THE JOURNEY FROM ADOLESCENCE INTO ADULTHOOD

Michelle Wiley, MA, LPC, CPRP
Emerson St. for Teens and Young Adults
Mental Health Center of Denver
October 4, 2017
What we will cover:

• A little bit about...
  o Myself
  o MHCD
  o Emerson St.
    • Program Evaluation
    • Multidisciplinary team
    • Reimbursement for services
• Adolescent development
• Mental health experiences in adolescence and potential impacts
• Needs of adolescents and young adults
• Systems change, needs and barriers
• Discussion
Emerson St. for Teens and Young Adults
Where did all the young people go?

<table>
<thead>
<tr>
<th>Years of Age</th>
<th>Total Served Across MHCD</th>
</tr>
</thead>
<tbody>
<tr>
<td>14</td>
<td>108</td>
</tr>
<tr>
<td>15</td>
<td>110</td>
</tr>
<tr>
<td>16</td>
<td>111</td>
</tr>
<tr>
<td>17</td>
<td>75</td>
</tr>
<tr>
<td>18</td>
<td>51</td>
</tr>
<tr>
<td>19</td>
<td>44</td>
</tr>
<tr>
<td>20</td>
<td>52</td>
</tr>
<tr>
<td>21</td>
<td>65</td>
</tr>
<tr>
<td>22</td>
<td>66</td>
</tr>
<tr>
<td>23</td>
<td>86</td>
</tr>
<tr>
<td>24</td>
<td>97</td>
</tr>
<tr>
<td>25</td>
<td>105</td>
</tr>
<tr>
<td>26</td>
<td>116</td>
</tr>
</tbody>
</table>

**Point in Time April 2015**
Total Served: 1,086

<table>
<thead>
<tr>
<th>Years of Age</th>
<th>Total Served Across MHCD</th>
</tr>
</thead>
<tbody>
<tr>
<td>14</td>
<td>148</td>
</tr>
<tr>
<td>15</td>
<td>118</td>
</tr>
<tr>
<td>16</td>
<td>135</td>
</tr>
<tr>
<td>17</td>
<td>105</td>
</tr>
<tr>
<td>18</td>
<td>57</td>
</tr>
<tr>
<td>19</td>
<td>60</td>
</tr>
<tr>
<td>20</td>
<td>72</td>
</tr>
<tr>
<td>21</td>
<td>79</td>
</tr>
<tr>
<td>22</td>
<td>90</td>
</tr>
<tr>
<td>23</td>
<td>117</td>
</tr>
<tr>
<td>24</td>
<td>141</td>
</tr>
<tr>
<td>25</td>
<td>169</td>
</tr>
<tr>
<td>26</td>
<td>174</td>
</tr>
</tbody>
</table>

**Point in Time October 2016**
Total Served: 1,465
Trauma - Informed

Journey - Oriented

Trusting Adult-Youth Relationships

- Harm Reduction
- Non-Judgmental
- Positive Youth Development (PYD)
- Strengths-Based
- Holistic
- Collaboration
Gathering meaningful information – or “data” – to help guide services...

- When I was upset with someone, I tried to “put myself in their shoes” for a while.
  - Strongly disagree: 5.49%
  - Somewhat disagree: 18.68%
  - Neither agree nor disagree: 14.29%
  - Somewhat agree: 35.16%
  - Strongly agree: 26.37%

- When I saw someone being taken advantage of, I felt kind of protective of them.

- I have learned how my actions may affect other people.
Moo.
I WAS
I AM
I WILL BE
The Gender Unicorn

- **Gender Identity**
  - Female / Woman / Girl
  - Male / Man / Boy
  - Other Gender(s)

- **Gender Expression**
  - Feminine
  - Masculine
  - Other

- **Sex Assigned at Birth**
  - Female
  - Male
  - Other / Intersex

- **Physically Attracted to**
  - Women
  - Men
  - Other Gender(s)

- **Emotionally Attracted to**
  - Women
  - Men
  - Other Gender(s)

To learn more, go to: [www.transstudent.org/gender](http://www.transstudent.org/gender)

Design by Landyn Pan and Anna Moore

Graphic by: TSER (Trans Student Educational Resources)
Links

- www.MHCD.org/Emerson
- Psychiatric Rehabilitation Association
  https://www.psychrehabassociation.org/
- Johns Hopkins University - The Teen Years Explained 2009
  http://www.jhsph.edu/research/centers-and-institutes/center-for-adolescent-health/_includes/_pre-redesign/Interactive%20Guide.pdf
- Transition to Independence Process – TIP
  http://www.tipstars.org/
- Pathways Research Training Center on adolescent behavioral health
  https://www.pathwaysrtc.pdx.edu/
- Gender Unicorn
  http://www.transstudent.org/gender?gclid=CjoKCQjwierMBRCHARIsAHlqj4G3-hYbbyCQtOmDUe1KS7a0kO_QMEbkHDmDncYZ04rkNx1i9BxEVAaAs5WEALw_wcB