

***Mental Health in
Emerging Adulthood
(ages 18 to 29):
Understanding and
meeting the mental
health needs of this
distinct age group***

**Preconference workshop
October 26, 2011**

**5th Conference on Emerging
Adulthood
October 27 and 28, 2011
Providence, RI**

5cea

5th Conference on Emerging Adulthood

SSea Society for the Study of Emerging Adulthood

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WELCOME

WELCOME.

YOU ARE HERE



2000

2003

2005

2007

2009

2011

- AGENDA
- PARTICIPANT LIST
- TALKS
- CEU CERTIFICATE
- CALL FOR PAPERS

Where are we?
**Understanding
mental health in
emerging
adulthood**

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The problem

- 12-month prevalence:
 - 42.8%** of 18-29 year-olds
(Kessler, Chiu et al., 2005, table 2)
 - Anxiety disorders, 22.3%
 - Substance use disorders, 22%
 - Mood disorders, 22%
- **20%** personality disorders
(Blanco et al., 2008)
- College and non-college students
equivalent rates (Blanco et al., 2008)



SHARED GOAL



“The period from adolescence into early adulthood is extremely important in terms of making life choices and establishing behaviors that have a major impact across the entire life span...”

Young adulthood

Emerging adulthood

Adolescence

*-Geoffrey M. Reed, PhD,
APA Practice
Directorate’s assistant
executive director for
professional
development*

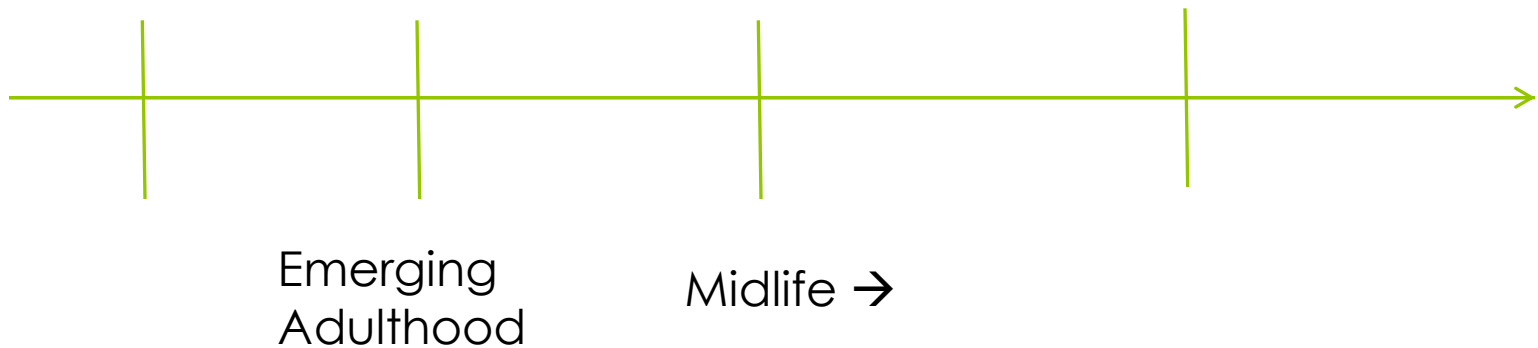
Kersting, K. (September, 2005). Study indicates mental illness toll on youth, delays in treatment. APA in Brief, 36(8).

Associated risks: proximal

- General disability
- Educational problems
- Work issues
- Relationship issues

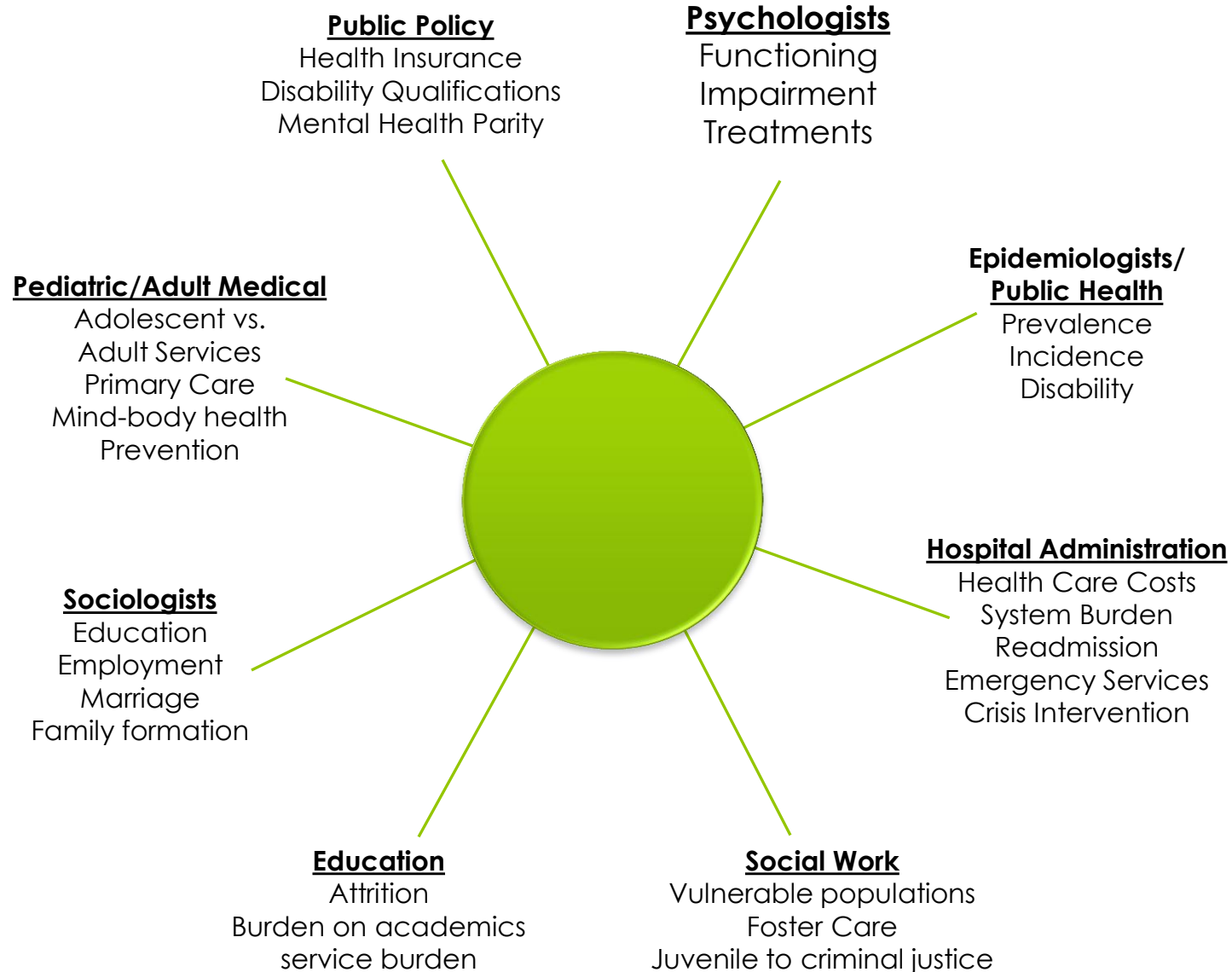
“...An untreated mental disorder during this period is likely to affect a person’s functioning in an adverse [way]...”

Associated risks: distal



“...and in a cumulative way for that persons’ whole life.”

Multiple Disciplines



Delivery Systems

Community Mental Health
"Aging out"
Tailored transition services

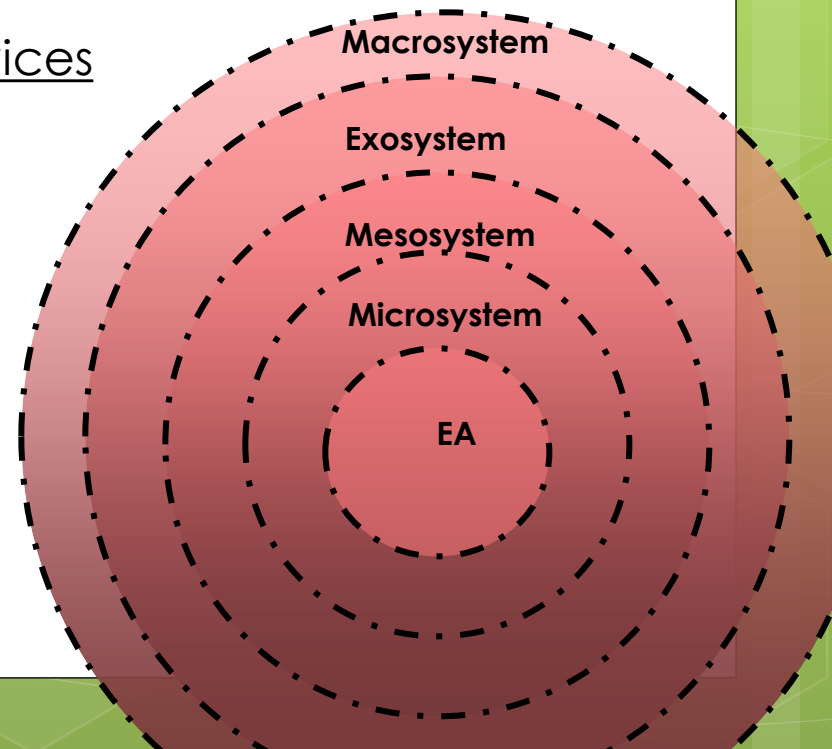
Religious Organizations

Employers
EAP

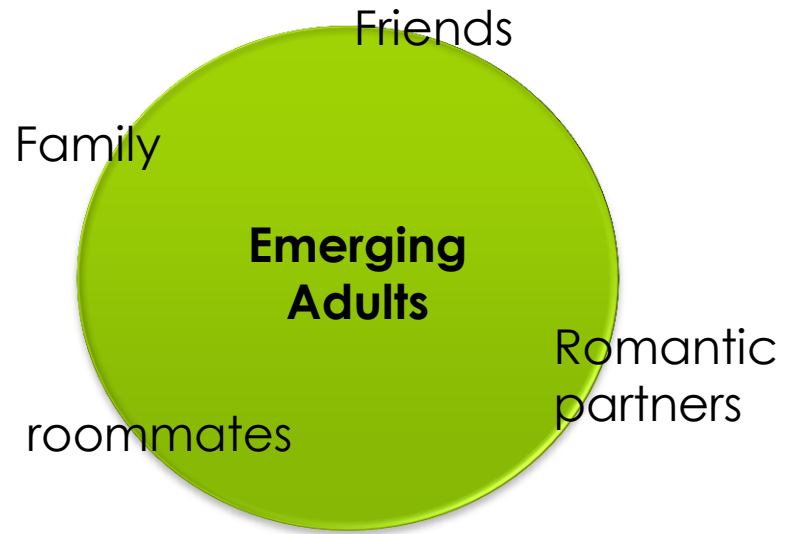
Military
Training
Active Duty
Reintegration
Services

Family Services

College Student
Mental health
Counseling
Centers
Residential Life
University Health



Advocacy Organizations



Scientific study of mental health problems in emerging adulthood

Non-shared lens

Identification
Assessment
Diagnosis
Treatment
Evaluation

Emerging adulthood is a new framework

- Identification
- Assessment
- Diagnosis
- Treatment
- Evaluation

Emerging adulthood: A distinct stage

- Distinct age period, separate from adolescence and young adulthood
- It's not adolescence
- It's not adulthood
- It's not young adulthood

Emerging adulthood: A distinct stage

- Demographically
- Psychologically
- Subjectively

Emerging adulthood: A new norm

- Instability
- In between
- Possibilities
- Self focused
- Identity

**How do we understand mental
Health between ages
18 and 29...**

if...

...emerging adulthood?

William Copeland, PhD

Assistant Professor of Epidemiology
Center for Developmental Epidemiology
Department of Psychiatry and Behavioral Sciences
Duke University Medical Center

Clinical Psychology
Epidemiology

Great Smokey Mountain Study

Maryann Davis, PhD

Research Associate Professor
Center for Mental Health Services Research
Department of Psychiatry
University of Massachusetts Medical School

Psychology
Clinical Psychologist

Director, Learning and Working During the Transition to Adulthood Research and Training Center, Center for Research on Mental Health Services

What are the current challenges in understanding mental health in emerging adulthood?

12:15-12:30 brain storm sessions

12:30-1:00 small group presentations

Daniel Eisenberg, PhD

University of Michigan
Associate Professor
Health Management & Policy
School of Public Health
University of Michigan

Economics
Public Health
Mental Health Services & Policy Research

The Healthy Minds Study

Coffee Break & Speed Networking

- Arrange in groups of 5-6
- Switch every 10 minutes
- 5 sessions

Jesse Viner, M.D.

Founder & Medical Director, *Yellowbrick*

Assistant Professor of Psychiatry

Northwestern University Feinberg School of Medicine
Faculty, Chicago Institute for Psychoanalysis

Psychiatry

Psychoanalysis

Yellowbrick Program

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