

## Background

Canadian young adults (20 to 24 years) represent the highest risk for psychiatric and addiction disorders of any age group. Upon reaching the age of 18, these young adults can find themselves outside the catchment of youth specific services and facing the challenge of navigating the system of adult psychiatry. In a US epidemiological review by Kessler et al. (2005), it was concluded that half of all psychiatric illnesses start by the age of 14 and three quarters by the age of 25. Healthcare systems need to provide supports to these young adults during their transition.

## Research Questions

What are the specific challenges that affect young adults who are transitioning to adult psychiatric services?

What is known about how healthcare professionals support young adults, who are transitioning to adult psychiatric services?

## Purpose

This project with focus on identifying the known challenges and possible interventions; in addition to finding gaps within the published literature.

## Key Terms

Psychiatric Illness  
Psychiatric Services  
Youth (12 to 19 years)  
Young Adult (20 to 24 years)  
Adolescent (10 to 19 years)

Age ranges often differ between institutions. These age ranges are from the Public Health Agency of Canada (2011) and the Canadian Paediatric Society (2003).

## Methods

This project will draw upon the **scoping literature review** framework proposed by Arksey & O'Malley (2005):

1. Identifying the Research Question
2. Identifying Relevant Studies
3. Study Selection
4. Charting the Data
5. Collecting, Summarizing, and Reporting the Results

## References

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