

Exploring Mental Health Among Emerging Adults
8th Conference on Emerging Adulthood
Preconference Workshop
Washington, DC
November 2, 2017 Full-day workshop (9am-5pm)

The purpose of this preconference is to explore mental health among emerging adults, including causes, consequences, and interventions. Individuals entering emerging adulthood have been challenged to accomplish a number of developmental tasks, which provides a foundation for successful development. While many are prepared, those who experience mental illness may not develop the necessary skills to be successful. Of particular concern are those who have experienced trauma and other early adverse experiences during childhood and adolescence. Consistent with the theme of the conference, the speakers and panelists at this preconference will discuss the impact of mental health on successful emerging adult development. More specifically, they will focus on those factors that promote resilience and how to translate this understanding into successful interventions

This workshop is designed to promote scientist-practitioner exchange. Significant time will be allotted for Q & A following each talk. Participants can expect to have opportunity for professional knowledge exchange.

Location: Hyatt Regency on Capitol Hill
400 New Jersey Avenue, NW
Washington, D.C., USA, 20001
Glacier Room

Date: Thursday, November 2, 2017

Time: 9-5
Registration opens at 8

CEs: 5

Objectives: At the conclusion of the presentation, attendees should be better able to provide and encourage: a) networking opportunities, where established and emerging scholars can meet and share their work; b) contact with well-known leaders in the field, who will present their work; c) contact with upcoming emerging scholars, whose creative and important initial work promises to make her/him a future leader; and d) panel and small group discussions on specific topics and subtopics on current innovations within the different research fields.

Cost: \$90 for a full-day workshop, beginning to intermediate level

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Agenda

Morning	
9:00am – 9:30am	Opening Remarks: Larry Forthun: introduce the participants to recent data and approaches to mental health among emerging adults
Mental Health and Emerging Adults	
9:30 – 10:30am	Andrew Hunt: Bipolar Disorders in EA: Introduction then discussion on Bipolar Disorder, treatment, challenges, and approaches
10:30-10:45am	Break
10:45-11:30am	Robin McGee - Depression and resilience among underemployed EAs (mixed method): discussion on underemployed emerging adults and presentation of results
11:30am-noon	Group Activity/Networking
noon-1:00pm	Lunch
Mental Health on College Campuses	
1:00-2:00pm	Maureen Drysdale – Fostering Positive Mental Health and Wellbeing on Postsecondary Campuses: discuss current trends on peer support
2:00pm – 2:45pm	Dynesha Grissom – Emerging Adults: Traumatic Death and Bereavement: presentation of results of bereavement study in emerging adults
2:45-3:00pm	Break
3:00pm-3:45pm	Yesel Yoon – College Mental Health: provide overview and modalities of treatment for mental health needs in emerging adults

3:45pm-4:30pm	Panel discussion (composed of speakers)
4:30-4:45pm	Wrap-up and Closing Remarks

Abstracts

Larry Forthun: Dr Forthun's opening presentation will introduce the participants to recent data and approaches to mental health among emerging adults. The theme for the day will be discussed along with brief introductions of the speakers.

Andrew Hunt: *Bipolar Disorders in EA*: Dr. Hunt has provided an outline of his presentation:
Presentation Outline:

1. Introduction
2. Bipolar Disorder in young adults – Prevalence, Characteristics, Comorbidities
3. Current Treatment of Bipolar Disorder
4. Challenges to Recovery and Resilience – including Adherence, Role Development, Environment, Social Outcomes
5. New Approaches to working with young people with Bipolar Disorder to optimize Recovery and Resilience (highlighting current research we are doing in collaboration at CWRU).

Robin McGee: *Depression and Modifiable Protective Factors among Underemployed Emerging Adults*. Depression is a significant public health problem among emerging adults. Individuals who are underemployed during their transition to adulthood are at greater risk for depressive symptoms. This presentation will describe the results of a mixed-methods study examining stress, coping, resilience, and depression among underemployed emerging adults.

Maureen Drysdale: *Fostering Positive Mental Health and Wellbeing on Postsecondary Campuses*: Current trends in mental health research are showing that peer support can improve mental health outcomes and help emerging adults adjust successfully to school-to-school and school-to-work transitions. Dr. Drysdale will discuss this current trend and highlight the important policy implications for post-secondary institutions including the need to raise awareness amongst students and faculty about mental health issues and the value of implementing peer support programs that aim to enhance student wellbeing and mental health.

Dynesha Grissom: *Emerging Adults: Traumatic Death and Bereavement*: Death is not a theme addressed in the emerging adulthood literature. I will present the results from a recently conducted qualitative study (phenomenological) on the early bereavement experiences of emerging adults (ages 18 to 25) who have lost a close peer to death within the past 24 months. Eight African American men and women participated in this study. Results showed that death changed the ways that emerging adults thought about and participated in life. Differences in bereavement patterns based on gender and ethnicity and uncommon experiences of disenfranchised grief were noted among the emerging adults. I will share the results of this study as well as discuss the ways that we, as mental health professionals caring for emerging adults who are grieving, can utilize research to guide our practice.

Yesel Yoon: *College Mental Health*: The mental health needs of emerging adults in higher education settings are growing rapidly, both in number and severity. University and college counseling centers (UCC) are feeling the pressure to provide therapy and consultative services to students, staff and faculty. This presentation will provide an overview of the types of presenting concerns that are emerging rapidly in UCCs in the U.S. and the various modalities of treatment that are also being developed and implemented to meet the unique needs. Clinical examples based on the presenter's experiences in various UCCs in different regions of the U.S. will be used to illustrate the objectives of the presentation.

Panel discussion will involve all speakers