



DECEMBER 2022:

This can be a very stressful time for all, and NAMI provided excellent tips and resources to help in this time of need. A few tips to help your mental health during the holidays are to be kind to yourself, meditate, and setting realistic expectations. Happy Holidays to all that celebrate!

ARUNDEL LODGE

Bumpers or no Bumpers? Arundel Lodge held their first group program this past November. There was fun games, drinks, bowling, and raffle prizes. Check out some of their pictures from the event!



HELPING EASE THE TRANSITION

Kirstie Tomassetti, Loyola University Maryland, Intern
Jackson et al. (2022) looked to see how future care for youth going through the pediatric to adult services could still remain stable throughout this transition. This study recruited eight young adults to help provide feedback of the positive, negatives, and the the ideas they would hope to implement for future healthy transitions. Jackson et al. (2022) found that many voiced a want for there to be a professional specifically trained in this transitional time to help walk them through the process into adult services. This professional would help ease their concerns and provide support during this uncertain time.

Jackson, B., Booth, R., & Jackson, K. T. (2022). The good, the bad, and the vision: Exploring the mental health care experiences of transitional-aged youth using the Photovoice method. *Qualitative Health Research*, 32(12), 1915–1931. <https://doi.org/10.1177/10497323221121209>

TRANSITIONS TO ADULthood CENTER FOR RESEARCH

They partnered with Family Advisory Board and Young Adult Advisory Board to bring 3 tips for improved communication!

1. Understand Support vs. Solutions
2. Have "Good-Will" Conversations 80-90% of the time
3. Keep "Problem Solving Conversations" to 10 – 20% of your talk time.



For more information, contact

Sylvia McCree-Huntley: shuntley@som.umaryland.edu

Kirstie Tomassetti: kirstie.tomassetti@som.umaryland.edu