

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 2012 through June 30th 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: 01/30/2012
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.]

Goals for strengthening the systems of care	<p>1: Young adult (YA) leadership is developed in VT.</p> <p>Required activity:</p> <p>During the course of this reporting period 2 youth council / planning meetings were held in Addison County. The primary purpose of the meetings was to help with the planning of the Young Adult Voice Movement conference.</p> <p>These meetings were led by a young person who had shown some leadership potential. While this person had too many responsibilities to be elevated to a formal role as a peer worker, much could be seen in the way of personal development through her participation in a leadership capacity.</p> <p>A youth who has been involved with CSAC programs for a number of years also initiated a car wash with proceeds going to charity. This youth was assisted in her efforts to go forward with the event, but maintained complete control of the project from beginning to end.</p> <p>Regional youth also participated in the VCRHYP best practice committee's design of a new outcome measure. This measure aims to measure shifts in an individuals attainment of key developmental assets. The activity allowed the best practices committee to develop a tool that used youth friendly language. The youth who participated in this meeting remarked that it was eye opening to meet a variety of youth who were from far corners of the state yet struggling with some of the same issues.</p>
	<p>2: Family/adult allies support young adults....</p> <p>CSAC continues to work with families whenever possible in order to help with the transition planning of young adults served. Some of the greatest success has been achieved in individual families when transition workers able to shift a families understanding of a youths behavior from one of desperation and blame to that of acknowledgement of strides towards autonomy. This is particularly evident when collaboration between crisis services and young adult programs works towards shifting patterns evident in a family system.</p> <p>The youth advocate has 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.</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</i></p>

	<p><i>own futures....</i></p> <p>CSAC and community partners regularly engage in case conferences and teaming across agencies whenever possible. These meetings are led by the youth receiving services and always keep the youths own goals at the forefront of the discussion.</p>
	<p>4: System of Care partners gain cultural & linguistic competence (CLC)....</p> <p>CSAC participated in a CLC training by Mercedes Avila in February of 2012. Approximately 25 staff was in attendance.</p>
	<p>5: Local communities (including young adults) change their perceptions of young adults and of mental health issues, reducing stigma....</p> <p>During this reporting period one activity of the youth advocate was compiling a list of noted barriers to transition throughout Addison County. Members of the LIT team were able to hear these barriers and have incorporated it into some of their desire to provide more funding for the transitional population going forward.</p>
	<p>6: Effectiveness of the Vermont System of Care for young adults with SED is evaluated.....</p> <p>We have also expanded recruitment for the YIT common study to all new entrants of the JOBS program, and have also recently trained the Youth & Family intake specialist to also enroll all new participants in both office based and outreach treatment.</p> <p>As noted above, the Youth Advocate and system of care youth were involved with the development of the new VCRHYP asset assessment tool.</p> <p>One requirement of the expanding IFG framework is that all children receiving services must also be tracked with some sort of outcome data. For most children involved in Addison County outpatient services, outcome data is tracked with the "Child Behavior Checklist." This tracks achievement through a variety of domains, with a particular aim of noting differences in perceived progress from the child, parent, and school perspectives. While this a very good outcome tool for children, it does not appear to be as useful in tracking strengths and progress in transitional domains for TAY. As such, we are actively involved in attempting to utilize an alternative means of tracking outcome data. Proposed ideas are the usage of the VCRHYP asset assessment or possibly one of the Casey Life Skills inventories.</p>
	<p>7: The State supports and sustains regional services for young adults....</p> <p>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. The youth advocate also communicates activities and outcomes put forward by the YIT grant, which is not always known by this committee.</p>

	<p>It was also of great benefit to be able to involve youth in the planning of the young adult movement conference. The youth who participated were outspoken in their fondness of the conference.</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>The Addison County court diversion panel has recently undergone a staffing transition. It is hoped, however, that one goal for the system of care would be to have youth representation on the court diversion panel.</p> <hr/> <p>2. Increased number of young adults who are employed....</p> <p>The YIT program is closely interfaced with the regional JOBS program. This is evidenced by weekly team meetings between the two programs. Often times a youth will be identified through cross-agency collaboration or outreach efforts who wish to be assisted in their pursuit of stable employment. However barriers such as lack of insurance or being under-insured preclude their involvement with the program. Through the YIT grant, the youth advocate may work with these individuals while they await eligibility. This matches the idea that barriers should be removed to youth enrolling in services when they are most motivated by this enrollment.</p> <p>The choice for the youth advocate to do all mental health diagnosis and evaluation for the JOBS program has already been shown as a good best practice for the region. One benefit of this practice is to allow someone to participate in this requirement in a non-stigmatizing location somewhere they feel comfortable. It also opens them up to another supportive individual beyond their JOBS worker whom they can receive additional support should they need it when their JOBS worker isn't available.</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>Systems of care workers have regular contact with systems of education, including adult learning and to a lesser degree CCV. It is a constant struggle to identify education as a barrier to a successful transition versus the immediate gratification of working towards employment. Agency supervisors are aware of the need to use motivational interviewing skills in order to strengthen individual desire to complete secondary and post secondary education.</p> <p>Of youth receiving direct grant services, 3 enrolled in some degree 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, 6 youth transitioned from homelessness to safe and stable housing.</p> <p>It is still difficult to find additional resources for transitional housing opportunities in Addison County. Often times the families / individuals who are willing to take youth in to their homes are they themselves receiving supports and would seemingly be least appropriate to take on the additional burden. Sometimes it is necessary then to shift from supporting the youth to also supporting the family who is providing housing for the youth. As an example, flexible funds may not be used for direct financial assistance of families that have previously struggled with substance abuse. However flexible funds may be used to provide the youth with some household necessities such as food and consumable commodities so that they are contributing to the upkeep of household resources.</p>
	<p>6. Increased number of young adults who have caring & supportive relationships....</p> <p>Whenever possible youth services will aim to group together individuals with similar interests. A large portion of the youth advocates caseload is comprised of individuals who did not present as having a large amount of externalizing behaviors that gained the attention of school officials or other authority figures. Instead they were isolated individuals who presented with a high degree of social anxiety as well a lack of social skills amongst peers. While they may be skilled in interactions with the aid of internet communications, this ability does not translate in public. As such the youth advocate will attempt to expose the individual to a more public presence</p>

	<p>and challenge them to develop competencies while in this setting.</p> <p>Of the youth receiving direct grant services, 4 were exposed to positive peer experiences as a result of service provision.</p> <hr/> <p>7. Increase in young adults' strengths and protective factors....</p> <p>Because most interactions with the youth advocate occur in community based setting, there is often ability where the youth will showcase their unique talents. Whenever possible, youth are then able to assist other youth through their talents. One example is a system youth assisting another systems youth with the repair of their computer.</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>During this reporting period many youth involved with both the YIT and JOBS program were aided in court involvement through their transition facilitators. Discussed in an attached vignette is how this involvement led to improved outcome for a particular youth.</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</p> <p>These organizations include CSAC, Parent Child Center, HOPE, and Vocational Rehab.</p> <p>Efforts are ongoing to make sure that organizations are not necessarily competing in workforce development projects. However it is noted that often there will be a given level of comfort to work with referrals from one given organization and not necessarily with another. Communications between agencies and subdivisions within these agencies themselves is essential to allow for actualization of all job opportunities within the region.</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.... 2 Changes of note</p> <ul style="list-style-type: none"> • The intake specialist for the Youth and Family program at CSAC is now

	<p>trained to enroll all new TAY in the YIT evaluation, as well as give them contact information for the YIT and JOBS programs.</p> <ul style="list-style-type: none"> • From a particular development, CSAC has improved its Court evaluation procedures in order to highlight strengths and present these to the court in a manner that is useful.
	<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 continued collaboration</p> <p>Usage of flexible funds has continued for young adults who are not necessarily involved in direct service provision by the YIT / JOBS program. An example of this collaboration was an outpatient clinician requesting some assistance in providing a gym membership for a young adult who wished to improve their health.</p>
	<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.... 6 Organizations.</p> <ul style="list-style-type: none"> ▲ CSAC plans on attending part 2 of the TIP framework training. ▲ Many organizations have been involved in the best practices portion of the implementation of the IFS framework.

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.

We still have struggled with the formation of a teen leadership panel as well as the maintenance of a stable, appropriate hire for the peer worker position. It is hoped that this continued trend can be improved upon through some evaluation of programs which have developed successful peer leadership programs. As of the time of writing this report we are hoping to travel to Bennington in order to see the Teens 4 Change program in action.

We had also hoped to participate in a teen driven project in conjunction with the Champlain Valley Academy, an alternative high school program run by CSAC. Due to some staff loss, this was not able to take place in this activity at the end of the school year. We hope that we can continue with this project in the fall semester. It was also useful for the youth advocate to have a presence in CVA, as many of these youth are potential candidates for YIT services and / or youth leadership opportunities.

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.

Please note the attached vignette and an analysis of the case.

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.

See below about transition fair.

5. Other Activities

Briefly describe other activities undertaken during the reporting period.

A transition fair was planned and completed on February 8th 2012. Over 100 youth and families attended. Although this meeting occurred at the Northlands Job Corps, many of the groups represented were aimed at the families of young adults with developmental disabilities. It is hoped that future transition fair can also include youth with SED.

6. Activities Planned for Next Reporting Period

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

- ⤴ YIT, JOBS program staff and Transitional Expert Peter Lebenbaum to travel to Bennington and examine program strengths.
- ⤴ Re-hire for Peer Outreach worker / or elevate youth currently functioning in some level of leadership capacity
- ⤴ Storage project for transition aged youth planned and built in cooperation with the Champlain Valley Academy

⤴ Peter Lebenbaum shifting formal rolls at CSAC to part-time work with an aim at helping to improve services for transition aged youth.

DMH only:

Date received: _____

Approved by: _____

Date approved: _____

Approved by: _____

Date approved: _____