

Cheyenne Garcia

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Research Summary

My research examines how early life family relationships shape children's mental health across the life course, with a focus on intergenerational support (e.g., being close to a grandparent), intergenerational experiences (e.g., childhood adversity in parents and grandparents), and the impacts of housing insecurity. Using mixed-methods and large national datasets, I aim to inform policies and interventions that promote resilience and well-being among children and families.

Education

University of Michigan, Ann Arbor - PhD in Developmental Psychology

Expected May 2029

Stanford University - BA in Psychology with Honors

Earned June 2019

American River College – Four Associate Degrees

Earned May 2016

- Associate of Arts in Psychology
- Associate of Arts in Social Science
- Associate of Science in General Science
- Associate of Science in Math and Physical Sciences

Grants

- Rackham Conference Travel Grant (\$900) March 2025, September 2025
- Citizen Diplomacy Action Fund (\$10,000) May – November 2022
- Fulbright Independent Research Award (\$14,000) August 2019 – March 2020
- Undergraduate Advising and Research Major Grant (\$7,000) June – September 2018
- Undergraduate Advising and Research Conference Grant (\$700) March 2018
- Benjamin A. Gilman International Scholarship (\$1,000) January – March 2018
- Stanford University Psych-Summer Research Program Stipend (\$7,000) June – September 2017

Honors and Awards

- Rackham Merit Fellowship, University of Michigan Ann Arbor August 2024 – May 2029
- The OpEd Project Public Voices Fellowship on Homelessness September 2023 – April 2024
- Commencement Speaker, Stanford University Department of Psychology June 2019
- Academic Award, Stanford Black Community Services Center May 2019
- Honors Thesis Award, Annual Stanford Latinx Community Awards Banquet May 2019

Skills

Programs – Microsoft Office Suite, EndNote, Zotero, NVivo, Covidence, Dedoose, R/RStudio, Python (Basic), SPSS (Basic)

Languages – English (Native)

Research Experience

Graduate Student

University of Michigan, Ann Arbor

Toni Antonucci, PhD

August 2024 – Present

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- Used multilevel modelling and linear regression to analyze the association between being emotionally close to a grandparent in childhood and adulthood mental health and well-being

Research Data Analyst III (Previously Research Data Analyst II)

UCSF Center for Vulnerable Populations (CVP)

UCSF Benioff Homelessness and Housing Initiative (BHII)

Margot Kushel, MD

August 2020 – August 2024

- Co-created two large quantitative surveys, one of which was the largest survey study of people experiencing homelessness in over 30 years (CASPEH) and the other is the only longitudinal study of over 10 years studying older adults experiencing homelessness (HOPE HOME)
- Conducted surveys with people experiencing homelessness in encampments and shelters
- Co-created a qualitative coding manual for experiences during COVID-19
- Analyzed over 150 qualitative interviews across multiple projects
- Helped write, edit, and submit two NIA-funded R01s
- Completed numerous NIH progress reports and IRB applications
- Contributed to 21 academic papers, including five first-author publications
- Supervised two research data analysts
- Regularly managed papers from conception to publication, including writing manuscripts and cover letters for myself and junior authors
- Created Dr. Kushel's presentations about homelessness for academic, policy, and community audiences.
- Briefly managed our Twitter accounts, which led to increased engagement and followers

Visiting Fulbright Scholar

Leiden University, Faculty of Social and Behavioral Sciences

Judi Mesman, Ph.D., Megumi Kitagawa, Ph.D., and Carolina Toscano, Ph.D.

September 2019 – June 2020 (part-time capacity beginning March 2020)

- Lead a project analyzing American, Dutch, and Portuguese maternal ethnotheories regarding "autonomy granting," a parenting behavior that encourages age-appropriate independence
- Web scraped online comments regarding "free-range" parenting, a type of parenting that allows for large amounts of unstructured, unsupervised free time using Python and created a qualitative coding manual
- Conducted a large narrative review of parenting measures that researchers use to define permissive parenting
- Analyzed observed maternal sensitivity in Japanese mothers who underwent an attachment intervention

Undergraduate Research Assistant

Stanford University, Graduate School of Education

Kathleen Remington, Ph.D.

April – August 2019

- Completed a literature review of sociological and educational journal articles about mentorship
- Analyzed qualitative interviews and field notes data using NVivo

Undergraduate Research Assistant

Stanford University, Department of Psychology

Ian Gotlib, Ph.D., and Lucy King, Ph.D.

October 2016 – December 2018

- Completed a literature review on infant affect coding procedures
- Analyzed infant affect and gaze in the context of the Still-Face Paradigm
- Analyzed observed caregiving behaviors

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- Stored cortisol samples
- Recorded mother-infant interaction sessions
- Administered surveys and tasks to parents during nighttime infant MRI sessions
- Addressed parents' questions and concerns

Independent Research

Stanford University, Independent Study of Gender and Work in Japan

Shelley Correll, Ph.D.

April – June 2017

- Completed a literature review of scholarly journal articles, government publications, news articles, and first-hand sources (i.e. brochures given to parents) on Japan's daycare shortage
- Interviewed a retired nursery school principal about proposed government changes and their impact on the future of nursery schools
- Interviewed two families about how the systemic lack of daycare affects parenting behavior and career prospects, especially for mothers
- Wrote a final paper presenting the problem and proposing policy changes

Secondary Investigator

American River College, Psi Beta Honors Psychology Club

Andrea Garvey, Ph.D., and Lori Hokerson

November 2015 – May 2016

- Completed secondary data analysis of the 2015-2016 National Research Project regarding the relationship between growth mindset and number of college units completed
- Developed the research question
- Analyzed the data using SPSS

Survey Administrator

California Volunteers, Office of the Governor

Leah Farkas, Masters in Public Policy and Administration

October – November 2015

- Administered surveys to inmates in two California state prisons - Central California Women's Facility and San Quentin State Prison
- Entered data
- Data from this project informed the 2016 California Budget

Undergraduate Research Assistant

American River College, Department of Psychology

Andrea Garvey, Ph.D.

January 2014 – May 2015

- Analyzed observed infant positive affect (e.g., infant smiles)
- Learned how to complete the data analysis for this project using Gridware, an open-source data visualization software

Peer-Reviewed Publications

1. Yuan, Y., Evans, J., Neilands, T., Valle, K., **Garcia, C.**, & Kushel, M. (2025). Factors Associated with Loneliness Among Homelessness-Experienced Older Adults: Results from the HOPE HOME Study. *Journal of General Internal Medicine*. DOI: 10.1007/s11606-025-09818-7.

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2. Hargrave A.S., **Garcia C.M.**, Birkmeyer J.A., DeGaetano A., & Kushel M. (2024). Experience of Violence During Homelessness. *JAMA Intern Med.* DOI: 10.1001/jamainternmed.2024.5336.
3. Dobbins S.K., **Garcia C.M.**, Evans J.L., Valle K., Guzman D., & Kushel M. (2024). Continued Homelessness and Depressive Symptoms in Older Adults. *JAMA Netw Open.* DOI: 10.1001/jamanetworkopen.2024.27956.
4. **Garcia, C.M.**, Doran, K., & Kushel, M. (2024). Homelessness and Health: Factors, Evidence, Innovations That Work, And Policy Recommendations. *Health Affairs.* DOI: 10.1377/hlthaff.2023.01049.
5. **Garcia, C.M.**, Schrier, E., Carey, C., Valle, K., Evans, J., & Kushel, M. (2023). Sleep Quality among Homeless-Experienced Older Adults: Exploratory Results from the HOPE HOME Study. *Journal of General Internal Medicine.* DOI: 10.1007/s11606-023-08429-4.
6. Duke M., Zena K. Dhatt Z.K., Jacques T., **Garcia C.M.**, Taylor G., Kushel M., & Knight K. (2023). A Mereological Qualitative Study Protocol for Understanding the Lived Experience of Homelessness in California. *Annals of Anthropological Practice.* DOI: 10.1111/napa.12207.*
*top 10% of 2023 papers published in Annals of Anthropological Practice
7. Zahir, A., Yip, D., **Garcia, C.M.**, Smith, A., Dhatt, Z., Duke, M., & Kushel, M. (2023). “I Needed for You to See What I’m Talking About”: Experiences with Telehealth among Homeless-Experienced Older Adults. *Gerontology and Geriatric Medicine.* DOI: 10.1177/23337214231172650.
8. **Garcia, C.M.** & Kushel, M. (2022). Integrating Mental Health and Substance Use Treatment with HIV Care for People Experiencing Homelessness. *The Lancet Psychiatry.* DOI: 10.1016/S2215-0366(22)00228-0.
9. Hargrave, A., **Garcia, C.M.**, Lightfoot, M., Handley, M., Weeks, J., Olsen, P., Knight, K., & Kushel, M. (2022). “We Remember the Pain”: A Qualitative Study of Intergenerational Trauma among Older Adults Experiencing Homelessness in the HOPE HOME Study. *Journal of Social Distress and Homelessness.* DOI: 10.1080/10530789.2022.2080793.
10. Semere, W., Kaplan, L., Valle, K. Guzman, D., Ramsey, C., **Garcia, C.M.**, & Kushel, M. (2022). Caregiving Needs are Unmet for Many Older Homeless Adults: Findings from the HOPE HOME Study. *Journal of General Internal Medicine.* DOI: 10.1007/s11606-022-07438-z.
11. Knight, K., Duke, M., Carey, C., Pruss, G., **Garcia, C.M.**, Lightfoot, M., Imbert, E., & Kushel, M. (2021). COVID-19 Testing and Vaccine Acceptability among Homeless-Experienced Adults: Qualitative Data from Two Samples. *Journal of General Internal Medicine.* DOI: 10.1007/s11606-021-07161-1.
12. Camacho, C. M., King, L., Ojha, A., **Garcia, C.M.**, Sisk, L. S., Cichocki, A. C., Humphreys, K. L., & Gotlib, I. H. (2019). Cerebral Blood Flow in 5- to 8-Month-Olds: Regional Tissue Maturity is Associated with Infant Affect. *Developmental Science.* DOI: 10.1111/desc.12928.
13. **Garcia, C.**, King, L., Humphreys, K., & Gotlib, I. (2019). Broken Cycles: Maternal Childhood Maltreatment is not Associated with Infant Affect Regulation. *Honors Thesis Paper - unpublished.*

Publications in Peer Review

1. **Garcia, C.M.**, Evans, J., Graham-Squire, D., Carey, C., Valle, K., & Kushel, M. (in third review). Factors Associated with Exits from and Returns to Homelessness among Older Homeless Adults: Results from the HOPE HOME Study.
2. Fozouni, L., Carey, C.A., **Garcia, C.M.**, Dhatt, Z., Kim, M.N., & Kushel, M. (in first review). Sleep Quality among Currently or Recently Homeless Older Adults: A Photovoice Study with Additional Qualitative Interviews.

Publications in Progress

1. **Garcia, C.M.** & Mesman, J. Defining Permissive Parenting: A Narrative Review.
2. **Garcia, C.M.**, Birkmeyer, J., & Kushel, M. Prevalence of Police Brutality among Older Homeless-Experienced Adults: Results from the HOPE HOME Study.
3. **Garcia, C.M.**,* Kiesow, A.,* Dhatt, Z., Duke, M., Knight, K., Birkmeyer, J., Shinn, M., & Kushel, M. Family Separation: Findings from the California Statewide Study of People Experiencing Homelessness.

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*co-first authors

Translational Research

Legislative Testimony

- Synthesized literature and helped write expert testimony for California Eviction Moratorium litigation

Op-Eds

- When college students have no home, it's up to their schools to step up. Opinion. *Chicago Sun Times*. <https://chicago.suntimes.com/2024/1/5/24024687/college-university-students-housing-insecurity-homelessness-cheyenne-garcia>
- How should we define homelessness? Opinion. *The Progressive*. <https://progressive.org/op-eds/how-should-we-define-homelessness-garcia-20231120/>
- End Generational Homelessness. Act Now for The Children's Sake. Opinion. *Newsweek*. <https://www.newsweek.com/end-generational-homelessness-act-now-childrens-sake-opinion-1828252>
- Intergenerational Homelessness and Housing Insecurity. *BHHI Blog*. <https://homelessness.ucsf.edu/blog/intergenerational-homelessness-and-housing-insecurity>

Podcasts

- Hosted a podcast examining the experiences of Latinx students studying abroad <https://www.youtube.com/@fulbrightlatinx5262/videos>

Presentations

1. Yuan, Y., Evans, J., Neilands, T., Valle, K., **Garcia, C.**, & Kushel, M. (January 2026). *Factors associated with loneliness among homelessness-experienced older adults: results from the HOPE HOME study*. Flash talk accepted for presentation at 2026 Society for Social Work and Research 30th Annual Conference.
2. Kiesow, A., **Garcia, C.M.**, Dhatt, Z., Duke, M., Knight, K., Birkmeyer, J., Shinn, M., & Kushel, M. (June 2025). *Symposium on Family Homelessness*. Symposium presenter at 20th Annual Society for Community Research and Action Biennial Conference.
3. **Garcia, C.M.** & Antonucci, T. (June 2025). *Grandparent involvement in middle childhood and depressive symptoms, stress, and self-efficacy among young adults*. Poster presentation at the 12th Annual Society for the Study of Emerging Adulthood Conference.
4. **Garcia, C.M.** & Antonucci, T. (May 2025). *Grandparent Involvement in Middle Childhood and Depressive Symptoms and Stress in Emerging and Middle Adulthood*. Poster presentation at the 2025 Association for Psychological Science Conference.
5. Fozouni, L., Carey, C.A., **Garcia, C.M.**, Dhatt, Z., Kim, M.N., & Kushel, M. (May 2025). *Sleep Quality among Currently or Recently Homeless Older Adults: A Photovoice Study with Additional Qualitative Interviews*. Poster presentation at the 2025 Society for General Internal Medicine Conference.
6. **Garcia, C.M.** & Antonucci, T. (February 2025). *Multi-generational bonds: Childhood closeness to a grandparent and adulthood depressive symptoms*. Presentation at the Michigan Academy of Science, Arts, and Letters session.
7. **Garcia, C.M.**, Doran, K., & Kushel, M. (February 2024). *Homelessness and Health: Factors, Evidence, Innovations That Work, And Policy Recommendations*. Invited speaker at Health Affairs Briefing on Homelessness and Health.
8. Kitagawa, M., Emmen, R., **Garcia, C.**, Toscano, C., & Mesman, J. (July 2023) *A pilot study on the effects of an attachment-based intervention in Japan*. Poster presentation at World Association for Infant Mental Health Congress.

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9. **Garcia, C.M.**, Evans, J.E., Carey, C., Valle, K., & Kushel, M. (May 2023). *Factors associated with exits from and returns to homelessness among older homeless-experienced adults: Results from the HOPE HOME Study*. Podium presentation at UCSF Health Services Research Symposium.
10. **Garcia, C.M.**, Schrier, E.F., Carey, C., Valle, K., Evans, J.E., & Kushel, M. (November 2022). *Sleep quality among homeless-experienced older adults: Results from the HOPE HOME study*. Poster presentation at NIH and NIDDK's Workshop on Housing and Obesity.
11. Hargrave, A., **Garcia, C.M.**, Handeley, M., Knight, K., & Kushel, M. (November 2021). *"We remember the pain:" A Qualitative Study of Intergenerational Trauma in Older Homeless Adults*. Poster presentation at the Trends in Psychology Summit hosted by Harvard University's Women in Psychology.
12. **Garcia, C.** (March 2020). *Understanding Mother's Perceptions of Autonomy Granting*. Selected speaker for the 66th Annual Berlin Seminar for the Fulbright Program. (Conference cancelled due to COVID-19)
13. **Garcia, C.**, King, L., Humphreys, K., & Gotlib, I. (June 2019). *Broken Cycles: Maternal Childhood Maltreatment is Not Associated with Infant Affect Regulation*. Poster presentation at the Stanford Psychology Honors Symposium.
14. **Garcia, C.**, King, L., Humphreys, K., & Gotlib, I. (May 2018). *Infant Distress During the Still-Face Procedure: Associations with Maternal Sensitivity and Intrusiveness*. Poster presentation at the 30th Annual Association for Psychological Science Conference.
15. **Garcia, C.**, King, L., Humphreys, K., & Gotlib, I. (August and September 2017). *Infant Affect Regulation during the Still-Face Procedure: Transgenerational Effects of Maternal Exposure to Maltreatment*. Poster presentation at the 2017 PsychSummer Research Program poster session and the 2017 Stanford Undergraduate Research Symposium.
16. **Garcia, C.** (September 2016). *Research for Busy College Students: What Can Research Do for You?* Invited presenter for College Hour Program at American River College.
17. Garvey, A., **Garcia, C.**, Rictor, A. & Knight, K. (April 2015). *Do Infants' Different Smiles Reflect Different Emotional Experiences?* Poster presentation at the 95th Annual Western Psychological Association Conference.
18. Garvey, A. & **Garcia, C.** (April 2014). *Infant Smiling in Early Mother-Infant Communication*. Poster presentation at the 94th Annual Western Psychological Association Conference.

Teaching/Facilitation Experience

Developmental Psychology Graduate Student Instructor

January 2025 – April 2025

- Taught a section of 22 undergraduate students
- Created lesson plans with an emphasis on experiential learning and scaffolding that connects vocabulary and research studies to students' everyday lives

Sangha Peer Facilitator

August 2023 – August 2024

- Led weekly meditation groups
- Created a welcoming space for people to share personal life details and engage in "dharma sharing," a practice that encourages deep listening and authentic relating

Intergroup Facilitator

May 2019

- Co-facilitated an intergroup conversation on the experiences of queer students of color

Psychology One Teaching Fellow

September 2017 – June 2018

- Taught 2 sections of Introduction to Psychology to undergraduate students (one was co-taught)
- Created lesson plans with an emphasis on community-building, group discussions, and interactive exercises

Academic Institutional Service

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Latin Student Psychological Association (LSPA)

September 2024 – April 2025

- Represent LSPA's interests at monthly Diversity Committee meetings
- Help plan the Psychology Department's annual Diversity Week Colloquium guest lecture and graduate student panel
- Help organize the Psychology Department's Diversity Recruitment Week, a program designed to introduce students from underrepresented in science backgrounds to graduate school and careers in research

Black Student Psychological Association (BSPA)

September 2024 – April 2025

- Organized board meetings and events

Michigan Association of Psychological Scholars (MAPS)

September 2024 – January 2025

- Mentored two first-generation undergraduate students about applying to graduate school and post-baccalaureate fellowships

Trauma-Informed Workplace Workgroup August 2024

October 2023 –

- Co-created guidelines for the leadership and management teams to implement
- Promoted resources for staff (e.g., mental health days)

Professional Organizations

- American Psychological Association
- APA Division 27 Society for Community Research and Action
- Association for Psychological Science
- Society for the Study of Emerging Adulthood

Professional Development

- 2025 Future of Families Summer Data Workshop
- Age-Period-Cohort (APC) Analysis in Population & Health Research (workshop taught by Dr. Yang Claire Yang)

Volunteer Experience

Fulbright Latinx Mentorship Program

August 2020 – October 2023

- Mentored three Black women on the Fulbright application process, one of whom received the Fulbright award
- Edited essays and practiced mock interview questions
- Managed the mentorship program, including finding and matching mentors and mentees and creating fun networking events
 - During its first year, four applicants received the Fulbright award
 - Grew the program to 45 mentees and 33 mentors
- Attended monthly Fulbright Diversity Collective meetings and bi-monthly Fulbright Latinx Board meetings
- Created a self-sustaining job board to match individuals with job opportunities

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- Wrote a successful Citizen Diplomacy Action Fund (CDAF) grant application to host a series of panels for Latinx alumni of U.S. exchange programs to create community and mentor the next generation of applicants

Southern Florida Scholars Program

August 2020 – May 2021

- Mentored a high school student on the college application process, including financial aid forms, scholarship applications, and researching which schools to apply for admission

The Phoenix Scholars Program

June 2018 – April 2019

- Mentored a first-generation/low-income high school student who was accepted to Harvard by editing their college application essays, researching which schools to apply for admission, and finding financial resources available to undocumented students