

COVID-19 related experiences of young adults with mental health conditions

Preliminary results from a national study



Acknowledgements



The mission of the **Transitions to Adulthood Center for Research** is to promote the full participation in socially valued roles of transition-age youth and young adults (ages 14-30) with serious mental health conditions. We use the tools of research and knowledge translation in partnership with this at risk population to achieve this mission.

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Study overview: Sequences of Employment and Education (SEED)



SEED “1.0”

- Ages 16-25
 - Prior diagnosis of a serious mental health condition (SMHC)
 - Experienced prior disruption related to SMHC
 - National sample
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- Prior history of foster care system involvement
 - And/or
 - Co-occurring substance use disorder

N = 130

N = 100

Impact to normative career activities



School/training

99% of young adults who were in school/training at time of pandemic had in-person classes stopped

Hands-on or experiential learning

About 40 young adults were involved in hands-on or experiential training immediately prior to the pandemic

Of those, 82% had that hands-on or experiential training cancelled

Work

About 20% report being laid off or furloughed

Other school, training, and work experiences



Reduced hours and lost income



Increased hours (essential workers)



Online schooling:

Negative for some
Positive for others



Change in coursework or timeline of courses



Uncertainty

Short-term changes delayed
Long-term goals put on hold



Mental health impact



- 90% report becoming depressed because of the Coronavirus
- 95% report the Coronavirus outbreak has impacted my mental health negatively.
- 65% report receiving mental health or substance use treatment virtually during the COVID-19 pandemic

Mental health related experiences



Increased substance use



Irregular schedule and trouble sleeping



Struggling to keep up with work or school remotely causes additional stress



Worry about the future



Had to relocate to unhealthy environments



Questions/Comments?

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