

YIT PROGRAM PROGRESS REPORT

1. Grant Number:
2. Grantee Name and Address:
Counseling Service of Addison County
3. Telephone Number: 802-388-0302
4. Project Title:
5. Period of Performance from January 1st 2011 through June 31st 2011
6. Approved Project Period from through
7. Author's Name and Telephone number: Joshua Schupp-Star (802)-388-0302 x480
8. Date of report: 08/12/2011
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>There has been an initiative in Addison County to improve the system of corrections through the establishment of a restorative justice center. As part of this effort the Addison County Court Diversion program sponsored a needs assessment. During this process, the Youth Advocate worked to enlist the opinions of some Transitioned Aged Youth who had some experience in dealing with corrections and court diversion. This assessment included one of the alternative high school programs as well as young adults who were receiving direct youth in transition grant services. The preliminary outcome of this needs assessment highlighted the need for more comprehensive substance abuse treatment in the area for young adults and adults alike. The results also concluded that many young adults were confused by the court process and may be uninformed about the possible treatment services that are available in Addison County.</p> <p>Another part of this process has been finding existing panels that could include young adults in again participating in this kind of feedback. Ideas generated include encouraging youth to sit on court diversion panels alongside adult community members.</p> <p>For trainings paid for with YIT grant funds, the youth advocate has worked with the alternative high school program, CVA, for youth to work to help organize and furnish the events with refreshments.</p>
	<p>2: Family/adult allies support young adults....</p> <p>See below re:</p> <p>-Knowledge gained form High Low Exhibit</p>
	<p>3: Workers use caring practices known to be helpful for young adults and families.</p> <p>Required activity:</p> <p><i>Provide cross-system case management and individualized service plan development, ensuring that young adults are engaged in planning for their own futures....</i></p> <p>On April 1st 2011 CSAC hosted a motivational interviewing training that was paid for in part by youth in Transition funds. The focus of this training was in allowing care providers, teachers, and other adults who come into contact with TAY to use the motivational interviewing framework in order to help young people enact change. This training was free for Addison County</p>

community members and, as such, was well attended. Over 130 community members attended from a wide variety of settings. Feedback from the event indicated that attendees were enthusiastic about improving their relationships with Transition Aged Youth through the motivational interviewing framework. If this interest continues, there may be a second scheduled training where community members can talk about individual cases where they have attempted to utilize the MI approach.

In May and June of 2010 Addison County participated in the Transition to Independence Process (TIP) evaluation and training. Represented were staff members from the YIT, JOBS, and Hill House (transitional living program for young adults and adults with persistent mental health issues) programs at CSAC. From this participation CSAC felt validated in the manner that it has experienced success through teaming with other programs and community partners through a system of care. Attached to this report is a success story where community partners worked very well in helping a young adult work towards their goal despite a wide variety of challenges including homelessness.

The training also highlighted the need to improve the manner in which we give young adults with severe impediments to successful adulthood transition the ability to play a part in determining their own future.

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

Our hope is to host a formal training in the next reporting period that will be open to CSAC, Parent Child Center, and community members that addresses the need for cultural and linguistic competency.

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

In February of 2011 the Youth in Transition Program worked alongside the Parent Child center and VCRHYP to host the HighLow exhibit. Over 150 community members attended the exhibit during its 2-week tenure in downtown Middlebury. While the event generated a small sum of donations that were funneled for direct program use, the benefit of the exhibit is better highlighted by the community response. Community members spoke of how struck they were by the exhibit, and spoke of profound realizations of the sort of challenges faced by young adults around the state and in Addison County.

Staff in the Youth & Family program at CSAC were encouraged to use the exhibit with their client population. Clinicians reported that bringing clients to the exhibit opened up a conversation that had previously been unexplored. Many clients felt validated by the exhibit, citing that many of the stories featured in the exhibit echoed that of their own.

In addition to the exhibit assisting clients alike, staff at the exhibit benefited from being able to speak to community members about their own experiences in supporting "transition aged youth" without any professional background in the helping professions. This came as an important reminder

	<p>that there is always work to be done to provide support to those who are helping others without professional or formal affiliation.</p> <p>6: Effectiveness of the Vermont System of Care for young adults with SED is evaluated.....</p> <p>Keeping in mind the evaluative component of the statewide grant, Addison County has had barriers to enrollment of youth in the common, state, and federal studies. This is related to consultation and advocacy model mentioned below as many youth who are “reached” by the grant are not consented for participation based upon the informal nature of interactions within outreach settings. The Addison County project hopes to expand enrollment through outreach efforts with other providers within the system of care and dedicated staff time related to evaluation.</p> <p>7: The State supports and sustains regional services for young adults....</p> <p>At the end of June 10 youth participated in the VCHIP focus group which sought to determine the level that at which youth felt they were given the power to influence their own services and treatment. Youth present at this focus group came from a wide variety of service providers and backgrounds including the parent child center, the foster care system, JOBS, and the youth in transition program. The heterogeneity of this group was due in part to successful communication with community partners as well as the use of program funds to pay for transportation and child care arrangements.</p>
<p>Desired outcomes for young adults of transition-age</p>	<p>1. Decreased number of young adults involved in the corrections system (including an increase in the number who are free of incarceration). Required activity: <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>The youth advocate continues to have a regular presence at teen centers throughout Addison County as part of his weekly schedule. Through this presence teen center staff identify youth who are in need of assistance and have emergent needs which may lead to involvement with the justice system.</p> <p>The youth advocate also maintains regular communications with the ACCESS crisis team and meets with youth who, through mental health crisis, identify emergent needs which may be leading to involvement with the justice system.</p> <p>2. Increased number of young adults who are employed.... Of youth receiving direct services from YIT staff, 4 obtained employment through this grant period.</p>

	<p>3. Increased number young adults participating in (or who completed) educational programs....</p> <p>Of youth receiving direct services from YIT staff, 3 youth graduated high school, 4 youth enrolled in a high school completion program, 3 youth applied and were accepted into college, and 1 youth was accepted into Job Corps</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, 4 youth transitioned from homelessness to safe and stable housing.</p> <p>One conversation that was generated following the success of the high-low exhibition as it came to Middlebury was the role held by community members who take in TAY youth when there is not housing alternatives. During the winter months we are aware of little amounts of young adults who are living in the streets. However we also are aware that this does not mean that all youth who were insecurely housed suddenly find stability. Rather it is the efforts of their family members, parents of significant others, distant relatives, and family friends who keep the TAY out of the cold. A story was told by one community member of caring for a young adult in such a manner and being motivated by altruism but feeling isolated in the predicament. What this seems to speak to is an idea that there is a place to support community members who are providing housing without formal systems support.</p> <p>As indicated in our 6 month progress report, safe and stable housing continues to be a barrier to successful transition amongst EBD youth in Addison County. Usage of host homes prior to the age of 18 remains low outside those youth who are not in DCF custody. As such utilization of the transitional housing programs as they exist currently is mediated by the need to screen applicants that are ready for such a housing opportunity without jeopardizing the youth and families who have already begun to make successful transitions. The Youth advocate has also been working with the housing team in the adult outpatient / CRT programs at CSAC to aid in the procedures for TAY who might be appropriate for a shelter plus care arrangement. The team has also had success in outreach with adult homeless shelters to provide services to TAY who are seeking housing.</p>
	<p>6. Increased number of young adults who have caring & supportive relationships....</p> <p>Many youth who receive direct services from the Youth Advocate present with an impaired ability to form peer friendships. When youth identify this</p>

	<p>as a goal for their transition, the youth advocate will work to identify dynamics which lead to social anxiety and isolation. During this past reporting period 4 youth were able to engage in a social skills group and make friendships which they previously do not have.</p>
	<p>7. Increase in young adults' strengths and protective factors.... The youth advocate has teamed with the JOBS program to provide numerous opportunities to engage in sober recreational activities such as skiing, skateboarding, hiking, and other sports. Youth have reported that they feel validated in their view that these activities, when done regularly, allow them to deal with everyday stressors with increased sense of clarity and efficacy. For instance a group of young adults noted that they suffered from frequent illness which impaired their ability to keep a job, one of their goals. In working with the youth advocate they identified a desire to become healthier by engaging in more regular physical activity. The youth advocate was able to work with Bike Recycle Vermont and procure bicycles for these young adults to keep and use on a regular basis. These youth have now begun regular physical activity as part of their work towards independence.</p>
	<p>8. Improved mental health for young adults. 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>The youth advocate has met with the court diversion program and has worked to increase referrals from the court to the Counseling Service as part of their diversion agreement.</p> <p>Direct services are often provided in the community in non-stigmatizing settings, leading to utilization by harder to reach populations.</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.... 2 Organizations participate in workforce development Much of the workforce development for TAY is provided for by both the JOBS program at CSAC as well as Vocational Rehab. The youth advocate works with this team to gain feedback about dynamics which lead to successful employment and advocate as necessary.</p> <p><u>Organizational Change:</u> Organizational changes made to support improvement of mental health-related practices/activities that are consistent</p>

with the goals of the grant. Please enter the number of changes and briefly describe them.... 2 Changes of note

- Another advantage of the service delivery plan as it has been implemented is a “consultation now, billing later” framework. In other words the threshold for consultation or direct service is low, therefore responding to the often immediate needs of transition aged youth. Whenever possible, consultation is encouraged to be done on a non-emergent basis. The reasoning being that with lowered threshold comes the price of allowing for the dumping of “push-out” youth whom systems have had difficulty, but may not have exhausted all their resources. Low-threshold consultation allows for these systems to continue functioning at some level with the youth while still providing some relief to the service providers. On a meta-level we believe this allows for a better system of care for transition aged youth in Addison County.
- Following the success of the supervisory consulting model that was brought to bear upon the early childhood care centers and elementary schools, we sought to replicate this model where transition aged youth could be found. This includes teen centers, school settings, those who have taken in transition aged youth, and collaboration with other young serving agencies. At times teachers, teen center staff, guidance counselors, have consulted with the Youth Advocate in order to stage informal resource gathering meetings.

Partnership/Collaboration: 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....

CSAC has not provided formalized service agreements with any outside agencies at this point in the grant implementation cycle. In future reporting periods CSAC hopes to highlight informal relationships made formal through grant activities.

Types/Targets of Practice: 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....

6 Community Groupings participated in the Motivational interviewing training for work with young adults.

School staff, Teen-Center Staff, Mental Health Staff, Parent Child Center Staff, DCF Staff, and family members.

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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.

In this reporting period attempts were again made to recruit for a Youth Council. This development was hampered by a perceived lack of interest from young adults who were informed about the group. Feedback from other service providers indicated that interest may improve once young adults are more familiar with the Youth Advocate and know of the sort of services that peers have received through the youth in transition grant.

Keeping in mind the evaluative component of the statewide grant, Addison County has had barriers to enrollment of youth in the common, state, and federal studies. This is related to consultation and advocacy model mentioned above as many youth who are “reached” by the grant are not consented for participation based upon the informal nature of interactions within outreach settings. The Addison County project hopes to expand enrollment through outreach efforts with other providers within the system of care and dedicated staff time related to evaluation.

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.

There has been an initiative in Addison County to improve the system of corrections through the establishment of a restorative justice center. As part of this effort the Addison County Court Diversion program sponsored a needs assessment. During this process, the Youth Advocate worked to enlist the opinions of some Transitioned Aged Youth who had some experience in dealing with corrections and court diversion. This assessment included one of the alternative high school programs as well as young adults who were receiving direct youth in transition grant services. The preliminary outcome of this needs assessment highlighted the need for more comprehensive substance abuse treatment in the area for young adults and adults alike. The results also concluded that many young adults were confused by the court process and may be uninformed about the possible treatment services that are available in Addison County.

One emergent systems component that has been identified is the lack of standards as it comes to high school completion plans. Once a youth is involved in the high school completion program through Vermont adult learning, there is not always a standard of attendance and self-study that will ensure program success. This is especially true for young men who do not typically have the advantage of participating in programs such as

those offered by the Addison County Parent Child Center (ACPCC) which ensures some degree of weekly academic programming.

As indicated in our 6 month progress report, safe and stable housing continues to be a barrier to successful transition amongst EBD youth in Addison County. Usage of host homes prior to the age of 18 remains low outside those youth who are not in DCF custody. As such utilization of the transitional housing programs as they exist currently is mediated by the need to screen applicants that are ready for such a housing opportunity without jeopardizing the youth and families who have already begun to make successful transitions. The Youth advocate has also been working with the housing team in the adult outpatient / CRT programs at CSAC to aid in the procedures for TAY who might be appropriate for a shelter plus care arrangement. The team has also had success in outreach with adult homeless shelters to provide services to TAY who are seeking housing. Amongst the population of TAY, however, a barrier to successful utilization of Shelter plus care housing is the requirement that individuals be housed by themselves and without accompaniment of sexual partners or friends. The feedback received from youth is that these individuals are an important part of their social support network and how they survive emotionally and tangibly. To ask them to then live alone or amongst adult strangers is perceived as asking them to abandon part of their support system.

Another conversation that was generated following the success of the high-low exhibition as it came to Middlebury was the role held by community members who take in TAY when there is not housing alternatives. During the winter months we are aware of little amounts of young adults who are living in the streets. However we also are aware that this does not mean that all youth who were insecurely housed suddenly find stability. Rather it is the efforts of their family members, parents of significant others, distant relatives, and family friends who keep the TAY out of the cold. A story was told by one community member of caring for a young adult in such a manner and being motivated by altruism but feeling isolated in the predicament. What this seems to speak to is an idea that there is a place to support community members who are providing housing without formal systems support.

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.

As part of the promotion of the High-low exhibit and the Motivational Interviewing workshop materials were included that explained the Youth in Transition Grant and how it is being used locally.

5. Other Activities

Briefly describe other activities undertaken during the reporting period.

When time allows the Youth advocate attends Best Practice committee meetings at the Vermont coalition of runaway and homeless youth programs (VCRHYP).

6. Activities Planned for Next Reporting Period

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

At the time of writing this report CSAC has hired a peer outreach worker who will be working with the Youth Advocate throughout the course of the summer. This individual is someone who has received services in the past, but simultaneously shown leadership qualities and resilience that made her stand out amongst her peers. Although this peer worker is scheduled to begin college in the fall, it is hoped that the inclusion of this position will allow us to make a more permanent hire in the upcoming months.

Projects for the current peer outreach worker include the planning, promotion, and organizing of a program at the hub teen center. This is slated to be a night of “open expression” by young adults and highlighting adaptive means of coping with stress. This is hoped to be an ongoing event where youth can support each other in their creative endeavors. An additional purpose of this event will be encouraging interested parties to become a part of the Youth Leadership Council.

Following requests by members of the Core Transition Team, the Youth Advocate and Peer Outreach Worker will be working to develop and disseminate the “Living Book” concept as it pertains to Addison County youth. These will work with the model already developed by Matt Wolf, but also include updates and specifics for this region. This will be made available to schools, drop-in centers, and other local settings where TAY may be found. Future plans also include making this available online and linked up to social media sites to encourage youth to utilize the guide themselves.

The youth advocate also hopes to utilize some of the outcomes analysis procedures being used in other programs as well as that which is being put forward by VCRHYP.

DMH only:

Date received: _____

Approved by: _____

Date approved: _____

Approved by: _____

Date approved: _____