations currently using *Mind Matters* in groups have seen great outcomes. And, they let us know that they also wanted to use the materials in one-on-one settings.

*Mind Matters* author Carolyn Curtis, PhD adapted the 12 lessons of *Mind Matters* into **21 one-on-one sessions**, each lasting 15 to 20 minutes. Her new guidance allows **home visitors, mentors, and social workers** to seamlessly use *Mind Matters* in their work with individuals and families.



“This program has helped show me what I need to look for to have a healthy relationship and, if I have an unhealthy relationship, I need to get out of it as soon as possible.”

## PROGRAM PARTICIPANT



## Approved Programs Listings

### National Lists

- Results First Clearinghouse Database
- National Registry of Evidence-Based Programs and Practices (Legacy)
- Financial Education List for Educators
- Office of Population Affairs Teen Pregnancy Prevention Program

### PREP State Lists

- Alabama
- Arkansas
- Florida
- Georgia
- Montana
- Puerto Rico

### Title V State Lists

- Alabama
- Arkansas
- Arizona
- Florida
- Illinois
- Massachusetts
- Montana
- Nebraska
- Puerto Rico
- Utah

### State Lists

- CEBC Program Registry (CA)
- California's Selected Strategies for Rape Prevention Education Funding
- Colorado Safe Schools Resource Guide
- Sourcebook of Delinquency Interventions (FL)
- Fatherhood Practitioners Curricula (OH)
- Erin's Law – Child Abuse Prevention (WA)

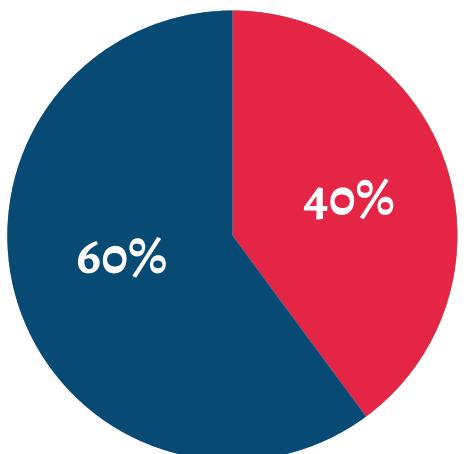
### Local Lists

- Los Angeles County Department of Mental Health—Prevention and Early Prevention Resource Guide 2.0

# Financials

FY 2018/2019 Revenue:

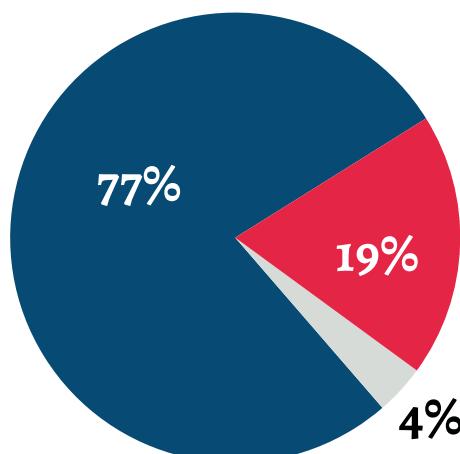
**\$1,161,424**



Program Sales  
Training

FY 2018/2019 Expenses:

**\$1,161,424**



Programs  
Reserve Repayment  
Overhead

## Settings and Populations Served

- Child abuse prevention
- Community colleges
- Dating violence prevention
- Drug and alcohol programs
- Expectant and parenting teens
- Foster youth (independent living, aging out)
- Juvenile justice/corrections/probation/re-entry
- Hospital systems
- Mental and behavioral health
- Peer-facilitated programs
- Pregnancy prevention (comprehensive sex ed and sexual risk avoidance)
- Rape prevention education
- Runaway and homeless youth
- Schools (Family and Consumer Sciences, health, detention)
- Trafficked youth
- Tribal youth
- Young fathers



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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