



# 2021 LEAD Capstone Poster Session

**Bridging the Gap and Building the Future:  
Development of a Transitional Age Youth Mental  
Health Program**

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# Abstract

- Transitional Age Youth (TAY) face distinct psychosocial, neurobiological and developmental changes that impact their psychiatric care. Despite that mental health needs are significant they are often not engaged in services. This has significant impact on mental health outcomes and educational/vocational success. A comprehensive TAY program would include clinical care, collaboration between pediatric and adult providers, and education of the workforce. A successful program would help reduce no show rates, increase clinic retention, and improve educational/vocational outcomes.



# Objectives

- To more effectively bridge the gap between pediatric and adult psychiatric care
- To improve mental health and psychosocial outcomes of TAY by providing developmentally appropriate care
- To train the physician workforce to effectively and meaningfully work with transitional age youth



# Background Information

- TAY describes a discrete developmental period for people ages 16-27 in a wide variety of systems
- There are unique developmental tasks, social considerations, and biological changes that are vital to making diagnoses and treatment planning.
- Mental health needs during this time period are significant
- TAY have some of the lowest rates of mental health service use of any age
- TAY are less likely to receive educational or vocational services
- TAY have increased suicide rates, underemployment, decreased likelihood in completing college, increase in unplanned pregnancy, and risk to be involved in the criminal justice system
- American Academy of Pediatrics (AAP), American Academic of Family Physicians (AAFP)/American College of Physicians (ACP) recommend specialized services, caregiver engagement, vocational/educational support, coordinated transition of care, and educating trainees



# Specific Aims

- 1) Develop a comprehensive Transitional Age Youth clinic.
- 2) Develop uniform protocols across UTSW, Childrens Health, and Parkland Health and Hospital System to ensure patients are successfully transitioned from pediatric to adult care
- 3) Enhance trainee education on Transitional Age Youth to bolster the physician workforce available to support this population.



# Project Plan

Expand TAY clinical services in psychiatry

Multidisciplinary team

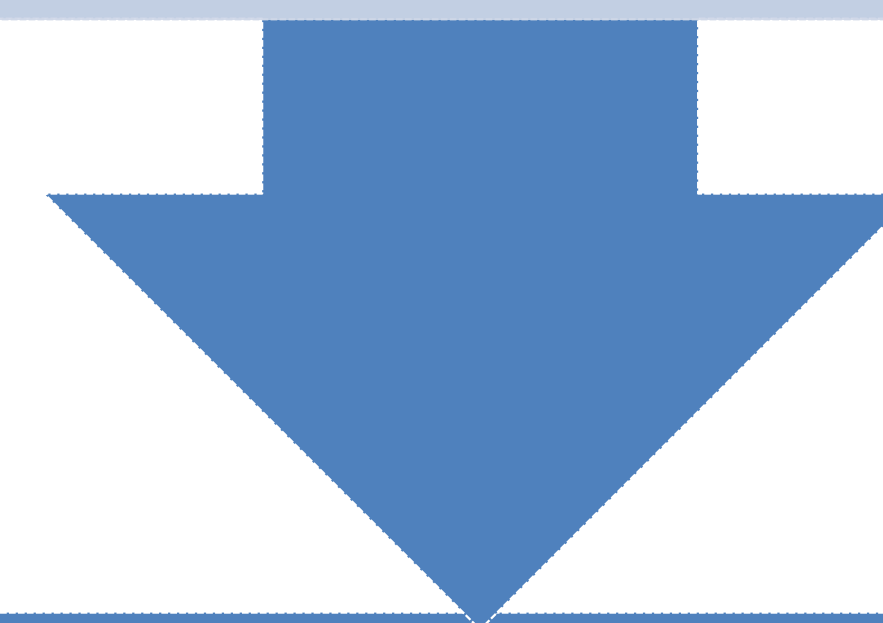
Well coordinated transition of care

Group therapy

Educational/  
Vocational support

Consultation/  
Collaboration

1.1 FTE psychiatrist, 1FTE APP  
1FTE Psychologists  
1 FTE masters level therapist  
RN, Case management, CMA



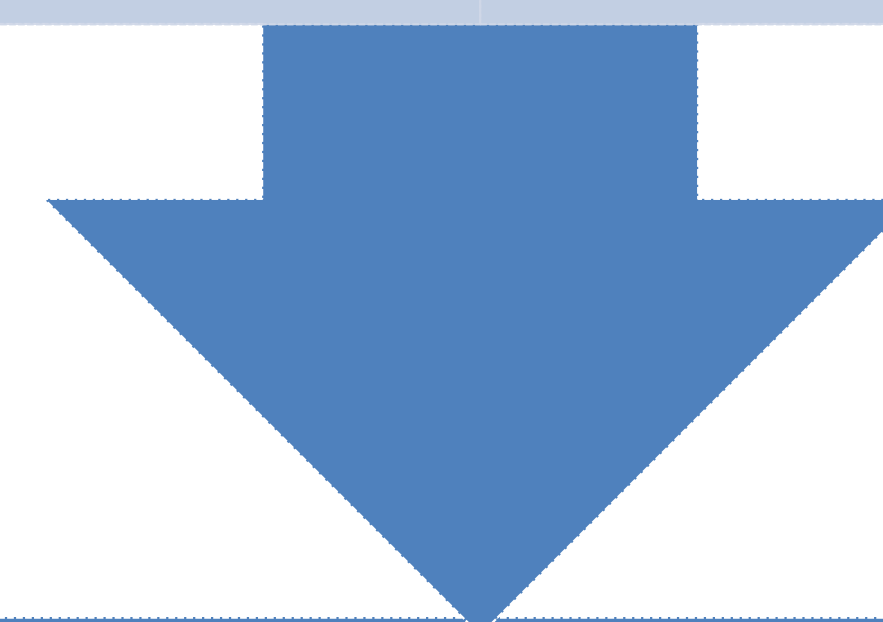
Interinstitutional collaboration

Development of a uniform transition protocol

care-coordinators to improve transfer of care

Patient education on navigating adult health care systems

Adult-pediatric care teams that include co-occurring clinics or “overlap” visits



Education/Research

Development of a Transitional Age Youth Track

Didactics for general residency and child fellowship program

Track clinical outcomes, no show rates, clinic retention rates, and educational/vocational attainment



# Application of What You Learned at LEAD

## Executive coaching

- One on one coaching allowed me to further define my academic goals and optimize my communication skills based on my personality/behavioral style

## Influence

- I learned how to effectively communicate my “Ask” in order enhance my influence and meet my professional goals

## Time management

- I was able work more effectively in order to manage my academic priorities by effectively delegating tasks, saying “No” when necessary, and utilizing my resources.



# Proposed Budget

- Dedman Award secured in June 2021:\$150K/year for 4 years
- Dedicated to resources that are often not reimbursed by insurance
- Provider salaries are already provided within department.
- Sharing of resources reduces cost burden

Service	Cost
Case management support (0.5 FTE)	\$40,00
Dedicated program development time (0.1FTE)	\$21,00
Psychoeducational programs	\$10,000
Community outreach	\$10,000
Peer Support	\$10,000
Dedicated Multifamily group therapy	\$10,000
Research and research coordinator (0.2 FTE)	\$49,000





# Innovation and Significance

- Similar clinical services are available only in the expensive private sector. This program improves accessibility while continuing to address educational/vocational outcomes, family systems, and well-coordinated care.
- Creation of a patient database that allows us to track successful implementation of this project
- Creation of an interinstitutional work group across UT Southwestern, Parkland, and Children's Hospital in a medical center that is often exists only in silos. This could also be replicated in other specialties.
- Provides a unique training opportunity for psychiatry residents making the residency program more marketable
- Creation of a manualized treatment protocol that can be utilized for research and implementation at other academic institutions



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