

# MONDAYS WITH PMARK & PMICHAEL Monday, May 19, 2025 | 1:00 – 2:00PM

TOPIC #44 Prioritizing Adolescent and Young Adult Mental Health



## **Guest speaker:**



#### D'Andrala (DeDe) Alexander

MA, LPC-S, CEAP Director of Clinical Partnerships Spring Health







# Youth Mental Health

Guest Speaker: D'Andrala Alexander LPC-S CEAP <u>dalexander@springhealth.com</u>

# Meet today's speaker

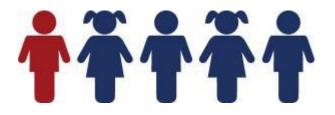


D'Andrala (DeDe) Alexander, LPC-S CEAP (*she/her*)

DIRECTOR OF CLINICAL PARTNERSHIPS

- B.A. in Philosophy-Neuroscience-Psychology and Women & Gender Studies from Washington University in St. Louis
- M.A from the University of Houston Victoria in Forensic Psychology
- Previous roles: Metrocare Services Family Clinic, Dallas County Juvenile Department, Journey to Dream Transitional Home
- Licensed Professional Counselor Supervisor
- Trained in Trauma (TF-CBT), DBT, and former ASOTP
- Favorite Activities: Community activism & league bowling

### Key mental health challenges for children & adolescents



- $20\,\%$  had a current, diagnosed mental or behavioral health condition
- 35%  $\,$  Increase in mental health conditions between 2016 and 2023  $\,$
- 51% Higher ER admissions for suicide in adolsecent girls in 2021 compared to 2019

### Young Adults (18-25)

- ✓ Life transitions
- ✓ Common mental health issues often emerge in this period
  - Mood disorders
  - Psychosis
- Young adults are less likely to receive mental health treatment than younger and older individuals-treatment gap



#### **Developmental Milestones to Consider**

Based on Erikson's Psychosocial Model

Early School Years:

Industry vs. Inferiority Adolescence:

Identity vs. Role Confusion Young Adulthood:

Intimacy vs. Isolation

### **Solutions**

- ✓ **Destigmatize mental health issues in the workplace**
- ✓ Integrating behavioral health Care for young adults
- ✓ Focus on this population (research & specialization)
- ✓ Tech first solutions
- ✓ Facilitate the life transitions
- ✓ Empowering & engaging parents in mental health literacy



# Questions

### **Upcoming NEBGH events:**

- June 2 Mondays with Dr. Mark & Dr. Michael
- June 5 14<sup>th</sup> Annual Health & Wellness Benefits Conference
- July 16 NEBGH Summer Camp Networking Event
- September 18 2025 Pharmacy Benefits Conference
- November 13 Cancer Summit

