

## YIT PROGRAM PROGRESS REPORT

1. Grant Number: C-YIT-FY12-UCS
2. Grantee Name and Address: United Counseling Service,  
100 Ledge Hill Dr, Bennington, VT 05201
3. Telephone Number: (802) 442-5491
4. Project Title: Youth Outreach Program
5. Period of Performance from July 1, 2012 through December 31, 2012
6. Approved Project Period from July 1, 2012 through June 30, 2013
7. Author's Name and Telephone number: Tom Campbell and Katrina Hollis, (802) 447-8270
8. Date of report: January 30, 2013
9. Comments (if any):

---

The federal Government Performance and Results Act (GPRA) primarily focus 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, 2012 (due by January 31, 2013)
2. One for the time period from January 1 – June 30, 2013 (due by July 30, 2013) .

### **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.**

**The Youth Outreach Program (YOP) has connected with at least 53 youth in almost 3 years from the ages of 16-21 who are experiencing serious emotional disturbance. The goal is to direct and support Bennington’s young adults to be productive in the community and free from incarceration. The Youth Outreach Program staff actively seeks out connections within the community to help identify youth who need a positive connection.**

	<p>1: Young adult (YA) leadership is developed in VT.</p> <p><b>Required activity:</b>  <i>Operate in accordance with continuing input from key stakeholders (including youth and family members) within the regional systems of care...</i></p> <p>Teens for Change (T4C), continues to meet weekly to discuss their perception of ongoing issues in the community to be addressed and plan positive substance free youth lead events that are free to the community.</p> <p>During the Summer of 2012 Youth Outreach Worker, Katrina Hollis, collaborated with the Youth Development Program, Sunrise Family Resource Center, Vermont Department of Labor and a young adult facilitator to execute another successful 6 week Summer Youth Work Experience Program, Community Action. The young adult co-facilitator was a young woman who had been a T4C participant and who had participated in the Work Experience last summer. She did a great job co-facilitating and she has continued to grow as a young adult leader. This collaboration allowed 5 youth to participate in learning the importance of community supports and how to access them while building self confidence and strong leadership skills.</p> <p>The following is a segment of the final presentation that one of the participants, Louise Brace, submitted:</p> <p><i>‘When I was placed in the Youth Outreach Program I was really excited to try and help the community. Everyone says that this town is full of drama and the town don’t care about the people in it, but with this group you feel like you can help and reach out into the community and try to make it even just a little bit better. In my opinion all this town needs is some attention from the people living in it and not just the people working for it.’</i></p> <p>T4C worked diligently to create more event opportunities for young adults in their community. On September 11, 2012, T4C hosted a fundraiser at our local McDonalds Restaurant. The fundraising event allowed the youth to</p>
--	---

“work” at the establishment, sell baked goods that were made by the youth and their parents, and collect funds via a coin drop. They also received a percentage of the sales from that day. We have discussed the possibility of hosting another fundraiser but doing so at a healthier option.

On October 25, 2012, a Halloween Dance was held at the Moose Family Center and included a DJ, costume contest, food and drinks and many give away prizes. T4C were able to create a free, substance free event, for more than 55 youth for under \$300.00 due to their hard work in obtaining donations from area businesses. The Moose Family Center supports the T4C group and donates their dining hall for T4C events.

In November, Katrina Hollis, YOP, was invited to be a part of the 23<sup>rd</sup> Annual Conference of Sustaining and Expanding Excellence in Children’s Mental Health Services and Supports.

Two T4C members are now part of the YIT Executive Board and have been involved with the planning of the Young Adult Voice Movement Conference under the supervision of the YIT State Operations Team.

For this review period, Katrina Hollis was invited to Montpelier, Vermont to help design Vermont’s twenty-four (24) ornaments that would be displayed on the National Christmas tree in Washington D.C.

2: Family/adult allies support young adults...

T4C has seen a steady increase in participation from parents/adult allies over the past 6 months. T4C continues to rely on family/adult allies to chaperone events and assist with transportation to weekly meetings and teen events.

During this review period, T4C had assistance from family/ adult allies, such as a volunteer from the Vermont Department of Corrections, a Southern Vermont Storm football player, and parents who all assisted the young adults with either volunteering their time as a chaperone, providing transportation, donating baked goods, and assisting with all phases of our fundraising/ teen events.

The community, as a whole, continues to rally around T4C and support them through donations and opportunities.

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

	<p><b>Required activity:</b>  <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>The Youth Outreach Program continues to have a strong collaboration with various community partners that are essential to assisting our youth with various aspects of their goals. Engaged youth are referred to the Bennington J.O.B.S. Program for vocational, educational and employment supports, the Transitional Living Program to learn basic life skills, and Vocational Rehabilitation for other supports.</p> <p>YOP continues to work together to assist young adults in completing their Probation Reparative Board Contracts in collaboration with our local Diversion Board, derived by the Community and Restorative Justice agency. (CRJ). Collaboration with CRJ helps bring youth into the system of care and decreases the possibility of a youth getting entrenched in the adult probation system. Many youth have been successful with completing their requirements and avoiding recidivism and/or entering the adult correctional system.</p>
	<p>4: System of Care partners gains cultural &amp; linguistic competence (CLC)....</p> <p>In August 2012, Mercedes Avila returned to UCS to present the Cultural and Linguistic Competency training. 13 youth from T4C and 2 adult allies were able to attend the training. The youth really enjoyed the training and it continued to spark many interesting conversations since.</p> <p>In addition to that, Mercedes met with the director of Human Resources and the UCS Diversity Coordinator to discuss implementing an enhanced diversity program. Mercedes has been incredibly helpful to us as we develop our diversity plan.</p>
	<p>5: Local communities (including young adults) change their perceptions of young adults and of mental health issues, reducing stigma....</p> <p>T4C has gained positive community recognition for their ongoing efforts in providing community service and offering free teen events to the entire community.</p> <p>T4C began the summer with continuing to offer free window washing to local businesses that gave their support and donations to make the teen events a huge success. They, once again were in the local paper due to their work.</p> <p>During the week of July 16, 2012, T4C volunteered their time to mentor a group of adults with special needs at the One World Conservation Center. The Center offered an adult day camp and through the planning process felt the need to have additional "staff". Four T4C members attended a one day</p>

	<p>training to prepare for the week and then volunteered for 5 full days of camp. Mentoring has become a new focus for the group, and this experience lead the T4C group to see the impact or importance of mentoring and strong leadership skills.</p> <p>In the month of July, 2012, T4C volunteered their time at the Annual UCS Health and Safety Fair. The volunteers helped set up and clean up for the event. Many T4C members as well as other youth at UCS attended the Fair.</p> <p>In September, 2012, T4C volunteered their time for a weekend to assist with the UCS Barn Sale and fundraiser. The youth took this opportunity to promote the T4C group, raise funds for upcoming events through coffee and donut sales, and were given a donation by the group who organized the event. They learned a lot through this experience and will be making some changes in order to “professionalize” their food offerings. They are looking forward to participating next year.</p> <p>We have had several special requests from within and outside the agency asking for T4C to help with events such as the Barn Sale. The youth have had requests for serving at future events as well. The decision to “make an appearance” at events is entirely up to the group.</p>
	<p>6: Effectiveness of the Vermont System of Care for young adults with SED is evaluated....</p> <p>Youth Outreach coordinator, Tom Campbell, continues to utilize the Vermont Common Study, Vermont Study and the National Study as a tool at intake and ongoing through services as a means for engaging youth in their goal progress and to gather information to improve our system of care .</p>
	<p>7: The State supports and sustains regional services for young adults....</p> <p>YOP and T4C continue to meet with Matt Wolff, Young Adult Coordinator, for programming updates and Courtney Bridges for any of our social networking needs. Both Matt and Courtney are both willing to meet with this site and are helpful to this YIT team.</p> <p>The state supports our peer leader to be a statewide technical assistance resource for all of the YIT Programs around the state. Supporting the connection with regions that were interested in her knowledge and support. The peer leader, Katrina Hollis, had contact with 8 of the 11 regional programs.</p>
<p><b>Desired outcomes for young adults</b></p>	<p>1. Decreased number of young adults involved in the corrections system (including an increase in the number who are free of incarceration). <b>Required activity:</b></p>

<p><b>of transition-age</b></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>YOP and the Vermont Department of Corrections maintain a strong collaborative relationship. Referrals continue to be forwarded to YOP for first time offenders and YA on a deferred sentence.</p> <p>YOP set a goal for this reporting period, as to work with more YA on deferred sentences and to increase over-all completion rates. Two YA's completed their deferred sentences successfully this year. In addition to the successful completions of deferred sentences, two YA's will complete their probation conditions with the support of YOP and other adult allies. We will continue to strive to increase the number of youth who complete their conditions successfully in order to not get further entrenched in the probation and parole system.</p> <p>Tom Campbell, YOP Coordinator, continues to be a member of CRJ Diversion Board as another way to support and connect with YA's whom are 1<sup>st</sup> time offenders.</p> <p>YOP has a positive collaboration with the Public Defender's Office. YOP is present in the adult criminal court and intercepts YA that want to engage in supports at time of court. This has proved to be a valuable resource to the court but more importantly to the young people involved. YOP has a regular presence in juvenile court as well.</p>
	<p>2. Increased number of young adults who are employed....</p> <p>The YOP Coordinator refers YA's to the Bennington J.O.B.S. Program and Vermont Department of Labor once a young person expresses interest in pursuing employment. Fifteen YA's were assisted in improving their job readiness skills this reporting period.</p> <p>In June, 2012 the Bennington J.O.B.S. staff collaborated with the Vermont Department of Labor and under Workforce Investment Act (W.IA.) to develop a Summer Youth Work Experience Program (S.Y.E.P.)</p> <p>The SYEP lead a group of 10 youth, for 8 weeks, whom conducted various level of work at a local community nonprofit park, Lake Paran. Youth were able to learn various aspects of the daily operations, such as; beach and water maintenance, grounds keeping, and assisting with the concession stand.</p> <p>At the end of the 8 weeks, the young adults developed self-confidence, got closer to self-reliance and felt good about their accomplishments. They were also able to experience a positive work environment. Year after year, Lake Paran reaches out to the JOBS program to partner with them.</p> <p>Katrina Hollis conducted the Community Action S.Y.E.P. again this summer in</p>

	<p>conjunction with Vermont Department of Labor and Sunrise Family Resource Center. An addition to the Community Action group this year was a past participant became a co-facilitator with Katrina.</p>
	<p>3. Increased number young adults participating in (or who completed) educational programs....</p> <p>During this reporting period six YA engaged in post secondary education, five attended the Community High School of Vermont, and three YA attended the Bennington Tutorial Center. We currently have one youth scheduled to earn his high school diploma at the end of this month. YOP goes to the Community High School of Vermont on a weekly basis as a way to connect with and encourage the youth to continue attending.</p> <p>It is unfortunate to report that the Community High School of Vermont will be closing at the end of this school year. Staff are concerned that fewer youth will complete their high school requirements once this valuable resource is no longer available.</p>
	<p>4. Increased number of young adults who have access to, and are using, a medical home....</p> <p>YOP has continued to connect YA with the Bennington Free Clinic when necessary. It is very challenging for YA to find a PCP in our area as many of the PCP's in Bennington County are not currently taking Medicaid or VHAP.</p> <p>YOP assisted a YA to connect to the Health Department to sign up for a whooping cough vaccination due to the recent outbreak of whooping cough.</p> <p>YOP provides assistance and direction with obtaining health insurance through Economic Services.</p>
	<p>5. Increased number of young adults living in safe and stable housing....</p> <p>Many YOP participants are referred to the Transitional Living Program, (TLP). TLP works on budgeting skills, apartment hunting, community resources and basic life skills. TLP can also provide financial assistance to those that are in need and can provide supports for up to 18 months as a youth transitions into independence.</p> <p>During this reporting period YOP and Bennington Rutland Opportunity Council (BROC) collaborated to assist a homeless YA with finding an apartment, set up a direct deposit for his S.S.I. check and access mental health services for therapy support. During this period YOP collaborated with Family Emergency Services (FES) to support three YA with temporary housing.</p>

	<p>5. Increased number of young adults who have caring &amp; supportive relationships....</p> <p>YOP consistently connects young adults to parents, grandparents, peers and other caring adults that have been identified by the youth.</p> <p>UCS is offering a 3<sup>rd</sup> Personal Responsibility Education Program (P.R.E.P.) which assists YA with becoming educated about healthy and supportive relationships. UCS is currently accepting referrals/applications for the 10 week class and we will report the outcome next reporting period.</p> <p>One YA had a very strained relationship with a family member and never talked much with his father. The YOP collaborated with the son and father to form a relationship to assist his son with completing probation conditions and their relationship became more positive.</p> <p>The T4C group is all about making connections, building leadership skills, and learning about and being in caring and supportive relationships.</p>
	<p>7. Increase in young adults' strengths and protective factors....</p> <p>Both Tom Campbell and Katrina Hollis firmly believe that engaging YA in various community events where they are able to develop a strong personal connection to their community and develop leadership skills enhances their protective factors.</p> <p>For this review period, T4C/YOP YA volunteered for UCS's Annual 'Thanks 4 Giving' Dinner which allows for YA to share time with various community stakeholders all the while serving them a traditional Thanksgiving Dinner.</p> <p>Two YA attended the YIT Annual Day of Sharing in Fairlee, Vermont to provide their feedback on services that have developed as a result of the grant.</p> <p>Four young women and Katrina Hollis attended the Vermont Commissions of Women's Forum to learn more about Women's Rights, gender challenges in society, and analyzed the gaps in services that currently exist for women in Bennington.</p>
	<p>8. Improved mental health for young adults.</p> <p><b>Required activity:</b>  <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>YOP receives referrals from the Department of Probation and during this reporting period 3 YA had court ordered drug and alcohol assessments to complete. YOP directed and supported the YA with this process so that it was not so overwhelming. The youth get connected regarding substance abuse issues and then it often leads to ongoing counseling for mental health related issues. YOP has connected several young people with a history of complex trauma to appropriate mental health services. These services may include individual therapy or groups that are offered. It is also hoped that if the young adult needs therapy or substance abuse treatment in the future, he or she will connect to the right people.</p> <p>During this reporting period a YA with autism who was isolating 7 days a week in his mother house was referred to YOP through a local private psychologist. YOP was able to connect with the young person and he eventually engaged with YOP weekly. He is now connected with Voc Rehab and is starting to connect with other transition services.</p>
<p><b>System of Care Infrastructure Indicators</b> (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.... None to report for this review period.</p> <p><u>Organizational Change:</u> Organizational changes made to support improvement of mental health-related practices/activities that are consistent with the goals of the grant. Please enter the number of changes and briefly describe them.... None to report at this time.</p> <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 is consistent with the goals of the grant. Please enter the number of organizations and briefly describe the agreements....  UCS/YOP did not enter into any formal MOU's/MOAs for this review period. However, the YIT services board has been collaborating throughout the year to develop a housing option for pregnant and parenting young women. As a result of this informal collaboration, Thatcher house opened January 1<sup>st</sup> and is now housing several young women with children. We will continue to work together to identify future funding (current funding runs out in a year) and collaborate to bring programming into the house.</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</p>

	<p>practices....</p> <p>As previously mentioned, YOP staff attended all T.I.P.S. trainings offered and is awaiting the results of the site visit with Jesse Sutter to be designated as a T.I.P.S certified site.</p>
--	--

**8. 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.

Nothing to report at this time.

**9. 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.

No significant changes occurred during the reporting period.

**10. 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.

T4C continues to use Facebook as their primary means for outreach, networking, and state event reporting, with an average of one new 'like' per week and over 100 'friends' at the time of this report. YOP and T4C events and accomplishments are also added to the UCS Facebook and website as well. We also use the facebook page as a way to get information out to youth by sharing "advocacy tip of the day"

The Youth Outreach Coordinator and T4C Leader continue to work with the local radio station and UCS's public relations department to promote the programs at UCS and for upcoming events.

T4C are often highlighted in the local paper through articles or pictures due to their community work and volunteerism. They were also highlighted in this year's UCS annual report.

## **5. Other Activities**

Briefly describe other activities undertaken during the reporting period.

YOP staff and T4C participants continue to provide other regions with input on how to grow their youth involvement. During this reporting period, Katrina Hollis collaborated with a few regions at the Working with Youth Conference. The purpose was to share information regarding the T4C Advisory Board. Our T4C participants are willing and excited to continue to give their input and have YA from other regions join in on our community work.

During the month of August T4C hosted a site visit with several Addison County staff. They met with several UCS staff including T4C, YOW, YOP coordinator as well as sat in on a T4C Youth Advisory Board meeting. We all really enjoyed the visit and hope it was helpful to Addison staff.

## **6. Activities Planned for Next Reporting Period**

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

T4C will continue to 'give back 'by way of conducting community outreach and volunteer projects to various community members and business owners as a way of thanking them for their ongoing support and donations that have a direct impact on the success of all the T4C events.

The YOP & T4C will again have a booth in Bennington's Annual Mayfest event. This year's focus will be to promote Mental Health Awareness and decrease stigma.

The T4C will volunteer their time for the Big Brother and Sisters Annual Bowl for Kids Sake event.

YOP and T4C will host a car wash fund raiser with money going towards substance free events.

The YOP and T4C will connect with local radio station three times a year to inform the community about upcoming community events and promote the good work of the T4C group.

T4C will promote its facebook page and reach 200 likes in the next reporting period.

The T4C group and YOP will host a booth at the Annual Transitional Fair, held at the local high school, to educate community YA about UCS's transitional programs.

The T4C group and YOP will assist with a Sewing Class and teach YA how to make their own clothing and learning to use a sewing machine.

The YOP and T4C group will assist with a Cooking Class and teach YA how to shop economically and cook healthy meals.

T4C YA have just begun their partnership with the Photo Voice Project, a documentary style video and photo project that involves teens documenting their lives in Bennington. The project exhibition is scheduled for June at the Bennington Museum.

The Bennington YOP/T4C site has discussed having Mercedes Avila, CLC trainer, return for a training due to a large number of new T4C members.

YOP/T4C will be doing more outreach to our local recovery center, Turning Point, to provide outreach to more young people and make sure they have the information needed to help in recovery and stabilization.

***DMH only:***

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

*Approved by:* \_\_\_\_\_

*Date approved:* \_\_\_\_\_

*Approved by:* \_\_\_\_\_

*Date approved:* \_\_\_\_\_