



National Advisory Board Meeting: October 14, 2020
Young Adult Breakout Groups

The topics for this young adult session are the same as for the adolescent session. There will likely be ways to adapt/build on strategies from the adolescent session. That said, we are mindful of additional considerations when working with young adults.

- Guidance in reaching/engaging young adults and their families.
- Some key differences for Young Adults include:
 - they are legally adults,
 - they have a smaller safety net (lower insurance rates; often not eligible for the programs that serve children and adolescents) and
 - they are served by adult medicine systems, which are less developmentally based than pediatric systems of care.

Discussion Topics

- How do we engage young adults and families as we transition to "post COVID" models of care, models that will incorporate more telemedicine than prior to COVID?
- How do we ensure that our work advances equity and engages young adults and families from different backgrounds?
- Building on work from our previous grant, what can the AYA-H-NRC do to educate and "message" to clinical systems, young adults, and their parents on the importance of the well visit?
- What are the respective roles of Title V programs and primary health care systems in promoting the well visit?
- What can the AYA-H-NRC do to educate and "message" to clinical systems, young adults, and their parents about "normalizing depression screening" as a routine part of the well visit?
- Can we leverage telemedicine visits for some of the well visits that don't require a physical exam?
- How can clinics link to public health and other programs that can address mental health? How can the Center support Title V programs and their clinical partners in making these linkages?

- Given the shortage of mental health providers, especially for young adults, how can the Center facilitate increasing the capacity of primary care providers to manage "primary and secondary" level depression?