

THE UNIVERSITY OF ARIZONA



NORTON SCHOOL OF HUMAN ECOLOGY

Frances McClelland
Institute for Children,
Youth & Families



Greetings from the Frances McClelland Institute,

As the weather has predictably heated up In Tucson, we hope that you are reading this newsletter somewhere cool! We have a few updates to share.

First, we are sharing the call for nomination for the 2025 Vision Awards! The annual **Vision Awards** allow us to recognize established and emerging leaders in our community who are making a significant difference in the lives of children, youth, and families. See below for more information about the awards categories. This year will mark the debut of the renamed Josefina Ahumada Spirit Organizational Award to honor our former Advisory Council member who was a beloved, generous and tireless changemaker, teacher and community activist. Please submit nominations and share this call for nominations with others in your networks. We will soon release our call for sponsorships to support this event and the other work we do.

We are pioneering a new format for the Vision Awards ceremony by moving

the event off-campus. We are thrilled to announce that we will hold the ceremony on October 23, 2025 at the YWCA of Southern Arizona. FMI's connections to the YWCA are deep. The YWCA building is named the Frances McClelland Community Center to reflect Frances's philanthropy and leadership as Board Chair for the YWCA. Josefina Ahumada was also a former Board Chair. There is a beautiful mural that greets visitors as they enter the building highlighting the work of a past Vision Award winner, Dr. Laura Banks. We are grateful to the YWCA for their ongoing partnership.

Second, we are launching a new series to share actionable research and resources. See below for more information on two new infographics on timely topics. Food insecurity among youth is a chronic and preventable problem that is an especially critical issue during the summer. We are also sharing information to support the wellbeing of LGBTQ+ youth and their families. We are happy to share this second resource in recognition of Pride month. This information seems particularly critical this year in the current climate that threatens the wellbeing of sexual and gender minority individuals and undermines established and growing research evidence for strategies to support positive health and development.

In this spirit we are working over the summer to enhance the resources we develop and curate on our website to promote science to inform practice, policy and healthy development and relationships for children, youth and families.

We will take a summer break from the newsletter in July and return in August with our back-to-school edition. We hope that everyone has a safe and happy summer!

Vision Awards Call for Nominations

Now Accepting Nominations: 2025 Vision Awards

Do you know someone making a meaningful impact in the lives of children, youth, and families?

Each year, the **Frances McClelland Vision Awards** honor a **youth, community member, and organization** whose work embodies kindness, equity, and commitment to positive change.

We invite you to **nominate a changemaker** and help us celebrate the powerful contributions happening across our communities.

LEARN MORE AND SUBMIT A NOMINATION



CALL FOR NOMINATIONS

Nominate By August 4, 2025

FRANCES McCLELLAND
25 VISION AWARDS

Thursday, October 23, 2025
5:00-6:30 PM
YWCA of Southern Arizona,
525 N Bonita Ave, Tucson, AZ 85745

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Research You Can Use Infographics

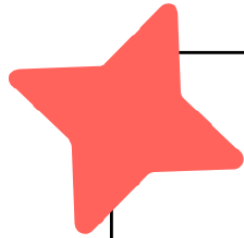
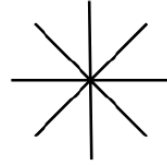
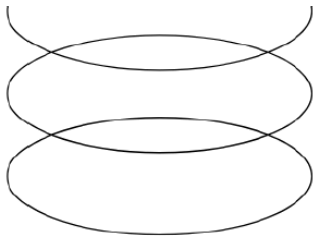
Research You Can Use | June Highlights

This month, we're featuring two powerful, *Community-Ready Resources* created by faculty and students at the Norton School:

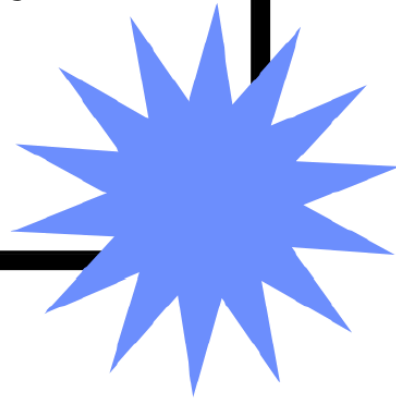
Affirming LGBTQ+ Youth: Resources for Parents

Created by Dr. Russ Toomey and team, this Pride Month resource offers research-backed tips for supporting LGBTQ+ youth.

[Find it under Resources to Understand LGBTQ+ Youth Health](#)



Affirming
LGBTQ+ youth:
Resources for
parents



Food Insecurity in Adolescence

A timely infographic by HDFS grad student Baltazar Campos, addressing youth food insecurity during the summer months—available in English and Spanish. Find it under **[Infographics and Visual Resources](#)** on our website.

FOOD INSECURITY IN ADOLESCENCE

What is it???

- **Food insecurity** means not having access to affordable, nutrient-dense foods that promote well-being and prevent disease.
- It is not just about a caloric deficit but a nutrient deficit.
- Adolescence is a critical window of brain and cognitive development.
- The impact of food insecurity can have long-lasting effects.

At Risk

In 2023, 17.9% of US adolescents aged 12 to 19 lived in food-insecure households.



Summers

Summers can be a hard time because adolescents may be missing out on the meal(s) they are getting at school.



Brain Health

- Food insecurity can lead to a lack of cognitive and emotional regulation capacities.
- Disruptions to brain network maturation contribute to long-term negative neuro outcomes.
- Long-lasting impairments in brain network maturation can affect reflective thinking, cognitive control, and emotional management.



Fueled Up Brains

- When adolescents receive enough nutritious food, their brains are fueled to strengthen memory, focus, emotional regulation, and decision-making.
- Proper nutrition supports the growth of critical brain regions, laying the foundation for academic success.

You Can Help!

- Volunteer at food shelters or support organizations that provide food support.
- Start a food drive at work or school.
- Providers should ask about food needs to families with teens, not just families with younger children.

Resources With Links



City of Tucson Resource Line can help (520) 791-2540
Community Food Bank of Southern Arizona (520) 622-0525
 Your **Local Library** can help find information
 Your local Church may have more resources
 University of Arizona students can access **Campus Pantry**
Pima County WIC
Arizona SNAP benefits



Created by Baltazar Campos, HDFS Graduate Student

[Click here for References](#)



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INSEGURIDAD ALIMENTARIA EN ADOLESCENCIA

¿¿¿Qué es???

- La **inseguridad alimentaria** es no tener acceso a alimentos económicos y altos en nutrientes que promuevan el bienestar y prevengan enfermedades.
- No se trata solo de un déficit calórico, sino también un déficit de nutrientes.
- La adolescencia es una etapa esencial del desarrollo cerebral y cognitivo.
- El impacto de la inseguridad alimentaria puede tener efectos duraderos.

En Riesgo

En 2023, el 17.9% de los adolescentes estadounidenses de entre 12 y 19 años vivían en hogares con inseguridad alimentaria.



Veranos

Los veranos pueden ser un momento difícil porque es posible que se pierdan de las comidas que recibirían en la escuela.



Salud Cerebral

- La inseguridad alimentaria puede provocar una falta de capacidad de regulación cognitiva y emocional.
- Las alteraciones en la maduración de las redes cerebrales contribuyen a consecuencias neurológicas negativas a largo plazo.
- Las alteraciones de larga duración en la maduración de las redes cerebrales pueden afectar pensamientos reflexivos, control cognitivo, y control emocional.



Cerebros Alimentados

- Cuando adolescentes reciben suficiente alimento nutritivo, sus cerebros se alimentan y fortalecen la memoria, la concentración, la regulación emocional y la toma de decisiones.
- Una nutrición adecuada favorece el crecimiento de regiones cerebrales importantes, sentando la base para el éxito académico.

¡Tú puedes ayudar!

- Ofréctete como voluntario en albergues de alimentos o organizaciones que brinden apoyo alimentario.
- Inicia una colecta de alimentos en el trabajo o la escuela.
- Los proveedores deben preguntar sobre las necesidades alimentarias a las familias con adolescentes.

Recursos con Enlaces



Línea de recursos de la ciudad de Tucson puede ayudar (520) 791-2540
Banco Alimentario Comunitario del Sur de Arizona (520) 622-0525
 Su **Biblioteca Local** puede ayudar con información
 Su **Iglesia local** puede tener más recursos
 Estudiantes de la **Universidad de Arizona** pueden acceder a **Campus Pantry**
WIC para el Condado de Pima
Beneficios de SNAP en Arizona.



Creado por Baltazar Campos,
 Estudiante de Posgrado en Desarrollo Humano y Estudios Familiares (HDFS)
 Haga clic aquí para ver las [Referencias](#)



NORTON SCHOOL OF HUMAN ECOLOGY
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Research from the Institute

Explore recent publications from our faculty and HDFS alumni that advance understanding of child, youth, and family well-being. These peer-reviewed articles reflect our commitment to community-engaged research, equity, and evidence-based practices. Browse the latest journal articles below.

[The potential harm of loss and grief narratives among families of transgender and nonbinary youth.](#)

Bicultural Competence and Academic and Psychosocial Functioning Among Latinx Early Adolescents: Examining the Moderating Role of Gender.

Implications of unique and shared variance of interparental conflict and child emotional insecurity through parental depressive symptomology.

Institute Updates



Wishing Gina McCann the Best in Her Retirement

Please join us in celebrating Gina, Executive Assistant to the Director at the Norton School, as she prepares to retire—her last day is this Friday!

We are so grateful for all that Gina has contributed to our community and wish her nothing but joy and adventure in this exciting next chapter. Congratulations, Gina!

SCIKind Updates



Kindness in Recovery: A SciKind and The Haven Collaboration

We're proud to highlight our ongoing collaboration with The Haven, a Tucson-based recovery community for women. Together, SciKind and The Haven

explored how everyday kindness—rooted in the lived experiences of women in recovery—can be a powerful, teachable tool for healing and growth.

[READ MORE](#)



The Kind Cats leadership is official, and the votes are in! We're excited to introduce the student representatives leading the Kind Cats Club this year, including our President-**Lovely Narisetty**, Vice President- **Sariah Burch**, Secretary- **Lily Brallier**, Treasurer- **Lyndsay Mendell**, and Events Coordinator- **Maxima Neijmeijer**.

They will be meeting throughout the summer to prepare for a full semester of research-based activities focused on kindness, connection, and community engagement. Stay tuned for ways to get involved this fall!

Stronger Together: Community News & Events

New This Month: Community Connections

We're excited to officially launch a new section of our monthly newsletter dedicated to sharing community events, opportunities, and stories of resilience!

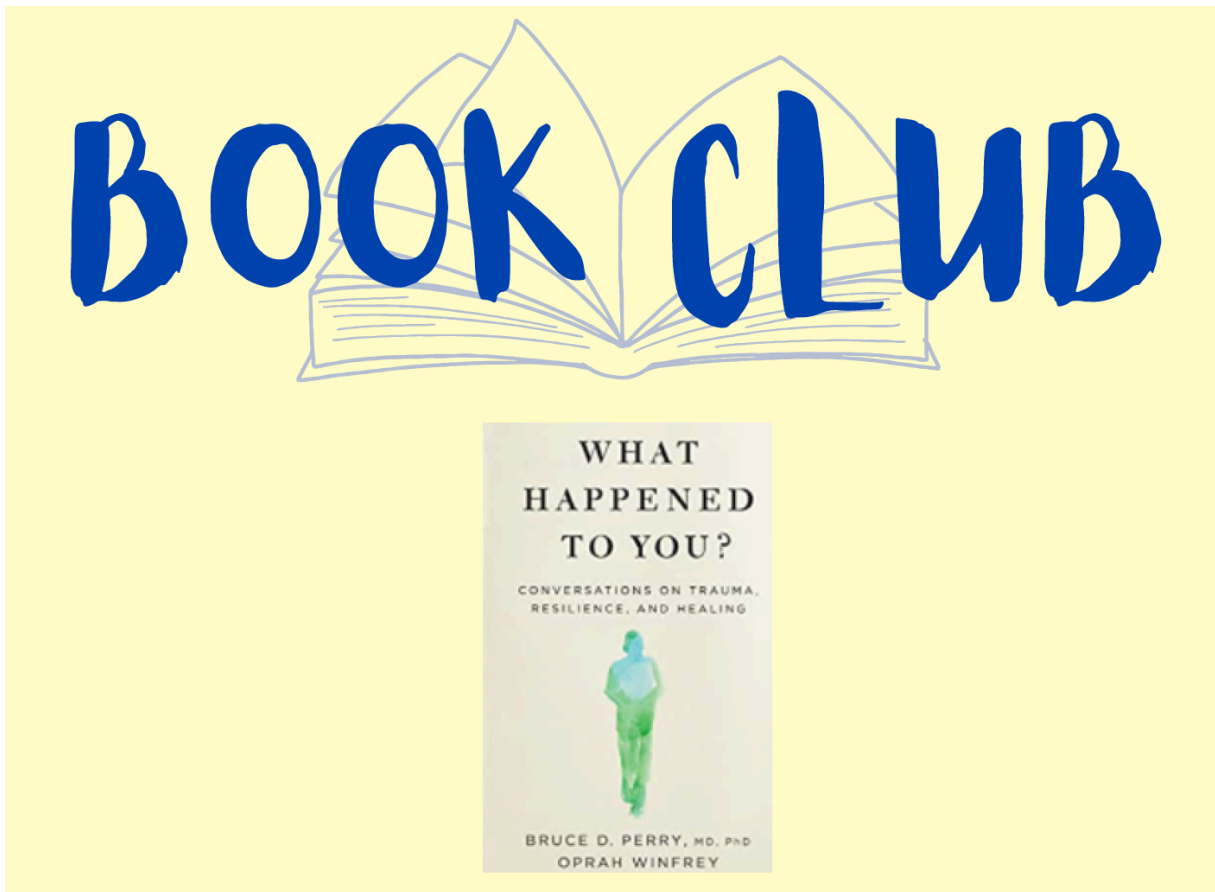
Whether you're hosting a workshop, highlighting a resource, or want to share a success story (no identifying info, please)—we'd love to help spread the word. If you have something to share, please email us at families@arizona.edu with:

- **A short description of your event or opportunity**

- Any relevant links or contact info
- Images or flyers (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!



Trauma-Informed Book Club Returns This August!

We're excited to share that the Trauma-Informed Book Club is back this August, featuring "What Happened to You?" by Dr. Bruce Perry and Oprah Winfrey. This powerful and accessible read offers insights into trauma, healing, and connection.

Two free sessions are available—both include the book and materials:

- Tuesdays | 9:30–11:30 AM | In-Person
Focused on trauma-informed parenting

- Fridays | 9:30–11:30 AM | Virtual
Focused on trauma-informed care with children and families

Please share widely with parents, caregivers, educators, and anyone supporting youth and families!

For questions, contact:

Sarah M. Reed

Training & Community Outreach Coordinator

Children's Advocacy Center of Southern Arizona

(520) 724-2193



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**](#)



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Land Acknowledgment

We respectfully acknowledge the University of Arizona is on the land and territories of Indigenous peoples. Today, Arizona is home to 22 federally recognized tribes, with Tucson being home to the O'odham and the Yaqui. The university strives to build sustainable relationships with sovereign Native Nations and Indigenous communities through education offerings, partnerships, and community service.