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THE UNIVERSITY OF ARIZONA



NORTON SCHOOL OF HUMAN ECOLOGY

Frances McClelland
Institute for Children,
Youth & Families



Greetings from the Frances McClelland Institute,

We are pleased to share updates with you about upcoming talks, student fellowships, FMI research, a research study participation opportunity, and community events.

We hope you join us tomorrow, February 20th for the first talk this semester in the [Pamela Turbeville Speaker Series](#). Dr. Nicole Lorig from the the University of Arizona College of Veterinary Medicine will present her research on equine-assisted services. This talk will be of interest to researchers, therapists, educators, practitioners and animal lovers. We hope you can join us in person or virtually! The talk originally scheduled for January by Dr. Thao Ha from Arizona State University has been rescheduled for March. See below for details.

Thank you for supporting our mission to use the power of research to inform opportunities for children, youth and families, especially those from marginalized communities, to thrive. Please follow us on social media and visit our [website](#) to stay up-to-date on our events and to access the [resources](#) we share.

Upcoming Turbeville Speaker Series

The Frances McClelland Institute
for Children, Youth, & Families
invites you to...



NORTON SCHOOL OF HUMAN ECOLOGY
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Youth & Families

SPRING 2026

TURBEVILLE SPEAKER SERIES

Speaker: Dr. Nicole Lorig,
College of Veterinary Medicine,
University of Arizona

Title: *Wellbeing Across Species:
A Biopsychosocial Approach to
Understanding Equine-Assisted
Services*

Time: Friday, February 20,
2026 from 1 PM - 2:15 PM

Location: McClelland Park Room
402 Or Zoom



[REGISTER NOW](#)

TURBEVILLE
SPEAKER
SERIES
2026



NORTON SCHOOL OF HUMAN ECOLOGY
Frances McClelland
Institute for Children,
Youth & Families

SPRING | SPEAKER PRESENTATIONS



Friday, February
20th
1 PM - 2:15 PM
McClelland Park
Room 402 Or
Zoom

Dr. Nicole Lorig, Veterinary
Medicine, University of
Arizona

*Wellbeing Across Species: A
Biopsychosocial Approach to
Understanding
Equine-Assisted Services*



Friday, March
20th
1 PM - 2:15 PM
McClelland Park
Room 402 Or
Zoom

Dr. Thao Ha, Department of
Psychology, Arizona State
University

*From Love to Harm: The
Development of Adolescent
Romantic Relationships in the
Digital Age*



Friday, March
27th
1 PM - 2:15 PM
McClelland Park
Room 402 Or
Zoom

Dr. Dan McDonald &
Community Partners

*Engaging Community through
Financial Literacy Education*

[REGISTER HERE](#)

FMI Updates

2026 Summer Obsurn Fellows

This fellowship supports graduate students to write first-author manuscripts to submit to peer-reviewed journals.



Congratulations!

Priscila Gamez-Hernandez

Gamez- Hernandez will work on their manuscript titled: *Latine Adolescents' Responses to Political Climates: Examining Familism Values as a Moderator.*



Congratulations!

Baltzar Campos

Campos will work on a their manuscript titled: *Life Course Determinants of Multimorbidity in Older Mexican Adults: Do Education and Occupation Moderate the Effects of Childhood Adversity?*

Research From The Institute

Tough talks: Helping adolescents navigate smartphones safely

Feb. 25, 2020
Eric Schurr



Dr. Tim Ottusch shares insight on helping families navigate adolescent smartphone use in the latest CALES Insider!

[READ MORE](#)

Interested in Contributing to Research?

Dr. Sabrina Helm is looking for participants to take part in an informational research study. It's a great opportunity to share your perspective and support valuable work. Scan the QR code to learn more or fill out the interest survey.



Exploring The Impact of Climate Change on Millennials' Home-Buying Decisions

Are you born between 1981 and 1996 and interested in participating in a study on **Climate change and its impact on your home-buying decisions**?

Our research study explores how climate change is impacting millennials' choices about where, when, and whether they will buy a home.

We invite you to participate in a Zoom interview to discuss your thoughts about this important topic. The interview will last up to 1 hour and will be compensated.

This study has been approved by the UA IRB.



Scan the QR code for information on the study and available time slots.

Please contact Marissa Hettinger or Sabrina Helm, PhD, for more information (marissajo96@arizona.edu, helm@arizona.edu).



INTEREST FORM SURVEY

Meet Our Faculty



Interview with Dr. Darin Knapp

Interview conducted by graduate student **Carolina Noriega**, a PhD student in the Human Development and Family Science program.

Q: What is your name, title, position, and what do you teach?

DK: I am Darin Knapp, a Professor of Practice, Associate Director of the Norton School, and Director of Graduate Studies for Marriage and Family Therapy. I typically teach Contemporary Families (HDFS 257), Basic Counseling Skills (HDFS 401), and Mental Health and the Family courses focused on adults and on kids and adolescents (HDFS 427A and 427C). I am also preparing a curriculum to teach MFT classes starting next year.

Q: What made you interested in teaching?

DK: It was truly just an experience. During my PhD program I was assigned as the sole instructor for a class called Family Relationships and Gender Roles. It did not go well at first, but my wife told me, "your students will not take you seriously until you take yourself seriously as a teacher." I put a lot of time into improving, completed teaching workshops, and realized I loved it; it energized me and felt fulfilling. I later learned there were teaching-focused faculty positions and decided to pursue them because while I liked research and clinical work, I loved teaching.

Q: Where did you complete your education?

DK: My undergrad is in HDFS from BYU, my master's is in Marriage and Family Therapy from BYU, and my PhD is in Marriage and Family Therapy from Kansas State University.

Q: Was this your first position after your PhD?

DK: Yes. I applied to teaching positions, interviewed here, liked the people in the program, and felt it was a really good fit even though moving to the desert was not originally part of the plan.

Q: What is your favorite topic to teach?

DK: Suicide prevention. I've done extensive clinical work and community workshops, and students had so many questions that I created a special topics course about suicide in families. It's heavy but worthwhile, life-changing material that students can apply immediately while learning about research, policy, and practice.

Q: What are the biggest challenges of teaching and student success?

DK: One challenge is wearing many hats and wishing I had more time to consistently update course materials. Another is balancing best practices with what is practical, especially in large classes. I also advocate for students to remember they are real people outside of class, it's okay to take a break and not

work yourself to the bone. Teaching has also shifted, and I sometimes feel more pressure to be an entertainer while ensuring what I do truly helps students learn.

Q: Is there a topic you don't particularly like teaching?

DK: In Contemporary Families, we cover families in older adulthood. I enjoy it, but it's not one of my strong content areas, so compared to topics I know deeply, it's probably my least favorite.

Q: What would you tell your younger self when you first started teaching?

DK: Recognize that there are many job paths with a PhD. I didn't realize there were teaching-focused roles, and knowing earlier would have helped me be more strategic and confident about my professional direction.

Q: What advice would you give graduate students interested in teaching?

DK: Find out what your options are and keep doors open. You never know which opportunity will become your career. Be brave in the classroom, trust yourself, try different approaches, ask for feedback, and treat teaching a little like an experiment.

Q: What goals do you have moving forward in your teaching career?

DK: I want to build a strong curriculum for the Marriage and Family Therapy graduate program and ensure my graduate-level courses promote critical thinking and high-quality research engagement. I'd also like to pursue additional teaching awards to celebrate and legitimize teaching-focused faculty roles.

Q: How do you manage stress or challenging teaching moments?

DK: I rely on supportive colleagues so I don't feel professionally isolated and can share both successes and mistakes. Personally, being a parent helps me stay present, young kids demand your full attention, which creates space away from work stress.

Stronger Together: Community News & Events

Community Connections

Whether you're hosting a workshop, highlighting a resource, or want to share a success story (no identifying info, please)—we'd love to help spread the word. If you have something to share, please email us at families@arizona.edu with:

- **A short description of your event or opportunity**
- **Any relevant links or contact info**
- **Image or flyer (if applicable)**

To be included in the following month's issue, please send your submission by the 15th of each month.

We're looking forward to uplifting the great work happening across our community!

PACES Community Coalition of Southern Arizona presents:

Free Lunch & Learn for Pediatric Healthcare Providers

Unlocking the Biology of Resilience: How Understanding Childhood Adversity Can Transform Pediatric Care

Featuring: Margery A. Shoptaugh, MD
Medical Director, Center for Resiliency & Wellbeing,
Phoenix Children's Hospital



Description:

This may be one of the most important topics you never studied in school. Dr. Shoptaugh will share how learning about the impacts of Adverse Childhood Experiences (ACEs) on the developing nervous system transformed her approach to medicine. Participants will learn how ACEs-informed care will strengthen patient relationships, improve communication, and support better long-term health outcomes.

Register & learn more :



RESERVE YOUR SPOT HERE!

REGISTER HERE

Date:

Thursday, March 26th

Time:

11:30am - 1:30pm

Location:

Pima Community College Downtown Campus- Amethyst Room

1255 N. Stone Ave.
Tucson, AZ



Sponsored By:



Interfaith Community Services

Along with the **Community Food Bank of Southern Arizona**, are working together to offer free produce giveaways to support food access. These **Free Produce Giveaways** are open to anyone in the community who needs fresh, healthy food! No registration required to receive produce. If you'd like to volunteer, you can help sort, bag, and distribute produce at our drive-thru events in partnership with the Community Food Bank. See the details below for dates, locations, and volunteer sign-up information.



Free Produce Giveaways November 2025 - May 2026

Area	Location/Time	Days
Ina/Shannon	ICS Food Bank 2820 W. Ina Rd. 9:30 to 7:30 a.m.	Nov. 8, Dec. 6, Jan. 10, Feb. 7, Mar. 14, Apr. 11, May 2
Ft. Lowell/1st Ave	Scared Heart Catholic Church 601 E. Fort Lowell Rd. 8 to 10 a.m.	Nov. 7, Dec. 5, Jan. 9, Feb. 6, Mar. 6, Apr. 10, May 8
Ft. Lowell/Tucson Blvd	Northminster Presbyterian Church 2450 E. Fort Lowell Rd. 8 to 10 a.m.	Nov. 13, Dec. 18, Jan. 15, Feb. 12, Mar. 12, Apr. 16, May 14
Valencia/6th Ave	Unleashed Christian Church 265 W. Valencia Rd. 8 to 10 a.m.	Nov. 14, Jan. 16, Feb. 13, Mar. 11, Apr. 17, May 15
6th Ave/Grant	Mt. Calvary Missionary Baptist Church 210 E. Lester St. 8 to 10 a.m.	Nov. 15, Dec. 13, Jan. 17, Feb. 14, Apr. 18, May 16
Irvington/6th Ave	El Pueblo Community Center 101 W. Irvington 8 to 10 a.m.	Nov. 21, Dec. 19, Jan. 23, Feb. 20, Mar. 20, Apr. 24, May 22

No Documentation Required. Receive Produce From:



Schedule of Free Produce Giveaways November 2025 - May 2026

Location	Nov	Dec	Jan	Feb	Mar	Apr	May
Campus of Sacred Heart Catholic Church 601 E. Ft. Lowell Rd.	7th	5th	9th	6th	6th	10th	8th
ICS Northwest Food Bank 2820 W. Ina Rd.	8th	6th	10th	7th	14th	11th	2nd
Northminster Presbyterian Church 2450 E. Ft. Lowell Rd.	13th	18th	15th	12th	12th	16th	14th
Unleashed Christian Church 265 W. Valencia Rd.	14th		16th	13th	13th	17th	15th
Mt. Calvary Missionary Baptist Church 210 E. Lester St.	15th	13th	17th	14th		18th	16th
El Pueblo Community Center 101 W. Irvington	21st	19th	23rd	20th	20th	24th	22nd

Volunteer Locations & Times

Empty Bowls Fundraiser

When: Saturday, March 7, 2026 (20-50 Volunteers still needed)

Where: Tucson Chinese Cultural Center, 1288 W. River Rd.

Join Interfaith Community Services' biggest fundraiser! Volunteers are essential, help with setup, guest check-in, food service, auctions, and cleanup. Guests enjoy soups, desserts, and take-home handcrafted pottery bowls, but the real magic comes from volunteers creating a welcoming, meaningful experience. Every hour you give helps support ICS food banks and programs, moving families from crisis to stability. Join us for a fun, meaningful, and community-filled day. Your help makes all the difference! Or if you want to [attend the event](#), I'd love to see you there!

[Click here to sign up](#)

St. Patrick's Day Free Produce Giveaway

Celebrate St. Patrick's Day with a hands-on volunteer experience full of teamwork, good vibes, and meaningful impact. No leprechaun skills required just bring your energy and a can-do spirit!

We're teaming up with the Community Food Bank to distribute fresh produce across Tucson. Volunteers help sort, bag, and load fruits and veggies for neighbors in need. It's fast-paced, fun, and filled with feel-good magic.

[Click here to sign up](#)

- **Friday, March 6th (4 Volunteers still needed)**

Scared Heart Catholic Church Campus
601 E. Ft. Lowell Rd
7AM-9:30AM

- **Saturday, March 14th (8 Volunteers still needed)**

Interfaith Community Services Campus
2820 W Ina Rd

4:45AM-7:30AM

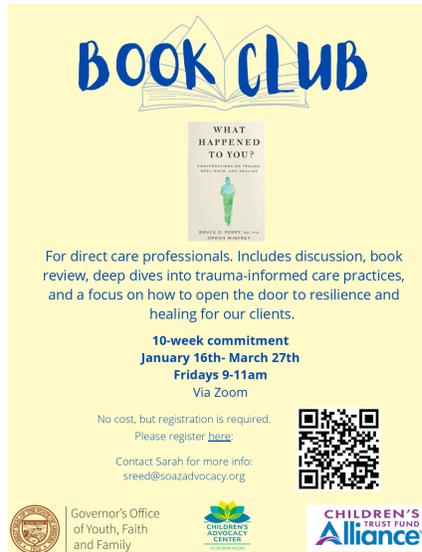
When people come together with love, our whole community thrives. Join us, spread the love, and make a difference in Tucson this March!

Children's Advocacy Center

Hosting Virtual Trauma-Informed Book Club for professionals for one final time this Spring of 2026 - don't miss out!

Please see attached flyer for more information. Share at will!!

[REGISTER HERE](#)



BOOK CLUB

WHAT HAPPENED TO YOU?
AN ANATOMY OF TRAUMA
RESILIENCE AND RECOVERY
BRUCE D. FERRY, Ph.D.
DEBRA WORMLEY

For direct care professionals. Includes discussion, book review, deep dives into trauma-informed care practices, and a focus on how to open the door to resilience and healing for our clients.

10-week commitment
January 16th- March 27th
Fridays 9-11am
Via Zoom

No cost, but registration is required.
Please register [here](#).

Contact Sarah for more info:
sreed@soazadvocacy.org



 Governor's Office of Youth, Faith and Family  



Thank you for your support of the Institute. Stay in touch with us by following FMI on [Facebook](#), [Instagram](#), and [LinkedIn](#).

In Partnership,
Melissa Barnett, Ph.D.

Director, Frances McClelland Institute for Children, Youth, and Families

Norton Endowed Chair in Fathers, Parenting, and Families

Professor, Human Development and Family Science

Please support our work by making an investment in the Frances McClelland Institute for Children, Youth, and Families.

[GIVE NOW](#)



Land Acknowledgment