2012

Using Life Coaches to Provide Vocational Supports to Emerging Adults

Maryann Davis
University of Massachusetts Medical School

Ashli J. Sheidow
Medical University of South Carolina

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USING LIFE COACHES TO PROVIDE VOCATIONAL SUPPORTS TO EMERGING ADULTS

Maryann Davis, PhD
University of Massachusetts Medical School,
Ashli Sheidow, PhD,
Medical University of South Carolina
COLLABORATORS

Charles Lidz, Ph.D., Alexis Henry, Ph.D., Linda Long, J.D./Ph.D. University of MA Medical School, Center for Mental Health Services Research, Department of Psychiatry

Ashli J. Sheidow, Ph.D., Michael McCart, Ph.D., Scott Henggeler, Ph.D. Medical University of SC, Family Services Research Center, Department of Psychiatry and Behavioral Sciences

Sara Lourie, MSW & Anne McIntyre-Lahner, MS, Connecticut Department of Children and Families
Amy Porter, MSW, Connecticut Bureau of Rehabilitation Services

Edward Mulvey, Ph.D., University of Pittsburgh
Mary Evans, Ph.D., FMHI, University of South Florida

MST-TAY Team - North American Family Institute

Thanks to the emerging adult participants and their social network members

Funding for this research comes from the National Institute of Mental Health (R34 MH081374-01) and the National Institute of Disability and Rehabilitation Research (H133B090018) to PI Davis
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

Additional Domains for Vocational LC

<table>
<thead>
<tr>
<th>DOMAIN</th>
</tr>
</thead>
<tbody>
<tr>
<td>DOMAIN 1: CAREER EXPLORATION &amp; PREPARATION</td>
</tr>
<tr>
<td>DOMAIN 2: RESUME</td>
</tr>
<tr>
<td>DOMAIN 3: JOB HUNTING</td>
</tr>
<tr>
<td>DOMAIN 4: INTERVIEWING</td>
</tr>
<tr>
<td>DOMAIN 5: KEEPING A JOB</td>
</tr>
</tbody>
</table>

Standard LC Domains

<table>
<thead>
<tr>
<th>DOMAIN</th>
</tr>
</thead>
<tbody>
<tr>
<td>DOMAIN 1: GOALS &amp; VALUES</td>
</tr>
<tr>
<td>DOMAIN 2: EDUCATION</td>
</tr>
<tr>
<td>DOMAIN 3: HOUSING</td>
</tr>
<tr>
<td>DOMAIN 4: TRANSPORTATION</td>
</tr>
<tr>
<td>DOMAIN 5: NUTRITION &amp; MEAL PLANNING</td>
</tr>
<tr>
<td>DOMAIN 6: MONEY MANAGEMENT</td>
</tr>
<tr>
<td>DOMAIN 7: LEGAL ISSUES/SOCIAL SERVICES</td>
</tr>
<tr>
<td>DOMAIN 8: HOUSEHOLD MANAGEMENT</td>
</tr>
<tr>
<td>DOMAIN 9: HEALTH &amp; SAFETY</td>
</tr>
<tr>
<td>DOMAIN 10: STRESS &amp; COPING</td>
</tr>
<tr>
<td>DOMAIN 11: SOCIAL SKILLS &amp; RELATIONSHIPS</td>
</tr>
<tr>
<td>DOMAIN 12: SEXUAL HEALTH</td>
</tr>
<tr>
<td>DOMAIN 13: PREGNANCY &amp; PARENTING</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 Un paid work
- Post secondary skills
- Problem Solving
- Goal Setting
- Place to live
- Parenting
- Grocery shopping
- Healthy Life Style

Colors:
- Voc LC
- Standard LC