

# ADOLESCENT HEALTH

**FREE WORKSHOP!  
THURSDAY, MAY 12**

9:00 AM - 3:30 PM

Join us in person at  
**HIGH COUNTRY  
CONFERENCE CENTER**  
201 W Butler Ave - Flagstaff, AZ  
**Lunch Provided**

**Or Join Remotely via Zoom**

This workshop will focus on important and emerging aspects of adolescent health featuring new research conducted through NAU's Center for Health Equity Research.

**REGISTER NOW!**

**Youth engagement in the COVID-19 response and the lingering effects of the pandemic on youth**

Dr. Linnea Evans  
3 high school panelists



**Supportive policies for the health of transgender youth**

Dr. Amanda Pollitt  
Panelists from:  
UT Austin



**Impact of cultural engagement and identity on mental and behavioral health outcomes in Indigenous youth**

Dr. Amanda Hunter  
Panelists from:  
ASU  
Coconino County



**MODERATED BY:** Dr. Julie Baldwin, Director of CHER

**Link to Registration**  
[nau.edu/cher/events](https://nau.edu/cher/events)



*This workshop is funded by the Arizona Biomedical Research Centre in collaboration with NAU's Center for Health Equity Research*

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OF HEALTH SERVICES

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**Thank you  
to our  
sponsors!**



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Center for Health Equity Research

# ADOLESCENT HEALTH

May 12, 2022

## Workshop Schedule:

**8:30-9:00am**

Registration

**9:00-9:10am**

Opening remarks and thanks to our sponsors

**9:10-9:15am**

Introduction to workshop

**9:15-10:15am**

Stephen Russell – Keynote speaker and Q&A panel

**10:15-11:15am**

Amanda Pollitt – Keynote speaker and Q&A panel

**11:15-12:30pm**

Lunch break and networking opportunity

**12:30-1:30pm**

Amanda Hunter – Keynote speaker and Q&A panel

**1:30-2:30pm**

Linnea Evans – Keynote speaker and Q&A panel

**2:30-3:00pm**

Workshop overview

**3:00-3:30pm**

Networking opportunity

## Workshop Leaders:



Amanda Pollitt, PhD  
Host



Amanda Hunter, PhD  
Host



Linnea Evans, PhD  
Host



Julie Baldwin, PhD  
Moderator

## Guest Speakers:



Stephen Russell, PhD  
Keynote Speaker



Tamara Littlesalt-Butler, MPA  
Panelist



Monica Tsethlikai, PhD  
Panelist



Amaya Pablo  
Panelist



Ifeoma "Ify" Pamela Ezechukwu  
Panelist



Venezia Figueroa  
Panelist



9:15-10:15am

Stephen Russell, PhD

Stephen Russell (he/him) is Priscilla Pond Flawn Regents Professor in Child Development, chair of the Department of Human Development and Family Sciences, and Amy Johnson McLaughlin Director of the School of Human Ecology at the University of Texas at Austin. He is an expert in adolescent and young adult health, with a focus on sexual orientation and gender identity.

His 2016 book, *Sexual Orientation, Gender Identity and Schooling: The Nexus of Research, Practice and Policy*, won awards from the American Psychological Association and the Society for Research on Adolescence. He has served on the governing boards of the Society for Research in Child Development, National Council on Family Relations (and is an elected fellow), SIECUS: Sex Ed for Social Change, and the Society for Research on Adolescence (he served as President 2012-2014).



10:15-11:15am

Panel Host: Amanda Pollitt, PhD

Dr. Amanda Pollitt's research focuses on the health and well-being of sexual and gender minority youth. She is interested in how stigma influences health outcomes within social and developmental contexts such as family environments, intimate relationships, and the transition to adulthood. She will present data from her recent study on this topic.



12:30-1:30pm

Panel Host: Amanda Hunter, PhD

Dr. Amanda Hunter's research focuses on the impact of cultural engagement and cultural identity on mental and behavioral health outcomes in Indigenous youth. She will present her pilot study that entails developing, implementing, and evaluating culturally-grounded after school programs with Indigenous communities and organizations.



12:30-1:30pm

Panelist: Tamara Littlesalt-Butler, MPA

Tamara Littlesalt-Butler is the Program Manager for the Coconino County Healthy Families program, a family support program designed to cultivate and strengthen nurturing parent-child relationships through weekly in-home visiting services. Prior to Healthy Families, she worked in the field of youth development for close to 15 years as a Unit Director, Area Director and a Vice President of Native American Services for Boys & Girls Clubs located on and off native lands including the Navajo Nation, the Hualapai Indian Nation, and the Salt River Pima-Maricopa Indian Community. Additionally, Tamara co-directed the Stanford Medical Youth Science Program while attending Stanford University where she holds a Bachelor of Art in American Studies with a minor in History. She also has obtained a Master of Public Administration from the University of Phoenix.

Tamara originates from Kayenta, AZ which is located on the Navajo Nation. She is Bit'ahnii (Folded Arms people). She is born for the Tódich'ii'nii (Bitter Water people). Her maternal grandfather was of the Kin ł ichii'nii (Red House People) and her paternal grandfather was of the 'Áshjįhi (Salt People). She currently resides in Flagstaff with her husband and children.





12:30-1:30pm

Panelist: Monica Tsethlikai, PhD

Monica Tsethlikai is a former William T. Grant Scholar, a Native Children's Research Exchange Scholar and the recipient of two Ford Fellowships. She is an enrolled member of the Zuni tribe. Prior to obtaining her doctorate degree, her on-the-ground involvement in juvenile justice led to her interest in studying children's cognitive development as embedded within their social and cultural contexts and biosocial stresses. She uses a process model approach to examine how children's daily activities and stressful life experiences impact executive function development and both directly and indirectly influence well-being.

Currently, she is conducting research among urban American Indian youth to examine whether active engagement in American Indian cultural and spiritual activities buffers the known negative effects of toxic stress on the development of executive functions. She is also exploring relations among stressful life experiences, stress physiology (using hair cortisol), and trauma symptoms in this population. She is an associate professor in the T. Denny Sanford School of Social and Family Dynamics and teaches SOC 390 Statistics for the Behavioral Sciences and CDE 232 Human Development.

Tsethlikai graduated from the University of Notre Dame in 1991 followed by eight years as a youth counselor and juvenile probation officer. She obtained a master's degree in Indigenous Nations studies in 2001 and doctorate in psychology (cognitive and quantitative) in 2005 from the University of Kansas. She completed a postdoctoral fellowship at the University of California, Santa Cruz, under the direction of Professor Barbara Rogoff followed by a position at the University of Utah - in psychology



12:30-1:30pm

Panelist: Justice Castroverde-Moniz

Justice Castroverde-Moniz (Kānaka Maoli) is a Case Manager for the Reach Ur Life program at Native Americans for Community Action (NACA). The Reach Ur Life program seeks to promote protective factors and reduce the risk of suicide. The primary intent of this project is to serve American Indian youth, ages 10-24 years old, primarily within Coconino County, which includes the Navajo Nation and the Hopi tribe.

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Arizona Biomedical Research Center (ABRC)  
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1:30-2:30pm

Panel Host: Linnea Evans, PhD

Dr. Linnea Evans will present her research focused on whether differentials in the reorganization of daily time exists by race/ethnicity and school-delivery mode, and the relationship to psychological wellbeing. Given the reorganization of daily-time and modalities of interaction (e.g., online-school) during the 2020-2021 academic year, it is unclear if exposures to discrimination have changed in frequency and nature during a year of the COVID-19 pandemic and racial unrest. Her study utilizes self-reported experiences of discrimination during the 2020-2021 school year, compared to experiences during previous years to assess changes in exposure and the relationship to psychological wellbeing.

Dr. Linnea Evans will also present strategies to increase COVID-19 prevention and vaccination uptake among youth, including a crowdsourcing open contest to solicit COVID-19 prevention messages via a variety of multimedia modalities (e.g., poetry, illustrations, animations, Tik Tok videos). Dr. Linnea Evans will share data from contest submissions, as well as community voters, to assess 1) youth engagement in COVID-19 prevention and 2) the acceptability of crowdsourcing as a method for COVID-19 prevention messaging.

1:30-2:30pm

Panelists: Amaya Pablo, Ify Pamela Ezechukwu, Venezia Figueroa



Amaya Pablo is a senior at Flagstaff High School and a member of the Hopi tribe. Amaya participated as a youth advisor to the It's Our Turn crowdsourcing contest and also submitted a winning poem entitled, "Only in the Dark She Could See the Light."

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Ifeoma "Ify" Pamela Ezechukwu is a pre-med ASU junior who loves helping people and promoting welfare. In addition to volunteering at a hospital, caregiving for developmentally disabled individuals, and providing health education as a Youth Advisor, her other passions include dance, photography/videography, and journalism. Ify participated as a youth advisor to the It's Our Turn crowdsourcing contest.

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Venezia Figueroa is 17 years old and a student at Bioscience High School in Phoenix, Arizona. They plan to pursue an undergrad in Biomedical Sciences and apply to medical school. The topic of mental health is very important to them, and they cope through various means including therapy, art, music, and poetry. Venezia participated as a youth advisor to the It's Our Turn crowdsourcing contest and also submitted a winning poem entitled, "If Only You Knew."



## 2022 ABRC WORKSHOPS

*Brought to you by the Arizona Biomedical Research Centre (ABRC), in collaboration with Northern Arizona University's (NAU) Center for Health Equity Research*

**April 21, 2022:** Incarceration and COVID-19

8:30 am - 12:00 pm @ Remote via Zoom

**May 12, 2022:** Adolescent Health

9:00 am - 3:30 pm @ High Country Conference Center, Flagstaff, AZ | Hybrid via Zoom

**May 16, 2022:** The Power and Promise of Community Health Worker Voluntary Certification

10:00 am - 3:00 pm @ High Country Conference Center, Flagstaff, AZ | Hybrid via Zoom

**May 19, 2022:** 4th Annual Yuma County Forum: Resilient Communities and Sustainable Health Equity

8:30 am - 12:00 pm @ Pivot Point Conference Center, Yuma, AZ

**June 3, 2022:** Lived Black Experience

9:00 am - 3:00 pm @ 1899 Ballroom - High Country Conference Center, Flagstaff, AZ | Hybrid via Zoom



**Registration Information:**  
[nau.edu/cher/events](http://nau.edu/cher/events)

Co-sponsors:

