Do Adult Mental Health Services Need to be Developmentally Appropriate?

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INTRODUCTION

Background
- State-level adult mental health administrators express little belief in targeting developmentally appropriate treatment programming and how such programs exist across the country.

Study Questions
- Do individual functioning differ across adult age groups within individuals with psychiatric disorders?
- Is the rate of developmental change different in younger than older adults with psychiatric disorders?

METHODS

National Censuses Study
- Nationally representative household sample (n=4,090)
- Used CIDI to assess DSM-III-R disorders
- Interviews conducted 1990-1992
- Ages 18-64

RESULTS

Functioning by Age Group

In School

Never Married

Daily Contact with Friends

In Trouble with the Law

In Trouble with the Law

CONCLUSIONS

- Important developmental changes in functioning occur between emerging adulthood and older adulthood.
- Rapid changes occur during emerging adulthood, with less variability among older individuals.
- Adult mental health services need a developmental perspective.
- Specialized services or approaches for young adults are needed.

REFERENCES:


ACKNOWLEDGEMENT

The Substance Abuse and Mental Health Data Archive and Inter-University Consortium for Political and Social Research at the University of Michigan provided these data.

This Analysis
- 1,190 subjects with a current psychiatric diagnosis
- Significant age differences in race but not gender

Table 1

<table>
<thead>
<tr>
<th>Age Group</th>
<th>In School</th>
<th>Never Married</th>
<th>Daily Contact with Friends</th>
<th>In Trouble with the Law</th>
<th>In Trouble with the Law</th>
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<tr>
<td>Ages 18-24</td>
<td>78%</td>
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