Empirically-supported and promising practices for engaging young people and improving outcomes

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“Emerging adults”

• Emerging adulthood – term coined to recognize the extended period between end of adolescence and achievement of traditional markers of adulthood

• Other terminology
  – Transition-aged youth/ youth and young adults; TAY, TAYYA
  – Older adolescents and young adults
  – Young adults
This period is challenging…

• While exciting, also a time of decisions, uncertainty, instability and change, all of which can produce stress

• Additional challenges for young people with SMHC
  – Systems experience promotes compliance and models reactivity
  – Lower level of material resources as “buffer”
  – Onset of MH condition challenge to identity
  – Challenges from MH condition itself
Other challenges...

• Challenges related to discontinuities in child/adult systems
  – Mental health and other types of services and supports
• Typically, neither child nor adult providers trained specifically to work with EA
• Research typically looks at child versus adult, sometimes adolescent
Older “children” and MH services

• Do not tend to agree with parents/caregivers or clinicians about need, goals or usefulness of therapy*

• Not highly satisfied with treatment*

• Drop out at high levels/ make few visits**

** Harpaz-Rotem, et al., 2004; Olfson et al., 2009; Harrison et al., 2004; McKay and Bannon 2004
Research on youth engagement

• What does it mean to be “engaged”?  

• Telephone interventions targeting parents/caregivers predominant  
  – Range from reminders to more elaborate  
  – Engagement of youth and parent/caregiver more effective than caregiver alone in one study  

• General recommendations  
  – Shift in conceptualization of family role  
  – Clarity re goals and methods of treatment  
  – “Motivational” approach
Young adults and engagement

• Clearly a top issue—age group least likely to seek services, drop out is very high*

• Literature almost non-exsistent on engagement interventions

• Systematic review: individual versus family approaches

* Gonzalez, Alegria, & Prihoda, 2005; Kim et al., 2012
Enhancing participation

• Increasing “meaningful participation” of young people in Wraparound
  – Part of the core philosophy, often not realized
  – Designed in collaboration with young people
  – Intervention is an enhancement that articulates with Wraparound; does increase engagement
  – Focus on preparing the young person and the team to work together better
    • Preparation (!!!)
    • Team process
    • Accountability
Empirically supported interventions for EA

• Paucity of information*

• Child or adult interventions that are being adapted and tested: IPS, MST, Wraparound, MI

• Use of interventions that are EBPs for adults or children
  – Evidence is often for broad age ranges
  – Studies show different approaches more successful with different age ranges
  – Other findings may exist, but are “hidden”

*Davis, Koroloff, & Ellison, 2012; also 2012 special issue of the Journal of Psychiatric Rehabilitation
Interventions developed specifically for EA population

- Ongoing work at Pathways RTC to look at interventions that have some evidence of effectiveness (i.e., “empirically supported”)
  - Randomized designs, added in other forms of evaluation
  - Identified core features of a “positive developmental approach” --extended process of research and review
  - Summarized in conference proceedings (online) and articles in upcoming special issue JBHS&R, “empirically-supported interventions”
  - These features could be incorporated into more targeted MH treatments as well
What young people want to see in interventions

• Positive developmental approach is appealing
  – Goal- and action-focused
  – Young person defines treatment direction/goals and makes decisions
  – Good support is available
  – Strengths focus, hopeful, recovery orientation
Peer support

• Very much desired by young people
• Research on peer support has mixed findings, but...
  – Consensus regarding need to more clearly define role and skills
  – Interventions in development
    • Better Futures/FUTURES
    • AMP+
    • Munson et al., engagement intervention
Wellness

• Also a very high priority for young people
• Meditation, yoga, healthy eating, exercise
  – Supported recreation intervention in development
• Shared decision making regarding medication
  – Most young people quite wary of medication and side effects
  – Some programs are quite successful with a focus on minimizing medication/side effects

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Resources

• Pathways RTC:  www.pathwaysrtc.pdx.edu
  – Conference Proceedings
  – Better Futures research page (research->current->Better Futures, but may be “previous” soon)
  – AMP and AMP+ pages (research->current or previous)
  – Featured publications, rtcUpdates
  – *Focal Point* 2015 issue on trauma-informed approaches
References


References (continued)


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