

YIT PROGRAM PROGRESS REPORT

1. Grant Number: #C-YIT-FY12-CSAC
2. Grantee Name and Address:
Counseling Service of Addison County
3. Telephone Number: 802-388-0302
4. Project Title: YIT Implementation in Addison Region
5. Period of Performance from July 1st 2011 through December 31st 2011
6. Approved Project Period from July 1, 2011 through June 30, 2012
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.]*

<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 grant period a peer outreach worker was hired for the duration of the summer. This peer advocate comes from the regional system of care and interacted regularly with the Peer Advocate at a regional teen center. The peer advocate helped write more youth friendly language into our regions guidebook for teens – the “living book,” and additionally generated new content concerning nutrition and mental health.</p> <p>Additionally Samantha planned and organized a youth speak out / open mic event called “VENT IT!” During this event youth were encouraged to speak up about challenges they faced as a young person through artful expression or open dialogue. Although only 5 youth attended this initial occurrence, the plan is to make this a regular event at the Bristol Hub & Skatepark.</p> <p>While this peer advocate needed to leave a formal relationship with the grant due to starting college in September, she left behind valuable feedback about how we might better train and incorporate peer workers going forward.</p> <p>In December the Youth Advocate lead a discussion with participants in the Counseling service’s alternative high school program for young adults with SED, Champlain Valley Academy. The purpose of this discussion was to come up with ideas to help improve the lives of transition aged youth. One idea brought to the group was the idea of building / buying a storage shed for use by transition aged youth. This storage shed would be used to house furniture, appliances, and other belongings that one might need to set up their own apartment. The young adults agreed that they would like to plan out this storage shed and possibly apply for the usage of mini-grant funds in order to see it come into fruition. Participants in the program will hope to move forward with the planning process in the spring of 2012, aided by CVA staff and the YIT youth advocate.</p> <p>As of the writing of this report, a meeting of the Addison County Youth Council is scheduled for January 26th. 2012. Topics of discussion will be perception of youth in the community, planning for the YAVM conference, and feedback for the LIT team about desired qualities in foster care families.</p>
	<p>2: Family/adult allies support young adults....</p> <p>As part of Addison County being a pilot site for the new IFS (Intensive Family Services) framework we have sought to improve the means by which we involve families in the care of transition aged youth. From this initiative there has been a discussion generated about how we might better support the families of young adults with SED while still respecting the need to allow TAY to determine their own care and future. While this conversation is on-going, definitive policies have begin to take shape.</p> <p>One of these policies concerns the procedure to deal with TAY who appear to be dealing with the onset of a chronic mental health diagnosis, such as Schizophrenia or Bipolar I disorder. Part of this conversation usually contained instructions highlighting the importance of compliance with</p>

	<p>medication and preparing a family to support the individual beyond their transition aged years. Often lost in this instruction is the idea than individual can still determine their future and be motivated towards some level of recovery. Future family sessions will hope to incorporate TIP guidelines regarding the formation of support groups from youth input.</p>
	<p>3: Workers use caring practices known to be helpful for young adults and families.</p> <p>Required activity: <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>During this reporting period, a new method of cross-agency support was formalized with the organization of resource teams. These teams involve CSAC, the Parent Child Center (PCC) of Middlebury and other agencies as needed. These meetings are intended to organize support around a family who may be involved with different agencies within the system of care. Once a family consents to this process, the Youth Advocate, CSAC and PCC administration will meet and discuss the families from the various perspectives afforded by the different agencies. For this process we have attempted to adapt the “Cased Based Review Process” suggested by TIP. Through this process duplication is avoided, and gaps in service provision can be augmented in order to facilitate better outcomes. These resource teams meet monthly</p> <p>One policy change that was instituted during this grant period was the usage of the youth advocate as a means of rapidly performing a diagnosis & evaluation for new JOBS clients. Clients of the counseling service would typically need to schedule an intake that could take as long as six weeks to schedule given the busy nature of a community mental health agency. Feedback given by youth informed us that this was too long a wait for youth, particularly those with SED. Now the YIT youth advocate is able to meet youth in their respective communities in non-stigmatizing locations shortly after referral to the JOBS program in order to perform a full diagnosis and evaluation.</p>
	<p>4: System of Care partners gain cultural & linguistic competence (CLC)....</p> <p>CSAC has schedule a CLC training by Mercedes Avila in February of 2012.</p> <p>Through this training we also hope to open the conversation about how our regional system of care may reach out to migrant workers living in the community.</p>
	<p>5: Local communities (including young adults) change their perceptions of young adults and of mental health issues, reducing stigma....</p> <p>The youth advocate is involved with regular outreach to community organizations and community centers. Through discussion of the grant objectives and impact, community members have remarked that they are glad such a program exists for disenfranchised youth in the community.</p>

	<p>From this conversation there is a noticeable shift in the language used about individual youth from that of blaming to one of support.</p> <p>6: Effectiveness of the Vermont System of Care for young adults with SED is evaluated.....</p> <p>The youth advocate has partnered with regional VCRHYP staff in order to make better use of the asset data which is part of the intake process for that funding. From this data we hope to gain a better sense of improvements gained by young adults experiencing homelessness.</p> <p>We have also expanded recruitment for the YIT common study to all new entrants of the JOBS program.</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.</p> <p>Matt Wolf from the the YIT state team was also instrumental in helping us welcome our peer outreach worker and improving our regions living book.</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).</p> <p>Required activity:</p> <p><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....</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 wishes 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</p>

	<p>eligibility. These matches the idea that barriers should be removed to youth enrolling in services when they are most motivated by this enrollment.</p> <p>Of youth served by the Youth Advocate, 5 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>As mentioned in previous reporting periods, a critical gap in the system of care identified by the Youth Advocate and related staff was the transfer of students from High School programs and into a high school completion or GED program at Vermont Adult Learning. Whenever possible the youth advocate will work with these youth to deal with the qualitative change from the structured school environment to the self-monitored study called for by Vermont adult learning.</p> <p>The youth advocate also has regular contact with recruitment officials for the Northlands Job Corps located in Addison County. Through this effort it has been identified that many youth experience ambivalence about pursuing this line of career training due to stigma associated with Job Corps. Ongoing efforts are given to allow regional youth to explore and see the facility in order to mitigate this stigma. It should also noted, however that often times youth from Job Corps who do not graduate end up in our regions system of care. These youth often present with substance use issues as well as episodic homelessness. In future reporting periods we are hoping to smooth the transition from Job Corps to our regions system of care.</p> <p>Our system of care also works closely with CCV for TAY who are interested in further career training. What we have discovered is that many youth need some level of experiential training before they can begin to form their career identity. It is normative across social economic status to experience some uncertainty as to what is desired from higher education, particularly given the lack of guarantee of employability upon graduation. However for SED youth the vagary about outcomes from education can often cause a great deal of frustration with the educational process, and may cause premature withdrawal and lack of motivation when it comes to pursuing higher education. Therefore it is often necessary to allow for some level of career exploration while attending school in order to allow for career identity to be formed from a synthesis of the experiential and educational.</p> <p>Of youth receiving direct grant services, 5 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>

5. Increased number of young adults living in safe and stable housing....
Of youth receiving direct services from YIT staff, 3 youth transitioned from homelessness to safe and stable housing.

During this reporting period the youth advocate worked to make housing more readily accessible for unaccompanied minors in the county. Currently housing is accessed by using host homes approved by DCF as foster care homes. Because the housing capacity is shared by the two agencies, there often occurs a time when beds are unavailable when they are most needed to house interested street involved youth. The youth advocate was able to work with DCF to find a home that was appropriate for TAY youth and was made available to significantly stabilize a youth who has previously been homeless for several months.

6. Increased number of young adults who have caring & supportive relationships....

Whenever possible the youth advocate works to allow young people to socialize and learn from other youth who have been faced with similar struggles to achieve autonomy. One best practice identified by the system of care is to allow youth to trade life skills when they are able. For instance a young person who lacks a knowledge on steps necessary to obtain a license may learn from one youth how they were able to go through the process in simple youth friendly language.

Of the youth receiving direct grant services, 4 were exposed to positive peer experiences as a result of service provision.

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

The question "What do you do to relieve stress?" is often part of initial interactions within the system of care. From this comes a list of activities that may seem as simple hobbies, but are in fact means by which youth build resilience. This is strengthened and highlighted throughout the course of interaction with grant staff.

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....

An ongoing discussion in the system of care is how to mandate treatment for individuals who are at risk for the most serious of consequences. Every attempt is made to work with probation officers, DCF, and states attorneys to guarantee that youth who need some level of mental health treatment are given the opportunity to pursue this at their own imitative.

Often times a youth may initially be brought into the system of care as

	<p>mandated by probation, parental authority, or other outside referral. When this happens youth are resistant to the therapeutic process. However if youth can be met in non-stigmatizing locations, they are that much more likely to see some level of treatment as in their best interest. Many youth receiving grant services were previously required as children to attend therapy. While they may acknowledge that they could benefit from treatment, they need some indication that pursuing treatment as a TAY is different from the treatment they previously received. For this reason the youth advocate will meet youth wherever they feel most comfortable, but will also not hesitate to broach topics that may traditionally be part of a traditional therapeutic process.</p>
<p>System of Care Infrastructure Indicators (for federal TRAC):</p>	<p><u><i>Workforce Development:</i></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.... 4 organizations participate in workforce development These organizations include CSAC, Parent Child Center, HOPE, and Vocational Rehab. 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> <p><u><i>Organizational Change:</i></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"> • Intakes including diagnosis and evaluation for new JOBS referrals are performed almost immediately by the Youth Advocate. • CSAC and PCC have monthly resource team meetings to collaborate care of a given individual or young families. <p><u><i>Partnership/Collaboration:</i></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 financial arrangement.</p> <p>The YIT grant provides some material support to regional teen-centers in order to support grant funded events such as “VENT-IT”. This may be formalized going forward.</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.... 2 Organizations</p> <p>CSAC and PCC both attended trainings and began using evidence-based practice of note. These include:</p> <ul style="list-style-type: none"> ^ Tip Framework ^ Positive Psychology methodology provided by a 2-day training funded by VCRHYP.

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. However as of the writing of this report, the youth council was formed with 5 participants. This will continue monthly.

While we were very pleased to have a capable peer outreach worker on board, this individual needed to prioritize her efforts of beginning higher education. Efforts are being maintained to give capable youth a taste of leadership in order to see if they might be eligible for a more formal opportunity with the grant.

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 attached resume for Peer Outreach worker.

See Above for Significant findings.

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.

The youth advocate was interviewed for an article concerning the plight of homeless students attempting to continue their education in the Addison Independent. You can read the article by clicking on this hot-link: <http://www.addisonindependent.com/201112homeless-students-look-stability> .

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).

The Youth Advocate and other CSAC staff have been present for meetings of the core-transition team. This team has been planning a transition fair to allow parents and youth to help engaged with programs that aim to assist in the transition to adult after secondary education. This transition fair is scheduled for February 8th 2012.

6. Activities Planned for Next Reporting Period

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

- ⤴ Youth council scheduled to meet January 26th 2012
- ⤴ 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
- ⤴ Transition Fair at Job Corps scheduled for February 8th 2012

DMH only:

Date received: _____

Approved by: _____

Date approved: _____

Approved by: _____

Date approved: _____

Addison County Transition Fair

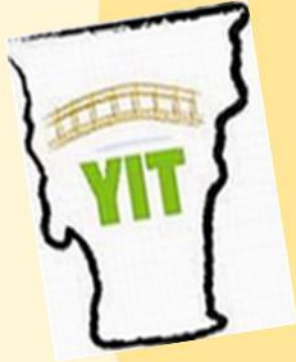
We would like to welcome you to attend a transition fair being held at Northlands Job Corps in Vergennes. The fair will be held in the Education Building from 6pm-8pm on February 8th, with a snow date of the 15th.

The purpose of this transition fair is to introduce Addison County families to many of the wonderful outlets, schools, and agencies that work with youth who are looking for information for their transition from high school. You will find a list below of who will be attending this fair:

Northlands Job Corps	Vocational Rehab	
Mount Abe Union HS	Vermont Student Assistance Corporation	
Middlebury Union HS	Vergennes Union HS	Fair Haven
Union HS		
Vermont Family Network	Special Olympics	Vermont Adult Learning
Parent Child Center	Community College of VT	Diversified Occupations
Guardianship Services	Department of Labor	Hannaford
Career Center		
Speak Up Addison County	Nat'l Guard	Champlain Valley Academy
Boys & Girls Club of Addison County		
Counseling Service of Addison County		
• Employment Associates		
• Community Associates		

Youth will also be there that have made a successful transition from high school and would enjoy telling you their story. Refreshments will be served by the Northlands Job Corps Culinary Students. This will be a great opportunity for you to check out what Addison County has to offer and meet some great people while doing it! We do hope that you can make it!

From Middlebury
 Head north on US-7 N – 12 miles
 Turn left on Monkton Rd - .5 miles
 Turn left on N Main St - .4 miles
 Turn right on MacDonough Drive - .5 miles
 Education Building will be on your left (parking around back, and across the street)
 100 MacDonough Drive
 Vergennes, VT 05491



Youth In Transition Presents:

VENT IT!

*Held at The Bristol Hub,
On Thursday August 11th!*

Time: 6:30pm-9pm

Ages: 15-25

A night of expression. Express yourself in a way that feels the most comfortable for you!

Music, writing, poetry, art, and any other way of sharing. The options are endless! NO judgment. What is on your mind?

FREE FOOD!!!

If you're saying it, we're listening!