

Family Link

Improving lives of children, youth, and families



Frances
McClelland Institute
Children, Youth, and Families

Fall 2022

Greetings from the Frances McClelland Institute for Children, Youth, and Families,



In this annual report, we highlight our accomplishments from 2022, and we preview our plans for 2023. This year we cautiously embraced a return to in-person activities, while continuing to provide online resources and hybrid events to reach wider audiences of researchers, practitioners, and community members that extend far beyond southern Arizona. Societal trends in 2022, including uneven pandemic recovery, mental health challenges (especially for children and youth), rising financial worries, community violence, and promotion of policies and beliefs that are rooted in fear, hatred, and propaganda rather than science, have once again underscored the urgency of our mission to use the power of research and outreach to create opportunities to improve the lives of children, youth, and families. A highlight of our 2022 year included hosting the Frances McClelland Vision Awards ceremony in the courtyard outside our building on campus after two years of virtual ceremonies. It was truly exciting to gather in-person again to feel the passion, inspiration, and sense of community. FMI was honored to recognize leaders and an organization who are working towards improving the well-being of children, youth, families, and community. The Vision Awards provide an opportunity to celebrate accomplishments. At the same time, the remarks of each award winner highlighted that we have much more work to do collectively to create a more just and equitable society for children, youth, and families to thrive.

We continued to pursue our goal of sharing timely actionable research. We released two research briefs in English and Spanish on poverty and stress, and social determinant risks for cardiovascular disease. We regularly updated the resources on our website, and we added a new resource topic focused on transgender youth health. We reached more people than ever before, nearly doubling the number of visits to our website, and expanding our social media presence by gaining new followers, likes, and shares. We will build on this success in 2023, as we further expand the scope of our resource topics on our website and continue to grow our connections and social media presence.

In 2022 we also set records for fundraising, as we received donations from more individuals and organizations than we have since the Institute was named for Frances McClelland in 2009. Implementing a sponsorship model for this year's Vision Awards helped us increase donations for this event by over 200% from 2021. We are so grateful to all of our donors and partners who support our work and join us in our mission to create opportunities for children, youth, and families from marginalized communities to thrive.

We have an exciting line-up of events in 2023, including three talks in the Turbeville Speaker Series in the spring that focus on addressing societal inequities and working in partnership with families and communities. We will host our annual student poster showcase, and for the first time we will host a Graduate Student Data Blitz where Family Studies & Human Development graduate students will present on the exciting research they are conducting.

In 2023 we will bring together our efforts to support student research and community collaborations by offering community-based research experiences for undergraduate students who will be working on research projects in community organizations that participate in our FMI Advisory Council. We will pilot this program in Spring 2023 with help from a grant from the Office of Undergraduate Research.

Please visit our website, fmi.arizona.edu, to learn about our research, events, and resources. Follow and like us on social media. Thank you for your support.

Melissa A. Barnett, Ph.D.

*Director, The Frances McClelland Institute for Children, Youth, and Families
Norton Endowed Chair in Fathers, Parenting and Families
Associate Professor, Family Studies and Human Development*



THE UNIVERSITY
OF ARIZONA

2021-2022 Year in Review:

- Hosted our annual Spring Poster Colloquium where 26 teams of undergraduate and graduate student researchers presented their research posters.
- Hosted our 5th FMI Faculty Data Blitz where 9 faculty and Cooperative Extension agents gave 5-minute presentations of their current research.
- Hosted 6 talks in the Turbeville Speaker Series on various topics ranging from developing COVID-19 health messages for Latinx audiences, the Indigenous Food Knowledges Network, and the impact of the pandemic.
- Printed out 9 posters for academic conferences.
- Hosted our annual Vision Award Ceremony; awarded 4 awards.
- Raised over \$9000 in Vision Award Sponsorships
- Released a new publication in English and Spanish
- Awarded 1 Lang Summer Fellowships for Summer 2022
- Awarded 1 Professional Development Grant
- Celebrated 4 FSHD graduate students who completed their masters and/or graduated from the University of Arizona with their PhDs.
- Earned a Faculty Challenge Grant for Increasing Access to Undergraduate Research
- Our website has over 14K new users and our social media has gained a steady amount of new followers.

Welcome Dr. Kenneth White Jr



Associate Professor in Personal and Family
Financial Planning

Welcome Dr. Nicholas Bishop



Associate Professor in Family Studies and Human
Development

Welcome Dr. Norma Perez-Brena



Associate Professor in Family Studies and Human
Development

New Program Coordinator - Alvin Nguyen



At the start of the Spring 2022 semester, we welcomed in a new part-time FMI Program Coordinator, Alvin Nguyen. Alvin provides programmatic coordination for the Frances McClelland Institute's Vision Award Ceremony, Pamela Turbeville Speaker Series, and Community Conversations. He also assists in the coordination of meetings of The FMI Family Advisory Council, workshops, and conferences; oversight of the daily operations and activities of FMI and projects; and collaborations with the surrounding Tucson community programs and organizations.

FMI New Publication

"Reducing High-Stress Response of Children in Poverty Can Improve Overall Physical and Mental Health Outcomes: A Research Brief" was written by Kim-Peace Tuskey, MSW from the Mel & Enid Zuckerman College of Public Health. This brief addresses the topic of poverty and calls for establishing protective mechanisms in areas such as environment that impact the health outcomes for children and families living in poverty. This brief is available in English and Spanish.

FMI Resources for Youth

We recently updated our FMI website with new resources dedicated to youth resilience. To see these resources, please visit <https://fmi.arizona.edu/content/resources-youth>

REDUCING HIGH-STRESS RESPONSE OF CHILDREN IN POVERTY CAN IMPROVE OVERALL PHYSICAL AND MENTAL HEALTH OUTCOMES: A RESEARCH BRIEF April 2022
kim-peace-tuskey, MSW

INTRODUCTION
A baby is born into poverty in the United States every minute, and a baby is born into severe poverty in the United States every two minutes. Growing up in such an impoverished setting has far-reaching effects on children's physical and mental health. Considering the further the COVID-19 pandemic has contributed to job loss and increasing poverty rates in the U.S., with potential long-term ramifications, especially among families with children and families of color. These circumstances create significant barriers to health-promoting resources such as accessible recreational spaces and fresh healthy food. The federal poverty level was defined in 1959 as the income of a family of four earning below \$23,750, an amount estimated to be about half of what is needed for affording housing, food, childcare, transportation, and health insurance.¹ Living with a chronic poverty of resources increases accumulating stress loads in children. There is extensive research on the correlation between poverty and adverse health outcomes for children.² Children growing up in poverty are at a disadvantage in almost every domain of development, including social, emotional, and cognitive aspects.

In addition to areas from financial challenges, stress from environmental inequities contributes to health disparities for children living in poverty. For example, toxic environmental exposures are more frequent for children living in impoverished areas. Furthermore, impoverished areas tend to have scarce healthy food outlets, community green spaces, and recreational spaces. These exposures and scarce resources create an accumulation of stress and chronic patterns of stress activation that exact an insurmountable toll on children's mental and physical health over a lifetime.

FAMILY ADJUSTMENT AND ADAPTATION RESPONSE
Financial stress impacts parents' well-being, and in turn, it affects family dynamics, potentially leading to poor child adjustment.³ The Family Adjustment and Adaptation Response (FAAR Model) (see Figure 1) presents four non-linear processes that can occur when families face stress, including stressors associated with poverty.

First, families experience imposed demands (e.g., day-to-day hassles, past due bills, illness and no insurance), meet they might begin to interpret circumstances in order to make meaning of what is occurring (e.g., how this might highlight family identity, or refractor fitting in society). They may assess and employ their existing strengths (e.g., stretching a budget, seeking close family bonds or kinship support).

Lastly, families decide how they might adapt to the circumstances (e.g., adjustment in family roles, how this problem was handled in the past) in order to adapt and regain life balance. Families recognize their resources the only tools that they can. Some families remain unable to adapt in successful and healthy ways, resulting in heightened levels of vulnerability and poor health outcomes. The long gap of imposed demands overwhelms their capacity for healthy adaptation.

The gap of outcomes is not due to family personal shortcomings, but rather as a result of the failure of various systems that do not provide the necessary supports and resources for families to deal with chronic stress exposures, like those associated with poverty, pose significant health risks for children and families. Promoted mechanisms should be put in place to stop the damaging cascading health risks for children and their families.

RECOMMENDATIONS
The reduction of poverty-induced stressors can improve overall physical and mental health in the nearly 15 million children living in poverty in the U.S.⁴ Government assistance programs prevent negative impacts that children experience from poverty (see Table 1). Policy-makers must act now.



Figure 1. FAAR Model adapted from Peterson (2002)⁵

First, we need policies to support the continuation and expansion of safe measures to protect children and their families from the debilitating stressors of poverty.

SCARCITY OF RESOURCES
Healthy Food Outlets
Community Green Spaces
Recreational Spaces

TOXIC EXPOSURES
Swamp Treatment Plants
Landfills
Meth Gas
Industrial Plants
Wastewater

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Government Assistance Program	How Many Were helped (2021)
Child Tax Credit/Shared Income Credit	4 million
Social Security	1.4 million
Supplemental Nutrition Assistance (SNAP)	1.1 million
Housing Subsidies	793,000

Source: U.S. Department of Health and Human Services, Administration for Children and Families, 2021. Areas with water sites, landfills, or sewage facilities must be removed and placed in areas away from residential neighborhoods. This must be coupled with the development of community green spaces, parks, and recreational areas, as well as access to markets, stores or programs that offer fresh and healthy foods in impoverished neighborhoods.

The benefits of these policy efforts are two-fold. First and foremost, our children and their families struggling to manage employment and health adjustment will have the supports they need to experience resilience. When children and families are freed out of poverty, our communities flourish. Moreover, our national economy will be strengthened. It is estimated that costs in the U.S. related to anxiety, depression, and other stress-related health issues associated with poverty, total an estimated \$247 billion annually in lost productivity and increased provision of needed services.⁶ Therefore, by adopting the policy approach, our nation will reduce the high-stress response of children in poverty, thus improving overall health outcomes, while demonstrating excellence in fiscal responsibility. These strategies will lead to the regeneration of a nation with stronger children, families, and communities.



The 2022 Frances McClelland Vision Awards Ceremony

The Vision Awards were created to celebrate the legacy of Frances McClelland, who was a generous and tireless advocate for children, youth, and families, especially those experiencing adversity and injustice. Frances exemplified, supported, and celebrated resilience during her lifetime. The annual awards are given to those who share Frances's and FMI's vision of strong communities that support family resilience so that all children and youth, especially those who are most disadvantaged, have the opportunity to thrive. We honored the legacy of another late visionary leader in our community, Richard Elías, a longtime community advocate and leader, who served on the Pima County Board of Supervisors and the FMI Advisory Council. This year, we recognized three outstanding individuals and a local Tucson community organization who are all working towards improving the well-being of children, youth, families, and community.

- The Frances McClelland Vision Award - E. Liane Hernandez
- The Richard Elías Legacy Award - Maria Vianey Valdez Cardenas
- The Frances McClelland Youth Vision Award - Daniel Trujillo
- The Frances McClelland Spirit Organizational Award - Youth On Their Own

To learn more about the award winners and watch the ceremony video, please visit <https://fmi.arizona.edu/content/2022-frances-mcclelland-vision-award-ceremony>



Congratulations 2022 Lang Summer Fellow!



We are pleased to share that Priscilla Zambrano has been selected as the 2022 Lang Summer Fellow! The fellowship affords students like Priscilla the opportunity to write manuscripts that will advance understanding of factors that contribute to the wellbeing of children, youth, or families. Priscilla's manuscript is titled, "Beyond Nuclear: Relationship Quality, Generativity, and Grandparent Involvement".

Graduate Student Accomplishments

Congratulations to the 2022 FMI Graduate Students who completed their master's thesis or dissertations, Dr. Zhenqiang Zhao, Maria Belinda Vasquez, Kayla Osman, and Dr. Alexandria Pech!



Congratulations to Dr. Zhenqiang Zhao who successfully defended his dissertation, "The Process of Sexual Orientation Disclosure and Concealment: Implications for a Multi-Dimensional Construct among Sexual Diverse Youth"!



Congratulations to Kayla Osman, FSHD graduate student, who successfully defended her master's thesis "Understanding the Co-occurrence of Colorism and Ethnic-Racial Identity among Latinx Adolescents"!



Congratulations to Maria Belinda Vasquez who successfully defended her master's thesis "Partner Support as a Buffer Between Parental Depressive Symptoms and Parental Engagement"!



Congratulations to Dr. Alexandria Pech who successfully defended her dissertation, "Using Counterstorytelling to Understand Identity Development and Center Adolescent Girls and Young Women of Color Impacted by Familial Incarceration"!

Student Research Crowdfunding Campaign

A key strategy of FMI is training the next generation of engaged scholars who will conduct innovative research to improve the lives of children, youth, and families. A critical activity to support this goal is providing funding for students to conduct research.

In Spring 2022, we conducted a crowdfunding campaign, which raised funds that help students raise the caliber of their dissertation research and gain valuable hands-on research skills to ultimately advance their careers. These funds will sustain this impact and help us expand our student research support to include undergraduate students.

Notably, most of the donors to this campaign were graduate student alumni, underscoring how valuable FMI's support is to students.

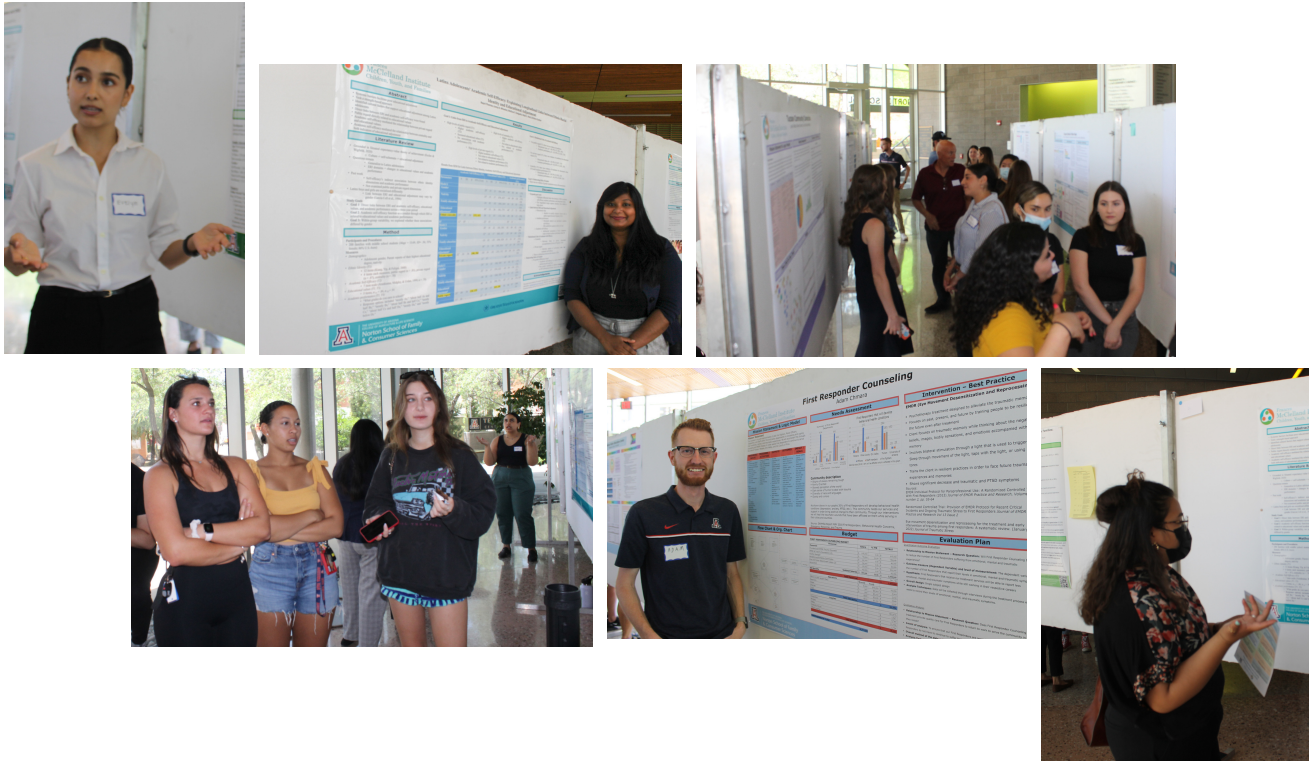
Previously funded projects have included studies investigating the experiences of youth with incarcerated parents, racial health disparities, early signs of Autism, coming out processes for sexual minority youth, family racial socialization, and home-school connections in early childhood.



Statement from Sei Eun Kim, Postdoctoral Research Fellow, Teacher's College, Columbia University

"The FMI Dissertation Award that I received in March of 2020 truly propelled my dissertation research. As I had planned to recruit both parent and youth data for my study, the financial support from FMI was even more crucial for me to advertise the study to boost the number of participants. Personally, it was a rewarding and encouraging experience as a Ph.D. candidate, as the award also meant that my department believed in my research. This support was everything, especially as an international student. I am sure it would mean the same for all graduate students who are in their dissertation stages."

2022 FMI Student Poster Colloquium



The 2022 annual Student Poster Showcase marked the first in-person event we held since the COVID-19 pandemic began. We had 26 teams of students come together to present their research on a variety of topics centered around improving the lives of children, youth, and families. Some of the students presented independent research projects they conducted with mentorship provided by Family Studies and Human Development (FSHD) faculty. Other participants were enrolled in FSHD 408 - Program Planning and Evaluation. These students presented their end of the semester projects which consisted of developing and/or evaluating individual or family focused programs for schools and communities.

2022 FMI Faculty Data Blitz

Thank you to all the research faculty in the Norton School and the Cooperative Extension Agents who participated in our annual FMI Faculty Data Blitz on Friday, February 18, 2022. We were delighted to share our research with visiting prospective FSHD doctoral students and community members.

Faculty Data Blitz Presenters



Dan McDonald, Take Charge America Institute & UArizona's Cooperative Extension

Melissa Barnett, Family Studies and Human Development

Russ Toomey, Family Studies and Human Development

Deborah Curley, UArizona's Cooperative Extension - Pima County

Thomas Korankye, Personal and Family Financial Planning

Melissa Curran, Family Studies and Human Development

Melissa Delgado, Family Studies and Human Development

Madeleine DeBlois, Community Research Evaluation and Development (CRED)

Katherine Speirs, Family Studies and Human Development & UArizona's Cooperative Extension

Emily Butler, Family Studies and Human Development



Thank you for supporting FMI!

Thank you to all of our partners for supporting the 2022 Vision Awards. Our sponsors will help fund many of FMI's upcoming events, like the Student Poster Showcase, and publications that help create opportunities for children, youth and families to thrive.

Teal Sponsors



*Jim & Vicki Click
& Family*

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Upcoming Events

Friday, January 27, 2023 from 1:00 - 2:15 PM

Pamela Turbeville Speaker Series Event with Dr. Dawn Demps:
"Where do We Go From Here: Black Mothers' School Considerations in Post Covid America"

Friday, February 17, 2023 from 1:00 - 2:15 PM

Pamela Turbeville Speaker Series Event with Dr. Amanda Hilton & Dr. Diane Austin: "Community-University Relations: Community Perspectives on their Interactions with the University of Arizona"

Friday, March 17, 2023 from 1:00 - 2:15 PM

Pamela Turbeville Speaker Series Event with Dr. Kenneth White: "How Financial Socialization Messages Relate to Financial Management, Optimism and Stress: Variations by Race"

Friday, April 28, 2023 from 12:30 - 2:30 PM

FMI Student Poster Showcase

About FMI



The Frances McClelland Institute for Children, Youth, and Families at the University of Arizona supports cutting edge, collaborative, and innovative research aimed at improving the lives of children, youth, and families, especially those from vulnerable and marginalized communities. We actively partner with community organizations, we share

research findings with the community, and we educate the next generation of engaged scholars and community leaders. In 2009, the Institute was dedicated to honor the memory and legacy of Frances McClelland. Frances was a business leader and philanthropist. She understood resilience in the lives of children and families.

In Partnership



Private support is fundamental to the origin and sustainability of the Frances McClelland Institute. We are grateful to all of our donors. We hope you partner with us in our mission to build strong communities that promote family resilience so that children and youth from marginalized backgrounds have the opportunity to thrive. Please invest in

our work at the Frances McClelland Institute by visiting our website: <https://fmi.arizona.edu/donors>



Frances
McClelland Institute
Children, Youth, and Families

Address:
PO Box 210078
Tucson, AZ 85721-0078

Email:
families@cals.arizona.edu

Phone: 520.621.8067
Fax: 520.621.4979

Website:
<https://fmi.arizona.edu/>

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