

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 January 1, 2012 through June 30, 2012
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:
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.]*

<p>Goals for strengthening the systems of care</p>	<p>1: Young adult (YA) leadership is developed in VT.</p> <p><i>Required activity:</i></p> <p><i>Operate in accordance with continuing input from key stakeholders (including youth and family members) within the regional systems of care.</i></p> <p>The YIT facilitator has been in contact with Matt Wolf and had discussions in regards to building leadership in the Northeast Kingdom. The YIT facilitator has also been a part of the process to strengthening peer support in NEKYS’ Living Room Community Center. The Living Room Community Center is run by a peer outreach worker, community volunteers, and also working on incorporating peer leaders.</p> <p>NEKYS’ plans to incorporate a peer leader, which is defined as “individuals who have been engaged in mental health treatment and now see themselves in recovery. During their time in the Living Room they are a support and resource for other young adults who are struggling with similar mental health experiences. These leaders help to support and educate young adults about their options as well as alternatives in the treatment of a mental health diagnosis. Peer Leaders are given the opportunity in this setting to give back to the community by utilizing the strengths they have gained in entering recovery.”</p> <p>The Peer Outreach Worker is defined as, “young adult’s high school age to 25. They facilitate opportunities where their peers will experience personal growth and develop community leadership skills. Peer Outreach Workers will provide opportunities for youth to experience new challenges in a supported way. Youth will be engaged in cooking, cleaning, group leadership, community</p>
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	<p>activities, and skill building.”</p> <p>We have currently applied for a grant from the State of Vermont to receive funds to be able to incorporate new peer services in this community. This will give young adults who are in recovery of mental health issues an ability to work with other young adults, share their stories, and inspire them to receive the support and services they need. There are current young adults who have been a part of the YIT program who come to the Living Room Community Center and offer life skills classes to other young adults. For example, one young adult taught a 6-week cooking class, it was a great success. The YIT facilitator also went to a Non-Violent Communication training and brought the information back to the young adults. The YIT facilitator provided a mini-training on how to take leadership of their communication skills amongst each other and any other individuals they encounter in their lives. They learned some effective communication skills. The Parent Educator and the peer outreach worker attended a 5-day training titled “Intentional Peer Support.” They have brought the information forward to the staff and the peer outreach worker has been incorporating it into the vision in the Living Room Community Center.</p>
	<p>2: Family/adult allies support young adults. In the last 6 months there were 16 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. 12 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><i>Required activity:</i></p> <p><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 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 local agencies such as Economic Services, WIC, Gilman Housing, NEKLS, NEKCA, Department of Labor, Vocational Rehabilitation, 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. 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), Diversion, and Youth Development Program (YDP) program often engage with the YIT program to help with system issues such as signing up with health insurance,</p>

	<p>food stamps, finishing high school education, finding employment, securing housing, finding a primary care physician, and connecting with mental health substance abuse services.</p> <p>4: System of Care partners gain cultural & linguistic competence (CLC). Since Mercedes Avila came to NEKYS in October 2011, and provided a training on CLC, NEKYS’ staff continue to be intentional about our actions and delivery of services with the thought of CLC. We have conversations about our biggest area of cultural competence that we see here in the NEK and that is homelessness and poverty.</p> <p>5: Local communities (including young adults) change their perceptions of young adults and of mental health issues, reducing stigma. As mentioned in the leadership, category, the YIT facilitator has been working closely with other staff at NEKYS to incorporate the peer support services. The YIT facilitator has been part of the development with Northeast Kingdom Human Services and has collaborated, applied and received funds to do a “inter-generational peer network and speakers bureau.” NEKHS mental health services participants and NEKYS participants will be having a meeting together at NEKYS in the next few months as a “meet and greet.” Then as a group they will go to local schools, churches, and other organizations to talk about the benefit of receiving mental health services and to try to reduce the stigma of mental health services.</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 System of care in this region is reported to us from the young adults. Young adults have stated that they are frustrated with the long waitlists with the therapists they want to see, there are many transportation barriers, very few employment opportunities and housing is sparse and too expensive. The subsidized housing waitlists are years long, therefore many young adults are forced to live in shelters, in unsafe housing, or rely on couch-surfing.</p> <p>7: The State supports and sustains regional services for young adults. The YIT facilitator invited Jody Kamon to come to NEKYS and do a training on Motivational Interviewing and to discuss how to effectively talk through issues with young adults. At the Working With Youth Conference there was a workshop that included a panel of young adults who were speaking about the services they receive from case managers and what is effective and ineffective.</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). <i>Required activity:</i> <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. In the previous 6 months the YIT facilitator</i></p>

	<p>worked with a young adult (who was living at the Elm Street Transitional House and was a part of the Transitional Living Program). This young adult has had prior involvement with the Department of Corrections. This young adult had both been incarcerated at one point. He has not been incarcerated again and is functioning well in the community. He is working, finishing school, and remained substance-free as well.</p>
	<p>2. Increased number of young adults who are employed. 8 of the 16 young adults enrolled in YIT program in the previous 6 months have had either part-time or full-time employment. 4 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.</p>
	<p>3. Increased number young adults participating in (or who completed) educational programs. 6 of the 16 young adults were enrolled in an educational program in the previous 6 months. 4 are enrolled in high school and 2 are enrolled in college. 2 young adults graduated from high school. 14 of the 16 young adults enrolled have a 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, 15 of the 16 young adults enrolled had active health insurance and have a primary care physician. 5 of those 16 individuals applied/re-applied for insurance while working with the YIT program.</p>
	<p>5. Increased number of young adults living in safe and stable housing. Of the 16 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. 7 of those individuals have applied for other independent housing. 9 of the 16 young adults have their own independent housing. 7 of those young adults found the 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. 6 of the 16 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. During the Common Study intake that is</i></p>

	<p>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 16 young adults enrolled with the YIT program, 8 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. All of the 16 young adults have increased their efforts to find a therapist.</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 and access to programs such as WIA. 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 and/or finishing education. They also help young adults with finances for college deposits, therefore college is an option. The Department of Labor has been successful with placing young adults who are engaged with the YIT program in work-site opportunities. However, approximately 54% of those young adults have been finding employment on their own, that is full-time and permanent. The JOBS program has worked with young adults involved with YIT as well as other youth programs as NEKYS. Some of these young adults have been able to secure employment.</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. I will reiterate some of the activities we are doing: developing peer support into the Living Room Community Center, having the Living Room Community Center peer-run and peer-led, bringing a WRAP (Wellness Recovery Action Plan) training to the community on August 1, 2, 3 that will be a mixture of young adults, community members, other community professionals, and some NEKYS' staff.</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</p>

	<p>following agencies: Northeast Kingdom Human Services, Northeast Kingdom Youth Services, NEKLS – Adult Education , Vocational Rehabilitation, 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, 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. The YIT facilitator conducted a training with the LIT team members on how to administer the Common Study. It was well-received and the members of the team asked many questions about the structure, validity, and purpose of conducting the Common Study with all young adults in the region.</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. There have been numerous discussions during staff meetings about how our work as an agency with young adults is focused on the TIPS model. As a staff at NEKYS we use SODAS on a regular basis with young adults when they are trying to make important decisions.</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.

We are on track, there is a new supervisor for the YIT program. Her name is Priscilla McCormick-Sampson. She began in February 2012, she is the supervisor for all of the transitional youth programs. Please see attached resume.

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.

In the NEKYS' March 2012 newsletter, there was an article about the young adults who went to the premiere of the of the movie "Journey 2: The Mysterious Island." One of the YIT participant's went to this premiere. The young adults had their photo taken with the actor Luis Guzman who was in the movie. Guzman is from the St. Johnsbury area and he named NEKYS' Elm Transitional House along with Spectrum in Burlington to share in the proceeds from this pre-screening party.

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:

- The Addiction and Mental Health Services in Health Care Reform Forum on January 11th, 2012
- On-going Peer Support Trainings at NEKYS beginning in March with weekly meetings
- Non-Violent Communication- April 12, 2012
- WRAP webinar- April 26, 2012
- Jump Jazz Jubilee (agency-wide fundraiser)- May 5, 2012
- Working With Youth Conference on May 17, 2012

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)
- *Work with the peer outreach worker in the Living Room to develop activities to engage the young adults
- *Work in collaboration with NEKHS "Speaker's Bureau Grant"
- *Continue coordinating, collaborating, and being a part of the WRAP 3-day introductory training to be held on August 1, 2, 3, 2012
- *Enroll more young adults in the Common Study
- *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.