**Class Assignments**

**Chapter 15: Treating Young Adult Behavioral Health Challenges**

1. Goal: To increase student understanding of barriers to young adult access to services.
   1. Lead a discussion of the authors’ observation that young adults encounter both developmental and structural obstacles to treatment opportunities.
   2. Focus student awareness on within-group differences by having them identify ways in which young adults may encounter different barriers or different resources based on their involvement in the following settings or situations: college student living on campus; college student commuting; employed with benefits; employed without benefits; unemployed; having children or other dependents.
2. Goal: To increase readiness for working with young adults with depression.
   1. Building on the case of Jolanna presented in the chapter, or working with another case that has depression as a primary feature, have students develop a treatment plan using either IPT,CBASP or PST. In the treatment plan, students should frame goals, interventions, and projected outcomes within the theoretical perspective they take.
   2. Break students into role-playing triads, with one person playing counselor, one client, and one observer. Following their treatment plan, conduct a role play of a session (at any point in the therapeutic process) and have students discuss how their planned interventions were delivered and received by the client.