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What's normal? The Value of The
Developmental Lens in Working with
Transition-Age Youth with Mental
Health Challenges

Jennifer L. Tanner, Ph.D.

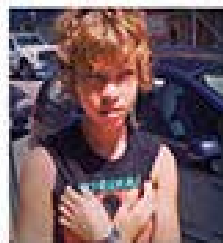
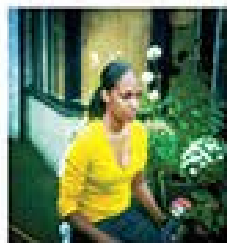
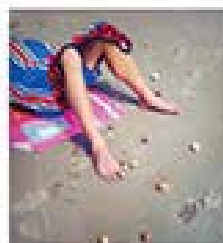
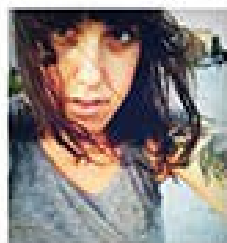
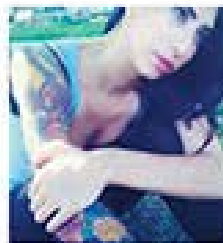
August 7, 2012



Who are transition-age youth
with serious mental health
conditions?

The New York Times Magazine

NOVEMBER 11, 2009



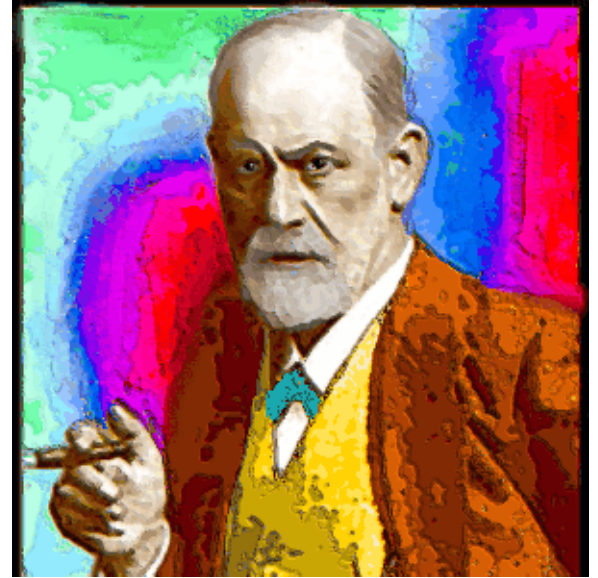
They move back in with their parents.
They delay beginning career paths.
They put off commitments.

What Is It About 20-Somethings?

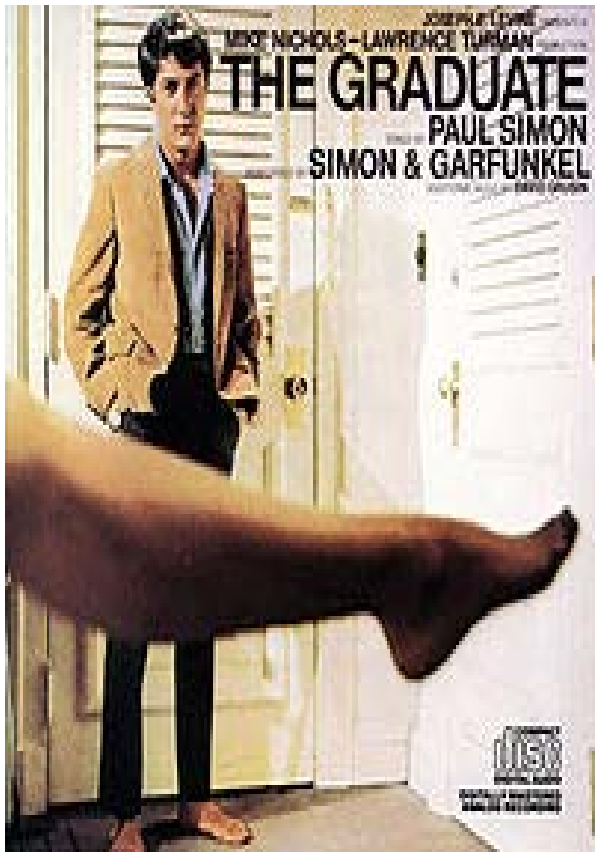
Maybe they are revealing a new life stage.
BY BOB WALKER/SONO

The value of the developmental lens

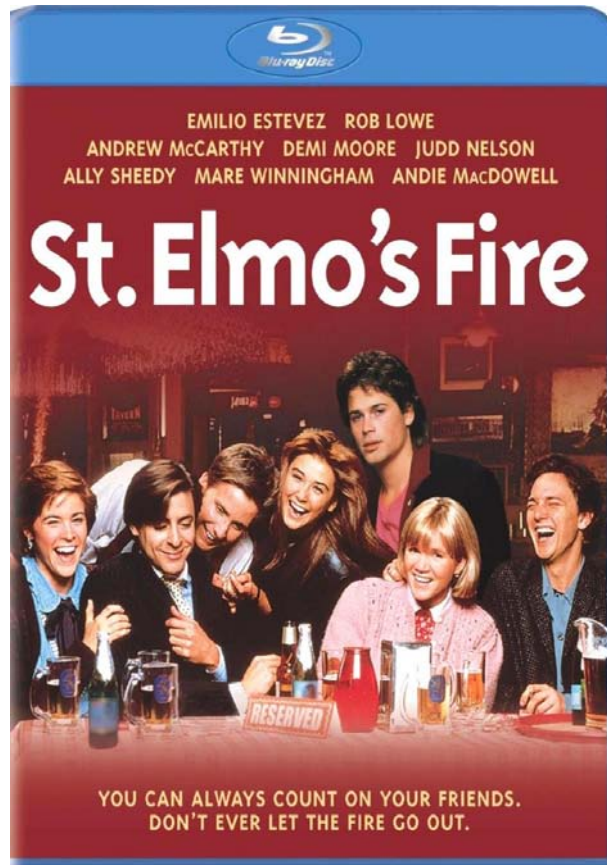
- Stall adulthood
- Advice: Ignore expectations to become “adult”
- Think Freud
- Mental health problems are normal, normative, expected
- Emerging adulthood is a stage of low vulnerability and high opportunity



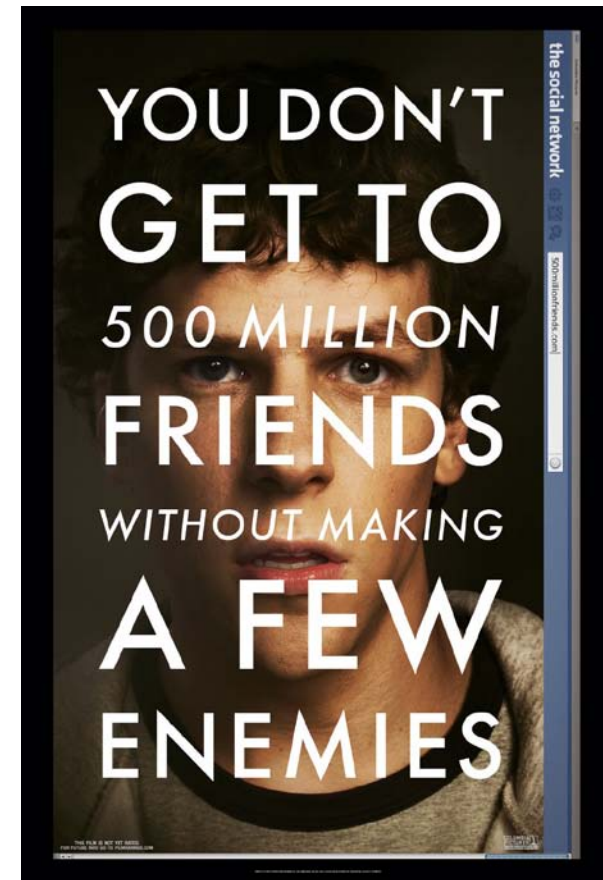
historical influences shape generations



Baby Boomers
b. 1946-1964

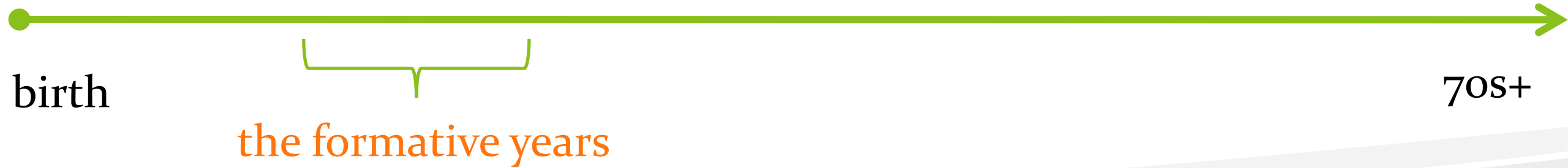


Generation X
b. 1965-1981



Millennials
b. 1982-2002

 The developmental lens: Age





The developmental lens: Age



birth

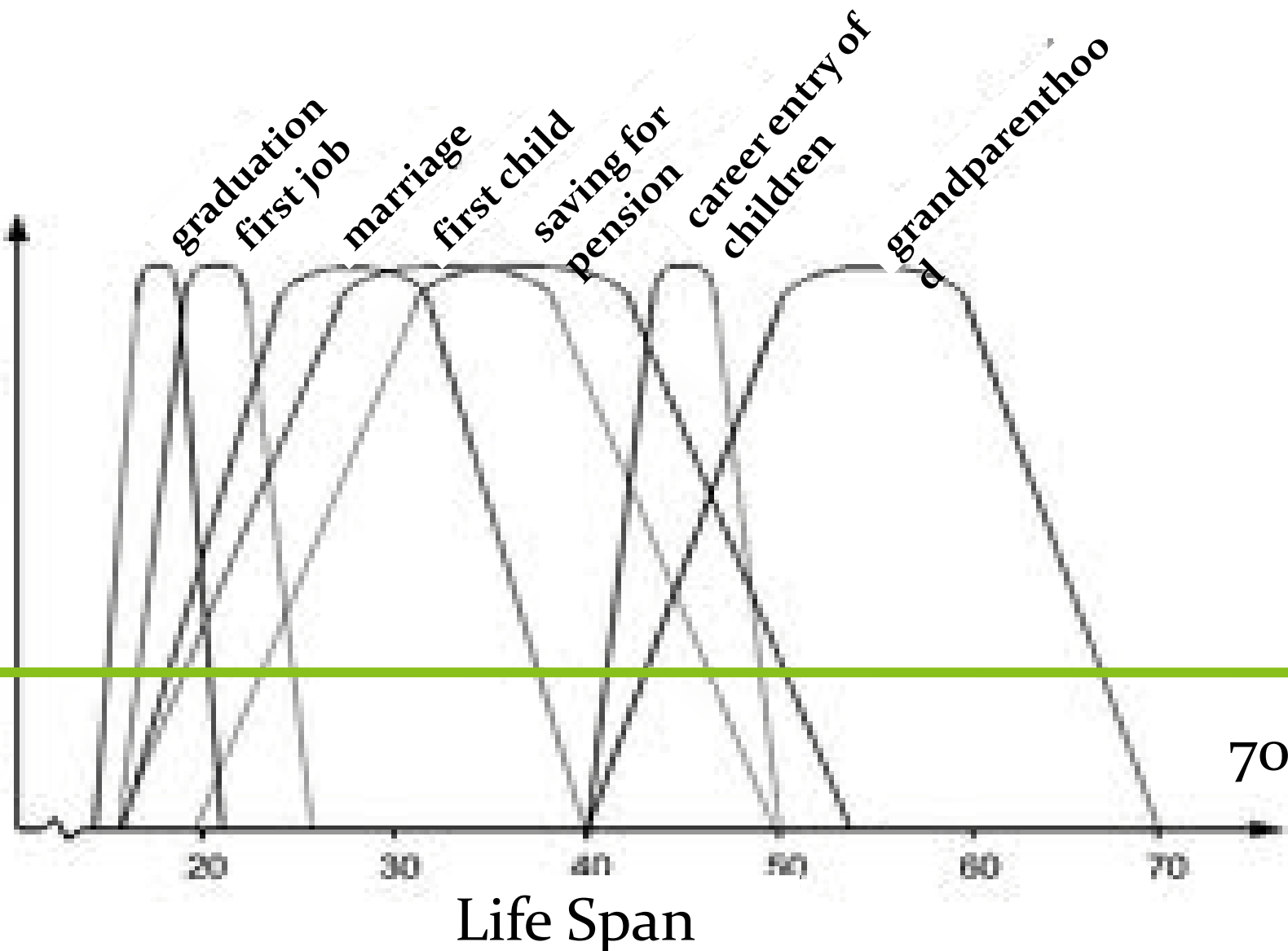
70S+





birth

Opportunities to realize goals

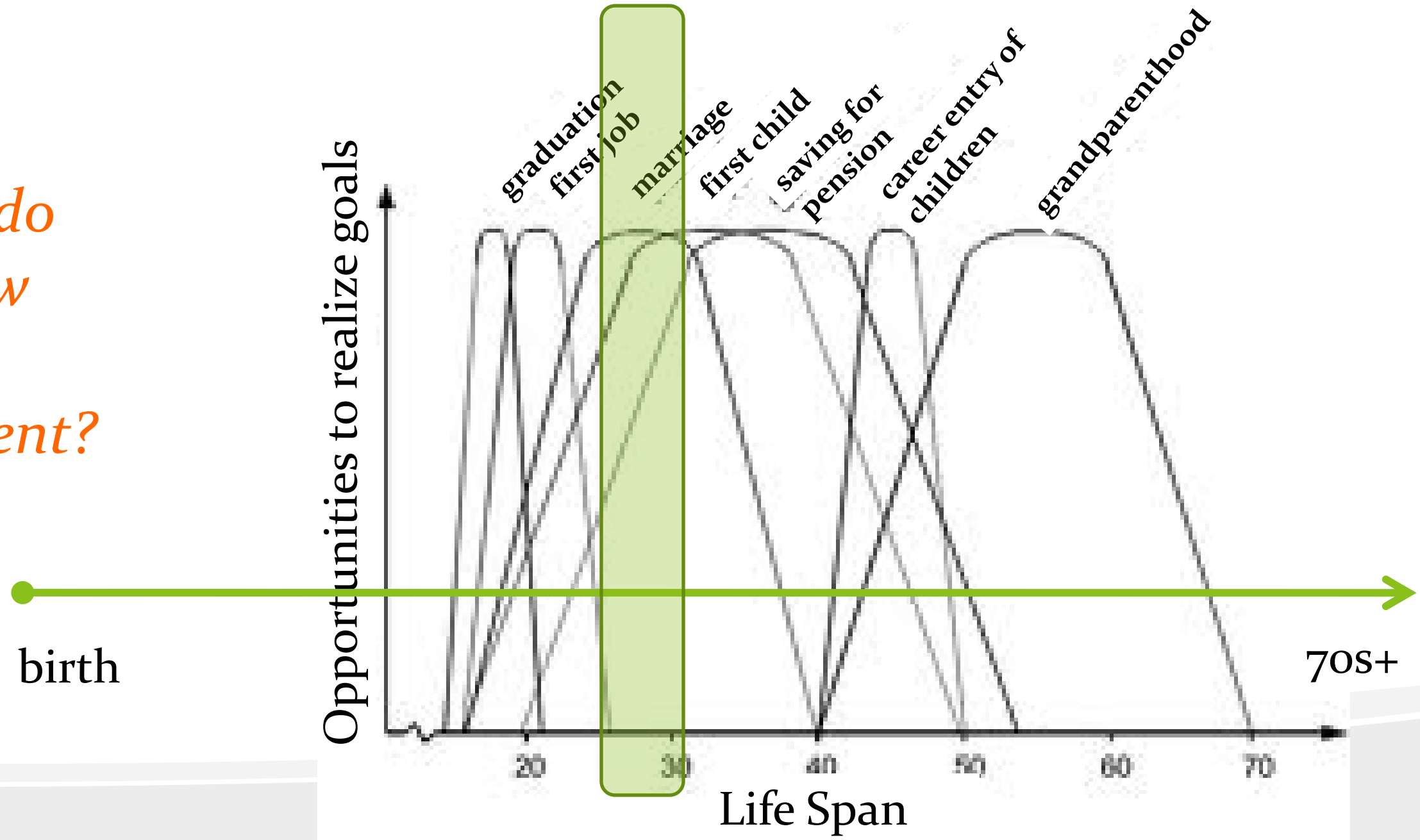


70S+

Life Span



What do the new norms represent?



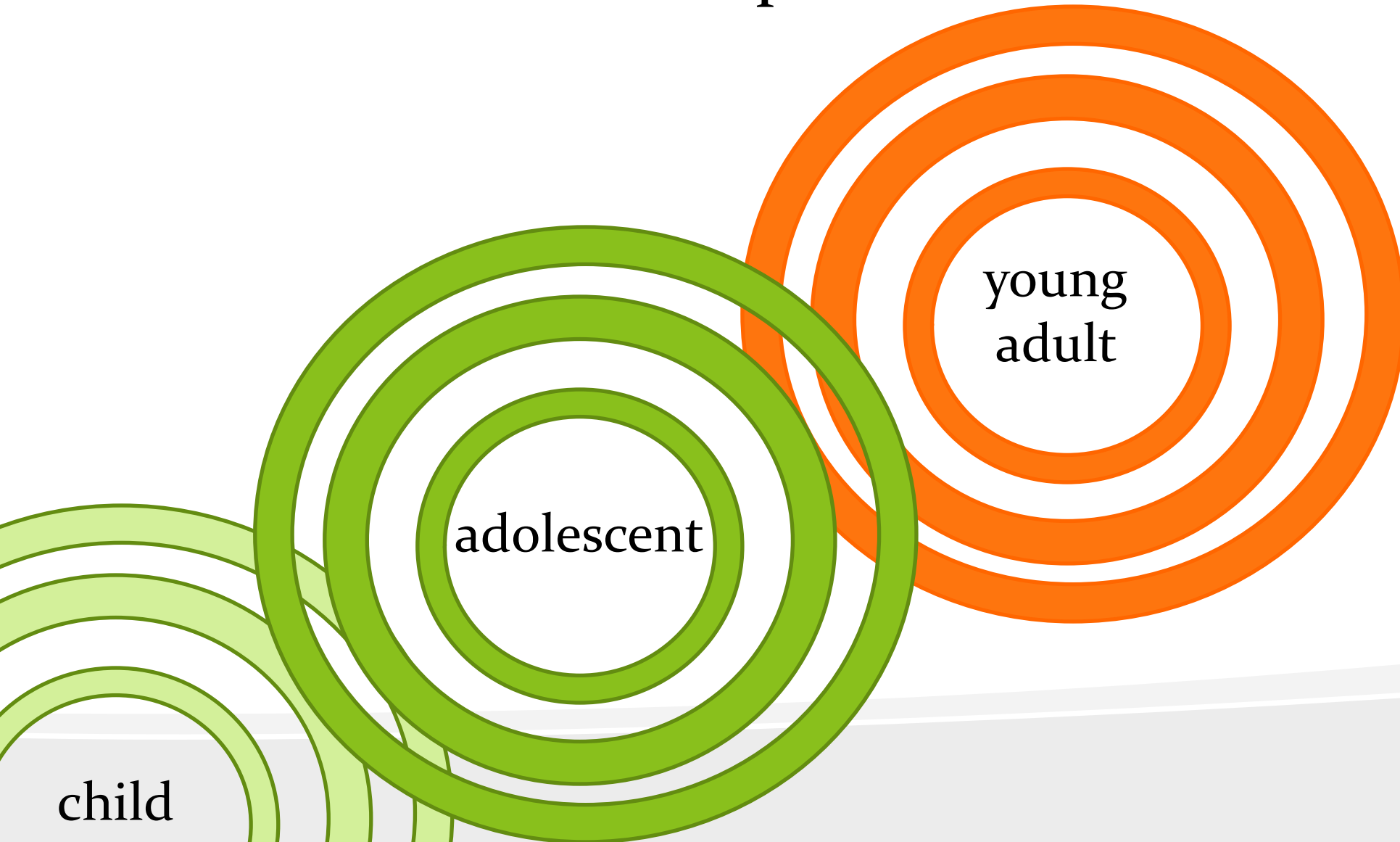
birth

70s+

Life Span



Normative “development”

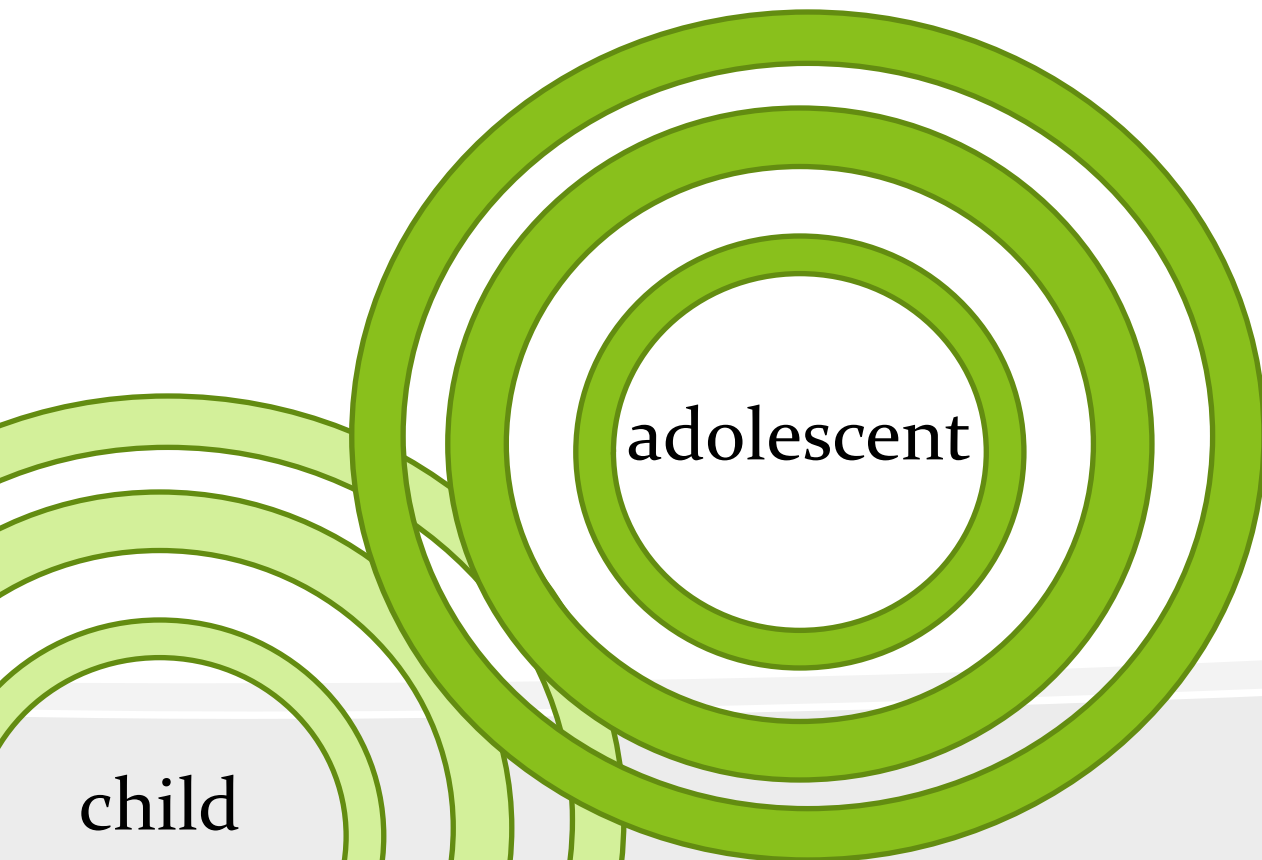


adolescent

young
adult

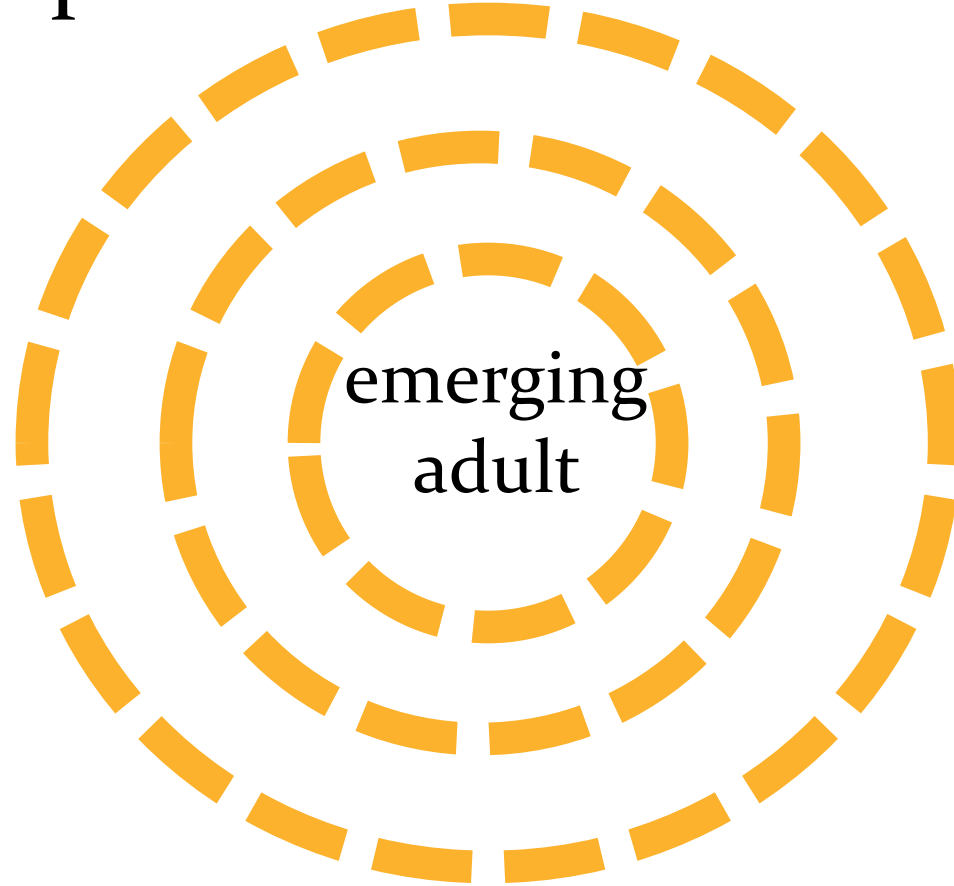
child

 Normative “development”





Normative “development”

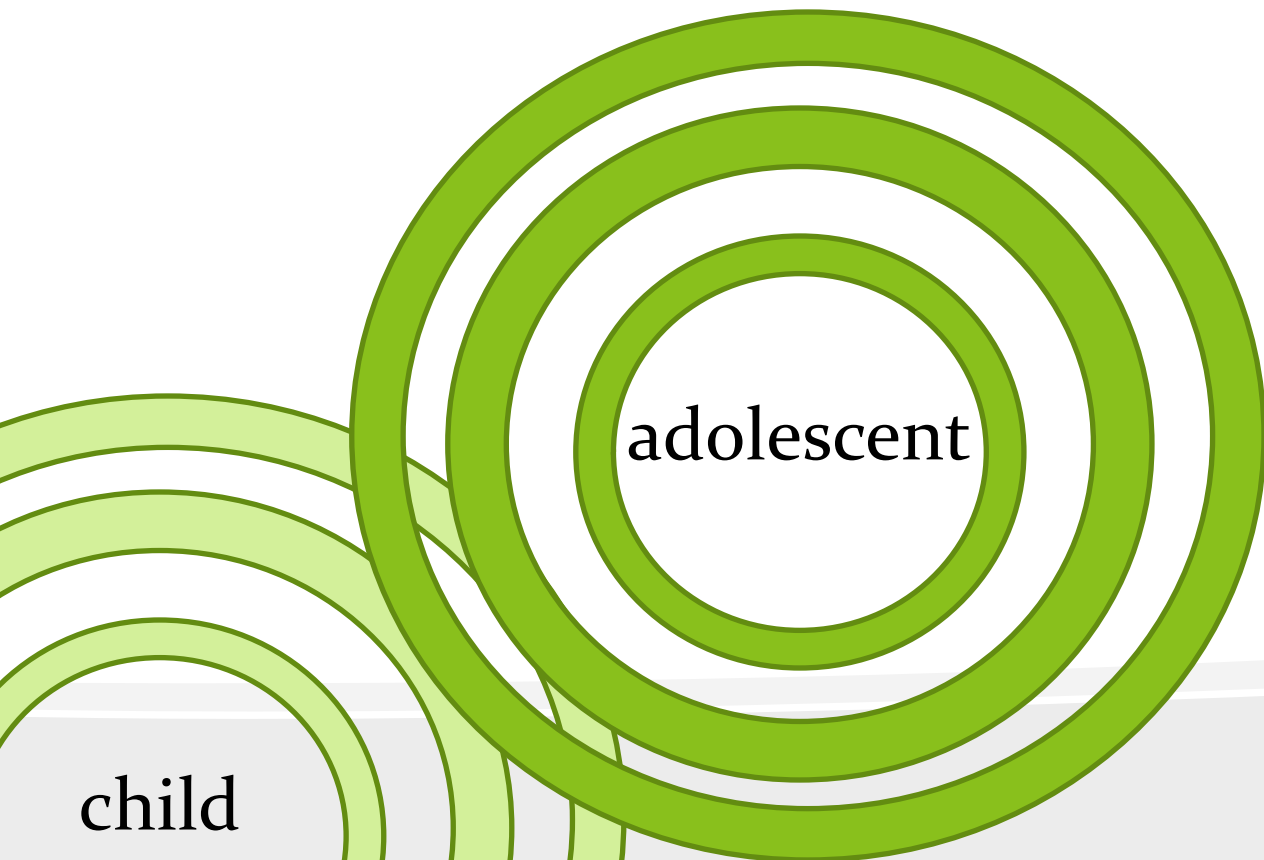


“in between”
identity
instability
possibilities
self-focus



LIFE SPAN DEVELOPMENT

Recentering



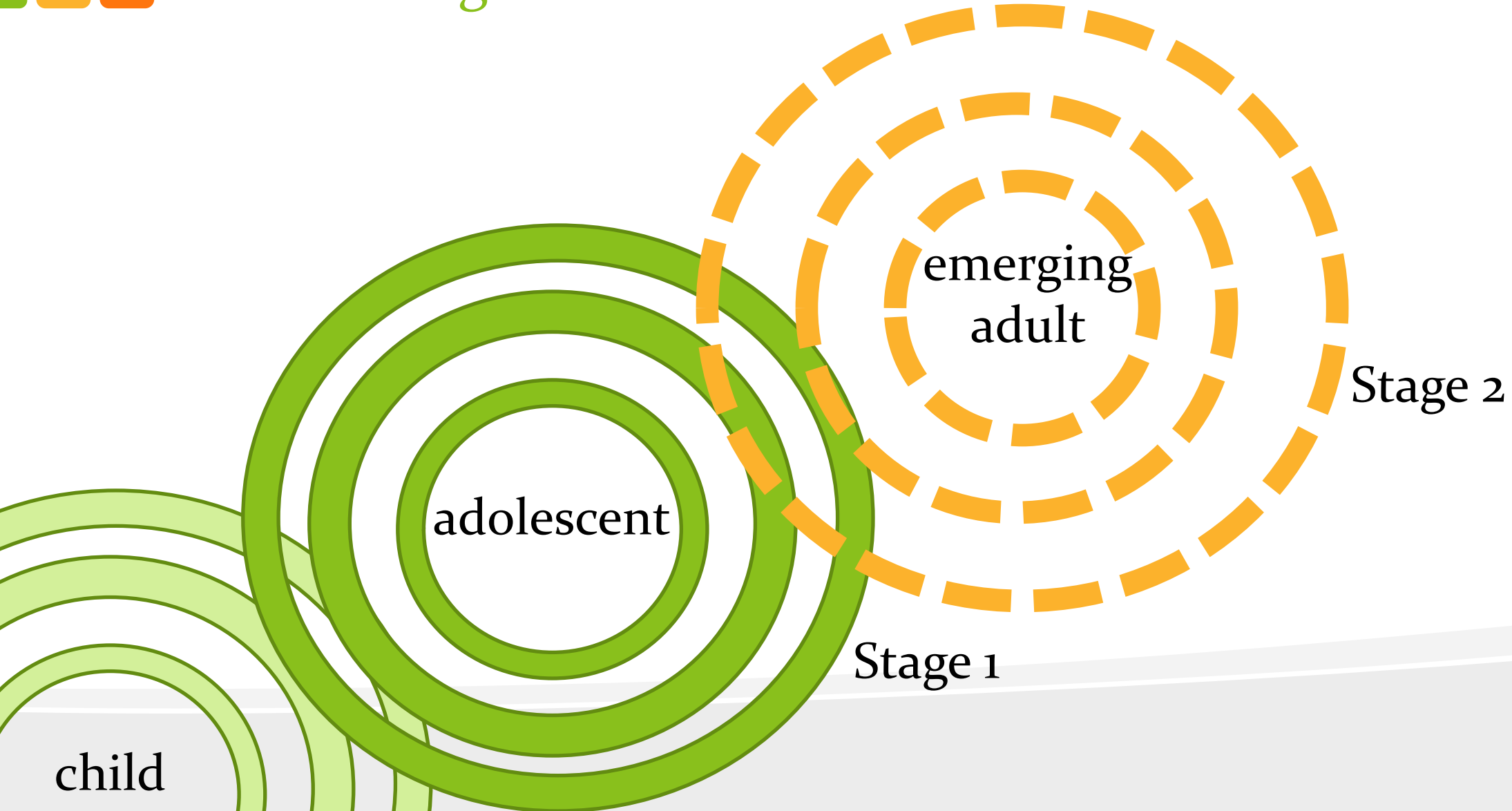
adolescent

child



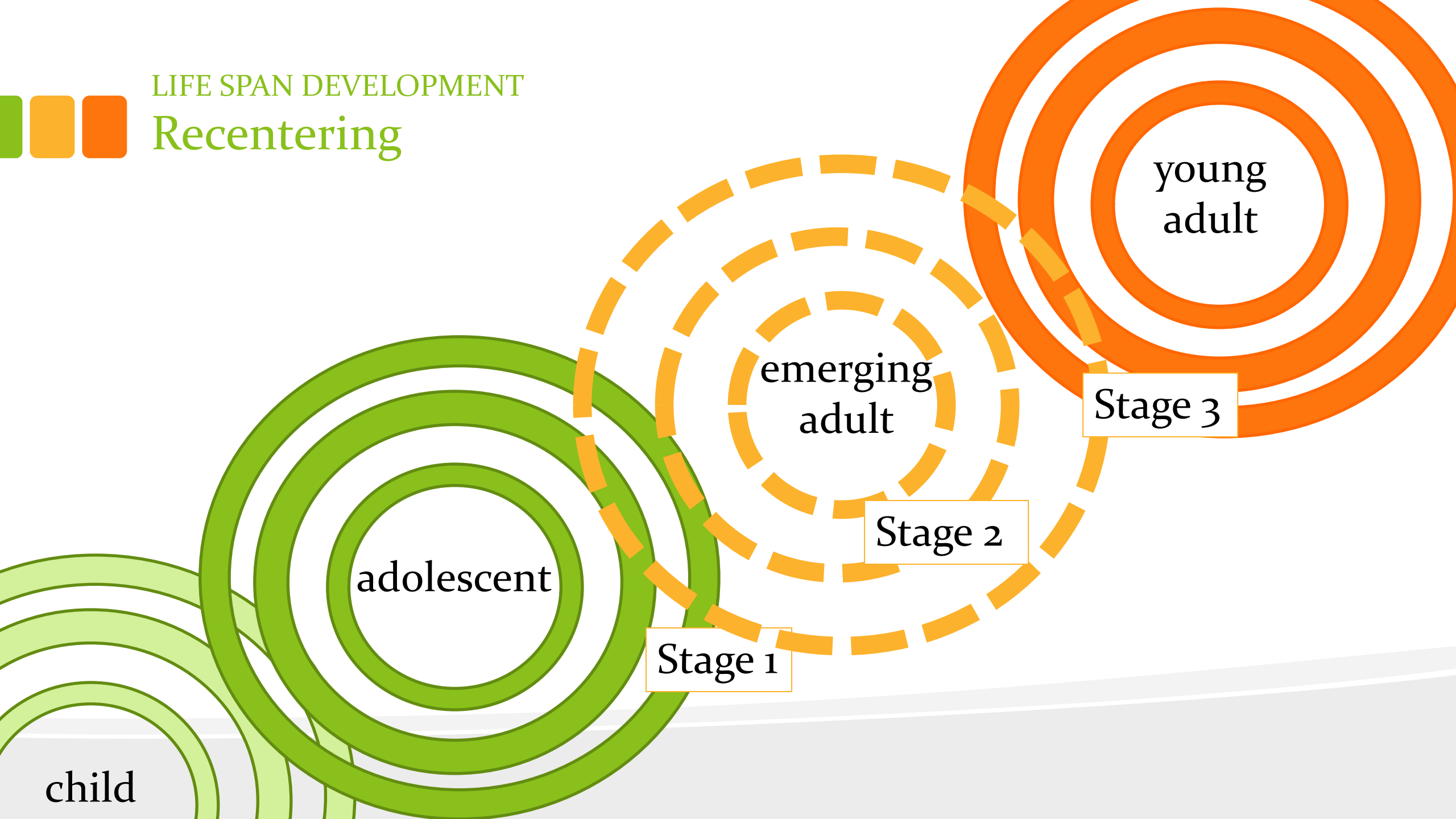
LIFE SPAN DEVELOPMENT

Recentering



LIFE SPAN DEVELOPMENT

Recentering



adolescent

emerging
adult

young
adult

child

Stage 1

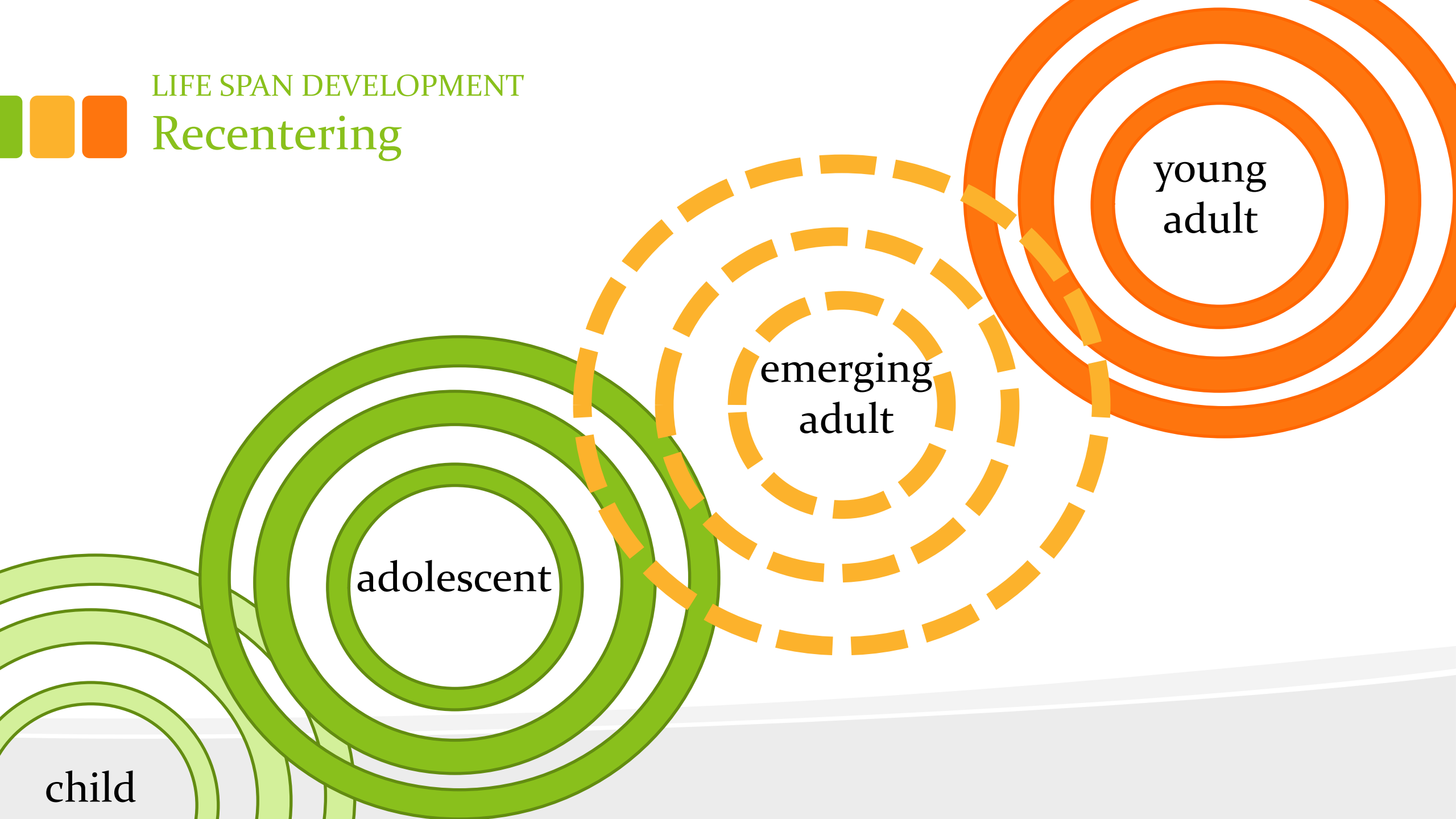
Stage 2

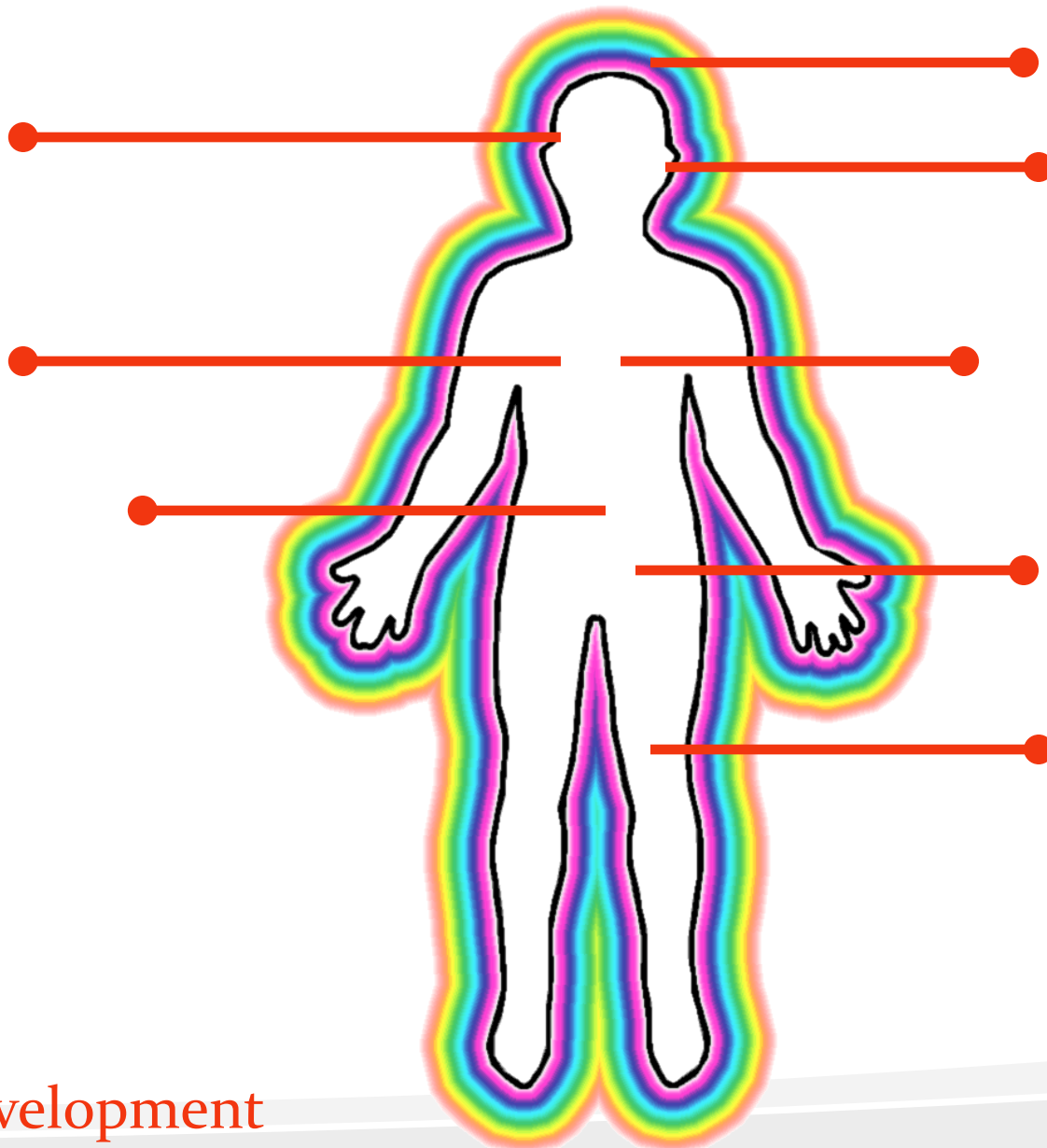
Stage 3



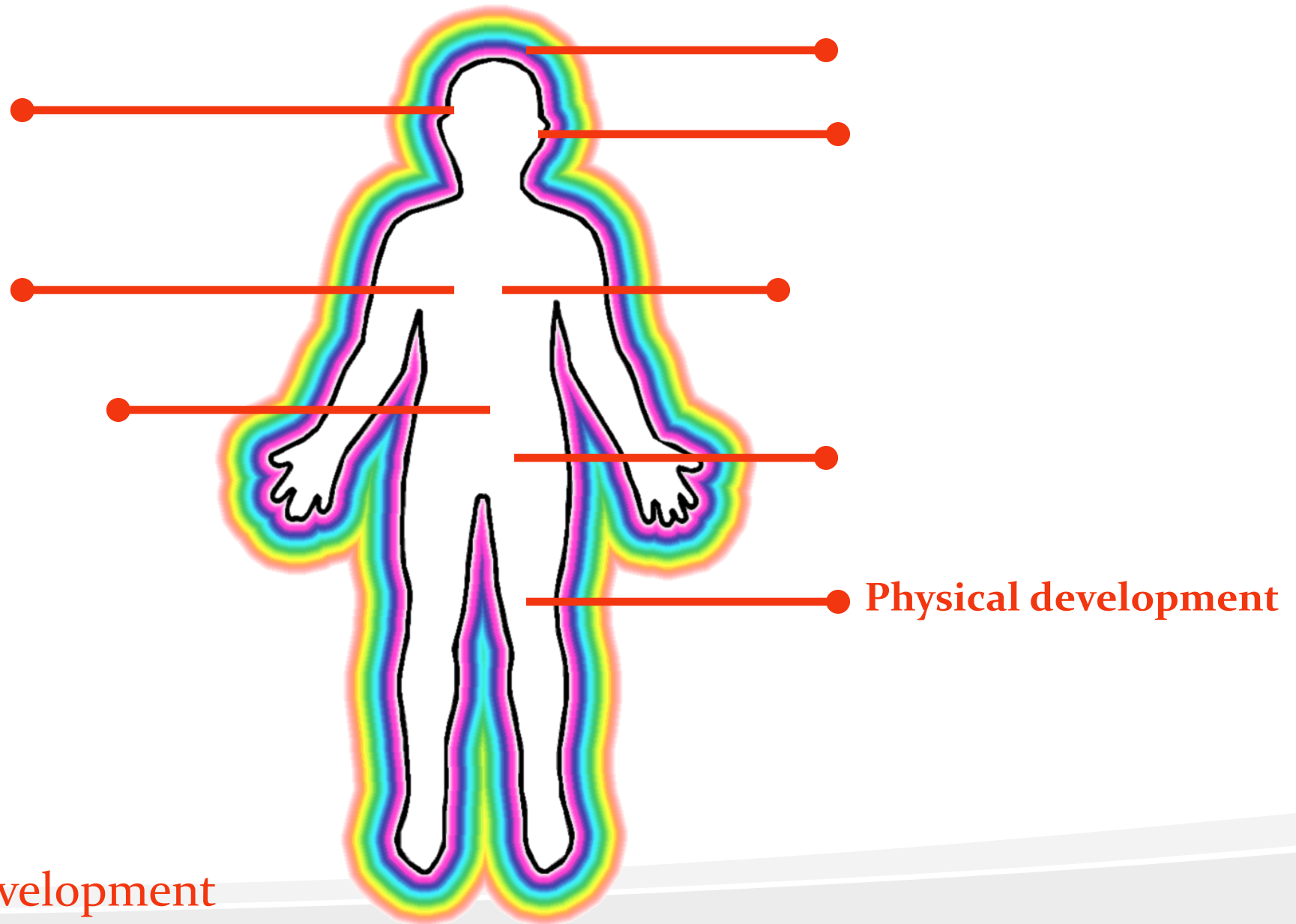
LIFE SPAN DEVELOPMENT

Recentering

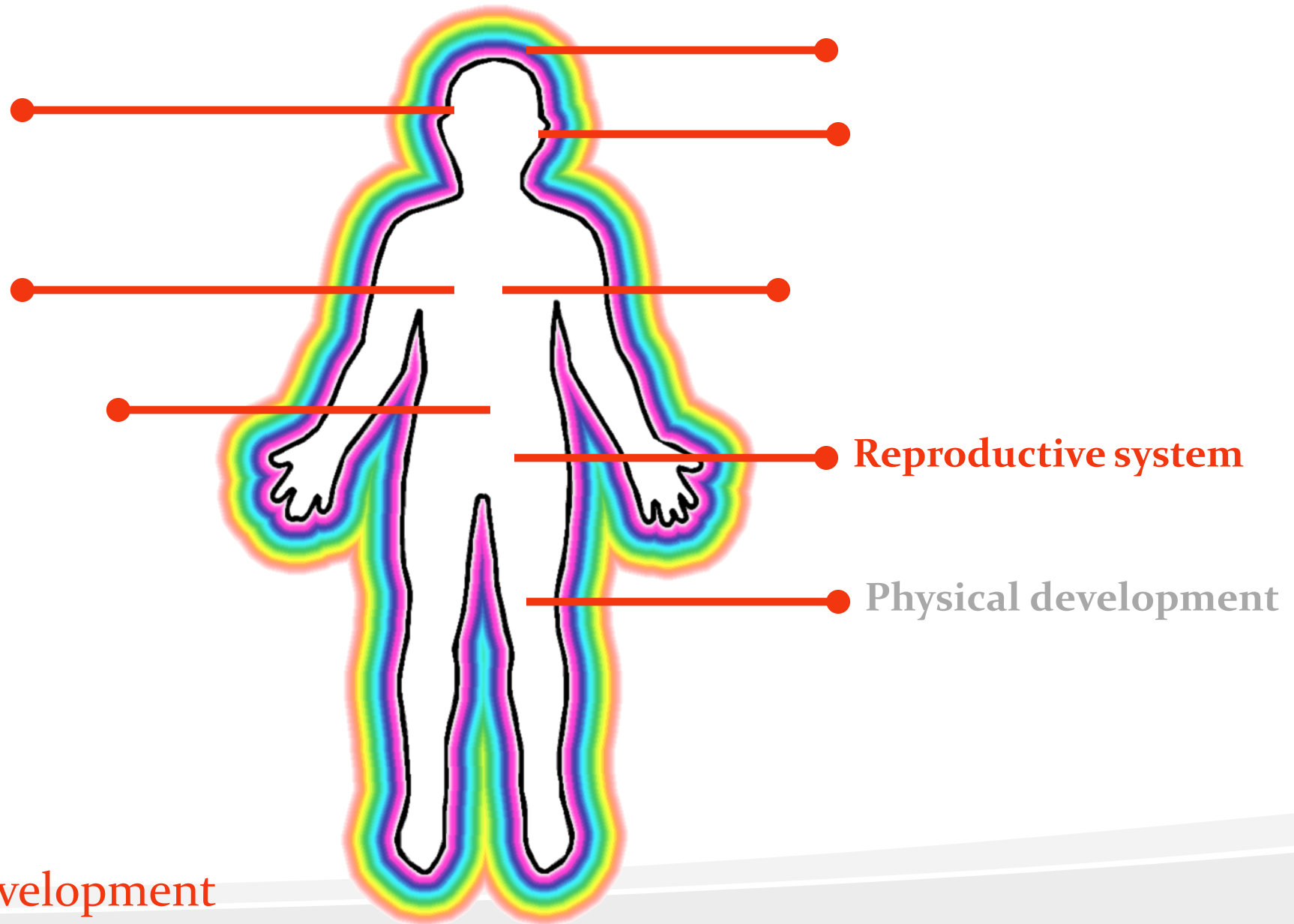




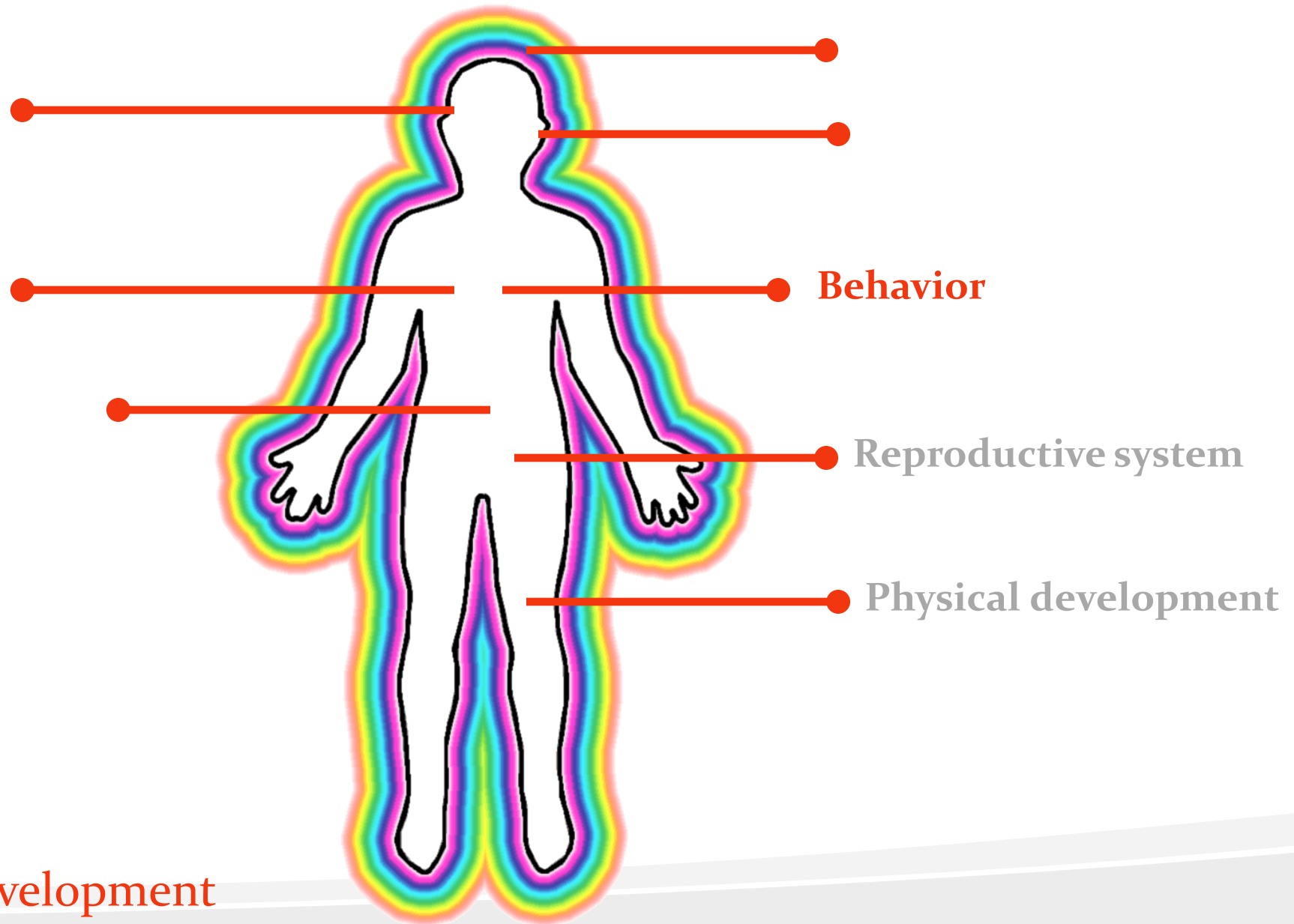
Emerging adult development
in the context of the life span



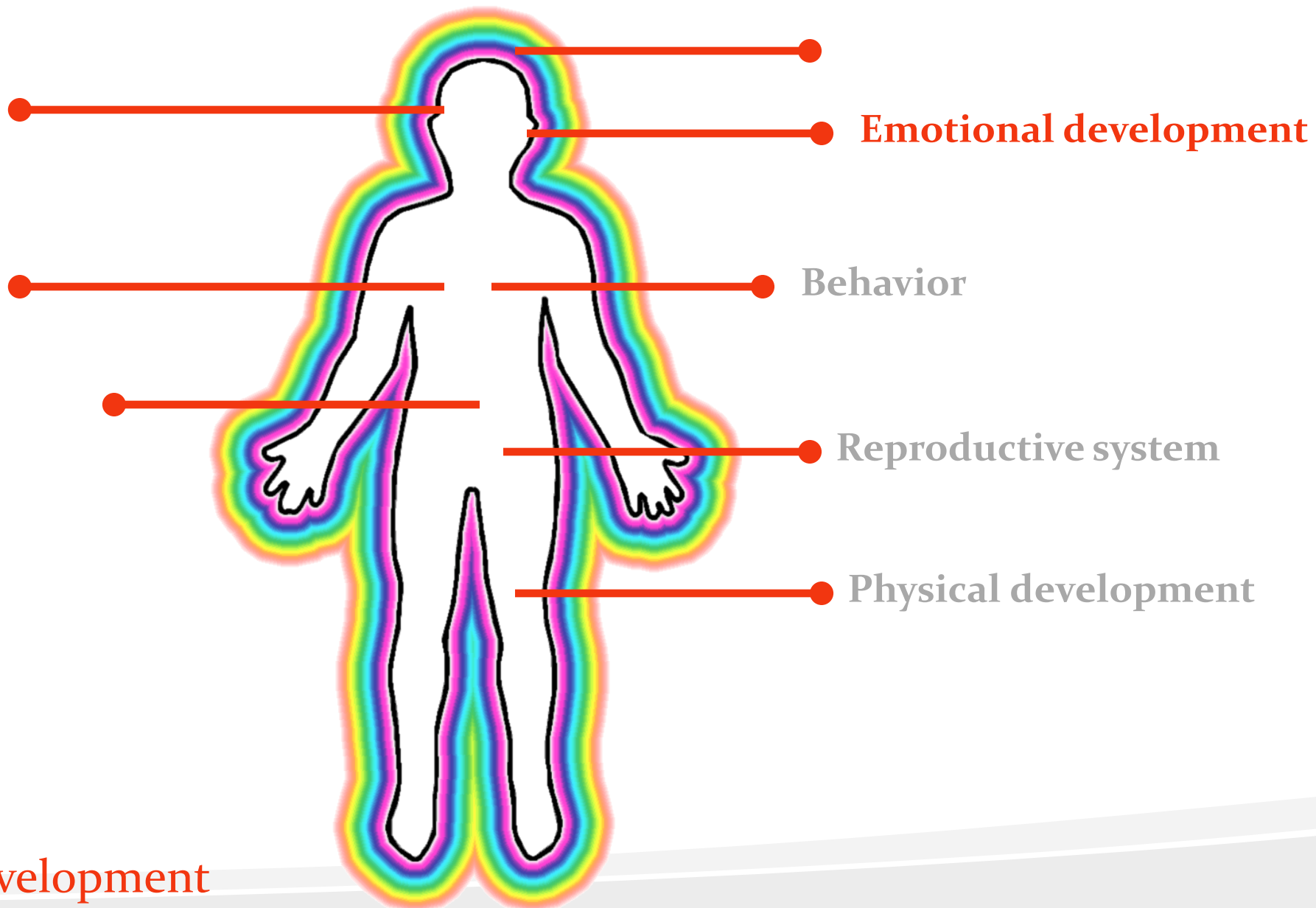
Emerging adult development
in the context of the life span



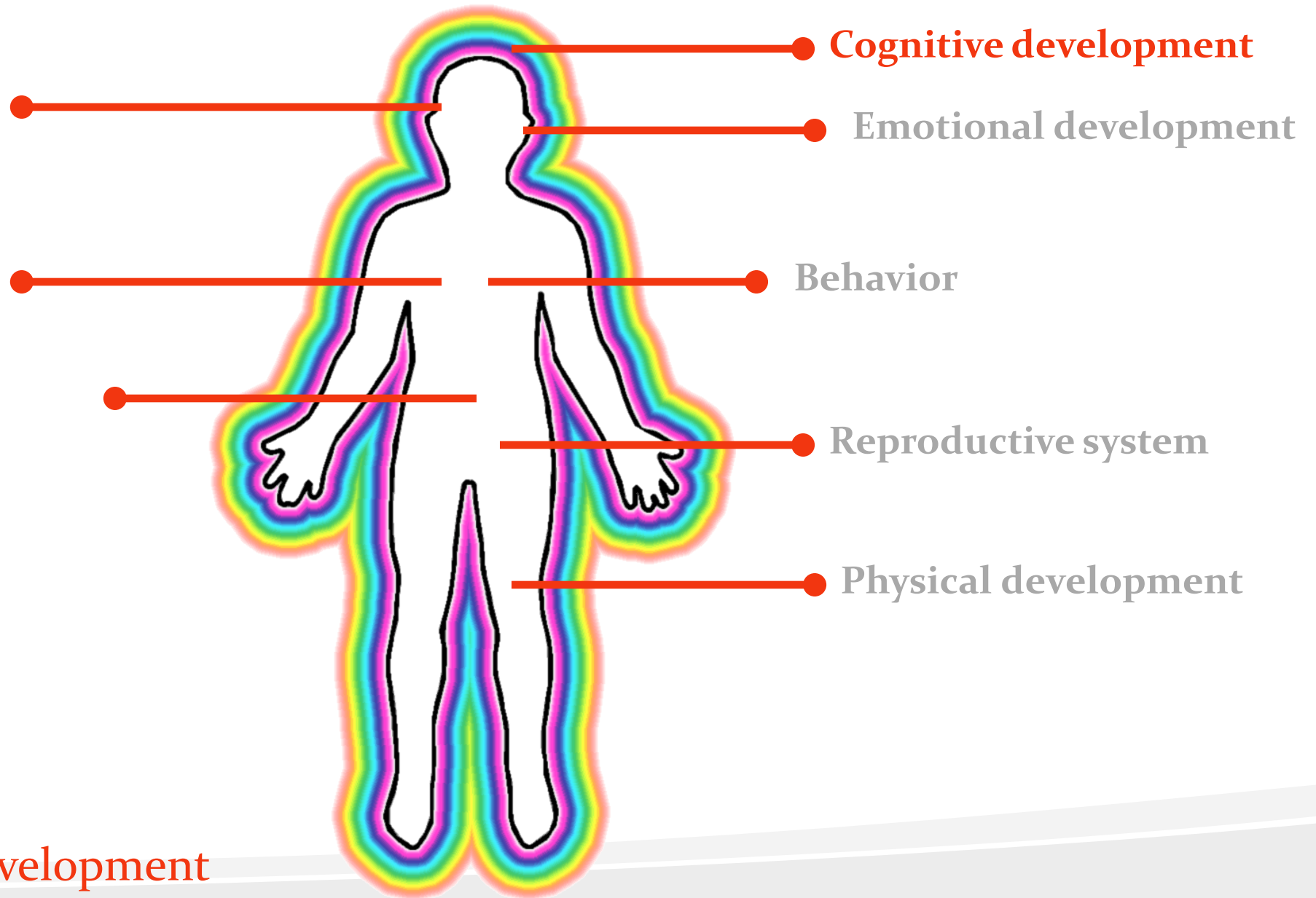
Emerging adult development
in the context of the life span



Emerging adult development
in the context of the life span



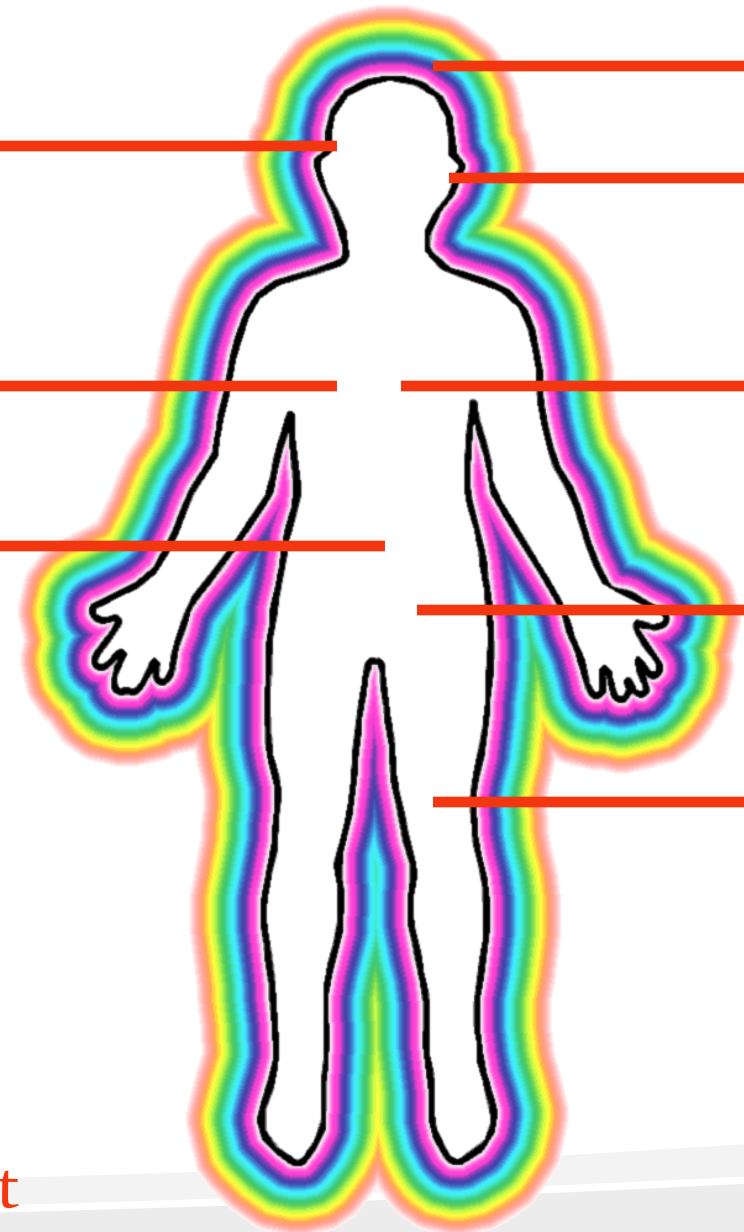
Emerging adult development
in the context of the life span



Emerging adult development
in the context of the life span



Personality development



- Cognitive development
- Emotional development
- Behavior
- Reproductive system
- Physical development

**Emerging adult development
in the context of the life span**



Social Relationships

Personality development

Cognitive development

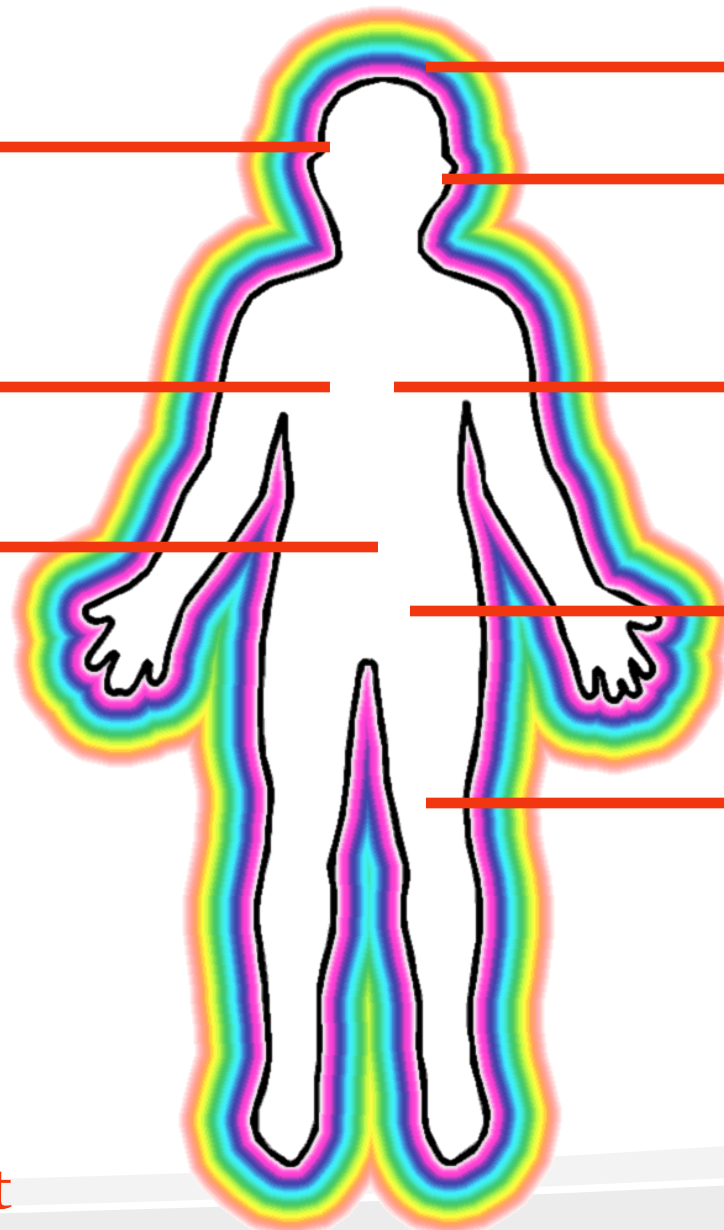
Emotional development

Behavior

Reproductive system

Physical development

Emerging adult development
in the context of the life span





Mental Health

Cognitive development

Emotional development

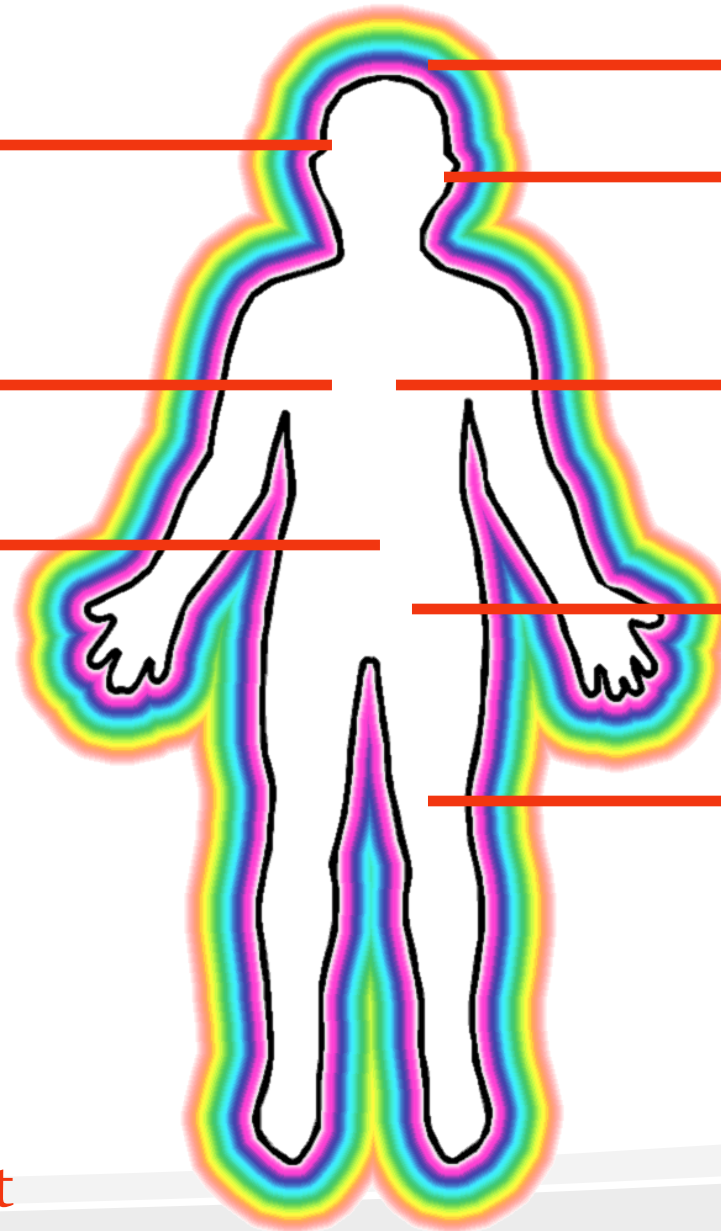
Social Relationships

Behavior

Personality development

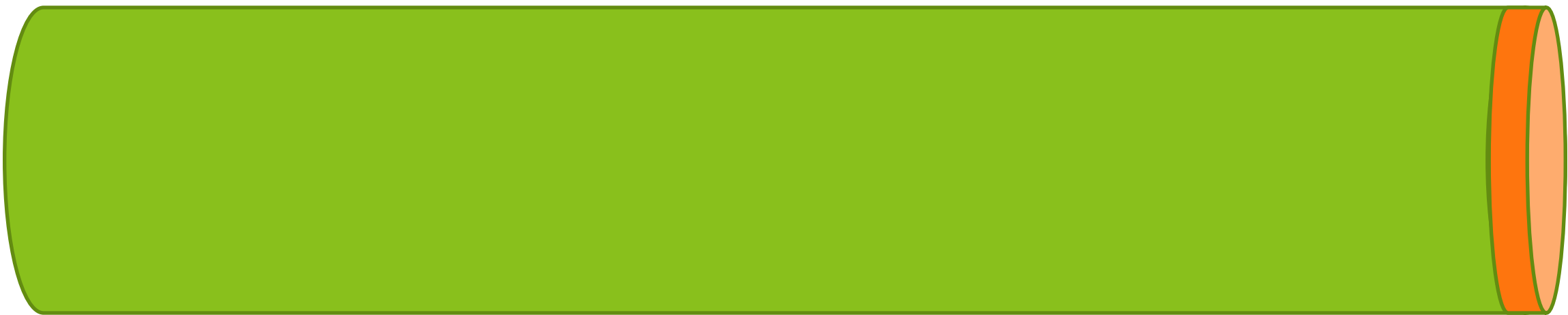
Reproductive system

Physical development

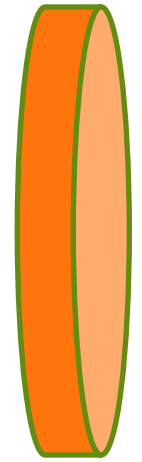


Emerging adult development
in the context of the life span

 Transition-age youth



 Transition age youth



6.5%
18-26



Community Mental Health

child & youth
mh services

adult services



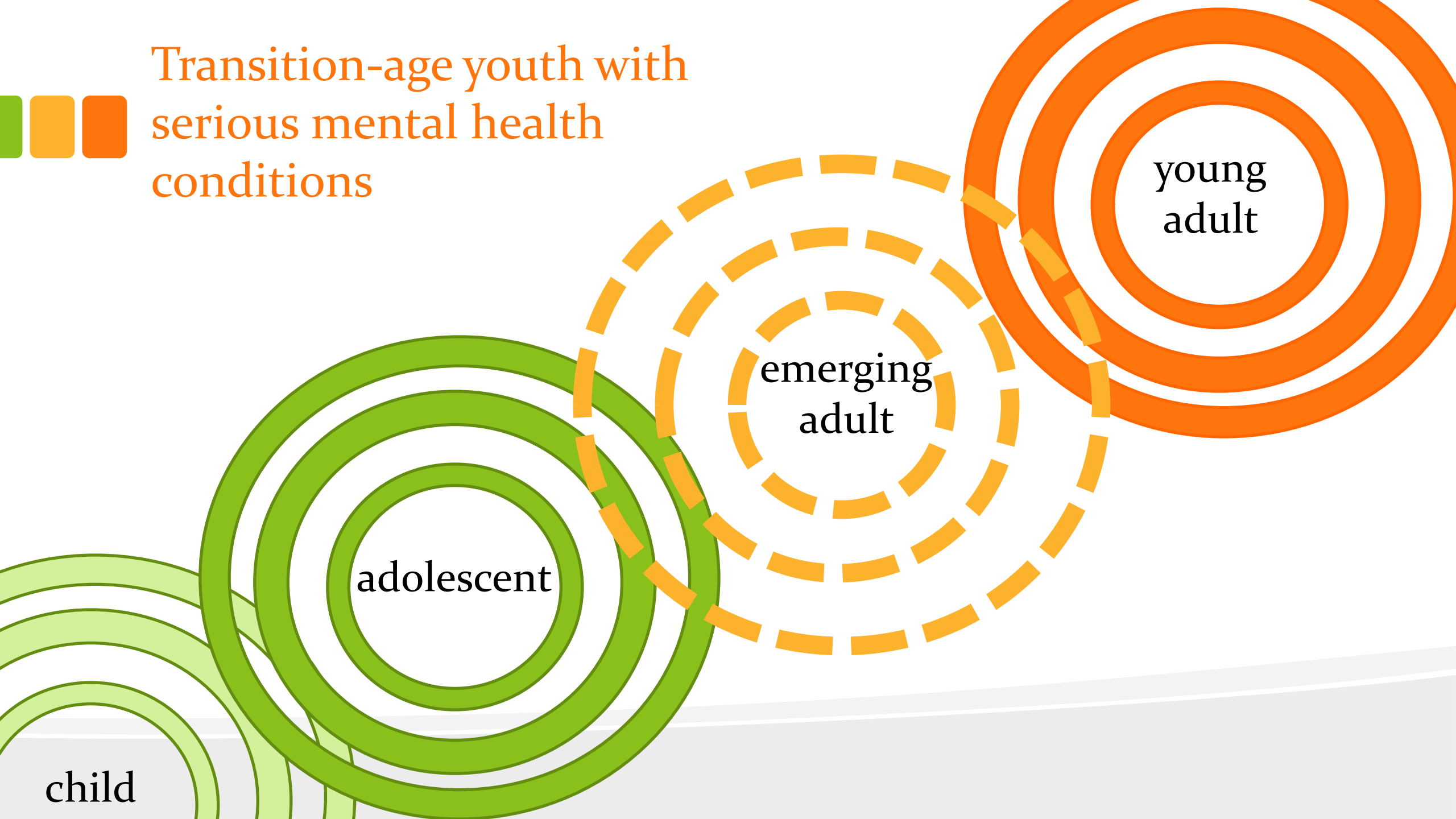
“The Young Adult Chronic Patient” (Pepper)

child & youth
mh services

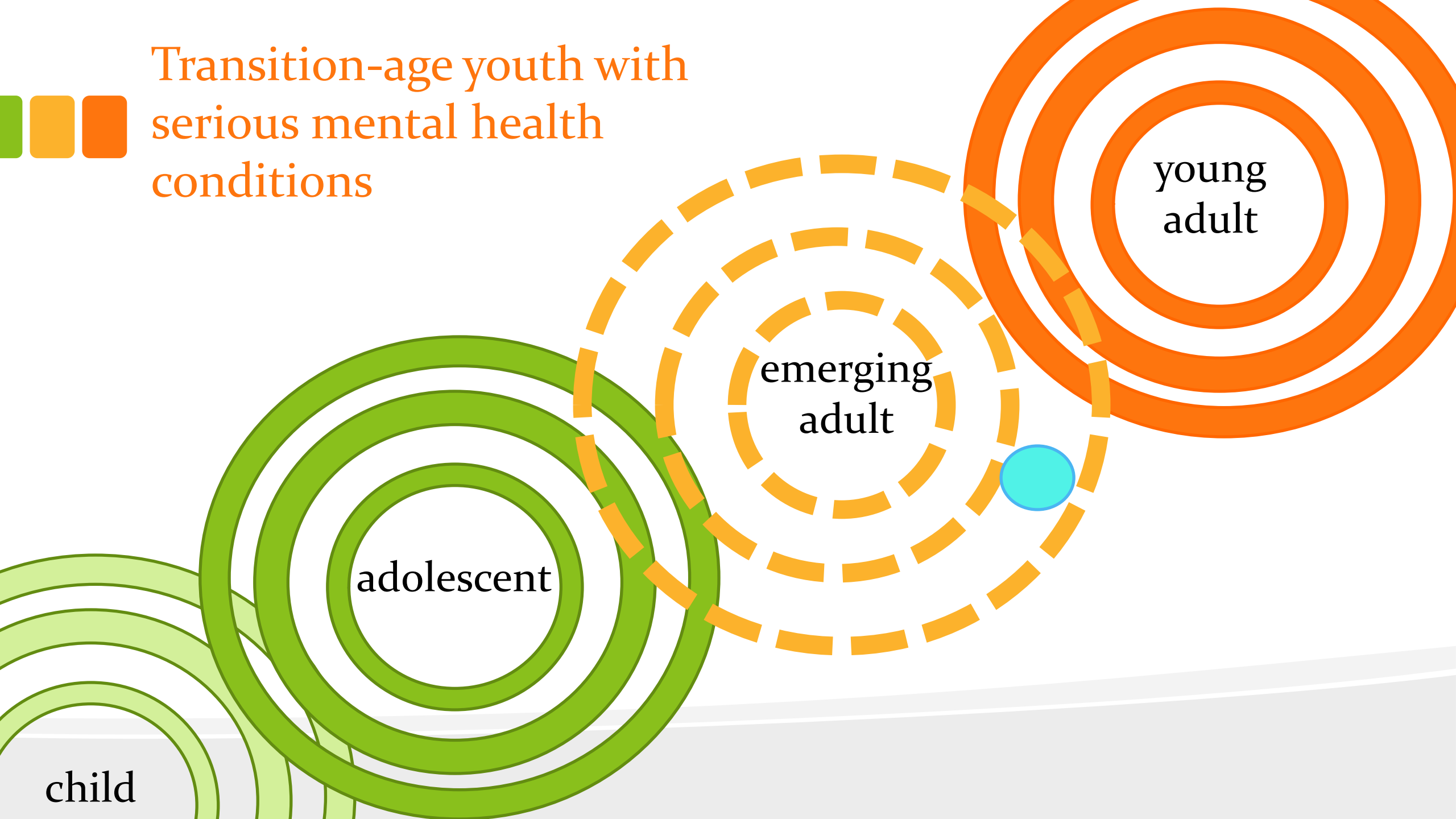
18-35

adult services

Transition-age youth with serious mental health conditions



Transition-age youth with
serious mental health
conditions



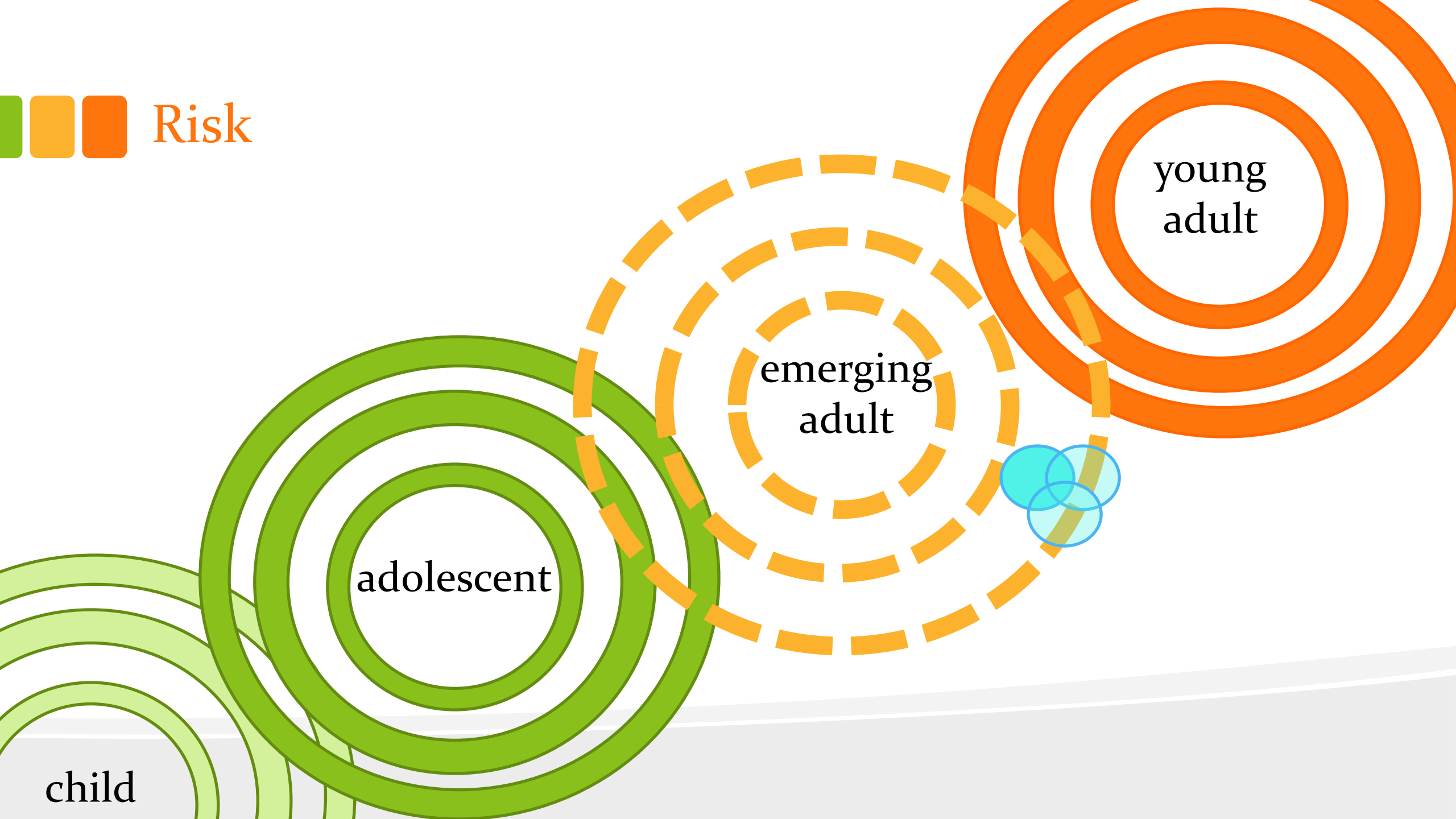
adolescent

emerging
adult

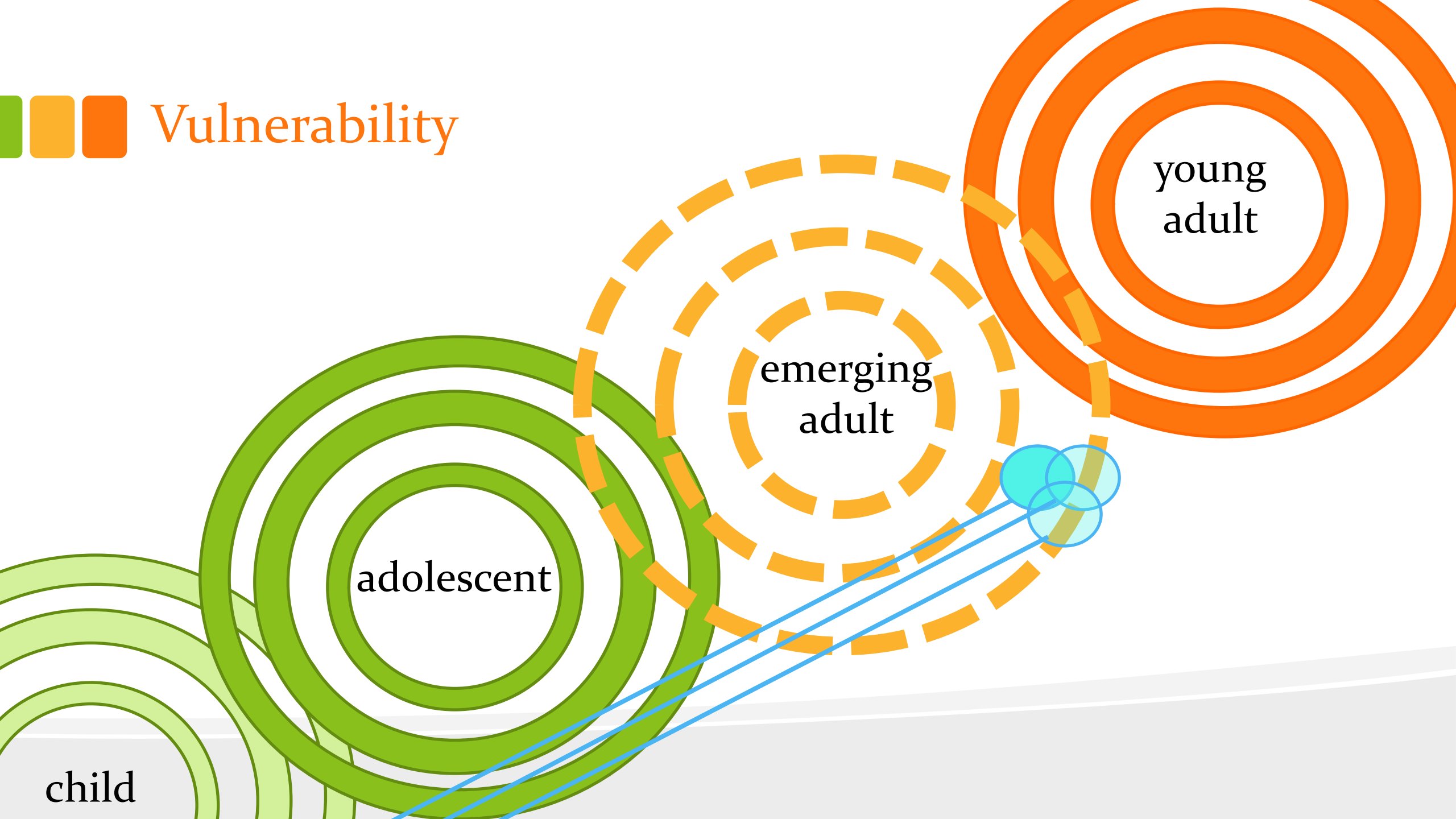
young
adult

child

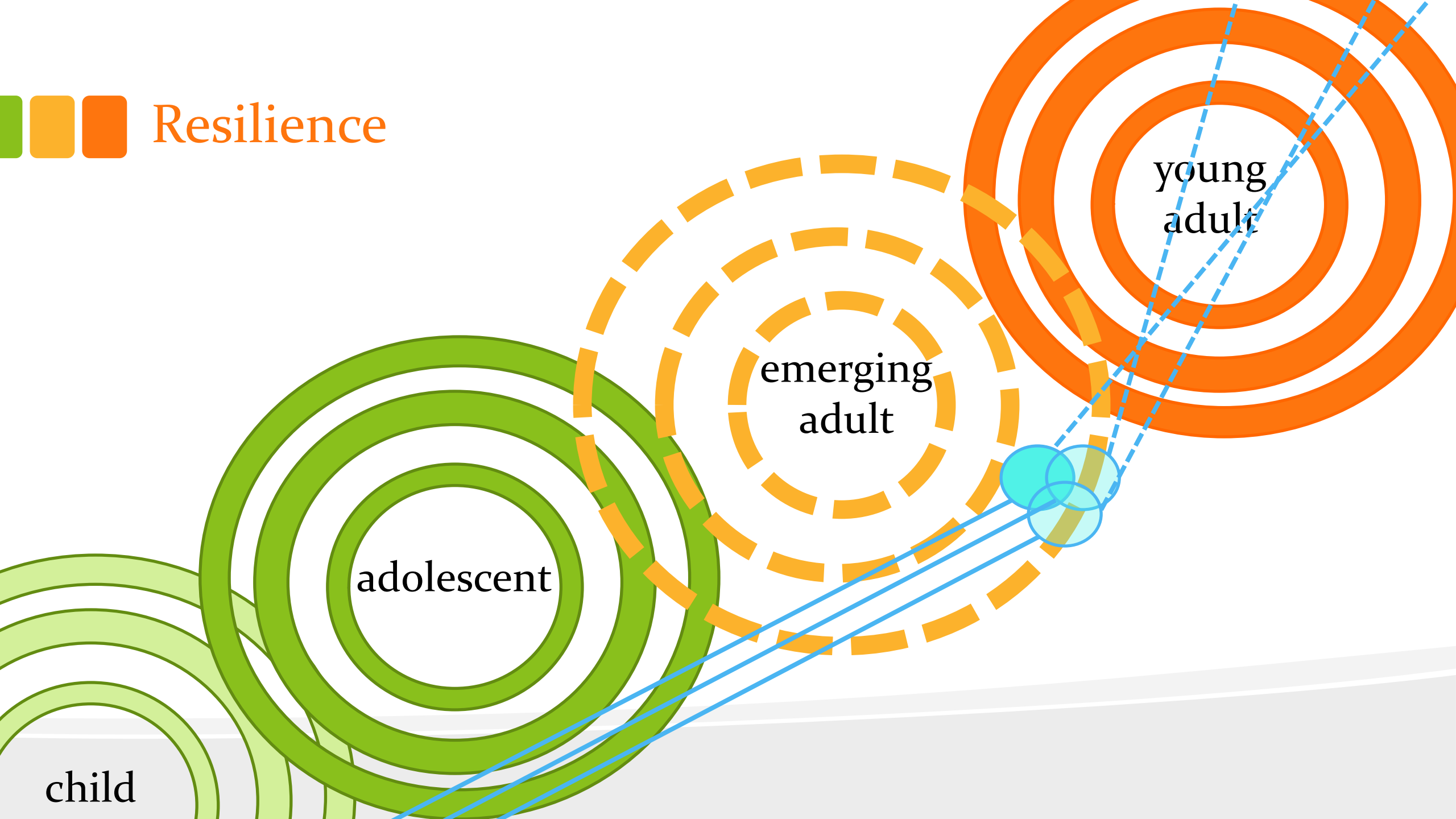
 Risk



 Vulnerability



Resilience



adolescent

emerging
adult

young
adult

child



The value of the developmental lens

Stall adulthood

Advice: Ignore expectations to become “adult”

Think Freud

Mental health problems are normal, normative, expected

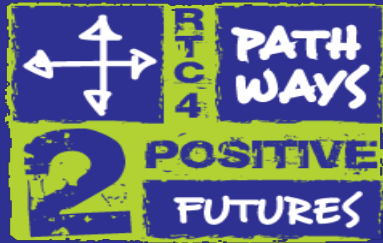
Emerging adulthood is a stage of low vulnerability and high opportunity



Thank you.

Jennifer Tanner

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Acknowledgments/Funders



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