

Panel Information

Taking Flight (young adults 18-26)

www.taking-flight.org

Haley Rizkallah - hrizkallah@mdcoalition.org

Brendel Mitchell - bmitchell@mdcoalition.org

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*

- <https://www.aafp.org/family-physician/patient-care/prevention-wellness/emotional-wellbeing/adolescent-and-young-adult-health.html>

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

- <https://www.usnews.com/news/health-news/articles/2021-03-08/aha-news-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, & Guttman, 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)

- <https://pubmed.ncbi.nlm.nih.gov/31428923/>

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