

BIANNUAL NEWSLETTER

WINTER/SPRING 2021

YOUTH HEALTH AND DEVELOPMENT LAB



ABOUT US

At the Youth Health and Development Lab, we study how life experiences and social factors shape young people's health, development, and wellness.



OVERVIEW

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FOLLOW OUR SOCIAL MEDIA



@UCR_YOUTHDEV



@UCR_YOUTHDEV



@UCRYOUTH

MEET OUR LAB MEMBERS



Dr. Aerika Loyd

*Associate Professor and
Lab Director*



Tate LeBlanc

*Lab Manager and
Graduate Student
(starting Fall 2021)*



Dulce Wilkinson

Graduate Student



Anabelle Maya

Graduate Student



LeNisha Williams

*Graduate Student
(starting Fall 2021)*



Ysis Davis

Research Assistant



Maggie Henderson

Research Assistant



Maria Faheem

Research Assistant



Dion Chon

Research Assistant



Stacy Lopez

Research Assistant



Bethel Israel

Research Assistant



Negin Ghaffari

Research Assistant



Gilberto Torres

Research Assistant



Jada Martinez

Research Assistant



Madeleine Chan

Research Assistant



Yannelly Zuniga

Research Assistant



Juelle Ford

Research Assistant



Lesley Hernandez

Research Assistant



Aylin Luna

Research Assistant



Klaudia Gallardo

Research Assistant

PATHWAYS TO RESILIENCE

We are studying risk and resilience among Black youth who are involved in the juvenile justice system or have had contact with law enforcement.

- We presented at the 2021 Society for Research in Child Development meeting. Using data from the California Racial Identity Profiling Act of 2015, we found racial disparities in police practices. Our findings challenge the notion that police stops prevent future arrests among youth.
- We're still looking for Black youth & families in Southern California to participate in an online survey and optional virtual interview. Information [here!](#)

PATHWAYS TO RESILIENCE

The UCR Youth Health and Development Lab is seeking African American youth and parents to participate in an online survey and optional virtual interview. The purpose is to learn more about the mental health of African American youth who have encountered the justice system.

To be eligible the youth must:

- Have had contact with police or the justice system
- Be between the age of 12 and 17
- Identify as Black or African American
- Live in Southern California

Youth and Families will be compensated for their time!

WE WANT TO HEAR YOUR STORY

If you are interested, please contact our team!
Email: youthdevlab.ucr@gmail.com
Phone: (951) 827-2535

Follow us on social media!
[@ucr_youthdev](https://twitter.com/ucr_youthdev)

Lab Director: Dr. Aerika Loyd
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THE MEDLAB EXPERIENCE

In collaboration with the Museum of Science and Industry in Chicago, we're studying how diverse students make meaning of STEM experiences, identity, family, and school.

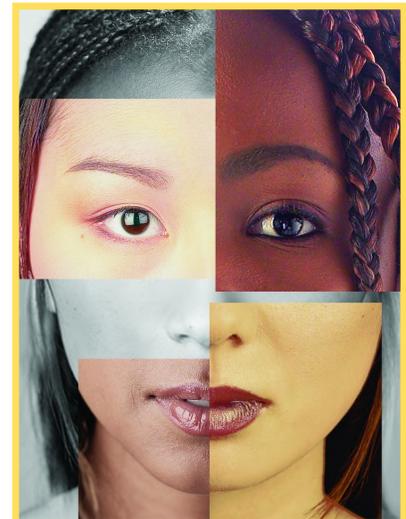
- Our first Advisory Board Meeting was held virtually in March 2021
- To date, we've pilot tested our survey online with over 100 youth



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.

- Between Fall 2019 and Spring 2020, we surveyed over 800 racially diverse undergraduate students attending two universities
- Look for exciting research updates from the IRIS project!



TAKING A LOOK BACK...

YEAR-IN-REVIEW

COVID-19 prompted structural changes to places of work across the globe, and our lab was no exception. Students, faculty, and staff alike had to navigate the transition to remote work, re-imagine research plans, and carve out new professional trajectories. Nevertheless, our team persisted!

We are pleased to highlight some of our updates since our Spring 2020 newsletter:

GRANTS

- We submitted a grant proposal with collaborators from the School of Medicine in October 2020

RESEARCH ACTIVITY

- We presented at the Society for Research in Child Development meeting in April 2021
- We presented at R'PSYC 2021 - Annual Psychology Undergraduate Research Conference. Check out all of the presentations [here!](#)

WRITING

- We submitted two articles for publication in academic journals
- We currently have three articles and two book chapters in progress

COMMUNITY ENGAGEMENT

- We launched our lab social media presence on Instagram, Facebook, and Twitter
- Blog: [How mentors and mentoring programs can support mentees' ethnic/racial identity](#)
- Podcast: [COVID-19: Heightened racial disparities with UCR School of Public Policy](#)
- We identified and contacted over 300 community-based organizations in Southern California!

LAB NEWS

- We completed lab renovations in October 2020
- Our lab was approved to re-open in May 2021!

MOVING THE NEEDLE:

THE MOVEMENT TOWARDS RACIAL JUSTICE



Racism is not a new phenomenon in the United States. Patterns of racially motivated violence in the past year, from the murder of George Floyd to the Atlanta spa shooting, have served as sobering reminders of the work that still needs to be done to achieve racial equity in our communities. Yet, from the tragedies of these events, signs have emerged, signaling the movement of the needle towards social justice. It is not lost on us that our work within the Youth Health and Development (YHD) Lab is situated within these broader movements for social justice and racial equity. We wish to take a moment to acknowledge the patterns of racist violence in our communities while also highlighting the social movements (in which the involvement of youth has been critical) seeking to end these systems of harm.

In May 2020, the murder of George Floyd by former police officer Derek Chauvin prompted an uproar of protests across the world. People of all communities protested police brutality and the abuse by law enforcement towards Black/African American people. On April 20, 2021, nearly a year after Floyd's death, Chauvin was found guilty of murder on all counts. To many, this signaled a step towards much-needed accountability for all officers involved in police brutality.

During the COVID-19 pandemic, xenophobia and racism led to an increase in anti-Asian hate crimes across the country. In 2021, Stop Asian American Pacific Islander Hate, an organization that tracks hateful and discriminatory incidents against Asian Americans and Pacific Islanders, continued their work towards ending Asian violence following the 2021 Atlanta spa shooting that took the lives of 8 people, 6 of whom were Asian women (Xiaojie Tan, Daoyou Feng, Suncha Kim, Soon Chung Park, Yong Ae Yue, and Hyun Jung Grant). However, the Atlanta shooting was not deemed racially motivated despite a majority of the victims being Asian and racial slurs being used by the attacker during the shooting. On April 22, 2021, the U.S. Senate passed a bill which created a new position in the Department of Justice dedicated to reviewing and reporting Anti-Asian hate crimes.

In the face of these attacks, and many others like these, the YHD Lab takes a stance against racial injustices and stands with those affected by racially motivated hate crimes. We have listed resources below in support of communities and individuals affected by ongoing violence.

RESOURCES:

- <https://guides.lib.ucr.edu/blacklivesmatter>
- <https://anti-asianviolenceresources.carrd.co/>

MUSIC CHANGING LIVES



Music Changing Lives staff, board, and volunteers receive awards at the organization's 20th anniversary celebration (2018).

We would like to spotlight the amazing work of the Music Changing Lives (MCL) organization. MCL is a San Bernardino-based nonprofit organization that serves youth in low-resourced communities by offering music and art therapy. The foundation of MCL began in Josiah Bruny's home studio where he taught young musicians how to record and copyright their own music. Combining his passion for music and motivation to shape young lives, Music Changing Lives was born. MCL provides music, art, and after school tutoring to students at public schools and community centers and has continued to provide services virtually since the beginning of COVID-19. Their after school program provides homework assistance followed by a two-hour engagement in an abundance of art forms, including music (instrument and vocal lessons), art, disc jockeying, audio engineering, and dance.

MCL's music program allows students to learn a comprehensive music curriculum as well as instrumental instructions. The vocal instruction program includes vocal lessons and the opportunity to develop, record, and produce a song. Their art program provides students with a diverse set of art tools that allow experimentation and creative freedom to produce their own masterpieces, as well as learn about artists and their unique styles. Within the disc jockey program, students are exposed to various equipment and learn the basic skills for how to DJ. Students in the audio engineering program learn the basics of Logic Pro X, a professional-grade audio editing software, and the skill set necessary to publish their music online. The last program provided by MCL is the dancing program, where students learn about the history of dance and techniques that will allow them to develop their own piece to perform at the showcase. After 21 weeks in the program, students are then able to demonstrate their talents at the Changing Lives Showcase. Through their diverse music and art programs, MCL provides young people the opportunity to discover and enhance their talents.

Want to learn more? Check out MCL's website at www.musicchanginglives.org

WHAT'S GOING ON AT UCR?

CAMPUS AND PSYCHOLOGY DEPARTMENT NEWS

PSI CHI (PSYCHOLOGY HONOR SOCIETY)

PSI CHI is the International Psychology Honor Society at UC Riverside. In collaboration with UCR's Psychology Department and the Council on Undergraduate Research, PSI CHI annually hosts the R'PSYC conference. Here, undergraduate researchers present their research. We are excited to announce that our own director, Dr. Aerika Brittian Loyd, was the R'PSYC 2021 keynote speaker!



IN-PERSON COMMENCEMENT

As public health guidelines begin to change with the nationwide administering of the COVID-19 vaccine, it has been announced that in-person Commencement will take place for both 2020 and 2021 graduates. Vaccinated graduates and up to two vaccinated guests can walk across the stage to celebrate our graduates' achievements.



NEW STUDENT SUCCESS CENTER

As the 2021-22 academic year approaches, the UCR Student Success Center is almost done! This center will provide students with new lounges and study areas, meeting rooms, and lecture halls. This project is expected to be completed by September 2021.

