

Transitioning To Adulthood: Supporting The Mental Health Of Young Adults

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Objectives

1

Review current findings on the mental health of individuals entering adulthood

2

Identify unique stressors that influence mental health of young adults

3

Recognize ways we can support young adults while reinforcing their autonomy

4

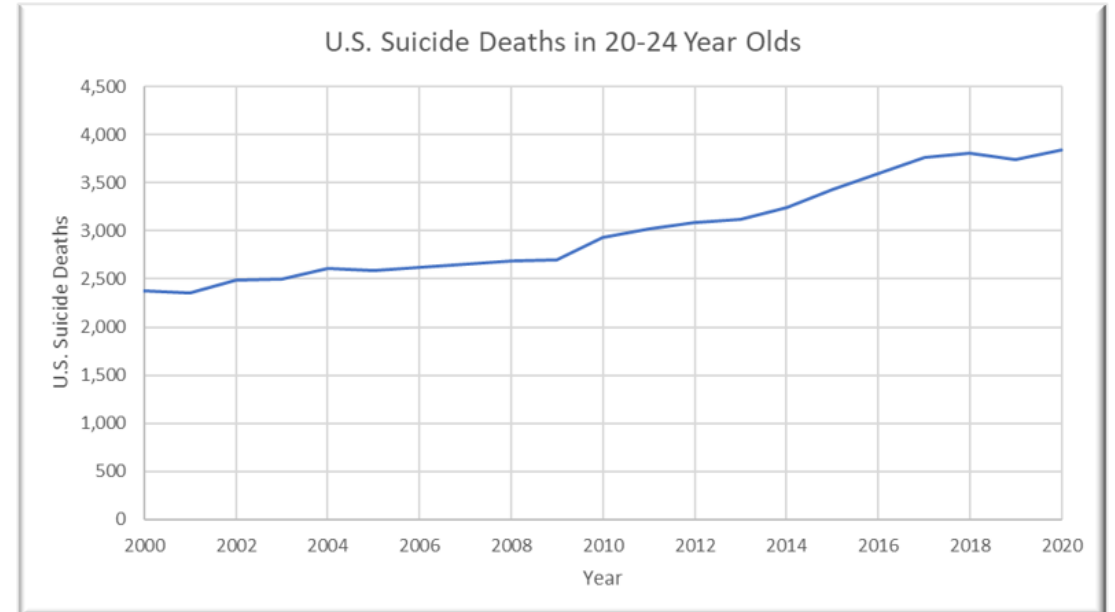
Take a brief look at the Mental Health Adulting Handbook from MHA Lakeshore

A group of eight young adults, four men and four women, are gathered together at night, celebrating. They are all smiling and holding lit sparklers. The background is dark with some blurred lights, suggesting an outdoor party or festival setting. The overall mood is joyful and festive.

The “Best” Years of Your Life

Mental Health in Young Adults: A National Crisis

- 75% of mental illnesses start by the age 24 - Kessler, 2005
- Young adults have highest prevalence of SMI's (Significant Mental Illnesses) -NIMH
- Suicide is the 3rd leading cause of death in young adults –Save, 2021
- Psychiatric Disorders (in last 3 months) increased from 8.9% of adolescents to 15.9% in young adults –Copeland, 2015



Graph taken from *KidsData* illustrating the steady rise in suicide deaths in ages 20-24.

Mental Health Service Use

- 28.9% of young adults received care in last 3 months compared to 50.9% of adolescents (for those meeting DSM IV criteria for mental illness) -Copeland, 2015
- 75% of college students who struggle with depression and anxiety are reluctant to seek help –Mayo Clinic
- 18 – 24 Year Old's have lowest rates of mental health service use –Kessler, 2005

A Generational Paradox

- The younger generations have pushed a dramatic increase in conversations surrounding mental health
- Yet, they are not getting the treatment they need
- Why?




**STOP
THE
STIGMA**

Looking Beyond the Individual: Environmental Lens

Lacking Continuity of Care

Time of Transition and Insecurity

Hyper-Individualized and Hyper-Competitive

Inequality of Resources and Support

Living Paycheck to Paycheck

Lack of Built Coping Mechanisms and Perspective

Barriers to Care



Knowledge



Time



Resources



Stress

Supporting Not Solving: Access to Resources

Preserving Autonomy



Holistic Support


Mental Illness is not the only factor that affects Mental Health

Destigmatizing all care (Mental, Financial, Relational, etc.)

Increasing availability and convenience

Mental Health Adulthood Handbook

MHA Mental Health America Lakeshore
Mental Health Adulthood Handbook



GETTING HEALTH INSURANCE

Navigating Health Insurance can be confusing and frustrating. If you are unsure what is the best plan for you, call 2-1-1 for free local help.



- 1. Health Insurance from Your Job**
If you are working, ask your job what the **cheapest** health care plan that covers only the employee: if the cost is under 9.61% of your income it is considered affordable.
Do you Qualify? **No** → Talk to your employer **Yes**
- 2. Medicare**
Medicare only covers those 65 or over, or receiving Social Security Disability, or those with end-stage kidney disease.
Do you Qualify? **No** → 1-800-242-1060 OR medicare.gov **Yes**
- 3. BadgerCare Plus (Wisconsin Medicaid)**
BadgerCare is for low-income adults, parents and children. Check below to see if you qualify.
Do you Qualify? **No** → access.wi.gov **Yes**
- 4. The Marketplace (Obamacare)**
Almost everyone can get a Marketplace plan, but financial help is based on income. Check for more info.
Do you Qualify? **No** → 1-800-318-2596 OR healthcare.gov **Yes**

If you can't find a plan that you qualify for, call 2-1-1 to find a free or low cost clinic.


If you are under 26 you can remain on your parents Health Insurance Plan.

Source: Covering Wisconsin

Reach out to us!
info@mhalakeshore.org or 920-458-3951
WWW.MHALAKESHORE.ORG

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RELATIONSHIPS

Relationships can be a wonderful source of happiness and adventure, if they are healthy. When unhealthy, relationships can also be an extreme source of stress, pain, and discomfort. It is important to evaluate the kind of relationship you want to be in before you enter one.

Characteristics of a Healthy Relationship

- Communication
- Respecting Boundaries
- Honesty - Especially in Uncomfortable Circumstances
- Equality
- Spending Time Away from Each Other
- Maintaining Autonomy
- Trust



Power and Control

In a relationship, you should always have complete control over your own actions. When a partner feels like they are "boxed in" or no longer have this control, it is a sign of an unhealthy relationship.

Abusive partners may use the following ways to gain control within a relationship:

- Gaslighting, minimizing, denying, or blaming others
- Isolating them from Friends and Family
- Threatening or Intimidating
- Using Guilt to Influence Behavior
- Causing Insecurity or Humiliation


What does Respect Look Like?

- Being understanding and forgiving when one person makes a mistake
- Building each other up; not tearing each other down
- Making room in your life for your partner
- Taking an interest in the things your partner enjoys
- Allowing your partner to have their own individuality
- Supporting and encouraging your partner's pursuits and passions
- Showing appreciation and gratitude for one another
- Having empathy for one another



Signs of Co-Dependency

- An exaggerated sense of responsibility for the actions of others
- Confusing love and pity: need to rescue people
- Doing more than their share, all of the time
- A tendency to become hurt when people don't recognize their efforts
- An unhealthy dependence on relationships.
- Extreme need for approval and recognition
- Sense of guilt when asserting themselves
- Compelling need to control others
- Lack of trust in self and/or others
- Fear of being abandoned or alone

Source: MHA National, LoveisRespect, and VeryWellMind



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MHA SCREENING TOOLS

Types of Screens

Mental Health America has 11 different screening tools that you can use, to screen for Mental Illnesses.



THESE SCREENS INCLUDE:

- Depression
- Postpartum Depression
- Anxiety
- Psychosis
- Bipolar
- Eating Disorders
- PTSD
- Addiction
- Parent Test: Test your Child's Mental Health
- Youth Mental Health Test
- Workplace Mental Health


How does it work?

Following screening, you will be provided with information, resources and tools to help you understand and improve your mental health. Please note: Online screening tools are meant to be a quick snapshot of your mental health. If your results indicate you may be experiencing symptoms of a mental illness, consider sharing your results with someone. **A mental health provider (such as a doctor or a therapist) can give you a full assessment and talk to you about options for how to feel better.**

If you provide us your information and are in need of support, we will do our best to respond. However, we are **not a crisis support line**. If you are in need of immediate assistance, please call the **National Suicide Prevention Hotline at 1-800-273-TALK**, or text "MHA" to 741-741 to talk to a trained counselor from the Crisis Text Line. Warmlines are also an excellent place for support. For all other screening-related questions and non-emergency support, please contact screening@mhanational.org. Source: MHA National

NATIONAL SUICIDE PREVENTION LIFELINE 24/7 free and confidential support for people in suicidal crisis or emotional distress 988 or (800) 273-8255	AMERICAN PSYCHIATRIC ASSOCIATION American Psychiatric Association 703-907-7300 www.psychiatry.org	24/7 CRISIS TEXT LINE 24/7 free emotional support text line Text MHA to 741-741
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MHA Screening Tool
Click the link below or scan the QR and take an Anonymous MHA Screening
<https://screening.mhanational.org>



<https://mhalakeshore.org/adulthood-handbook.php>