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Using Life Coaches to Provide Vocational Supports to Emerging Adults

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USING LIFE COACHES TO PROVIDE VOCATIONAL SUPPORTS TO EMERGING ADULTS

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MST-TAY Team - North American Family Institute

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Arrest Rate in Adolescent Public Mental Health System Users

Compromised Employment

- 50% employed post high school 18-24 yr olds w SMHC (Wagner & Newman, 2012)
- 50% competitively employed 18-24 yr olds in vocational support programs (Burke-Miller et al., 2012)
- <33% youth exiting juvenile corrections obtains work
- Juveniles receiving MH services about half as likely to be employed as delinquents without MH services (Bullis & Yovanoff, 2006)
Target Population

- 17-20 year olds with a diagnosed serious or chronic mental health condition
- Recent arrest or release from incarceration
- Living in stable community residence (i.e., not homeless)
- Having involvement from family members is neither an inclusion nor exclusion criteria
- Individuals who have children or are pregnant are not excluded
MST for Emerging Adults (MST-EA)

- Adaptation of MST for use with justice-involved emerging adults who have serious mental health conditions

- Service Delivery

- Targets:
  - Treatment of antisocial behavior & serious mental health conditions
  - Social Network
  - Mental Health, Substance Use, and Trauma Interventions
  - Housing & Independent Living
  - Career Goals
  - Relationship Skills
  - Parenting Curriculum
**MST-EA Team**

- MST-EA Therapists & On-Site Supervisor
- MST-EA Off-Site Consultant
- MST-EA Psychiatrist
- MST-EA Life Coaches
  - Engagement with the EA
  - Role play and practice new skills with EA
  - Coach new skills in vivo
  - Deliver reinforcers/incentives
  - Focus attention on positive aspects of the emerging adult
  - Engage the social network in supporting the EA
Life Coach Curriculum

- Engagement with EA
- Goals & Values
- Education
- Housing
- Transportation
- Nutrition & Meal Planning
- Money Management
- Legal Issues/Social Services
- Household Management
- Health & Safety
- Stress & Coping
- Social Skills & Relationships
- Sexual Health
- Pregnancy & Parenting
- Employment
Paid Employment in MST-EA (N=16)

- 81% of participants 1+ months paid employment
- 27% of months included paid employment (N=156 months)
- 9% of all possible work days were worked
- 60% of months included schooling/training
- 71% of months working or schooling/training
### MST-EA Life Coach Sample (N=12)

<table>
<thead>
<tr>
<th>Demographic Characteristic</th>
<th>Distribution</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gender</td>
<td>83% Male</td>
</tr>
<tr>
<td>Race</td>
<td>58% African American, 33% White, 8% Biracial</td>
</tr>
<tr>
<td>Ethnicity</td>
<td>8% Hispanic</td>
</tr>
<tr>
<td>Age (range 17-18yrs)</td>
<td>33% 17 year olds, 50% 18yrs, 17% 19yrs</td>
</tr>
<tr>
<td>Currently enrolled in school</td>
<td>50% Yes</td>
</tr>
<tr>
<td>“Usual” place to live in past 12 months</td>
<td>75% Family’s home, 17% Juvenile Detention, 8% Treatment facility</td>
</tr>
<tr>
<td>History of paid employment</td>
<td>83% Yes</td>
</tr>
<tr>
<td>Out of home Treatment</td>
<td>50% Yes</td>
</tr>
</tbody>
</table>
# Life Coach Skill Inventories

## Standard LC Domains

<table>
<thead>
<tr>
<th>Domain</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Domain 1: Goals &amp; Values</td>
<td></td>
</tr>
<tr>
<td>Domain 2: Education</td>
<td></td>
</tr>
<tr>
<td>Domain 3: Housing</td>
<td></td>
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<tr>
<td>Domain 4: Transportation</td>
<td></td>
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<tr>
<td>Domain 5: Nutrition &amp; Meal Planning</td>
<td></td>
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<tr>
<td>Domain 6: Money Management</td>
<td></td>
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<tr>
<td>Domain 7: Legal Issues/Social Services</td>
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<tr>
<td>Domain 8: Household Management</td>
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<tr>
<td>Domain 9: Health &amp; Safety</td>
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<tr>
<td>Domain 10: Stress &amp; Coping</td>
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<tr>
<td>Domain 11: Social Skills &amp; Relationships</td>
<td></td>
</tr>
<tr>
<td>Domain 12: Sexual Health</td>
<td></td>
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<tr>
<td>Domain 13: Pregnancy &amp; Parenting</td>
<td></td>
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</tbody>
</table>

## Additional Domains for Vocational LC

<table>
<thead>
<tr>
<th>Domain</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Domain 1: Career Exploration &amp; Preparation</td>
<td></td>
</tr>
<tr>
<td>Domain 2: Resume</td>
<td></td>
</tr>
<tr>
<td>Domain 3: Job Hunting</td>
<td></td>
</tr>
<tr>
<td>Domain 4: Interviewing</td>
<td></td>
</tr>
<tr>
<td>Domain 5: Keeping a Job</td>
<td></td>
</tr>
</tbody>
</table>
Life Coach Skills by Client Report (N=7)

- Voc Only
- Mixed
- Standard

Skills:
- Getting along
- Disclosure
- Getting Job
- Budgeting
- Advocating
- Transportation
- Coping
- Balance
- Time Mgmt
- Career explore
- Explore
- Unpaid work
- Career
- Problem Solving
- Post secondary skills
- Goal Setting
- Place to live
- Parenting
- Grocery shopping
- Healthy Life Style

Graph showing the percentage of skills proficiency across different categories.