



## **Integrated Care in adolescents with mental disorders and the role of transition psychiatry**

**Anne Karow, Zentrum für Psychosoziale Medizin, Klinik und Poliklinik für Psychiatrie und Psychotherapie, Klinik für Kinder- und Jugendpsychiatrie, -psychotherapie und -psychosomatik, Hamburg, Deutschland**

For any person's mental development, adolescence is a crucial phase of life. Most mental disorders occur for the first time during the period between 15 and 25 years of age. Different stressors had been identified which further increase the risk for severe mental disorders and their persistence into adulthood. In addition, adolescents who develop early and severe mental disorders often do not reach the developmental steps and milestones of healthy peers. Moreover, the age group between 16-18 years shows not only a high incidence and prevalence of mental disorders, but also the lowest treatment rate. A successful treatment in these biographically important years positively impact the long term prognosis and may sustainably prevent chronicity. Different concepts of psychiatric transition care have been developed and investigated. Most include interdisciplinary treatment concepts with family therapy, social work and group therapies to encourage the individual development, inclusion of the social environment and peer group interaction. The improvement of community-based outpatient models with an interdisciplinary transition focus on early detection and intervention in combination with hospital-replacing crisis teams as well as accessible open housing are further important features in transition psychiatric care.