

YIT PROGRAM PROGRESS REPORT

1. Grant Number: C-YIT-FY12-NEKYS
2. Grantee Name and Address: Northeast Kingdom Youth Services, Marion Stuart, Executive Director, 24 Bagley Street, St. Johnsbury, VT 05819
3. Telephone Number: (802) 748-8732
4. Project Title: Implementation of the Caledonia/So. Essex Youth in Transition (YIT)
5. Period of Performance from July 1, 2011 through December 31, 2011
6. Approved Project Period from July 1, 2011 through June 30, 2012
7. Author's Name and Telephone number: Tammy Knights (802) 748-8732
8. Date of report: January 31, 2012
9. Comments (if any): Thank you for this great opportunity for our community

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).

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: <i>Operate in accordance with continuing input from key stakeholders (including youth and family members) within the regional systems of care.</i></p> <p>There was a great deal of leadership demonstrated in the planning and creating of the “You Think You Know Us” traveling booth. During the months of June, July, August, and September there was a total of 6 young adults who participated in the outreach activities. There were an additional 8 young adults who participated in planning meetings. The “You Think You Know Us,” project had a component of young adult leadership. The project strived to educate the community on how to deliver services to young adults in a non-judgmental supportive ways, empower young adults to raise their voice, and positively impact and strength their communities. The young adults who participated in the outreach used great leadership skills by working together, explaining the project to community members, and advocating for the project. We have recently received another Youth Initiative grant from the Vermont Federation of Families for Children’s Mental Health. The Young Adults Advisory Board has been meeting actively since December 2011 to develop a new project.</p>
	<p>2: Family/adult allies support young adults. In the last 6 months there were 22 young adults opened in the YIT program. All of those young adults could identify at least one family member or adult ally that they feel to be supportive. 18 of those young adults have a family member or adult ally in which they have a solid relationship with and state that they feel this person would support them unconditionally.</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> The YIT facilitator continues to make it the first priority to provide cross-system case management, individualize services for young adults in transition, and ensuring that young adults are engaged in planning for their own futures. The local agencies such as Economic Services, WIC, Gilman Housing, NEKLS, NEKCA, all continue to be helpful to the participants</p>

	<p>engaged with the YIT program. Those agencies also refer young adults to the YIT program that could benefit from the services or have a need. Young Adults who are connected with the YIT program may also be receiving services from multiple programs within NEKYS. Some young adults who connected with the Transitional Living Program (TLP) and the Diversion program often engage with the YIT program to help with system issues such as signing up with health insurance, food stamps, finishing high school education, finding employment, and securing housing.</p>
	<p>4: System of Care partners gain cultural & linguistic competence (CLC). There was an training titled, "Cultural and Linguistic Competence" that was held at NEKYS by Mercedes Avila. 9 employees at NEKYS participated in the training. It was very well-received by all that joined and we will be making an effort for better competency for culture, race, and economic status with the participants we serve through our agency.</p>
	<p>5: Local communities (including young adults) change their perceptions of young adults and of mental health issues, reducing stigma. The Young Adult Advisory Board continue designing our "You Think You Know Us" traveling booth and we were notified that we received the grant (\$500) to finish the project and do the outreach. Our outreach activities were as follows: Outreach #1, August 5th, 2011: Harvey's Lake, Barnet, VT- 3 youth/young adults, 1 peer outreach worker from NEKYS, and 2 staff members participated in the "You Think You Know Us," outreach. We made connection with community members from the towns of Barnet, St. Johnsbury, Danville, and Peacham. We connected with a total of 18 people. Outreach #2, August 12th, 2011: White's Market, St. Johnsbury, VT- 4 youth/young adults, 1 peer outreach worker from NEKYS, and 2 staff members participated in the "You Think You Know Us," outreach. We made connection and explained our project to community members from the towns of Danville and St. Johnsbury. The young adults took the lead to invite individuals who were walking in or out of the store to come over and learn about our project. The young adults were well-received and respected by the public. We even had someone try to donate money to the project! We connected with a total of 18 people. Outreach #3, September 23rd, 2011: Quilt Show, Lyndonville, VT- 1 youth/young adult (NEKYS intern as well) and 1 staff member. We made connection and explained our project to community members from the towns of Lyndonville and East Haven. We connected with a total of 10 people. The issues that "You Think You Know Us," were seeking to address were reducing stigma of mental health services, educating the community of adolescent brain development, and how to deliver services to young adults.</p>
	<p>6: Effectiveness of the Vermont System of Care for young adults with SED is evaluated. Most of the information that we receive about the effectiveness of the</p>

	<p>System of care in this region is reported to us from the young adults. In the last 6 months we have had discussions in regards to the young adults feelings and thoughts about the Vermont System of Care during our Young Adult Advisory Board Meetings. The YIT facilitator has also gathered information from other staff at NEKYS and during individual meetings with YIT program participants. The young adults state they still feel that it is hard accessing services, such as health care, mental health and educational services on their own, because the process is not “user-friendly.”</p>
	<p>7: The State supports and sustains regional services for young adults. This region is in contact with the state team, primarily the social marketing coordinator and the young adult coordinator. These individuals offer help in regards to young adults’ activities and young adult advisory boards. The social marketing coordinator and the young adult coordinator held a training titled “Social Marketing 101.” The Social Marketing 101 training brought professionals and young adults together to discuss how social marketing can be beneficial within a group and/or agency. Young adults gave their input in regards to types of social media and how they use it. The YIT facilitator, peer outreach worker, and 2 young adults went to the training that was held in Randolph, VT.</p>
<p>Desired outcomes for young adults of transition-age</p>	<ol style="list-style-type: none"> 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> In the previous 6 months the YIT program has had 2 young adults who were involved in the Diversion program, referred to the YIT program for support with their life goals. 1 of those young adult’s successfully completed the Diversion goals and the other young adult is near completion. This was a result of the young adults working closely with the YIT facilitator to meet those goals as well as personal motivation. 2. Increased number of young adults who are employed. 12 of the 22 young adults enrolled in YIT program in the previous 6 months have had either part-time or full-time employment. 6 of those individuals found employment while working with the YIT program. 3 of the young adults receive cash assistance from Reach-Up benefits and are completing a work requirement to receive that money. 3. Increased number young adults participating in (or who completed) educational programs. 7 of the 22 young adults were enrolled in an educational program in the previous 6 months. 2 are enrolled in high school and 5 are enrolled in college. 4. Increased number of young adults who have access to, and are using, a medical home. In the previous 6 months 22 of the 22 young adults enrolled had active insurance and had a primary care physician. 8 of those individuals applied/re-applied for insurance while working with the YIT program. 5. Increased number of young adults living in safe and stable housing. Of the

	<p>22 young adults enrolled in the YIT program, all of them do have housing. The housing types are independent, living with parents/other family, or living with friends. 13 of those individuals have applied for other independent housing. Of those 13 individuals 3 have found other more appropriate, stable housing.</p> <p>6. Increased number of young adults who have caring & supportive relationships. All of the young adults enrolled in the YIT program can identify at least one person in which they have a caring and supportive relationship with. The YIT facilitator was also invited to speak on a panel, at the YIT Sharing Day on September 30th, to identify how NEKYS helps young adults identify natural supports in their lives.</p> <p>7. Increase in young adults' strengths and protective factors. All of the young adults enrolled in the YIT program have identifiable strengths and those are used to create life plans and future goals. Through working in the YIT program protective factors are discussed and are determined if such are already present or if some should be sought out.</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> During the Common Study intake that is administered by the YIT facilitator during the first or second meeting, it is inquired about mental illness and/or if the young adult receives mental health services. Many times the young adult will engage in a conversation in regards to their thoughts on mental health services. Some of the young adults will state not wanting services and some young adults will want assistance re-connecting with or finding a therapist. In the previous 6 months of the 22 young adults enrolled with the YIT program, 5 have been actively trying to find a new therapist and 4 see a therapist on a fairly regular basis. For some of the young adults who are actively looking for an appropriate therapist, they are encountering barriers, such as therapists' availability.</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. The Department of the Labor support young adults in their employment search and increase opportunity of being employed by providing case management, access to programs such as WIA and OJT. Vocational Rehabilitation provides young adults who have any type of disability with case management and are able to give monetary support to help with increasing the likelihood of the young adults being employed. Vocational Rehabilitation also provides young adults with financial support to apply for college and help with the cost for a driver's license. Northeast Kingdom Youth Services has a multiple of programs that assist and support young adults with their employment search. NEKYS' case managers provide support to young adults to write resumes, help with filling out application, do mock interviews (In-vivo Teaching), and by providing transportation to interviews.</p> <p><u>Organizational Change:</u> Organizational changes made to support improvement of mental health-related practices/activities that are consistent</p>

	<p>with the goals of the grant. Please enter the number of changes and briefly describe them. Currently, we are addressing this area in by gathering information from the young adults. We have met with young adults through the Young Adult Advisory Board and asked for their feedback in regards to mental health services. We asked the following question: “What do you think is the #1 reason people do not use or try to use mental health services, therapy, or counseling?” They responded with answers such as: “we don’t feel that therapists abide by confidentiality, mental health services are poorly promoted, worrisome that information you disclose to them will put you at risk of further legal trouble, and they cancel appointments.” The YIT facilitator has documented this information in summaries from the meetings, has discussed this with other staff members at NEKYS and has brought the information to the LIT meetings.</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 are consistent with the goals of the grant. Please enter the number of organizations and briefly describe the agreements. The following organizations were present for the YIT planning and creation: Northeast Kingdom Human Services, Northeast Kingdom Youth Services, Department of Corrections Probation and Parole, Department for Children and Families Family Services Division, Vocational Rehabilitation, Community Justice Center, NKHS – JOBS Program , NEKLS – Adult Education, Vt. Federation of Families, Department of Health, Agency of Human Services, and St Johnsbury School. The YIT facilitator does have a working relationship with many of these agencies that help support the young adults with their goals and transitioning into adulthood. The YIT facilitator attends the weekly Community Partners’ meeting where members discuss individuals in the community who are in need of help paying electric, heating, or other utility bills. There is always discussion of how as a community we can work together to help the families in need by the not only the help with heating or electrical costs, but by other case management. Some of the cases presented are young adults and we try to connect them with the YIT program or any other youth program at NEKYS for long-term assistance and support.</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. The evidence-based practice that has been adopted by the YIT program is TIPS (Transition to Independence). The following programs at NEKYS take the guidelines and practices of TIPS into consideration while working with young adults. Those programs are Transitional Living, Youth Development, Diversion, Parent Education, Family Connections, and BARJ, and YIT. The YIT facilitator re-designed the contact notes used within the YIT program to include the TIPS Core Practices. It is documented in each contact with a young adult which core practice(s) were used such as: strength discovery, futures planning, rationales, in-vivo teaching, SODAS, prevention planning, and/or mediation.</p>

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.

There continues to be a struggle with a presence of all of the members of the Steering Committee at the monthly LIT (Local Interagency Team) meetings. The agencies represented at the meetings are Northeast Kingdom Human Services, St. Johnsbury Academy, Department of Children and Families, and Northeast Kingdom Youth Services. The agencies that we have not had the presence of at any of the meetings in at least a year are Vocational Rehabilitation, Community Justice Center, Northeast Kingdom Learning Services, Department of Health, Agency of Human Services, and Department of Corrections.

It is crucial to have the community agencies come together to discuss the barriers and gaps in services for young adults in order to move forward with improving the system of care.

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.

We are on track and do not have any changes to report at this time.

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.

A press release of the "You Think You Know Us," traveling booth came out in The Caledonian Record newspaper. It included a picture of a young adult and the peer outreach worker with the project's display board. The article explained to the community the objectives of the project (please see the enclosed article).

Many of the YIT participants as well as many other young adults participated in the 8th Annual Shelter Walk that benefits the Elm Street Shelter (please see the enclosed article).

At the YIT Sharing Day on September 30, 2011, the YIT facilitator received the “Above and Beyond” Award for the Caledonia county for working well with the evaluation team and being thorough with the Common Studies.

5. Other Activities

Briefly describe other activities undertaken during the reporting period.

The YIT facilitator attended the following trainings/workshops in the past 6 months:

- * Youth Summit- a workshop that was attended staff and participants on July 21, 2011
- *A webinar titled, “Helping Youth Build Strong Financial Futures: IDAs and other Asset Building Strategies on July 28th
- *”Peer Support Around the World,” on September 2nd
- * “Upper Valley Community Summit: Diverted Prescription Drugs: Reducing Risk and Improving Outcomes” on September 20th
- * YIT Sharing Day on September 30th
- *Cultural and Linguistic Competency (CLC) Training on October 14th at NEKYS
- * Street Outreach Training on October 24th and 25th in Groton, VT

6. Activities Planned for Next Reporting Period

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

- *Reach out to the Recovery Center in St. Johnsbury
- *Participate in street outreach more frequently (preferably at least once a month)
- *Educate the members of the LIT team on how to administer the Common Study
- *Work with the peer outreach worker in the Living Room to develop activities to engage the young adults
- *Continue work on the YIT initiative grant; decide on one project with the young adults
- *Engage more community partners/members to participate in the Young Adult Advisory Board meetings
- *Involve community members/partners in the planning, creation, and implementation of the YIT Initiative Grant