

Bridging the Psychosocial Gaps During the Transition from Pediatric to Adult General Hospital Settings: A Model for Mental Health Delivery

Research has shown that youth (individuals ages 15 to 25) experience greater difficulty coping with medication compliance, making lifestyle changes, and adhering to healthy living practices compared to other age groups. These difficulties result in significant physical and mental health complications during the transition process from pediatric to adult care hospitals. Therefore researchers and providers are highlighting the need for increased attention to this patient group. Results from studies evaluating adolescents' transition needs include requests to meet the adult team prior to transfer, increased availability of evening and/or weekend appointments, and opportunities to meet youth with similar medical issues. Psychiatric and psychological care of young adults has not routinely attended to these and other transition needs. This presentation will provide an overview of a specific model, developed for the transition program between the Obesity and Bariatric Surgery programs at the Hospital for Sick Children and the Toronto Western Hospital in Ontario. This model will illustrate some beginning solutions for meeting the psychosocial needs of youth transitioning to adult centres and will provide an opportunity for participants to discuss their own challenges in addressing psychosocial and psychiatric burden during the transition process. We will also present a brief overview of our pilot qualitative research project designed to investigate the perceived needs of young adults prior to and shortly following transfer to a bariatric adult care centre.