

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 January 1st 2013 – June 30th 2013
6. Approved Project Period from _____ through _____
7. Author's Name and Telephone number: Contact: Cheryl Huntley (802)-388-0302 x493
8. Date of report: 07/31/2013
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

1. Major Activities and Accomplishments During this Period

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.]*

<p>Goals for strengthening the systems of care</p>	<p>1: Young adult (YA) leadership is developed in VT.</p> <p>Required activity:</p> <p>During this reporting period we supported our peer outreach worker, Torri, in her effort to enact system of care change in Addison County. The means by which this occurred is having Torri present at all meetings of the YIT resource group and informing us of her findings regarding system gaps as identified by herself as well as her peers.</p> <p>From these conversations it was identified that a large area of concern was the incidence of opiate drug use amongst transition aged youth in Addison County. While this is a problem known to local law enforcement, treatment professionals, and community members alike, the scale continues to astound even the most well informed of those concerned. As such, Torri was supported in her effort to work with the local Turning Point center in order to establish a twice weekly support group for young adults who have some wish to reduce or cease their opiate use. While these meetings were kept anonymous, the topics of conversation from them were brought back to the YIT resource group and other associated meetings in order to further the discussion of Opiate abuse prevention and treatment.</p> <p>YIT Peer Advocate :</p> <ul style="list-style-type: none"> • Continued work with the Middlebury Turning Point Center, running a group for young adults. • Connected with Vergennes High School and Mt. Abraham High School serving as a peer mentor for 3 students of concern. Both schools were happy for the resource and the engagement by their students. • Continued work with Addison County Prevention Partnership Group. • Connected with the new special victims unit at the Addison County Sherriff's Department. • Consulted on legislative initiative being spearheaded by the St. Alban's JOBS program to address alternative ways for youth to pay fines, and keep from getting stuck. • Participated in "Middlebury 50" community access television, hosted by a Middlebury Police officer, to explain her role as a peer advocate. • Peer advocate has struggled in the area of professionalism. Her supervisor has spent significant time on required training, and issues such as mandatory reporting requirements. Peer Advocate has also struggled to make required supervision meetings and to complete projects as assigned inclusive of developing a YIT advisory board.
	<p>2: Family/adult allies support young adults....</p> <p>The YIT Resource Group is meeting on a biweekly basis to discuss system of care issues across out community. YIT, JOBS, DCF Youth Development Coordinator, Clinical Review Staff, are all at the table. The Parent Child Center Staff have been invited to join the group, Creative Workforce Solutions,</p>

and CRT representatives are also involved as needs dictate.

Issues being addressed by this group include; housing, transportation, cross system connections and transitions for consumers (e.g. is a particular consumer best served by YIT, JOBS or CRT), Connections to other services for consumers CWS, VR, DOL, CCV, Vermont Adult Learning, Hannaford Career Center, Turning Point Center, Court Diversion and our Peer Advocate Position. Case review is also conducted on a regular basis.

Connected a St. Michael's Masters Candidate with young adults to interview about their experiences with transition aged services for her thesis. All parties reported the experience as a positive one and we are looking forward to reading the end result.

On April 24th, 2013 CSAC sponsored a discussion by Mary Olsen, PhD on the Open Dialogue approach. This discussion was well attended by TAY workers, adult services professionals, psychiatrists, as well as family members and adult peers. This approach has been used in Finland with a great deal of success and is beginning to be replicated in the US. Briefly, the approach endeavors to have an alternative means of intervening with those who are experiencing their first psychotic break. While it is not a comprehensive theory, it does encourage a broader familial intervention rather than the "person at the center of attention." In other words families are engaged in an inclusive way when working with young adults experiencing severe psychiatric symptom presentation. Another component of this approach is a shift away from a reliance on medications as the primary means of treatment of psychotic disorders. (Note: Treatment approaches may still include anti-psychotic medications, but with perhaps a lower dosage.)

What grew from this training and discussion was a plan to implement some level of open dialogue approaches at CSAC. Key personnel from each division of CSAC were involved in this discussion. It was determined that in order to implement an Open Dialogue Approach, all divisions need to be more inviting to families during the treatment process. Barriers to family participation may be the perception that treatment will include some level of blaming of the chronic condition on family members. For this reason, involved personnel made plans to reach out to family members to be a part of treatment discussions at the time of the first appearance of a potentially chronic mental health disorder. The plan for marketing familial involvement is ongoing.

3: Workers use caring practices known to be helpful for young adults and families.

Required activity:

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

Please see above re: Open Dialogue

The YIT resource team continued its work to unite transition facilitators across agencies. These include YDC, JOBS, YIT Facilitators, the Peer Outreach Worker, and an open invitation to other youth servicing agencies and workers. In these meetings many productive conversations were had surrounding the needs of youth in the community as told by their advocates and the peer outreach worker. Additionally every week a case was review using the TIP informed Case Base Review (CBR) process. As indicated by this process, system of care barriers were noted and additional advocacy was made on the behalf of youth to see if any additional solutions could be found. As a result of these meetings many transition aged youth were able to receive additional services that they would not have otherwise been granted before their case was reviewed using the CBR process.

4: System of Care partners gain cultural & linguistic competence (CLC)....

5: Local communities (including young adults) change their perceptions of young adults and of mental health issues, reducing stigma....

As indicated in previous reports, the Youth Advocate has continued to have a presence in community locations that youth often congregate, including the three teen centers in Addison County. During this reporting period the teen center in Middlebury has been requesting additional support from YIT and JOBS staff due to a perceived increase in the number of transition aged youth presenting with a high level of need. After making contact with a number of these youth it was discovered that a number of these youth had previously sought recreation and support from the regional teen centers but had aged out. There is a number of youth who utilize the teen center and go on to college after high school and return without a desire to use the center. For these youth their experiences could well be defined as protective factors against some of the risks present in the Addison county community.

However there is another subset of youth who utilize the teen center who experience some level of need beyond preventative recreation. Many of these youth drop out of high-school, or have no plans beyond their senior year. As they continue on without a plan, those without the familial resources to support them at home begin to experience homelessness and heavier use of substances. The board of advisors for the teen center recognizes that these youth are in need of services but also do not wish those with a great deal of need to become a risk for younger youth utilizing the recreational activities of the center. As such, many of these youth found themselves without a reliable

	<p>place to seek assistance when they were becoming increasingly in need of it.</p> <p>The youth advocate was able to have discussions with center staff around how they might refer to YIT / JOBS and also made arrangements for the Youth Advocate to be present at the center to meet with this subset of youth. However it became clear that often times opportunity was missed in making formal referrals to the agency. Rather the youth advocate talked about means by which they themselves could assist these youth while a referral was in process. The youth advocate also spoke with volunteers at the teen center about how they might be able to do the same. An idea was generated that staff and volunteers alike might be able to be trained on the needs of this subset of youth so that they might be able to perform a short term intervention while waiting for a referral to formal case management / treatment. These conversations are ongoing.</p> <hr/> <p>6: Effectiveness of the Vermont System of Care for young adults with SED is evaluated.....</p> <p>We have continued recruitment for the YIT common study to all new entrants of the JOBS program in addition to those receiving direct YIT services.</p> <hr/> <p>7: The State supports and sustains regional services for young adults....</p> <p>Through the youth in transition grant, we were able to use flexible funds for a number of purchases that stood as barriers to youth's successful transition to adulthood.</p> <p>These include cell phone, cell phone minutes, work clothing, bus vouchers, car repairs, license and car registration fees. Most of the youth who were purchased these items were able to transition to paying for themselves within 90 days of receiving the assistance.</p> <p>We also recruited a number of youth to attend the young adult voice movement. This included some youth who were receiving services through the CRT program, and may have been otherwise unaware of such an opportunity. Unfortunately, only a few youth were able to attend on this occasion, but CRT staff members are increasingly aware of YIT / JOBS activities for which they could refer the youth in their care.</p>
<p>Desired outcomes for young adults of transition-</p>	<p>1. Decreased number of young adults involved in the corrections system (including an increase in the number who are free of incarceration).</p> <p>Required activity: <i>Reach out to young adults with SED who are out-of-school at least through</i></p>

<p>age</p>	<p><i>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>See above re: Reaching out to older youth at Teen Center.</p> <p>Our peer outreach worker was able to meet with a number of individuals as part of her role within the agency. Meetings were scheduled with the peer outreach worker when the person involved was not engaging with their care providers. For example, we employed the peer outreach worker when one individual was contemplating dropping out of school. Through contact with the worker this individual was able to complete the year and reengage with their school based clinician.</p> <p>The Youth advocate has also worked closely with juvenile probation officers in order to coordinate care. This has included joint meetings between a youth, their family, and their probation officers.</p>
	<p>2. Increased number of young adults who are employed....</p> <p>Formation of the YIT Resource Team has led directly to additional outreach with young adults. Most significantly when YIT consumers are introduced to JOBS staff they tend to approach JOBS staff when they are out in the community. A relationship continues to build this resulted in 3 YIT consumers being transitioned to JOBS and almost immediately to employment (2), and the 3rd directly to a paid work experience. YIT clients transitioned to CRT services have also developed similar relationships with JOBS staff.</p> <p>Combined employment programs have allowed for cross utilization of skill sets. CRT/JOBS share several positions, allowing for improved employment services for young adults in the CRT program. This is also evidenced by increased engagement by CRT clients under 30.</p> <p>.</p>
	<p>3. Increased number young adults participating in (or who completed) educational programs....</p> <p>See above re: Peer Outreach Worker school interventions.</p> <p>YIT and JOBS continues to receive referrals from school based clinicians who would like their young adults to have an active role in post high-school planning. From this effort a number of youth are able to move onto employment almost immediately following their graduation.</p> <p>The JOBS program also has also worked recently with a number of employers in order to generate on the job training for a number of youth. One such youth</p>

	<p>receiving both JOBS and YIT supports was able to gain additional kitchen skills. From this experience they are leaving a two year gap in employment and housing to a career track as a chef.</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.</p>
	<p>5. Increased number of young adults living in safe and stable housing....</p> <p>During this reporting period there continued to be a large incidence of youth facing homelessness or a lack of housing security. In order to better facilitate youth being able to access available supports, CSAC formed a housing committee. This group was formed from representatives from all CSAC programs. We then invited in representatives from the various housing assistance programs in Addison County. They were able to expound on the various program resources, eligibility requirements, and helpful tips for the application process.</p> <p>From these discussions it was decided that there was cause to have more representation from CSAC at the Housing Solutions meetings. This will allow us to advocate for transition aged youth in particular receiving housing assistance funds.</p> <p>We also discussed the possibility of entering into a partnership with one of the agencies in the form of a master lease agreement. This would allow CSAC to hold a lease for a particular set of housing and be the principal decision makers as to who might be able to utilize this housing.</p>
	<p>Increased number of young adults who have caring & supportive relationships....</p> <p>CSAC has continued to work to provide more group experiences. This has included a number of group work experience programs through the JOBS program. In addition to gaining valuable progressive employment, they also are able to receive feedback from their transition facilitators about their conduct amongst peers.</p> <p>Working with consumers in the YIT age group regardless of program has resulted in increased connections for youth. CRT, YIT and JOBS consumers are regularly engaging in healthy activities with peers by using JOBS staff as a joint resource. Discussions range from employment to housing to therapy. The result is a group of young adults spontaneously troubleshooting issues</p>

	<p>together by a chance meeting on the streets of Middlebury or Bristol. Outcomes are job leads, peer support for continuing to take meds, and pro-social communication skills.</p> <hr/> <p>7. Increase in young adults' strengths and protective factors....</p> <p>The Youth in Transition resource group continues to review cases and suggest activities that are based upon the unique strengths of those being reviewed.</p> <p>This reporting period also saw collaboration between the CRT program and YIT. While involvement with CRT requires that a young adult not receive additional services, there is still a opportunity to work with a grant funded initiative such as YIT. The youth advocate also consulted with the CRT team and advised strength based activities that could be implemented for transition aged youth presently in their care.</p> <hr/> <p>8. Improved mental health for young adults.</p> <p>Required activity: <i>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....</i></p>
<p>System of Care Infrastructure Indicators (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....</p> <p>4 organizations participate in workforce development These organizations include CSAC, Parent Child Center, HOPE, and Vocational Rehab.</p> <p>CSAC continues to partner with Creative Workforce solutions so that job developers are not competing with one another amongst the community.</p> <hr/> <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.... 4 Changes of note</p> <ul style="list-style-type: none"> • Peer Outreach Worker meeting with youth directly and holding voluntary meetings for opiate addicted youth • CRT program collaborating with JOBS / YIT when they are working with a young person with chronic mental illness.

	<ul style="list-style-type: none"> • Increased CSAC participation in Housing Meetings, advocating for Transition Aged Youth • Open dialogue methodology to be implemented with transition aged youth and their families, whom are experiencing first episode chronic mental health <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"> • CSAC partnering with Housing Solutions Committee <p><u>Types/Targets of Practice:</u> 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.... 5 Organizations.</p> <ul style="list-style-type: none"> ▲ Youth Advocate, a JOBS Clinician, and the Peer Outreach Worker attended a Bridges Out of Poverty Training ▲ Open dialogue workshop held, over 60 people were in attendance. Representation from Middlebury College, CSAC, Parent Child Center, Individual Families, Psychiatric Survivors

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.

At the end of this reporting period, CSAC is experiencing a great deal of staff turnover. The youth advocate, Joshua Schupp-Star, will be leaving the agency in July. An additional JOBS staff member has also turned over at the end of this reporting period. The peer outreach worker will also be leaving the agency. Hiring is in process.

Hiring the Peer Outreach Worker was a learning experience for all involved. Strengths of the position were clear, however, the challenges in hiring youth still struggling in their own life made performance in the job an issue. Performance problems resulted in termination from the position by mutual agreement.

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.

See above re: Staff Turnover

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.

5. Other Activities

Briefly describe other activities undertaken during the reporting period.

6. Activities Planned for Next Reporting Period

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

DMH only:

<i>Date received:</i> _____	
<i>Approved by:</i> _____	<i>Date approved:</i> _____
<i>Approved by:</i> _____	<i>Date approved:</i> _____