

Research Seminar

Addressing the Mental Health Needs of Emerging Adults: Bridging the Research-to-Practice Gap

Abstract:

Despite two decades of extensive research on the mental health of emerging adults, this population continues to encounter significant challenges, further intensified by recent global crises. Today, emerging adults report heightened levels of loneliness, social isolation, anxiety, and uncertainty about the future, along with a higher prevalence of mental health and substance use issues compared to any other age group. While there have been calls for policies and interventions tailored to their unique mental health needs, barriers persist in translating research into effective practice. This talk will address: 1) critical issues related to supporting the mental well-being of emerging adults from a developmental perspective, 2) the obstacles and opportunities in applying research findings, and 3) strategies for bridging the gap between research and practical mental health solutions for emerging adults.

Date: 25 November 2024 (Monday)

Time: 3pm – 4pm

Venue: B4 -LP-09

Registration Link: <https://forms.gle/eGWpHwCu7Bw5KnFm9>

Speaker :

Prof. Abby Goldstein, Ph.D., C.Psych.

Associate Professor & Department Chair
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Prof. Abby Goldstein is a clinical psychologist and Associate Professor of Applied Psychology and Human Development at the Ontario Institute for Studies in Education (OISE) at the University of Toronto. She holds a Canada Research Chair in the Psychology of Emerging Adulthood and is a past president of the Society for the Study of Emerging Adulthood. Prof. Goldstein's research employs diverse methodologies to explore the factors influencing mental health, substance use, and well-being in individuals aged 18-29. Her current projects include examining parent-emerging adult relationships and their effects on mental health, assessing student leave policies for mental health concerns, and studying the connection between mental health issues and substance use. Her work aims to inform policies and practices tailored to the specific needs of emerging adults.

Enquiries:

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