

APPA Spring Conference 2021

**Transitional Age Youth (TAY)**

Blessing Falola, MD

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DISCLOSURES

**NONE**

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**Kahoot!**

Enter the PIN you see on the big screen to the right.

Game PIN

Enter

TAY Kahoot Jeopardy

[www.kahoot.it](http://www.kahoot.it)

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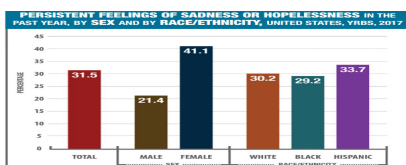
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## Objectives

- Understand the subgroup of transitional age groups in psychiatry
- Demonstrate treatment challenges and implications on outcome
- Review approaches for effective care of TAY

## Why Transitional Age Youth?

FULL TEXT ARTICLE  
Transitional Age Youth: A New Frontier in Child and Adolescent Psychiatry  
Timothy C. Wilens M.D. and Joseph P. Rosenbaum M.D.  
Journal of the American Academy of Child & Adolescent Psychiatry, 2015;54(2): 159-167. Copyright © 2015 American Academy of Child and Adolescent Psychiatry



CDC.gov

National comorbidity Survey Replication study

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MENTAL  
HEALTHCARE  
PROVIDERS

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## Nomenclature

"TAY" spans older adolescence to young adulthood

Occurs as adolescence wanes and adulthood emerges

Lack of preciseness impacted by various factors (16-26)

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## Demographics

Age Range of Group (y)	Date of Study or Statistical Analysis	Characteristic Described
15-24	2012	43 million TAY ( <b>14% of total United States</b> ) <sup>7</sup> 75% white, 21.7% Hispanic, 15.7% African American, 5.4% Asian, 1.5% Native American, 0.3% Hawaiian <sup>7</sup>
15-24	2012	1,222,199 births to TAY <sup>10</sup>
15-24	2015	57% of TAY in high school or college <sup>11</sup>
15-24	2016	20.5 million in college (50% of all college students) <sup>12</sup>
15-24	2015	65.9% of HS graduates go to college
15-24	1960	45% of HS graduates go to college <sup>13</sup>
25 or less	2015	572,293 active duty military <sup>14</sup> (43% are TAY)
18-24	2010	410,000 TAY incarcerated <sup>15</sup>
15-24	2010	10% of all TAY disabled (communicative, physical, mental) <sup>17</sup>
Not specified	2014	22,000 TAY aged out of foster care 36% of US population have college degrees, only 4% of those from foster care <sup>16,27</sup>

CHILD AND ADOLESCENT PSYCHIATRIC CLINICS OF NORTH AMERICA  
[www.childpsych.theclinics.com](http://www.childpsych.theclinics.com)




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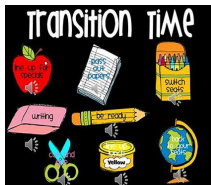
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## TAY: Functional Cohort

- TAY: a unique developmental period in life
  - Transition to adulthood, outcomes, trajectories
  - Biological, psychological, social forces




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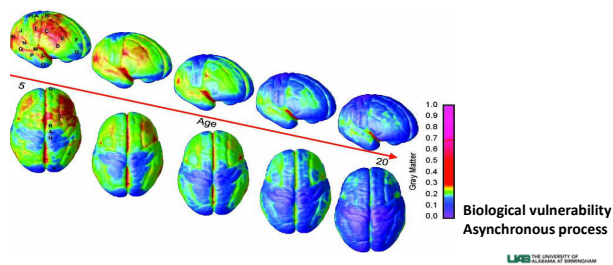
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## The Transitional Age Brain(TAB)




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## TAY: Age of vulnerability

### Box 2

#### Psychiatric vulnerabilities in transitional age youth

- Childhood ADHD affect 6% to 9% of youth, but 75% of cases continue into adolescence and 50% of cases into adulthood.
- Childhood anxiety disorders increase likelihood of depression, post-traumatic stress syndrome, and substance use disorder (SUD) in adulthood.
- Rates of mood disorders and eating disorders increase in TAY.
- Autism spectrum disorder affects 2% of children and adolescents but increase in male children ages 14 to 17 years.
- Three-fourths of adults with SUD have onset before age 25 years.
- Forty-seven percent of female patients and 62% of male patients with schizophrenia have onset before age 25 years.

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Transitional Age of Change and Youth

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## TAY: Age of vulnerability cont'd

### Box 2

#### Psychiatric vulnerabilities in transitional age youth

- Homicide (mainly firearms) is second highest cause of death, whereas suicide is the third highest cause of death in 12 to 25 year olds. Unintentional injuries, mainly motor vehicle accidents, are first.
- More than 60% of young adults have had a psychiatric disorder by age 25 years.
- Young adults have the highest rates of sexually transmitted infections, including human immunodeficiency virus (HIV).
- Young adults have the highest rates of behavioral problems but the lowest perception of risk and least access to preventive care and treatment.

Data from Refs. 3,28,50

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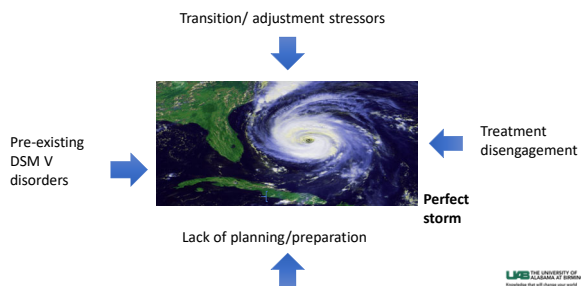
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## Case Scenario




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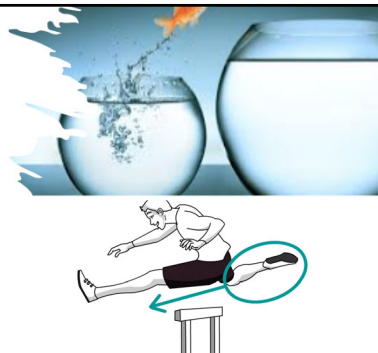
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## Crossing the hurdle

- Growth forward is in spite of losses and therefore requires courage and strength in the individual, as well as protection, permission, and encouragement from the environment.
- —Abraham Maslow




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## Systemic

- Paucity and misaligned mental health services
- Family involvement and ethical dilemma
- Poor transition preparation/ planning
- Eligibility/ Insurance
- Multicultural developmental experiences

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## Individual

- Perception of help seeking
- Perceived relevance of treatment
- High risk for disengagement
- Gaps in understanding resources
- 86% completed suicide had no counseling

Pistorello et.al 2017  
 Kisch et.al 2000

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## Cohort Highlight

- Autism spectrum disorder
- Schizophrenia and psychosis
- Foster care transition

More than  
 5000  
 foster youth  
 "age out"  
 of the  
 foster care  
 system  
 every  
 year

Young Adults and Transitioning Youth  
 with Autism Spectrum Disorder

The Autism Collaboration: Accountability, Research, Education  
 and Support Act (Autism CARES Act) of 2014  
 REPORT TO CONGRESS

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## Cohort Highlight

- High school and special education transition
- ADHD
- Comorbid chronic health condition/ disabled
- Underrepresented TAY

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## Sample Campus Prevalence Data

~40% so depressed it was difficult to function

~8% intentional self-harm

~17% depression impacted academic performance

12% seriously considered suicide

~2% made a suicide attempt

American College Health Association-  
National College Health Data, 2017

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Journal of the American Academy of Child & Adolescent  
Psychiatry

Volume 53, Issue 4, April 2014, Pages 476-477



Letter to the editor

Child and Adolescent Psychiatrists Are Experts in Transitional  
Aged Youth, Aren't We?

Timothy C. Van Deusen MD

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## Practitioner

Rejection of authority

Navigating shared decision making

Medication effects

Time constraints

Quality of therapeutic relationship

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## Health Outcomes

FULL TEXT ARTICLE

Transitional Age Youth and Mental Illness:  
Influences on Young Adult Outcomes

Adele Martel and D. Catherine Fuchs

Child and Adolescent Psychiatric Clinics of North America, 2017-04-01, Volume 26, Issue 2, Pages 1-11,  
Copyright © 2017




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## Outcomes

2 million 18-25 yo with serious  
mental illness

Treatment resistant adults

Risk of fatal outcomes – suicidality

Delay in psychosocial development

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## Strategies for Treatment

- Early intervention
- Patient centered /individualized care
- Shared decision making
- Family integration

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## Strategies for Treatment

- Collaborative approach
- Vocational and educational support
- Risk and protective factors of suicide prevention

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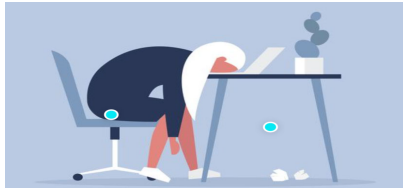
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## Strategies for Treatment

- Eliminate disengagement at developmental transitions



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Br J Nurs. 2012 Jul 26-Aug 8;21(14):850-4.

### Child to adult: transitional care for young adults with cystic fibrosis.

Al-Yateem N<sup>1</sup>.

#### Author information

<sup>1</sup> School of Nursing and Midwifery, National University of Ireland-Galway.

#### Abstract

Managing the transitional care needs of young adults with a complex chronic illness such as cystic fibrosis (CF) as they move from a child-orientated to adult setting has been reported in the literature as challenging and stressful, and may impart additional risks to the young person's health. However, in the Republic of Ireland, which has the highest incidence of CF in the world, the current services provided for children during this transitional period are still reported as underdeveloped. The aim of the author's research was to explore and understand the experience of young people **before and after their transitional care, and the factors that both contribute to and hinder that experience.** A qualitative approach guided by phenomenological tradition, and using in-depth interviews. The findings suggest that there are a range of needs required for patients during this transitional period, including the need for **information, interventions** that decrease the negative feelings associated with transition (e.g. distress, anxiety, uncertainty), **structured service, and an approach to care that focuses on young adults.** The author concludes that health professionals in the clinical setting who have responsibility for young adults in transitional care should focus on these needs to provide a more relevant and effective transition service.

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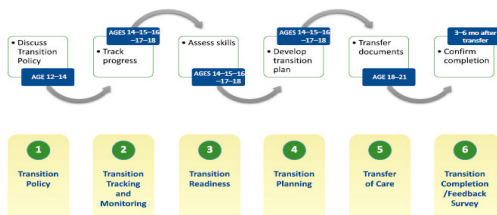
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## Six Core Elements of Health Care Transition



The National Alliance to Advance Adolescent Health

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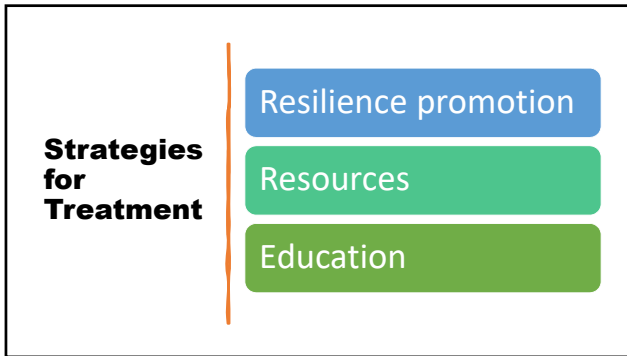
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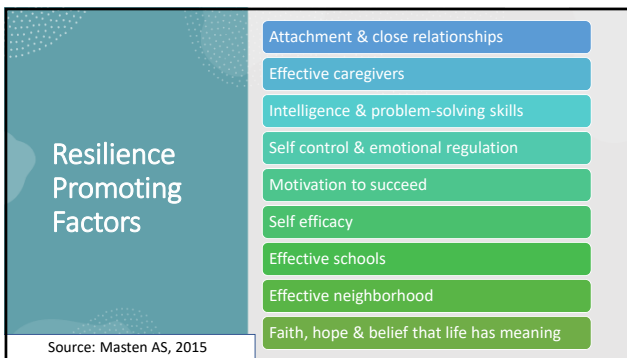
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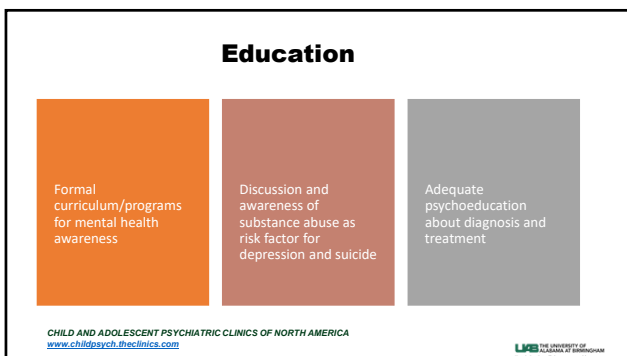
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## Resources

AMERICAN ACADEMY OF  
CHILD & ADOLESCENT  
PSYCHIATRY  
WWW.AACAP.ORG

Families And Youth | Medical Students And Residents | Member Resources |

Quick Links

- Family Resources
- Resource Centers
- Youth Resources

**Moving Into Adulthood Resource Center**  
*Updated March 2015*

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## Community Resource

- Education – college transition
- Vocational resources
- Advocacy
- Living skills
- Supported employment
- College prep programs
- System navigation skills

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## Community Resource



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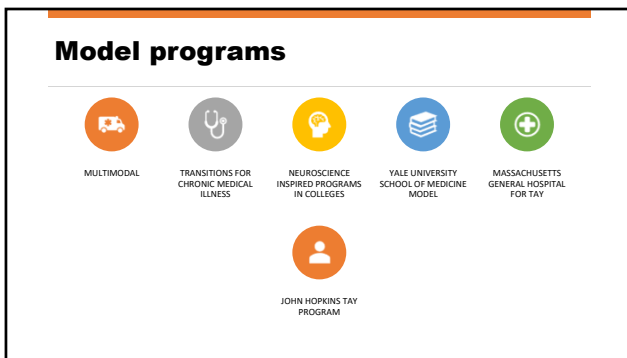
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**Keys to Successful Transition**

*We are social beings, with a need for connection to the "magnetic chain of humanity."*  
~ Nathaniel Hawthorne, Ethan Brand 1850



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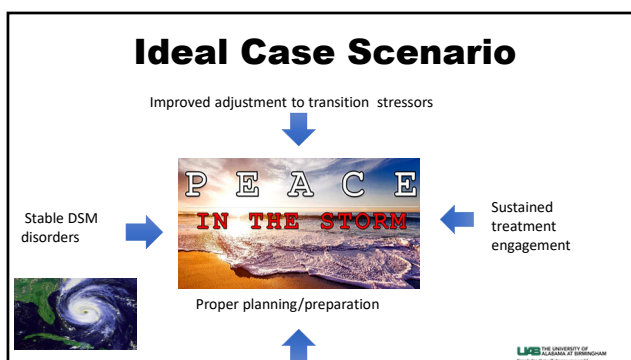
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**Summary**

- TAY is a unique/critical developmental period
- It is characterized with developmental tasks
- Navigating with prior or emerging mental illness poses extra challenge
- Clinician knowledge/anticipation of needs
- More research for best practices/outcomes




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