

## YIT PROGRAM PROGRESS REPORT

1. Grant Number: 03150-C6005-FY13-YIT
2. Grantee Name and Address:  
Counseling Service of Addison County
3. Telephone Number: 802-388-6751
4. Project Title: Addison County YIT
5. Period of Performance from July 1<sup>st</sup> 2012 – December 31<sup>st</sup> 2012
6. Approved Project Period from \_\_\_\_\_ through \_\_\_\_\_
7. Author's Name and Telephone number: Joshua Schupp-Star (802)-388-0302 x480
8. Date of report: 01/31/2013
9. Comments (if any):

---

The federal Government Performance and Results Act (GPRA) primarily focuses on demonstrating accountability and achieving meaningful outcomes for all federally funded programs. Please make sure to include information on the outcomes of your project activities and the impact of your project on improving the lives of Youth in Transition and their families in the Program Progress Reports submitted.

**Two Program Progress Reports must be submitted for this sub-grant:**

1. one for the time period from July 1 – December 31, 2011 (due by January 31, 2012), and
2. one for the period from January 1 – June 30, 2012 (due by July 30, 2012).

**Report Contents**

|   |
|---|
| <b>1. Major Activities and Accomplishments During this Period</b> |
|---|

Report both quantifiable and non-quantifiable accomplishments for the General Expectations and Regional Goals listed in Attachment A (see pages 3-5 of the grant award):

- Quantifiable accomplishments include numbers of youth/families served, people trained, support groups established, etc.
- Non-quantifiable accomplishments should be listed in chronological order. Describe any draft/final products in this section.

**Please report major activities and accomplishments for the following goals, outcomes, and indicators as relevant for the sub-grant. [This section of the report may be entered directly into the table below.]**

|  |  |
|--|--|
| <b>Goals for strengthening the systems of care</b> | <p>1: Young adult (YA) leadership is developed in VT.</p> <p><b>Required activity:</b></p> <p>First and foremost, CSAC was able to recruit a young woman to serve in the capacity of a peer outreach worker. Torri comes to the program after successfully receiving JOBS services for a number of years. Through her own volition she was able to organize a charity car wash staffed completely by young adults. Torri’s interest in the YIT program came from a concern about the prevalence of opiate use amongst young adults in Addison County. As such Torri has been working alongside the director of the local turning point center to organize a support group for young adults her are battling opiate addiction. The vision of this group is to not only provide support, but also to serve as an activity board / community service group for young adults not otherwise engaged in Addison County. The hope is that this group will be youth led and youth directed.</p> <p>The Youth Advocate as well as JOBS staff has also started their own initiatives to encourage youth leadership amongst those receiving services. These come by the way of small groups of transition aged youth brainstorming activities that they would like to participate in as well as topics they would like to learn more about. An example of such a group is “Job Club” comprised of young adults who currently or formerly part of the Diversified Occupations program at Middlebury High School. This educational program typically serves young adults with some level of intellectual disability. The purpose of the Job club is to bridge the skills learned in the educational setting to the actual searching for employment. These meetings have occurred monthly.</p> |
|  | <p>2: Family/adult allies support young adults....</p> <p>youth advocate and JOBS staff have also continued to work with care providers who are sheltering young adults without any sort of formal support. There have been several instances where a youth will identify a caring adult in the community that they have been staying with on occasion. Whenever possible a support team will make connections with these families and offer support. Support comes in the form of financial, material, and crisis management. This is performed in conjunction with the local VCRHYP service provision model.</p> <p>CSAC staff have increasingly also coordinated with staff associated with the John Graham Shelter. This is an agency that has increasingly been a first point of contact for young adults who begin living in the county. Through</p>   |
|  | <p>3: Workers use caring practices known to be helpful for young adults and families.</p> <p><b>Required activity:</b></p>   |

*Provide cross-system case management and individualized service plan development, ensuring that young adults are engaged in planning for their own futures....*

During this reporting period, multiple member agencies collaborated to share best practices and engage in case reviews. This group, called the Youth in Transition Resource Team, is comprised of representatives from Youth Development (Easter Seals), the JOBS program, JOBS administration, The YIT Youth Advocate, Employment Associates, and a previous program admin (Peter Lebenbaum) acting as clinical supervisor. The team's goals are to spread best practices, encourage youth leadership, perform a strength based review process and advocate as needed.

The team has also invited other key players to occasionally speak at the meetings in order to facilitate system level change. This has included the agency psychiatrist, as well as the head of the youth and family program. Outcomes of these meetings have led to youth who begin receiving services through adult channels to also be made aware of the Transition Aged programs such as YIT, JOBS, and YDC.

The team has also served as a place where any staff member can bring the goal of a transition aged youth and their families, and discuss what can be done across agencies in order to facilitate this desired outcome.

4: System of Care partners gain cultural & linguistic competence (CLC)....  
CSAC has scheduled cultural and linguistic competence training by Mercedes Avila to take place in the spring of 2013.

5: Local communities (including young adults) change their perceptions of young adults and of mental health issues, reducing stigma....  
Both the JOBS and YIT program regularly engage in outreach to local schools. This includes the aforementioned "job club" in which young adults are invited to talk about their desire to develop job skills in a non stigmatizing setting.

An ongoing conversation with youth has been around how to best allow youth experiencing some level of homelessness the ability to reduce stigma as they strive towards independence and housing. Many times this will require the use of flexible funds use for the purchasing of cell phones and cell phone minutes.

Of youth served by the YIT grant, approximately six youth were given access to cell-phones and were able to stay in contact with their transition specialists and support networks.

6: Effectiveness of the Vermont System of Care for young adults with SED is evaluated....  
We have also expanded recruitment for the YIT common study to all

|   |   |
|---|---|
|   | <p>new entrants of the JOBS program.</p>  |
|   | <p>7: The State supports and sustains regional services for young adults....<br/> The youth advocate is regularly engaged with the VCRHYP best practices committee. From this interaction comes some indication of how others are interfacing the YIT funding stream and existing VCRHYP supportive housing programs.</p>   |
| <p><b>Desired outcomes for young adults of transition-age</b></p> | <p>1. Decreased number of young adults involved in the corrections system (including an increase in the number who are free of incarceration).<br/> <b>Required activity:</b><br/> <i>Reach out to young adults with SED who are out-of-school at least through teen centers, recovery centers, homeless youth programs, and by intercepting them at critical intervention points with the juvenile and criminal justice systems....</i></p> <p>Recent conversations within the YIT resource group have identified a trend amongst youth with intellectual disabilities becoming involved in criminal activity. Many of these youth were previously involved with some level of specialized education in which they flourished. In order to prevent these vulnerable young adults from becoming involved in corrections is a plan to establish an “Alumni Group” for these youth to remain connected to their helping adults and maintain the skills they developed while in their specialized educational settings.</p> <p>The YIT team has also been able to work with a number of youth who have left the community due to incarceration or inpatient hospitalization. The low threshold design of YIT / JOBS / YDC allows these youth to immediately resume skill development upon reentry.</p> <p>2. Increased number of young adults who are employed....<br/> As previously mentioned, the YIT teams work closely with the JOBS program to ensure that all youth are given access to job developers, regardless of the program through which they entered the system of care.</p> <p>Of youth served by the Youth Advocate, 3 were able to find some degree of employment during this reporting period.</p> <p>3. Increased number young adults participating in (or who completed) educational programs....</p> <p>Members of the YIT resource group have regular contact with education providers in and out of Addison County. One recent conversation was with</p> |

|  |   |
|--|---|
|  | <p>those providing the first tiered classes at the CCV. Those working with youth have often noted that many enter into college without a clear sense of what they hope to gain through a college education. While the initial classes aim to help these young adults explore possible career fields, their seems to be a disconnect with some youth which results in a discontinuation of education before obtaining any degree or technical certification.</p> <p>Members of the JOBS program have also looked into the Work Keys certification which is increasingly used by employers to screen candidates. These programs have various training modules that are tailored specifically to some of the day to job functions required by various industries. It is hoped that we are not only able to get TAY to attend certification workshops, but also to have employers look favorably upon those who have underwent the certification process.</p> <p>Youth are also exposed to a number of career oriented training workshops at no cost to them through funding by Voc Rehab. This includes LNA training, servsafe training, and PCA training. These have often helped to elevate these youth from a job that merely provides income to a job that provides a career track.</p> <p>Of youth receiving services through the YIT grant, five were able to obtain some measure of post secondary education.</p> |
|  | <p>4. Increased number of young adults who have access to, and are using, a medical home....</p> <p>CSAC has not explored this particular methodology for improving youth outcomes youth due to lack of perceived need in Addison County.</p>   |
|  | <p>5. Increased number of young adults living in safe and stable housing....</p> <p>Of youth receiving direct services from YIT staff, 7 youth transitioned from unstable to stable housing or were otherwise prevented from experiencing homelessness.</p> <p>It is still difficult to find additional resources for transitional housing opportunities in Addison County. More and more this has required transition specialists to assist youth in finding means by which they may contribute to the maintenance of the house where they temporarily reside. In practical terms such activities include the use of 3squaresVT / food banks to supplement household food, mediation of young adults with their family members, and outreach to larger support networks such as teachers / extended family members.</p>  |
|  | <p>Increased number of young adults who have caring &amp; supportive relationships....</p> <p>Members of the YIT resource group have continued to group together</p>  |

young adults who have limited interactions with their peers based upon a similar set of interests. Groups have also been successful in uniting some youth who have experienced some level of contact with corrections with those who have limited social contacts. These two are united in their desire to better their social skills, but come with a different set of strengths that may complement one another.

As mentioned above, Torri has also started the young adult recovery group at the local turning point center. This has been well attended by young adults who previously had no other place to talk about their struggles with maintaining sobriety. Torri hopes to include adults, as directed by the group to come and speak on specific topics related to sobriety and successful transition to independence.

Of youth served by the YIT resource group, eleven were able to participate in groups for young adults.

7. Increase in young adults' strengths and protective factors....

All case reviews taking place in the YIT resource group use the TIP based review process in order to highlight strengths that may be capitalized upon for youth success. This has led to a shifting of the perception that some youth are "difficult to work with" to the idea that they are strongly independent and that this should be praised by those working with them. This has required a shift in the perceptions of adult teams in particular who are working with youth who are showing signs that they may be facing a chronic mental illness. A drop out of intensive case management support may not mean that the youth does not desire services all together, but rather is entering a phase where they need more contact in less stigmatizing settings, and a focus on goals other than improving the impacts of one particular diagnosis.

8. Improved mental health for young adults.

**Required activity:**

*Improve access to mental health services for the young adults most at risk for poor outcomes and use the power of the courts to increase their likelihood of use of those services....*

CSAC has actively talked about the use of Orders of Non-Hospitalization (ONH) for young adults involved with the court system. These orders allow a young person who is facing some sentence to have their punishment deferred pending their compliance with treatment recommendations set forth by the local designated agencies. Often it is successful simply to remind a young person that that there is an ONH present and that both the youth and their transition facilitator(s) can work together to meet the terms set forth by the courts.

Occasionally however young adults maintain contact with their transition

|  |   |
|--|---|
|  | <p>facilitators on a limited basis, despite a good relationship. These youth may then “go-against” the orders of the ONH by engaging in frequent drug-use, not taking prescribed medication, etc. It is then the impetus of the designated agency and the transition facilitator to decide whether to report to the court that the person has not been compliant.</p> <p>Facilitators and associated mental health staff have traditionally be loathe to take this hard line approach, particularly if the young adult is not otherwise engaging in criminal activity (apart from drug use ) and has some relationship with treatment professionals. However there is some who think leniency may serve to only replicate previous system / familial leniency towards drug use and that perhaps we should be enforcing the ONH sooner than later.</p> <p>Obviously these discussions occur on a case by case basis. The Addison County YIT resource group would appreciate some state level input on the best practices in regards to TAY and Orders of Non Hospitalization.</p>  |
| <p><b>System of Care Infrastructure Indicators</b><br/>(for federal TRAC):</p> | <p><u>Workforce Development:</u> Organizations or communities implementing mental health-related training programs as a result of the grant. Please enter the number of organizations or communities and briefly describe the training programs....<br/>4 organizations participate in workforce development<br/>These organizations include CSAC, Parent Child Center, HOPE, and Vocational Rehab.<br/>CSAC continues to partner with Creative Workforce solutions so that job developers are not competing with one another amongst the community.</p> <p><u>Organizational Change:</u> Organizational changes made to support improvement of mental health-related practices/activities that are consistent with the goals of the grant. Please enter the number of changes and briefly describe them.... 3 Changes of note</p> <ul style="list-style-type: none"> <li>• Creation of YIT resource group allows for greater agency collaboration</li> <li>• Hiring of Peer Outreach Worker</li> <li>• Intensive Family Supports (IFS) framework allows for youth to receive the program and / or services that will most benefit them regardless of reimbursement source</li> </ul> <p><u>Partnership/Collaboration:</u> Organizations that entered into formal written inter/intra-organizational agreements (e.g., MOUs/MOAs) to improve mental health-related practices/activities that are consistent with the goals of the grant. Please enter the number of organizations and briefly describe the agreements...1 new collaboration</p> |

|  |   |
|--|---|
|  | <ul style="list-style-type: none"> <li>• Creation of youth recovery group at Turning point Center</li> </ul>  |
|  | <p><i>Types/Targets of Practice:</i> Programs/organizations/communities that implemented evidence-based mental health-related practices/activities as a result of the grant. Please enter the number of programs/organizations/communities and briefly describe the evidence-based practices.... 4 Organizations.</p> <ul style="list-style-type: none"> <li>^ CSAC attended part two of TIP training with 4 workers present</li> <li>^ CSAC additionally was able to train two additional staff in the framework</li> <li>^ CSAC was slated to participate in the Consent Campaign training alongside the Parent Child Center, Middlebury Teen Center, and the Bristol HUB. This training was cancelled due to familial illness for the trainer, but it has been rescheduled for the next reporting period.</li> </ul> |
|  |   |

**2. Problems**

Describe any deviations or departures from the original project plan including actual/anticipated slippage in task completion dates, and special problems encountered or expected. Use this section to describe barriers to accomplishment, actions taken to overcome difficulties, and to advise DMH of any needs for assistance.

See above re: Job Development  
 See above re: ONH  
 See above re: Housing

Addison County has continued to see alarming trends regarding the use and abuse of opiates, particularly amongst transition aged youth. There have been anecdotal reports of youth as young as 14 years old engaging in IV use of heroin. While there is hope that the creation of a youth recovery group will aid in treatment, there is still a long way to go as far as prevention is concerned. In the upcoming year, Porter Hospital will see the addition of a number of providers who will be able to provide medication assisted opiate treatment, and provide suboxone and bupenophrine to eligible individuals in the community. It is not certain, however, how this might impact transition aged youth who may be seeking treatment.

Another issue of late has been the best practice in assisting transition aged youth who are experiencing their first or second episode of psychosis. While medication continues to be the preferred route, there is an increased interest in following the "Finland model." This approach deemphasizes medication and instead encourages intensive work with families. This is also a cause that many youth who have been prescribed a host of antipsychotic medication will rally behind as they wish to limit the number of medications that they are regularly taking. This becomes complicated however when dealing with families



experiencing poverty and a host of their own untreated mental health challenges. Guidance in dealing with this level of complexity would be helpful when trying to implement institutional changes.

### 3. Significant Findings and Events

For special notice to Principal Investigator, State Outreach Team for Youth in Transition, Federal Project Officer, etc. This should include any changes in staffing, including of persons, time spent, and/or responsibilities. Attach resumes and qualifications of new staff.

Victoria Tellier has been hired on as Peer Outreach Worker. She will be working 8-10hours per week under grant guidelines.

### 4. Dissemination activities

Briefly describe project related inquiries and information dissemination activities carried out over the reporting period. Itemize and include a copy of any newspaper, newsletter, and magazine articles or other published materials considered relevant to project activities, or used for project information or public relations purposes.

No dissemination activities of note as most of the youth leadership groups were spread via word of mouth. Next reporting period will include flyers and other such advertisements as this group grow.

### 5. Other Activities

Briefly describe other activities undertaken during the reporting period.

See above re: Trip to Bennington and planned replication of Teens 4 Change model

### 6. Activities Planned for Next Reporting Period

Briefly describe the project activities planned for the next reporting period.

- Engagement with Consent Campaign training
- Expansion of existing youth activity groups
- Possible collaboration between YIT resource group and Champlain Valley Academy
- Increased youth representation on Court Diversion Panels and Substance Abuse treatment initiatives

***DMH only:***

Date received: \_\_\_\_\_

*Approved by:* \_\_\_\_\_ *Date approved:* \_\_\_\_\_  
*Approved by:* \_\_\_\_\_ *Date approved:* \_\_\_\_\_