



Interventions and Preventive Services Targeting Young Adults

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Presentation at the Institute of Medicine's Workshop on Improving the Health, Safety, and Well-Being of Young Adults, Washington, DC, May 8, 2013



Pathways to Adulthood

- Trajectories are to a large extent established in childhood and adolescence
 - à **Early prevention is important!**
- Transition times create opportunities for change
 - à **Turning Points**
 - Q: What is the potential to intervene during young adulthood?



Inventories of Tested-Effective Programs & Policies

- Reviewed 8 inventories
- Goal: identify tested-effective programs targeting young adults (ages 18-30).
- Not included: programs targeting adults generally



Inventories of Tested-Effective Programs & Policies

1. Blueprints for Healthy Youth Development (U of Colorado)
2. National Registry of Evidence-Based Programs and Policies - NREPP (SAHMSA)
3. Guide to Community Preventive Services (CDC)
4. CrimeSolutions.gov (OJP)
5. OJJDP Model Programs Guide (DOJ)
6. OAH Evidence-Based Programs (DHHS)
7. Social Programs That Work (Coalition for Evidence-Based Policy)
8. Communities That Care Prevention Strategies Guide (U of Washington/SAHMSA)



Tested-Effective Programs Targeting Young Adults

- Identified 26 programs in 5 topic areas:
 1. Substance use (14)
 2. STI/HIV prevention, risky sexual behavior (5)
 3. Educational and vocational skills (3)
 4. Suicide prevention and mental health (2)
 5. Crime and antisocial behavior (2)



Parenting Programs

- 17 parenting programs for parents of pre-school aged children
- Most inventories find strong evidence for:
 - Nurse-Family Partnership
 - Triple P (Positive Parenting Program)
 - Incredible Years
 - Parent-Child Interaction Therapy



Conclusions

- Only a limited number of programs targeting young adults
- Many focus on college students
 - Don't forget the non-college population!
- Few programs to build young adult life skills (e.g., relationship skills, finances)



Recommendations

- More research on understanding turning points and the potential to intervene in young adulthood.
- Universal preventive programming
- Match programs more closely to young adult health risks and subpopulations.



Recommendations

- Prioritize testing existing adult programs for young adult populations in well-designed studies (e.g., randomized trials).
- More widespread dissemination and high quality implementation of existing programs.



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