

THE PREJUDICE WE FACE: SUPPORTING YOUNG ADULT PARENTS WITH MENTAL HEALTH CONDITIONS TO MEET THEIR EDUCATION AND EMPLOYMENT GOALS

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Acknowledgements

The Transitions RTC aims to improve the supports for youth and young adults, ages 14-30, with serious mental health conditions who are trying to successfully complete their schooling and training and move into rewarding work lives. We are located at the University of Massachusetts Medical School, Worcester, MA, Department of Psychiatry, Systems & Psychosocial Advances Research Center. Visit us at:

<http://www.umassmed.edu/TransitionsRTC>

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Jennifer's Story



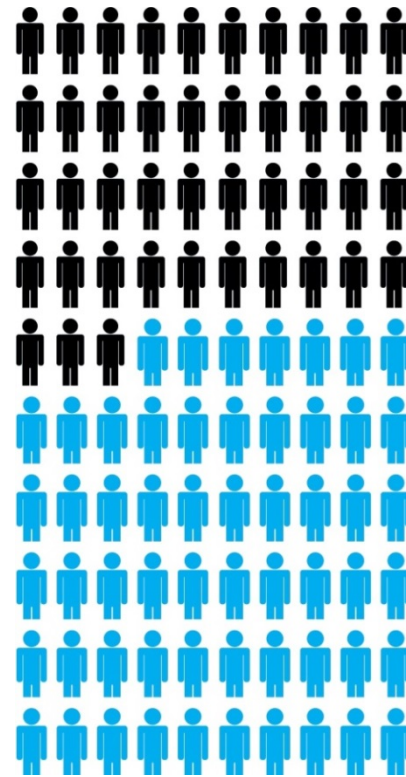
Emily, age 4 ½

Why is this important?

Among those with any psychiatric disability



68% are mothers



57% are fathers

Average Age of Birth of First Child

General Population	Lifetime Prevalence of Psychiatric Disorder
Women: Ages 24-26	Women: Ages 19-21
Men: Ages 27-28	Men: Ages 24-25



To Reiterate...

- This is a vulnerable population
- 2/3 of parents under age 25 are single parents, mostly outside of marriage
 - Twice as likely as older parents to be leading a single-parent household
- Young parents tend to come from a lower socioeconomic background, have finished fewer years of school, and are more likely to receive public assistance
 - Holds true across race and ethnicity



How Are Mental Health Authorities Addressing the Needs of Client Who Are Parents?

	<u>1990</u>	<u>1999</u>
Identify as parents	31%	24%
Assessment parenting skills/functioning	45%	22%
Programs for parents	55%	29%
Hospital policies for parents	0%	4%



Career Development Activities in Young Adulthood Among Individuals with SMHC

- Employment is critical for young adults living with SMHCs as they work towards recovery because it provides:
 - Structure
 - Daily activity
 - Meaning
 - Social contact
 - Community integration
 - Self-esteem
 - Income
 - A better quality of life



Education Activities in Young Adulthood Among Individuals with SMHC

- Education is also critical for young adults living with SMHCs as they work towards recovery
 - Developmental milestone
 - Enhance financial security
 - Increase earning potential
 - Vocational success and opportunity
 - Structure
 - Daily activity
 - Meaning
 - Social contact & Community integration
 - Self-esteem



Some Simple Truths

- People with mental illness are parents

&

- Parenting is a key life domain

&

- Young people are often focused on employment and education



Resources



YOUNG ADULT PARENTING



Being a parent as a young adult is tough as it is ,but when you add in having a mental health condition it makes it even tougher. This page is designed for young adult parents who are pregnant or young adults who are already parenting and have a mental health condition. There are resources on this page that can make the ride smoother on being a caregiver.

<http://www.voices4hope.net/parenting.html>



Resources, continued



Sources

- Biebel et al, 2015
- Driscoll et al., 1999
- Lichter et al., 2003
- Martin et al., 2013
- Mincieli et al., 2007
- Nicholson, 2014
- NCS Data
- Osgood et al.
- Smock and Greenland, 2010



THANK YOU!

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