BHIPP Resilience Breaks: Young Adult Perspectives: Conversations about Primary Care and Behavioral Health

Panel Information

Taking Flight (young adults 18-26)

www.taking-flight.org

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Instagram: https://www.instagram.com/mcf.taking.flight/?hl=en
Facebook: www.facebook.com/TakingFlightMD

Maryland Coalition of Families (MCF)

www.mdcoalition.org

For more information, reach out to info@mdcoalition.org
For referrals, contact referral@mdcoalition.org

Links to Resources

Taking Flight: What Helps, What Harms

• https://www.taking-flight.org/what-helps-what-harms

American Academy of Family Physicians: Adolescent and Young Adult Health


American Heart Association: COVID-19 Mental Health Crisis is Hitting Young Adults


National Alliance on Mental Illness: Teens and Young Adults

• www.selfinjury.bctr.cornell.edu

Substance Abuse and Mental Health Services Administration (SAMHSA): Mental Illness and Substance Use in Young Adults

• https://www.samhsa.gov/young-adults

Center for Young Women’s Health: Emotional Health

• https://youngwomenshealth.org/emotional-health-index/
Center for Young Men’s Health: Emotional Health

- https://youngmenshealthsite.org/emotional-health-index/

Active Minds: Recognize these Signs and Symptoms of Mental Illness

- https://www.activeminds.org/about-mental-health/signs-and-symptoms/

Links to Research Articles

Association of Primary Care Continuity With Outcomes Following Transition to Adult Care for Adolescents With Severe Mental Illness (Toulany, Stukel, Kurdyak, Fu, & Guttmann, 2019)

- https://jamanetwork.com/journals/jamanetworkopen/fullarticle/2740785

Transition Cliffs for Young Adults with Anxiety and Depression: Is Integrated Mental Health Care a Solution? (Babajide, Ortin, Wei, Mufson & Durate, 2020)


Screening for Behavioral Health Conditions in Primary Care Settings: A Systematic Review of the Literature (Mulvaney-Day, Marshall, Piscopo, Korsen, Lynch, Karnell, Moran, Daniels & Ghose, 2018)

- https://link.springer.com/article/10.1007/s11606-017-4181-0#:~:text=The%20other%20four%20tools%E2%80%94the,(ASSIST)55%E2%80%94also%20assess