

Abstract

Title: Train Your Brain

Presenting Author: Sidra Tamim

Supporting Authors:

Sara Hom, Quentin Todd, Jacki Johnson, Julia Yakibchuk, Bennett Gleneski, Salam Sulaiman, Sira Sowe, Sharon Punnoose, Julia Felton

Objective: Youth from low-resource communities may be exposed to early childhood adversity at higher rates and have limited access to evidence-based interventions that help prevent negative behavioral health outcomes. Teen Memory Program examines whether computer-based games target working memory can improve cognitive skills in youth. The study team interviewed with participating adolescents to better understand their perceptions of safety, guardian support, financial decision-making, and future aspirations. This poster summarizes the main themes emerged from these interviews.

Methods: Data were collected as part of a larger trial that included 55 adolescents (Mage = 12.33 years, 89.3% Black, 52.7% female) recruited from summer camps and after-school programs in Flint and Detroit, Michigan, between 2023 and 2026. Recruitment sites include Flint Freedom Schools, Salvation Army programs, and Ernest Ford Recreation Center. Several participants took part in interviews. Sample questions included, “Do you feel safe at school?”, “Do you feel like you can talk to your guardian when you need to?”, and “Do you feel supported financially?”

Results: Five major themes from the interviews: optimism about future aspirations, family as a source of safety and support, mixed feelings about safety at school, a preference for immediate rewards over delayed rewards, and a desire to help or move from their neighborhood as they grow older.

Conclusion: These interviews provide insight into the experiences of youth growing up in these communities. The themes highlight participants' perspectives on safety, support, and future goals. The study team hopes these findings can help inform programs that support youth better.