

UCR'S YOUTH HEALTH & DEVELOPMENT LAB

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ABOUT OUR LAB

FROM OUR DIRECTOR: DR. AERIKA BRITTIAN LOYD

"Welcome to the first quarterly newsletter for UCR's Youth Health and Development lab! This has certainly been an unexpected and trying way to start my first year at UC Riverside. The last several months have brought numerous unexpected and unprecedented challenges, from a global pandemic to more recently, protests driven by long standing racial injustice. Like many of you, I have often grappled with overwhelming frustration, anger, fear, and sadness about the state of these circumstances. Yet, amidst the chaos and confusion, I have been inspired to see my students and team members consistently show up, collectively support each other, and rise to the demands of the time. Our weekly virtual meetings have quickly become my favorite part of the week. We are still committed to the mission and vision our lab was established for. We bring our whole selves, energy, and creativity to conduct critical research on social inequities in order to inform youth-oriented practice, prevention, and policy so that young people can live happier, healthier, and more empowered lives. In the future, this newsletter will continue to provide updates on our ongoing research projects and share relevant information and resources. I look forward to connecting more with community partners who are also committed to healthy development in diverse youth and families. As well, we welcome suggestions for future newsletters. Sending you positive thoughts for health and overall well-being."

~Dr. Aerika Loyd

"Injustice anywhere is a threat to justice everywhere. We are caught in an inescapable network of mutuality, tied in a single garment of destiny. Whatever affects one directly, affects all indirectly."

— Martin Luther King Jr

Spring 2020

MEET THE TEAM

MEMBER SPOTLIGHTS



DR. AERIKA LOYD

"I am a new Associate Professor in the Department of Psychology at UCR! Originally from San Diego, I've lived all over the U.S. and in South Africa before migrating back to the west coast aka the "best" coast. For over ten years, I have been researching risk and protective factors among youth and young adults of color. The overall goal of my research program is to provide recommendations for culturally informed youth practice, prevention, and policy - essentially, how to promote human thriving in diverse populations. In my spare time, I enjoy traveling, gardening, and learning languages" (Spanish and Korean)."



TATE LEBLANC

"I am honored to work with Dr. Loyd as a lab manager in the Department of Psychology at UCR. Originally from the Inland Empire, I looked forward to returning to my community to continue youth empowerment work after living in Los Angeles. As a scholar-activist, I am interested in how young people cultivate resilience against shame and interpersonal violence, and what this means for programming and policy. I grew to miss and appreciate the "little things" in life before quarantine, like listening to music during my morning commute. In my free time, I enjoy weight-training, keeping up with local politics, and trying my hand at crafting authentic German cuisine."



MARIA FAHEEM

"I am a third year undergraduate Psychology, Law and Society major. After graduation I plan to pursue my Masters in Forensic Psychology. I am interested particularly in the development of youth of color and how the social racialization of their communities has impacted their future opportunities, including their chances of being justice involved. It was due to this interest that I was drawn to the Youth, Health, and Development Lab. By studying the mental health of minority youth, I hope to gain a deeper understanding of how they are affected mentally/emotionally rather than just socially. While in quarantine I have been learning how to slow down and relax. I have become an avid watcher of Korean Dramas and am in the process of learning how to speak Korean."



YSSIS DAVIS

"I am a fourth year Psychology major with a minor in African American Studies. I transferred from San Diego Mesa College and I currently hold two Associate degrees in Psychology and Biology. I was drawn to this lab because of my personal mission to aid underserved communities of color in mental health; specifically by practicing psychiatry one day. I saw an excerpt of Dr Loyd's research in a newsletter when I first moved to Riverside, and I knew I just had to be involved. I am a devoted plant parent, I love to sing, I am an avid ocean swimmer, and I enjoy hiking. This year's quarantine has really taught me how to focus through hardship while still feeling my feelings. I have been really growing and hope to continue doing so."



MAGGIE HENDERSON

"I joined UCR's psychology undergraduate program as a transfer student from Riverside Community College. As a first-generation college student, social and academic engagement within the Highlander community is important to me. My academic experience has been greatly enhanced since taking on a research assistant position in the Youth Health & Development Lab. Being a member of Dr. Loyd's lab has given me the opportunity to engage more deeply in academic research, and has also allowed me to further develop my passion for community involvement. As I move into my senior year, with a quarantine quarter behind me, I have learned the importance of just hanging out and enjoying the ride that is life."



DION CHON

"I am a third-year undergraduate psychology major. Down the line, I want to pursue a career in assisting people to create healthier and safer lives. More specifically, I hope to pursue a Ph.D. in health psychology. Being a strong advocate for mental health in youth, I took interest in the Youth Health and Development lab. With this experience, I want to gain knowledge about how young people cope with the effects of things like racial discrimination, social pressures, and personal development. During quarantine, I've realized how much slower the day goes by staying inside most of the time. To pass the time, I have picked up many anime shows to watch."

RESEARCH PROJECTS

& UPDATES

INVESTIGATING RACIAL/ETHNIC IDENTITY SHIFTING (IRIS)

This online, multi-university study seeks to understand how racial/ethnic minority young adults modify or “shift” their behavior in different social contexts, and implications of identity shifting for health and well-being. We look forward to gathering this data and identifying implications for our communities!

THE MEDLAB EXPERIENCE

This study, based in Chicago, examines the effects of high-tech, interactive educational experiences on diverse urban youth and their STEM career aspirations. This project is a partnership between the Museum of Science and Industry in Chicago, Depaul University, Northwestern University, and the University of California, Riverside and is supported by the National Science Foundation.

PATHWAYS TO RESILIENCE PROJECT

This project, funded by the Russell Sage Foundation, aims to study risk and resilience among Black youth involved in juvenile justice. One factor of particular interest is the role of racial trauma. Young people aged 12-17 who meet this criteria, or their caregivers, are welcome to contact us at youthdevlab.ucr@gmail.com. We look forward to hearing their stories!



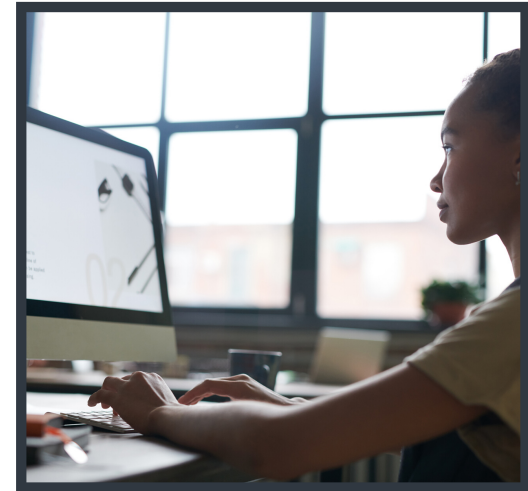
PROGRAM SPOTLIGHT

BY OUR COMMUNITY ORGANIZATIONS RESEARCH PROJECT TEAM

This quarter the CORP team was tasked with identifying and evaluating youth-serving community organizations in the Riverside-San Bernardino area. Among many outstanding organizations, we would like to highlight the Boys & Girls Club of Greater Redlands-Riverside (BGC) as an exemplary organization that targets many aspects in the lives of the youth they serve. BGC is a safe place for kids to go after school and during summers that offers a plethora of programs targeted at developing healthy lifestyles, academic success, self-esteem enhancement, healthy relationships, good character and leadership building, and more. In our interview, Senior Vice President Mark Davis described the organization essentially as a launching board; they help to shape children's dreams and empower them to strive for them. What we found most inspiring was how this organization rose to the occasion to continue aiding communities through the current COVID-19 pandemic. Due to restrictions on in-person gathering, BGC quickly shifted to offer virtual programming, and more importantly, converted their facilities to a short-term food pantry to help feed families negatively affected by the stay-at-home order. As an organization, BGC demonstrates its commitment to bettering the lives of youth and their families, and we commend their efforts.



BOYS & GIRLS CLUBS
OF GREATER REDLANDS-RIVERSIDE



RESEARCH IN HUMAN DEVELOPMENT

In order to reframe and broaden human development research, Drs. Abo-Zena and Loyd gathered four manuscripts led by undergraduate student-scholars with diverse lived experiences and social identities completing human development coursework and mentored by more senior scholars. Martin, Loyd, and Abo-Zena describe an online educational tool that Martin developed that bridges developmental and educational science, instructional design, and business. Besana, Katsiaficas, and Loyd discuss the findings of Besana's Honors College capstone project addressing the historic relative invisibility or misrepresentation of Asian Americans in U.S. films. Jamarillo, Scott, Johnson, and Martin examine a program initially constructed as an academic intervention, but that was expanded to be trauma-informed and more holistically support youth who are refugees. Boyne, Hamlin, Cunningham, and Abo-Zena chronicle how stereotypes make their way into our psyches, but can be challenged such as through an applied project that brings together portraiture and oral history. The mentored approach featured in this special issue highlights the potential of inclusive research practices that are grounded in the engaged scholarship of students and their lived experiences.



Abo-Zena, M. M., Loyd, A. B., & Cunningham, M. (2019). Introduction to mentored scholarship: Mirrors, windows, and doors to understanding and supporting research in human development. *Research in Human Development*, 16, 175-184. <https://doi.org/10.1080/15427609.2020.1727821>

WHAT WE'RE READING



During some of our weekly virtual meetings, our team would engage in discussion on research articles pertaining to present social issues. By having a conversation about the research, we are able to deepen our understanding of the issues. Here we have compiled a list of the readings that we found particularly interesting. Need new reading material? Give these a try!

- Brown, C. S., Mistry, R. S., & Yip, T. (2019). Moving from the margins to the mainstream: Equity and justice as key considerations for developmental science. *Child Development Perspectives*, doi:<http://dx.doi.org/10.1111/cdep.12340>
- Del Toro, J., Lloyd, T., Buchanan, K. S., Robins, S. J., Bencharit, L. Z., Smiedt, M. G., . . . Goff, P. A. (2019). The criminogenic and psychological effects of police stops on adolescent black and latino boys. *PNAS Proceedings of the National Academy of Sciences of the United States of America*, 116(17), 8261-8268. doi:<http://dx.doi.org/10.1073/pnas.1808976116>
- Durand, T. M. (2019). Overcoming Stereotypes to “Master Our Dreams”: The Salience of Ethnic Climate and Racial Diversity Among Students of Color in Middle School. *The Journal of Early Adolescence*, 027243161989124. doi: 10.1177/0272431619891241
- Loyd, A. B., Hotton, A. L., Walden, A. L., Kendall, A. D., Emerson, E., & Donenberg, G. R. (2019). Associations of ethnic/racial discrimination with internalizing symptoms and externalizing behaviors among juvenile justice-involved youth of color. *Journal of Adolescence*, 75, 138-150. doi:<http://dx.doi.org/10.1016/j.adolescence.2019.07.012>
- Sánchez, B., Anderson, A. J., Carter, J. S., Mroczkowski, A. L., Monjaras-Gaytan, L., & DuBois, D. L. (2020). Helping me helps us: The role of natural mentors in the ethnic identity and academic outcomes of latinx adolescents. *Developmental Psychology*, 56(2), 208-220. doi:<http://dx.doi.org/10.1037/dev0000878>

FOR ADDITIONAL INFORMATION

[VISIT OUR WEBSITE @YOUTHDEVLAB.UCR.EDU](https://youthdevlab.ucr.edu)

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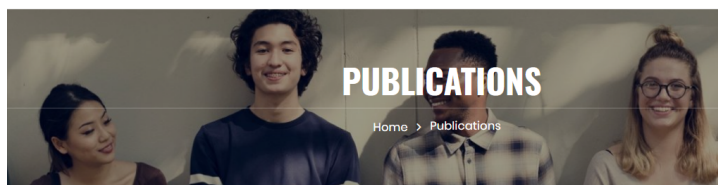


PUBLICATIONS TAB

On this page you can find various publications by our team. Including more on the Research in Human Development special issue.

NEWS TAB

Here you can find our weekly digests informing on current issues, supplying resources, etc.



Recent Publications

Abo-Zena, M. M., Loyd, A. B., & Cunningham, M. (2020). Introduction to Mentored Scholarship: Mirrors, Doors to Understanding and Supporting Research in Human Development. *Research in Human Development*, 17(3-4), 175-184.

Martin, A., Loyd, A. B., & Abo-Zena, M. (2020). Rhymes with Reason: Using Music to Connect Identity, C Learning. *Research in Human Development*, 16(3-4), 185-200.

Besana, T., Katsiaticas, D., & Loyd, A. B. (2020). Asian American Media Representation: A Film Analysis for Identity Development. *Research in Human Development*, 16(3-4), 201-225.

CONTACT US TAB

Curious about our projects? Have questions regarding our research? Want to join our team? Shoot us an email at youthdevlab.ucr@gmail.com



You can also find general updates about lab events and team members here. Information on lab research projects can be found under the "Current Projects" tab.



New Blog Article by Drs. Aerika Loyd and Bernadette Sánchez

June 4, 2020



Dr. Loyd Receives Highly Selective Pipeline Grant

March 11, 2020



Poster Accepted for Upcoming SRCD Conference in Puerto Rico

January 10, 2020