



## Treatment Retention Intervention for Emerging Adults in Outpatient Psychotherapy

Emerging Adults (ages 18-25) with serious mental health conditions have poor functioning, yet are more likely to drop out of treatment than older adults.



Motivational Enhancement Therapy (MET) is a structured brief form of Motivational Interviewing (MI) with demonstrated effectiveness for treatment retention in adults,<sup>1</sup> but has not been used in emerging adults for treatment retention. <sup>1</sup>Hettema, Steele & Miller, 2005



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## **Characteristics of Emerging Adults** That May Impede Typical Engagement

- Rejection of authority as part of identity formation
- Irrelevance of the direction of therapy to the actual problems they face
- Less mature goal setting and pursuit.

We developed a manualized MET to be used prior to other treatment (MET-EA) and conducted a randomized trial of the MET compared to usual treatment in a community mental health agency.



Our logic model proposes that the MET improves therapeutic alliance, increases client self-efficacy and normalizes beliefs about therapy via decreasing ambivalence and increasing intention to stay in therapy.



Figure 1. MET-EA Logic Model

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