



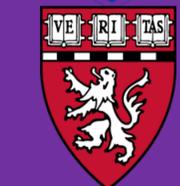
Collaborative Interdisciplinary Mental Health Treatment for Young Adults living with CF

Background: Many young adults living with cystic fibrosis (CF) suffer from depression, anxiety, executive dysfunction, social isolation, and limited coping skills (Quittner 2016). Anxiety and depressive symptoms are associated with decreased lung function, quality of life, and treatment adherence (Besier 2008, Haverman 2008). Medical trauma associated with cystic fibrosis, cognitive effects of anticholinergic medications, loss of psychosocial developmental milestones, and limited educational and employment opportunities may contribute to adverse mental health outcomes. Both psychopharmacological and psychotherapeutic interventions may improve these outcomes. (O'Hayer 2021, Goldbeck 2014, Jeffery 2020).

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Young adults living with cystic fibrosis face unique mental health challenges. Peer support, psychopharmacology, and skills-based psychotherapeutic interventions may improve their quality of life, mental health symptoms, functioning, and treatment adherence.

Full text and references:



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Methods: 23 patients were appropriate for transfer of psychiatric treatment from the pediatric hospital to the pilot program within the adult hospital's department of psychiatry. 18 patients agreed to transition care to the adult hospital for psychopharmacology, and 17 agreed to transition care to both psychopharmacology and group psychotherapy.

Conclusion: This study demonstrated the feasibility of a collaborative mental health treatment program that spanned institutions, departments, disciplines, and the pediatric and adult systems to provide multi-modal coordinated mental health treatment for this vulnerable population.