



# MONDAYS WITH D<sup>R</sup> MARK & D<sup>R</sup> MICHAEL

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*



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# *Youth Mental Health*

Guest Speaker:

D'Andrala Alexander LPC-S CEAP

[dalexander@springhealth.com](mailto:dalexander@springhealth.com)

# 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 adolescent 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

