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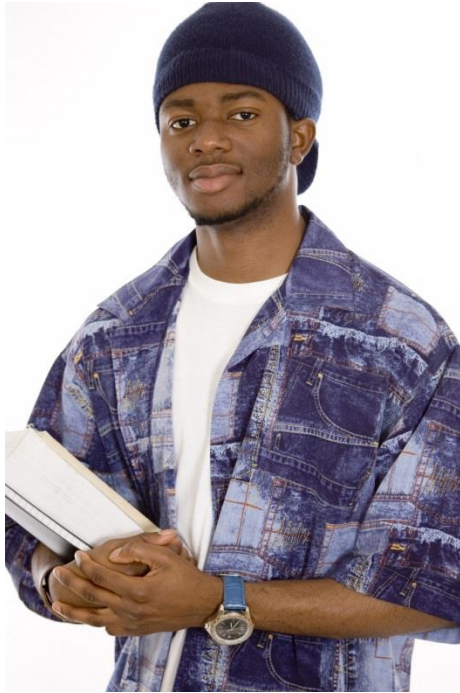
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# Pathways Webinar | Dec 2013

RESEARCH & TRAINING CENTER ON PATHWAYS TO POSITIVE FUTURES



Promoting Positive Development among Emerging Adults with Serious Mental Health Conditions: Results from Pathways' State of the Science Conference



December 03, 2013



# Webinar Agenda

- Overview and structure of the State of the Science Conference
- Overview of the Pathways to Positive Futures Model
- Review of Key Themes that Emerged at the State of the Science Conference: Family Support, Peer Support, and Diverse Social Identity



# Portland, Oregon

RESEARCH & TRAINING CENTER ON PATHWAYS TO POSITIVE FUTURES



Pathways State of the  
Science Conference  
May 20 and 21, 2013



# State of the Science Conference

- Goal: to bring together expert stakeholders to address key topics and questions related to the Pathways model and its implications for practice and policy.
  - Model: Derived from evidence on how to best support and serve young adults with mental health challenges



## State of the Science Conference (continued)

- Limited to 50 participants on Day 1
  - Participants included researchers; practitioners and administrators from well-regarded programs; young people; families; and policy makers.
  - Primarily discussion-based sessions accompanied by “worksheets” to guide issue.



# State of the Science Conference (continued)

- Day 2:
  - Overlap with the Healthy Transitions Initiative Conference
    - Deliberate to tap their expertise
  - 120 participants
  - Discussed issues that arose during Day 1 that posed particular challenges/unexpected issues.



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**MISSION**

**Our goal is** to improve the lives of youth and young adults with serious mental health conditions through rigorous research and effective training and dissemination. Our work is [u/publications.php](#)

**Upcoming Webinar: "Promoting Positive Development among Emerging Adults with Serious Mental Health Conditions: Results from Pathways' State of the Science Conference"**

**Date:** December 3, 2013  
**Time:** 10am - 11am Pacific, 1:00pm - 2:00pm Eastern

This webinar outlines the Pathways model, which describes how providers can work productively and effectively with young people who experience serious mental health conditions. This model is based on research showing "what works," and uses a positive developmental approach, focusing on promoting wellbeing and

**SPEAK OUT!!**

"What can adults do to help youth become self advocates/stand up for themselves?"

Read what our youth writers have to say and share your thoughts.

**RECENT PUBLICATIONS**

**Case Study: Implementing and Supporting the Peer Support Specialist Role: An Example from Pennsylvania PDF**

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# SOS Conference Proceedings Online

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## STATE OF THE SCIENCE CONFERENCE PROCEEDINGS

2013 State of the Science Conference Proceedings

Improving outcomes for young people with serious mental health conditions

Research & Training Center for Pathways to Positive Futures

**State-of-the-Science Conference Proceedings: Improving Outcomes for Young People with Serious Mental Health Conditions**

*This proceedings monograph summarizes the events of the 2013 State-of-the-Science conference, which began with a review of the Pathways to Positive Futures model*

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SPEAK OUT!!

"What can adults do to help youth become self advocates/stand up for themselves?"

Read what our youth writers have to say and share your thoughts.

RECENT PUBLICATIONS

**Case Study: Implementing and Supporting the Peer Support**





# Chapters from the Proceedings



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## Individual Sections from the Proceedings

### Abstract

The Proceedings describes the results of discussions among young people, family members, researchers and service providers at the 2013 State-of-the-Science Conference regarding how providers can work productively and effectively with young people who experience SMHCs.

### Pathways to Positive Futures

Background on the Research and Training Center for Pathways to Positive Futures is provided in this introduction.

### The Pathways to Positive Futures Model: Overview

The Pathways to Positive Futures Model defines a positive development (PD) approach for working with "emerging adults" who have serious mental health conditions and related needs.

### Agenda and Opening Plenary

The conference began with a plenary session that focused on providers' role in helping young people activate change in their lives.

### Session 1: Activating Change

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on focused on identifying specific practice elements that

*Specialist Role: An Example from Pennsylvania* **PDF**

**New Guide:** "I Bloomed Here": A Guide for Conducting Photovoice with Youth Receiving Culturally- and Community-based Services **PDF**

**New Tip Sheet:** "During Meetings I Can't Stand it When..." A Guide for Facilitators and Team Members **PDF**

**New Tip Sheet:** Tips for Your Team Meetings: A Guide for Youth **PDF**

**New Guide:** Youth Advocate to Advocate for Youth: The Next Transition **PDF**

**New Conference Proceedings:** 2013 State-of-the-Science Conference Proceedings: Improving Outcomes for Young People with Serious Mental Health Conditions **PROCEEDINGS PAGE**

**New FAQ:** Defining, Supporting, and Sustaining the Peer Support Specialist Role **PDF**



# Model Basics

- Initial review of literature
  - common elements among empirically supported approaches, even though “populations” were different
- Developed model linking what providers do to desired outcomes
- Multiple levels of review
  - Academics
  - Providers (Direct service and administrators)
  - Participants (young people and families)
  - Conference itself



# “Task” of Emerging Adulthood

- Young people build key developmental capacities that increase their ability to drive their own positive development
  - Connecting to intrinsic motivation
  - Being proactive: select goals, take steps, solve problems, assess progress
  - Engaging with supportive life contexts
  - Managing uncertainty, setbacks and shifts in perspective
- Additional challenges for young people with SMHC
  - Systems experience promotes compliance and models reactivity



# Structured and intentional...

- **What** providers do: Use a structured and intentional process that provides opportunities for young people to practice “driving” development. Throughout this process, providers act as coaches who
  - use, repeat and reinforce key skills, procedures and tools
  - Work in a specific sort of practice “mode” that is “motivational”– “leads from behind,” guides without manipulation



# Activating change hypotheses:

Within the context of a PD intervention, change more likely when providers ...

- Have a clear theory in mind through which they understand how what they do activates change
- Can work in the practice mode that is “motivational” as noted previously
- Have a sufficiently large “tool box” of skills and techniques that helps activate and sustain change
- Alert to the possibilities, intentional use is frequent, so that practice is dense with intentional strategies



# Family Support Challenges

- Balancing EA independence and family involvement – cultural dimensions
- Families' lack of understanding of mental health and development
- Families' unpreparedness to meet EA mental health needs
- Communication challenges



# Family Support Challenges (continued)



- Impact of family stressors
- Families withdrawing from their EA
- Prior history of conflict and/or abuse
- Lack of support from service providers





# Strategies to Promote Family Support

- Engaging emerging adults in decisions
- Promoting emerging adults' leadership
- Building positive support from families
- Enhancing family-youth communication





# Strategies to Promote Family Support (continued)

- Education and training for families
- Support for families
- Support for emerging adults to consider possible benefits of family engagement





# Positive Movement in Peer Support

- There is an interest in offering peer support services more broadly
- There is a strong sprit of goodwill among peer support providers
- Momentum is building around offering sustainable peer support services



# What We Have Learned So Far....

- Peer support is most successful when the young person and the Peer Support Specialist have build a strong relationship.
- The best Peer Support providers are professional, while also being approachable and relatable to young people.
- Peer support specialist need a model or curriculum to follow that is loosely structured, but yet intentional
  - Training
  - Supervision
  - Support
  - Fidelity



# Some Questions to Think About

- What is the role of Peer Support Specialist?
- How is peer support work tracked? How do we know if it's working?
- What are the desired outcomes?
- What organizations have Peer Support Specialists?
- How do organizations train, support, and supervise Peer Support Specialists?



# Social Identity—What Matters?

- Social identity refers to membership in groups with socially-designated characteristics such as race, ethnicity, sexual identity, class, religious affiliation or age.
- What mattered in participants' experience is:
  - Race/ethnicity, sexual identity, and religion.
  - Service system involvement, life circumstances.
  - When identities intersect [intersectionality]



# Challenges Identified

- Cultural groups that emphasize collective responsibilities may push back against EA strategies that focus on independence.
- Facilitating empowerment is difficult when young people are involved in juvenile justice or foster care systems.
- Mobilizing support can be problematic in contexts that have few resources.



# Intentional Strategies Used with Diverse Young People

- Conveying respect and appreciation for the young person.
- Sharing knowledge about what it is like to navigate EA—from common experiences
- Joining with youth by providing resources and revealing an understanding of important contexts of their lives (including effects of trauma and of culturally-specific supports).





# Effective Services for Diverse Young People

- Take into account the complexity of social identities.
- Require trained service providers who know the social factors that affect health and well-being.
- Address the oppression that young people may face due to their social identities.
- Overcome structural barriers that limit access to resources.



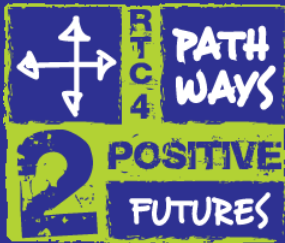
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