



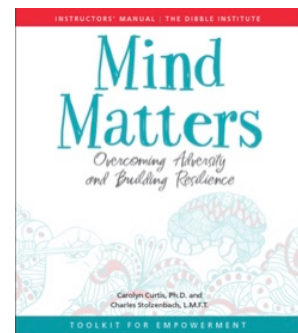
[The Dibble Institute](#) was pleased to participate in the 2022 National Center for School Mental Health Conference, Advancing School Mental Health last week.

On Day One, we presented [Mind Matters: Overcoming Adversity and Building Resilience](#). The response was very positive from attendees to this evidence-based program.

In a [study done at the University of Louisville](#), the results showed:

- **Decreased PTSD symptoms**
- **Improved trauma coping skills**
- **Improved social competence**
- **Improved emotional regulation**

This curriculum is **easy to implement as a Tier One or Tier Two program** in middle and high schools. It can also be used as professional development for your staff.



Would you like to review Mind Matters? We would be **pleased to send you a free 15-day review copy**. Simply email me at JoAnne@DibbleInstitute.org.

The need for mental wellbeing supports for students has never been greater. Thanks for your efforts in this important work.

Sincerely,

Jo Anne Eason
National Outreach Director
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