

Overview of Transitions During Adolescence

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Goals

- ❖ Review transition from childhood into adolescence
 - ❖ Review transition from adolescence to adulthood
 - ❖ Review ways to increase the comfort level for adolescents going through these transitions
 - ❖ Suggest ways to empower youth to be more responsible for their behavior
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Objective

- ❖ Define steps taken during these transitions
- ❖ Consider associated implications for the adolescent at each step
- ❖ Look at ways to allow youth to be in control of these changes

Steps in the Transition into Adolescence

- ❖ Puberty
 - ❖ Independence
 - ❖ Peer support
 - ❖ Adult support
 - ❖ Psychological development
 - ❖ Sexual development
 - ❖ Mood swings
 - ❖ School transition
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Puberty

- ❖ Lack of control over changes
- ❖ Relatively short period of time
- ❖ Significant variability in time of initiation
- ❖ Social implications
 - ❖ Early development
 - ❖ Late development
- ❖ Anticipatory guidance goal: Emphasis on the normal process

Independence

- ❖ Wanting to be in control
- ❖ Common issues:
 - ❖ Early adolescent:
 - ❖ Play first, do homework later
 - ❖ Personal space
 - ❖ Middle adolescent
 - ❖ Car
 - ❖ Curfew
- ❖ Learning how to stay one step ahead of their parents

Peer Support

- ❖ Need to develop a support system
- ❖ Transition from playmate to confidant
- ❖ Life-long skill
- ❖ Need to be done in timely manner

Adult Support

- ❖ Who to talk to about significant issues?
- ❖ Developing an adult support network
- ❖ Added tracking for teens at risk

Psychological Development

- ❖ Concrete thinking in early adolescent
 - ❖ Providing information
 - ❖ Re-enforcement
 - ❖ More frequent follow-up
- ❖ Transition to formal thinking
 - ❖ Change in behavior
 - ❖ Able to deal with more abstract issues
 - ❖ Increased responsibility
 - ❖ Decreased need for reinforcement and follow-up

Sexual Development

- ❖ Comfort with body
- ❖ Sexual preference
- ❖ Sexual activity
- ❖ Sexual function



Mood Swings

- ❖ Early adolescent's sinusoidal behavior
- ❖ Mid adolescent's struggle for control
- ❖ Late adolescent need to face the world



School Transition

- ❖ Middle school demands:
 - ❖ Increased independence
 - ❖ Increased work
 - ❖ Decreased support
- ❖ Up to 40% of these adolescents do not perform up to expectation!
 - ❖ “I have a life doc!”
 - ❖ Different demands from school
- ❖ Importance of time management

Transition from Adolescence to Adulthood: The short version

- ❖ Physical independence
- ❖ Decision making
- ❖ Development of new support systems

Physical Independence

- ❖ Put up or shut up time!
 - ❖ Actually leaving home
 - ❖ Practice makes perfect
- ❖ Types of transition
 - ❖ Easy transition
 - ❖ Hard transition



Decision Making

- ❖ Increased sense of control
- ❖ Potential life-long implication
- ❖ Road not traveled



New Support System

- ❖ Depends on developed social skills
- ❖ Nature of new environment
- ❖ Continued support from past environment

Role of Health Provider

- ❖ Facilitate transition steps
- ❖ Involve parent(s) in the process*
- ❖ Help recruit community supports as needed
- ❖ Be available for the adolescent and the family



THANK YOU