

# USING LIFE COACHES TO PROVIDE VOCATIONAL SUPPORTS TO EMERGING ADULTS

---

**Maryann Davis, PhD**

*University of Massachusetts Medical School,*

**Ashli Sheidow, PhD,**

*Medical University of South Carolina*



# COLLABORATORS

**Charles Lidz, Ph.D. , Alexis Henry, Ph.D., Linda Long, J.D./Ph.D.** *University of MA Medical School, Center for Mental Health Services Research, Department of Psychiatry*

**Ashli J. Sheidow , Ph.D., Michael McCart, Ph.D., Scott Henggeler, Ph.D.** *Medical University of SC, Family Services Research Center, Department of Psychiatry and Behavioral Sciences*

**Sara Lourie, MSW & Anne McIntyre-Lahner, MS,** *Connecticut Department of Children and Families*  
**Amy Porter, MSW,** *Connecticut Bureau of Rehabilitation Services*

**Edward Mulvey, Ph.D.,** *Univeristy of Pittsburgh*  
**MaryEvans, Ph.D.,** *FMHI, University of South Florida*

***MST-TAY Team - North American Family Institute***

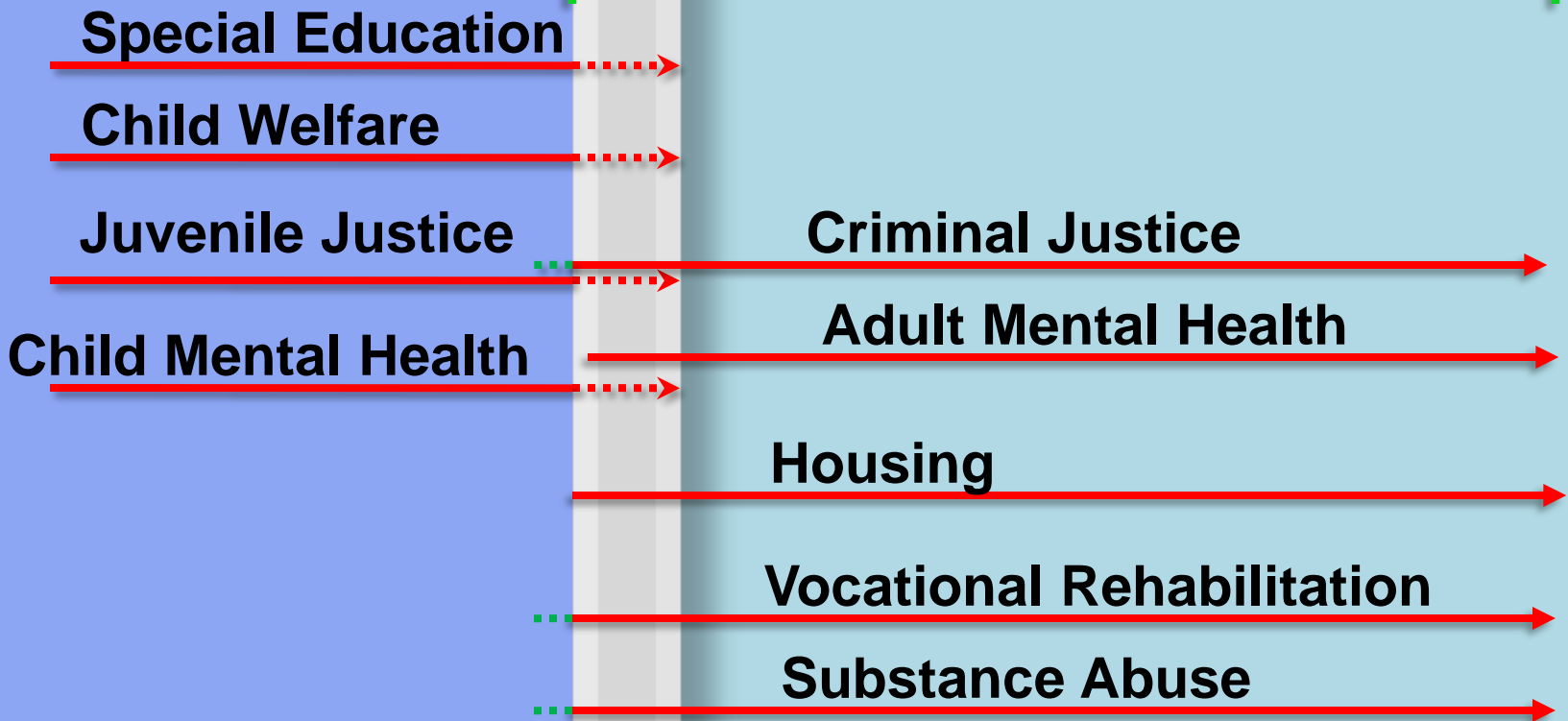
**Thanks to the emerging adult participants  
and their social network members**

*Funding for this research comes from the National Institute of Mental Health (R34 MH081374-01) and the National Institute of Disability and Rehabilitation Research (H133B090018) to PI Davis*



**CHILD SYSTEM**

**ADULT SYSTEM**



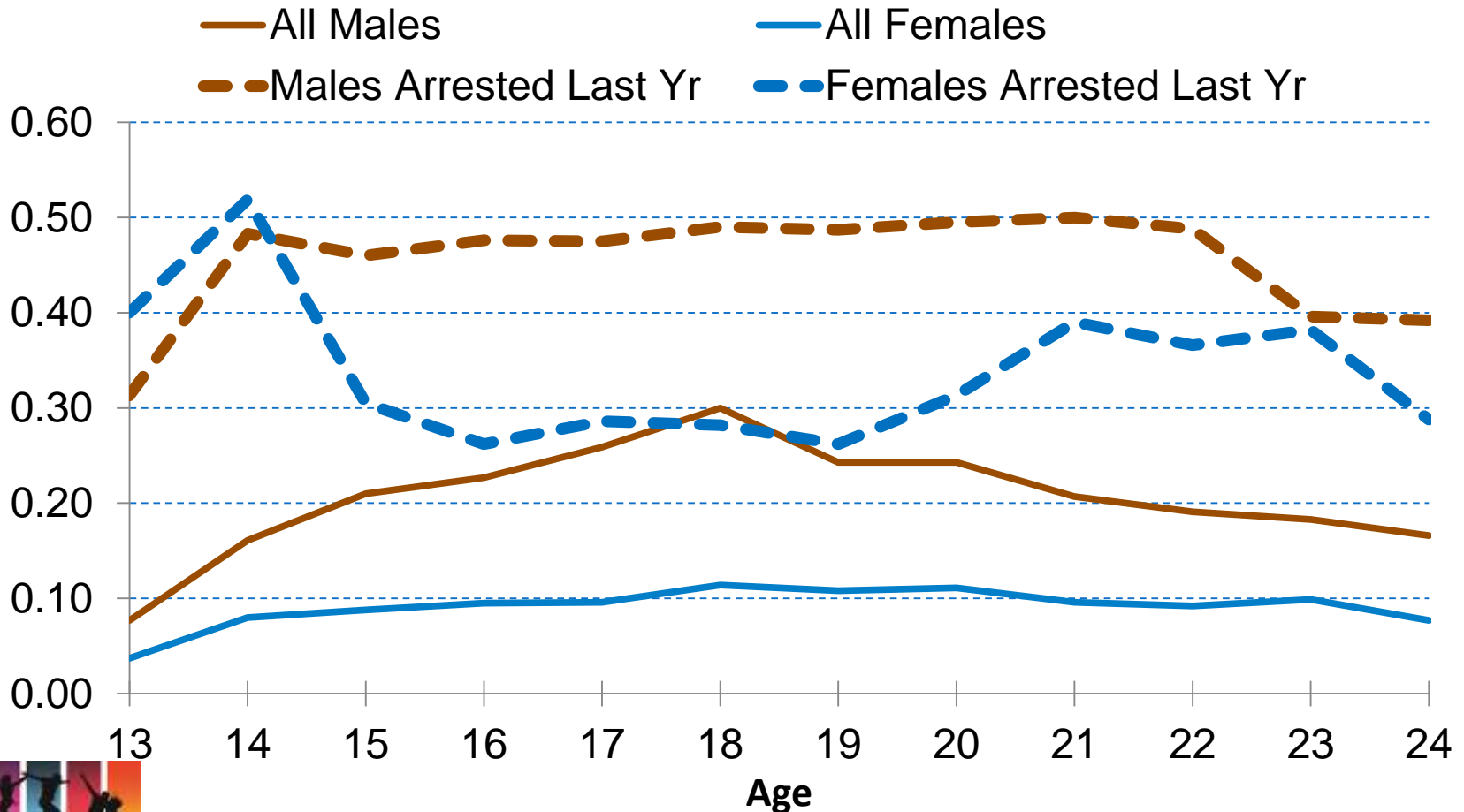
18-21  
Yrs.

*Birth*

*Death*

**AGE** → → → → → → → →

# Arrest Rate in Adolescent Public Mental Health System Users



Davis, M., Banks, S., Fisher, W., Gershenson, B., & Grudzinskas, A. (2007). Arrests of adolescent clients of a public mental health system during adolescence and young adulthood. *Psychiatric Services*, 58, 1454-1460.

# Compromised Employment

- 50% employed post high school 18-24 yr olds w SMHC (Wagner & Newman, 2012)
- 50% competitively employed 18-24 yr olds in vocational support programs (Burke-Miller et al., 2012)
- <33% youth exiting juvenile corrections obtains work
- Juveniles receiving MH services about half as likely to be employed as delinquents without MH services (Bullis & Yovanoff , 2006)



# Target Population

- 17-20 year olds with a diagnosed serious or chronic mental health condition
- Recent arrest or release from incarceration
- Living in stable community residence (i.e., not homeless)
- Having involvement from family members is neither an inclusion nor exclusion criteria
- Individuals who have children or are pregnant are not excluded



# MST for Emerging Adults (MST-EA)

- Adaptation of MST for use with justice-involved emerging adults who have serious mental health conditions
- Service Delivery
- Targets:
  - Treatment of antisocial behavior & serious mental health conditions
  - Social Network
  - Mental Health, Substance Use, and Trauma Interventions
  - Housing & Independent Living
  - Career Goals
  - Relationship Skills
  - Parenting Curriculum



# MST-EA Team

- MST-EA Therapists & On-Site Supervisor
- MST-EA Off-Site Consultant
- MST-EA Psychiatrist
- MST-EA Life Coaches
  - Engagement with the EA
  - Role play and practice new skills with EA
  - Coach new skills in vivo
  - Deliver reinforcers/incentives
  - Focus attention on positive aspects of the emerging adult
  - Engage the social network in supporting the EA





# Life Coach Curriculum

- Engagement with EA
- Goals & Values
- Education
- Housing
- Transportation
- Nutrition & Meal Planning
- Money Management
- Legal Issues/Social Services
- Household Management
- Health & Safety
- Stress & Coping
- Social Skills & Relationships
- Sexual Health
- Pregnancy & Parenting
- Employment



# Paid Employment in MST-EA (N=16)

- 81% of participants 1+ months paid employment
- 27% of months included paid employment (N=156 months)
- 9% of all possible work days were worked
- 60% of months included schooling/training
- 71% of months working or schooling/training








# MST-EA Life Coach Sample (N=12)

<i>Demographic Characteristic</i>	<i>Distribution</i>
<b>Gender</b>	83% Male
<b>Race</b>	58% African American, 33% White, 8% Biracial
<b>Ethnicity</b>	8% Hispanic
<b>Age (range 17-18yrs)</b>	33% 17 year olds, 50% 18yrs, 17% 19yrs
<b>Currently enrolled in school</b>	50% Yes
<b>“Usual” place to live in past 12 months</b>	75% Family’s home, 17% Juvenile Detention, 8% Treatment facility
<b>History of paid employment</b>	83% Yes
<b>Out of home Treatment</b>	50% Yes



# Life Coach Skill Inventories

## Additional Domains for Vocational LC

	DOMAIN
	DOMAIN 1: CAREER EXPLORATION & PREPARATION
	DOMAIN 2: RESUME
	DOMAIN 3: JOB HUNTING
	DOMAIN 4: INTERVIEWING
	DOMAIN 5: KEEPING A JOB

## Standard LC Domains

	DOMAIN
	DOMAIN 1: GOALS & VALUES
	DOMAIN 2: EDUCATION
	DOMAIN 3: HOUSING
	DOMAIN 4: TRANSPORTATION
	DOMAIN 5: NUTRITION & MEAL PLANNING
	DOMAIN 6: MONEY MANAGEMENT
	DOMAIN 7: LEGAL ISSUES/SOCIAL SERVICES
	DOMAIN 8: HOUSEHOLD MANAGEMENT
	DOMAIN 9: HEALTH & SAFETY
	DOMAIN 10: STRESS & COPING
	DOMAIN 11: SOCIAL SKILLS & RELATIONSHIPS
	DOMAIN 12: SEXUAL HEALTH
	DOMAIN 13: PREGNANCY & PARENTING



# Life Coach Skills by Client Report (N=7)

■ Voc LC   ■ Standard LC

