

# Developing Mental Health in Emerging Adulthood (ages 18 to 29)

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## Preconference Workshop

Wednesday, October 9, 2013 | Westin North Shore | \$90 includes lunch and workbook | 6.5 CE/CEUs

The new way young people are becoming adult has garnered a great deal of attention in the past decade. Professionals from a variety of disciplines have come to recognize the distinct mental health issues facing young people ages 18 to 29 — emerging adults. The workshop will highlight key issues that define the current gap in understanding and treating this distinct age group. Work relevant to professionals working in a wide-array of disciplines will be presented, including: medicine, public health, sociology, social work, psychology, psychiatry, and community mental health. This workshop is designed to promote scientist-practitioner exchange.

### 8:00-9:00 | Registration

### 9:00-9:30 | Introduction & Opening remarks

Jennifer L. Tanner, PhD

Chair, SSEA Special Interest Group on Mental Health in Emerging Adulthood

*Developing Mental Health in Emerging Adulthood*

### 9:30-10:40

Jesse Viner, MD

Founder and Executive Medical Director, Yellowbrick  
Assistant Professor of Psychiatry, Northwestern  
University Feinberg School of Medicine

*Developing Programs for Developing Minds*

### 10:40-10:50 | Break

### 10:50-12:00

Jennifer M. Silva, PhD

Postdoctoral Fellow  
Harvard University

*Redefining Adulthood in an Age of Uncertainty*

### 12:00-1:00 | Lunch

*Book discussion: Coming up short: Working-class Adulthood in an Age of Uncertainty*

Jennifer M. Silva, Ph.D.

### 1:00-2:10

Flynn O'Malley, PhD ABPP

Director, Division of Adolescent & Young Adult Services,  
The Menninger Clinic

Associate Professor, Dept. of Psychiatry and Behavioral Sciences,  
Baylor College of Medicine

*The Emerging Adult: Encouraging Collaboration in Psychotherapy*

### 2:10-2:30 | Break

### 2:30-3:40

Richard H. Fulmer, Ph.D.

Faculty, National Institute for the Psychotherapies

Postdoctoral Program in Psychotherapy and Psychoanalysis, NYU

*'How I Met Your Mother': Transgression and Succession  
in the Family during Emerging Adulthood*

### 3:40-4:00 | Closing remarks

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Visit [www.ssea.org](http://www.ssea.org) for more information and for registration.