



State Adolescent Health Resource Center

Young Adult Health Webinar Series, 2020

At the State Adolescent Health Resource Center (SAHRC), much of our work focuses on adolescents, defined as ages 10-24 (early, middle, and late adolescents). While the definition captures young adults in the "late adolescence" stages between ages 18 and 24, there is good reason to think about our role in supporting young adults. This three-part webinar series explored why young adults are unique and what public health can do to support young adult health and health care needs.

Webinar #1: Young Adult Health – What Makes Them Unique? (March 11, 2020)

This first in a series of 3 webinars focused on young adults and their unique health care need, exploring characteristics that make young adults a distinct population, and not just “older adolescents”, including the developmental assets and challenges of this pivotal time in a young person’s life. Discussion included special considerations for working with this age group as well as effective strategies specifically tailored to this population. **Presenter: Lynn Bretl, Director of the State Adolescent Health Resource Center**

[\[Archived Recording\]](#) [\[PowerPoint Only\]](#) [Resources for SAHCs: [Young Adults & MCH](#)]

Webinar #2: Young Adult Mental Health & Suicide Prevention: Reaching Them Where They Are (April 8, 2020)

This second webinar in our YA Health Series focused on young adults and their unique mental health needs, including: an overview of data related to the mental health needs & suicide rates among young adults; and interventions and other resources designed for the young adult population. Special considerations for connecting with young people during the COVID-19 pandemic were also discussed.

Presenters: Kerri Nickerson, LCSW, MPH, Director of Grantee and State Initiatives, [Suicide Prevention Resource Center](#) (SPRC), Education Development Center, Inc.; **Sara Gorman**, Director of High School Programming, [The JED Foundation](#).

[\[Archived Recording\]](#) [\[PPT - Suicide Prevention Resource Center\]](#)
[\[PPT - The JED Foundation, Mental Health and the Transition out of High School\]](#)
[\[COVID-19 Tips for Families, Schools & States - The JED Foundation\]](#)
[\[COVID-19 Resources, National Center for School Mental Health\]](#)
[Resources for SAHCs: [Mental Health Resources](#)]

Webinar #3: Young Adult Males (May 6, 2020)

In this third webinar in our YA Health Series, focused on young adults and their unique health care needs, we will be discussing the current data and unique disparities related to the physical, mental and relational health of young adult males. We will include resources, strategies, an online platform and program examples aimed at improving young adult male health, as well as an open discussion highlighting the need for creating meaningful connections while “social distancing” during the COVID-19 pandemic. We will also review and address the unique barriers to healthcare utilization faced by young adult males. This webinar is intended for state level public health professionals working with youth and young adults, however other professionals working with youth may find the content useful in other settings.

Presenters: Noah Weatherton, DNP-PMHNP; Gabriela Vargas, MD, MPH.

[\[Archived Recording\]](#) [\[PowerPoint Only\]](#) [\[Speaker Bios\]](#)
Related Resources:
[\[Partnership for Male Youth\]](#) [\[YoungMensHealthSite.org\]](#) [\[Columbia University Young Men’s Health\]](#)
Clinical Guidelines and Curricula:
[\[APA, for Psychological Practice with Boys and Young Men\]](#) [\[Promundo, Manhood 2.0 Curriculum\]](#)
Books: Columbia University YMH [Running List of Book Recommendations](#)

SAHRC is located in the University of Minnesota’s Division of General Pediatrics and Adolescent Health. SAHRC is a partner of the Adolescent and Young Adult Health National Resource Center (AYAH NRC). This webinar series was supported by the Maternal and Child Health Bureau, Health Services and Resources Administration, USDHHS cooperative agreement U45MC27709, Adolescent and Young Adult Health Capacity Building Program. The contents of webinar events are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by HRSA, HHS, or the U.S. Government.

