

YIT PROGRAM PROGRESS REPORT

1. Grant Number: C-YIT-FY13-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, 2013 through December 31, 2013
6. Approved Project Period from July 1, 2012 through June 30, 2014
7. Author's Name and Telephone number: Josslyn Berwick (802) 748-8732
8. Date of report:
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, 2012 (due by January 31, 2013),
and
2. one for the period from January 1 – June 30, 2013 (due by July 31, 2013).

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. <i>Required activity:</i> <i>Operate in accordance with continuing input from key stakeholders (including youth and family members) within the regional systems of care.</i></p>
	<p>2: Family/adult allies support young adults. In the last 6 months there were 15 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. Young adults have also reported that they have natural supports that may be a family member, but also past teachers, employers, or even landlords. They have also identified that friends are of great support, especially friends that have been through similar situations.</p>
	<p>3: Workers use caring practices known to be helpful for young adults and families. <i>Required activity:</i> <i>Provide cross-system case management and individualized service plan development, ensuring that young adults are engaged in planning for their own futures.</i> NKEYS ensures all case managers working with young adults receive TIPS training. The YIT facilitator provides cross-system case management, individualized services for young adults in transition, and ensures that young adults are engaged in planning for their own futures. The following agencies such as Economic Services, WIC, Rural Edge, NEKLS, NEKCA, Department of Labor, Vocational Rehabilitation, JOBS, NEKHS, and local schools all continue to be helpful to the participants 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. The YIT program helps with system issues such as</p>

	<p>signing up with health insurance, food stamps, finishing high school education, finding employment, securing housing, finding a primary care physician, and connecting with mental health substance abuse services. One of the additional goals of YIT is to encourage leadership abilities/qualities within young adults. This could be helping the young adults discover that they have a specific skill that they could share with other young adults such as art, cooking, or music. There have been young adults that have brought forward their artistic or musical ability in the Living Room Community Center.</p> <p>4: System of Care partners gains cultural & linguistic competence (CLC). NEKYS has adopted this as a yearly training and core practice. The YIT facilitator is seeking out additional trainings to attend to learn more about cultural competence within this community.</p> <p>5: Local communities (including young adults) change their perceptions of young adults and of mental health issues, reducing stigma. The YIT facilitator is working closely with other staff at NEKYS to incorporate the peer support services. The YIT facilitator participates in the statewide development of peer services. Peers are learning how to tell their stories. There is hope that this story-sharing conversations/ relationship building will reduce the stigma of mental health services.</p> <p>6: Effectiveness of the Vermont System of Care for young adults with SED is evaluated. The young adults continued to be the best source of feedback in regards to the effectiveness of the Vermont System of Care. They report this to the YIT facilitator and are also asked questions in regards to the system of care during the Common Study evaluation. Young adults frustrations stem from lack of reliable transportation, long waitlists with the therapists they want to see, few opportunities for employment, and housing is sparse and too expensive. The housing that is affordable or subsidized tends to have waitlists that are years long, therefore many young adults have no choice but to live in shelters, in unsafe housing, or rely on couch-surfing. Our Living Room Community Center is addressing many of our young adults needs by having much needed resources be available to them at the center. Local services such as peer support, case management, and representatives from Voc Rehab, Dept Of Labor, Umbrella etc drop by on a weekly and or monthly basis allowing young adults to build relationships with service providers.</p> <p>7: The State supports and sustains regional services for young adults. The YIT facilitator has received a great deal of support from the entire YIT state team. Most recently the facilitator has been in contact with Matt Wolf and he has been a great support for supplying NEKYS with leadership information and steps to implementation. Brenda Bean, YIT project manager, has also been a support for a desire to incorporate YIT into the peer support model that has been recently adopted by NEKYS.</p>
<p>Desired outcomes for young adults</p>	<p>1. Decreased number of young adults involved in the corrections system (including an increase in the number who are free of incarceration). <i>Required activity:</i></p>

of transition-age	<p>YIT is based out of NEKYS’ Living Room Community Center. This makes it easy to reach out to young adults with SED who are out-of-school, homeless, at risk of homelessness and who have been referred to youth probation and diversion programs.</p>
	<p>2. Increased number of young adults who are employed. of the 15 young adults enrolled in YIT program in the previous 6 months have had either part-time or full-time employment. 3 of those individuals found employment while working with the YIT program. 2 of the young adults receive cash assistance from Reach-Up benefits and are completing a work requirement to receive that money. 2 of them receive Social Security benefits and one of those 2 also has a part-time job.</p>
	<p>3. Increased number young adults participating in (or who completed) educational programs. 3 of the 15 young adults were enrolled in an educational program in the previous 6 months. Those 3 are enrolled in college. 13 of the 15 young adults enrolled have already completed GED or high school diploma.</p>
	<p>4. Increased number of young adults who have access to, and are using, a medical home. In the previous 6 months, 2 of the 15 young adults enrolled had active health insurance and have a primary care physician.</p>
	<p>5. Increased number of young adults living in safe and stable housing. Of the 15 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. 2 of those individuals have applied for other independent housing. 2 of those young adults are seeking independent housing while working with the YIT program.</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. 2 of the 15 young adults have “rekindled” a broken relationship with one or more family members.</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. <i>Required activity:</i> <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> Many times young adults will engage in a conversation in regards to their thoughts on mental health services. In the previous 6 months of the 15 young adults enrolled with the YIT program, 3 see a therapist on a fairly regular basis. Many of the young adults that have</p>

	<p>had success with therapy have found a great connection with Aleda Stith who specializing in adolescent development and substance abuse therapy. She works through Northeast Kingdom Human Services and has a set number of hours to meet with young adults through NEKYS. She has built wonderful relationships with the young adults and has changed their viewed on mental health services. This has increased the number of young adults that are receiving therapy throughout NEKYS as an entire agency.</p> <p>Many young adults who chose not to seek traditional mental health services are attending Wellness Recovery Action Planning groups in the Living Room Community Center. These young adults also receive support from peer support workers.</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. Workforce development is supported by the Department of Labor which supports young adults with searching for employment and increase opportunity of being employed by providing case management and access to programs such as WIA. Vocational Rehabilitation provides young adults who have any type of disability with support such as case management and have the ability to give monetary support to help with increasing the likelihood of the young adults being employed and/or finishing education. Voc Rehab can also help with college deposits, phone minutes for cell phones, and clothing for work and school. However, there are actually many young adults who have found their own employment without the assistance of outside agencies. The JOBS program that is located through NEKHS is also a support for young adults involved in the YIT program. JOBS helps provide work sites as well as on-going case management.</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. Currently, we are addressing this area in our work with the peer support mental health model. This YIT facilitator has also been working closely with the new peer initiative that NEKYS has adopted. NEKYS is looking towards being peer lead in the Living Room Community Center. YIT will be part of the peer wellness and will be spending more time incorporating youth leadership into the Living Room.</p> <p>Trauma informed practices, TIPS, and Cultural Competency have all been added to our organizations practices.</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 are still a resource for young adults enrolled in the YIT program, they are primarily engaged with the following agencies: Northeast Kingdom Human Services, Northeast Kingdom Youth Services, NEKLS – Adult Education , Vocational Rehabilitation,</p>

	<p>Department for Children and Families Family Services Division, Community Justice Center, NKHS – JOBS Program, Department of Health, Agency of Human Services, Department of Corrections Probation and Parole, Economic Services, 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 YIT program continues to use TIPS (Transition to Independence Program) as the evidence-based program as a practice. Other programs such as Transitional Living, Youth Development, Diversion, Family Connections, and BARJ follow many of the TIPS guidelines in their work with the young adults and families. There have been numerous discussions during staff meetings about how our work as an agency with young adults is focused on the TIPS model. NEKYS plans to become a TIP-informed agency in the near future.</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.

None to report on at this point in time.

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.

4. Dissemination activities

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:

- Annual Shelter Walk- September 20th, 2013
- On-going Tips training manual
- Drug awareness webinar- December 9th, 2013
- Christmas cookie making in the Living Room Community Center December 23rd, 2013
- Thanksgiving Meal in the Living Room Community Center- November 23th, 2013
- Attended a Resource Fair with Gary Burnham and had outreach with Reach-Up Participants- December 13th, 2013

6. Activities Planned for Next Reporting Period

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

- *Participate in street outreach more frequently (preferably at least once a month)
- *Continue to work on developing youth leadership in the Living Room Community Center and inspiring the young adults to take the leadership roles through skills they have to share with others.
- *Continue to attend Community Partners
- * Work on reducing mental health stigma