

YIT PROGRAM PROGRESS REPORT

1. Grant Number: #C-YIT-FY13-HC
2. Grantee Name and Address: 208 Flynn Avenue, Suite 3J, Burlington, VT 05401
3. Telephone Number: (802) 488-6600
4. Project Title: **Implementation of Chittenden Regional Plan for Vermont's Youth in Transition Grant**
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: **Betsy Cain, Assistant Director, Child, Youth and Family Services @ HowardCenter: (802) 488-6701**

Gina D'Ambrosio, JOBS Program Coordinator: 864-7423 ext. 337
Christine Kilpatrick, Vermont Family Network Family Services Director: 802-876-5315 ext. 206
8. Date of report: **January 31, 2013**
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: <i>Operate in accordance with continuing input from key stakeholders (including youth and family members) within the regional systems of care....</i></p> <p>46 young adults from Chittenden County attended the Youth Adult Voice Movement Conference.</p> <p>Eight additional young adults participated in Impact VT interviews taking leadership roles and reaching out to the community to connect with resources that serve young adults.</p> <p>Attended Diversity Rocks! Group meetings (a multicultural youth group) and provided support in having peer leaders meet twice a month to increase youth involvement in decision making. Regular participation in Diversity Rocks groups held on Friday nights, approximately 30-40 multicultural youth attending.</p> <p>ImpactVT website launched live on July 9, 2012.</p> <p>Continued mapping various resources on the online resource guide that young adults can access in Chittenden County.</p> <p>Presented website at Milton High School, South Burlington High School, Essex High School, the Transition Aged Advisory Team Meeting, and the Wellness COOP.</p> <p>Continued work with youth around involvement in information gathering for the impactvt.org website. Please visit at www.impactvt.org.</p> <p>Working on creating a Young Adult Advisory Board. Spoke to students from district high schools regarding the board and beginning to engage them in building the youth leadership. Assisted some young adults in advocating for themselves and developing skills to feel empowered and speak up for their needs and wants.</p> <p>Created more drop in hours for young adults to seek supports through self-referrals.</p> <p>Used ongoing feedback from young adults to update and maintain the Chittenden County YIT Facebook page.</p>
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	<p>Encouraged and gave young adults the skills to set their own personal goals, focusing instead on finding options for fulfilling them, encouraged young adults to join a youth advisory board, youth executive board for the state YIT team, and created more drop-in hours for young adults to seek support through self-referrals.</p> <p>Young adults conducted interviews with Spectrum, Counseling Programs, and Bike Recycle VT.</p> <p>A group of Diversity Rocks youth attended a "leadership" training on December 3, 2012 to get some background on facilitation skills that can be used in any leadership role they find themselves in. The youth expressed really liking the training and wishing there could be more like it.</p> <p>The same-ish group of Diversity Rocks youth met again on December 14, 2012 to get some training/volunteer to take on the roles necessary to make a community focus group with Diversity Rocks Youth come to life and to work. During the focus group (great attendance), the youth who were trained were noticeably using and practicing the skills they had learned. Some even talked about they ways that they were using what they learned in their experiences outside of Diversity Rocks! Some of the skills that were talked about included:</p> <ul style="list-style-type: none">• How to create environments that feel safe, friendly, comfortable, welcoming, neutral and purposeful• Ground Rules - what are they and why they are important• The art of asking questions (open ended; neutral; draw out passions, emotions, thoughts, ideas; inviting deeper information; timing of words)• Facilitating balanced participation among members of a group you are facilitating (inviting a diversity of voices; balancing individual/group reflection; encouraging everyone's participation; inviting differing points of view)• How to use flip charts to capture group ideas without changing or judging ideas• Common facilitator mistakes• What is Appreciative Inquiry and how might we use it
	<p>2: Family/adult allies support young adults...</p> <p>Continued to work in line with TIP Model practices to include informal supports, as defined by each young adult client, in the treatment process. Supports have included mentors, parents, significant others and siblings.</p> <p>Worked with a volunteer in the community to help several clients with driving practice before their license test.</p> <p>Prior to team meetings, clients are asked who they would like to have at their meetings to act as allies and advocates.</p> <p>Used interpreters (both phone interpreters and in person) in situations where</p>

	<p>parents do not speak English in order to ensure participation by family members.</p> <p>Between July and December, VFN had 126 contacts with families of transition-age youth during this reporting period. VFN had 303 contacts with families of children and youth with special needs in Chittenden County.</p> <p>The Parent Transition Resource Consultant participated in the following meetings with families:</p> <ul style="list-style-type: none">• Attended mediation with parent: 8/21/12• Attended treatment team meeting with parent: 9/21/12• Attended 5 CSP meetings with parents: Fall 2012 <p>In addition, the Parent Transition Resource Consultant provided ongoing support to several YIT families and phone consultations with parents/providers of YIT throughout the fall. PTRC also collaborated with Young Adult Navigator on outreach materials. Regularly reviewed website content and advised on additions.</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>Caseload of 13 by YIT Case Manager, caseload of 6 formal and 14 informal by multicultural Case Manager, and total of 38 youth seen by Young Adult Navigator to provide employment search, job skills development, job retentions support and independent living skills support.</p> <p>Currently invited over 125 young adults to participate in the VCHIP Common Study.</p> <p>Helped support client in the workplace with anxiety, coping strategies, and appropriate ways to express concerns.</p> <p>Worked with three clients as they transitioned from the Murray Street Group Home to Spectrum's Transitional Living Program, moving to the next step towards independence.</p> <p>Successfully navigated school system with one multicultural family to help ensure IEP eligibility for the young adult.</p> <p>Supported several young adults who were navigating the court system. Advocated to ensure they were allowed enough time to complete their obligations of conditions successfully. Worked collaboratively with probation officers and reparative board.</p> <p>Helped multiple young adults successfully transition out of shelter living into more stable housing.</p>

	<p>Worked with 5 clients who were aging out of services to help with stable housing, information regarding supports and resources available to them, and how to appropriately access health care.</p> <hr/> <p>4: System of Care partners gain cultural & linguistic competence (CLC)...</p> <p>Serving over 20 multicultural youth through the mental health system.</p> <p>Support approximately 40 youth who participate in Diversity Rocks group. Served as an adult advisor.</p> <p>Brought client to visit the Community Kitchen program facility, two clients to Sedexo training interview, and one client volunteer at Sarah Holbrook as summer camp assistant.</p> <p>Met with Henry Sparks and Amy Mellecamp from BHS to discuss multicultural challenges that exist at Burlington High School.</p> <p>Met with Jon Bourgo from the Community Health Center in Burlington to update their services to multicultural population.</p> <p>Attended "Conversation on Race Now" panel.</p> <p>Continued partnering with Vermont Refugee Resettlement Program, particularly with the Diversity Rock youth.</p> <p>Worked closely with Winooski High School to address the multiple and growing needs of multicultural youth attending this school.</p> <p>Organized Talent Show and Bake Sale to raise money for youth to attend an educational multi-day trip to Washington, DC.</p> <p>Conducted Focus Group of multicultural youth to identify leadership opportunities and build interest for youth advisory group, facilitated by trainer and consultant Debbie Mintz.</p> <p>Began meeting with a group of 5 Muslim young women to address their challenges in life, e.g. cultural difference in women's roles at home and in society, appropriate behavior, adjusting daily cultural conflict between home and school.</p> <p>Issued two resource vouchers to two multicultural families, one family moved into government housing, helped one youth re-apply for Medicaid, helped one client access VAL English class, helped one client navigate the legal system who is facing felony charge, connected three clients to VocRehab VT, connected two clients to Spectrum Counseling services, made connection with Community High School.</p> <p>Met with Hunger Free Vermont and BHA to plan for a cooking class for</p>
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	<p>multicultural youth.</p> <p>Assisted youth with getting his Green Card replacement fee waived.</p> <p>Continued to meet with VCHIP team to discuss issues of translation of VCHIP forms for parents of multicultural youth and ways to overcome these challenges.</p> <p>Provided support to Diversity Rocks! group members to participate in trip to United Nations building in New York City and for educational visit to Washington, DC for multicultural youth to learn about this country's governmental system as well as opportunities to talk to those in political office about challenges and needs of multicultural youth</p> <p>Approximately 30 multicultural youth from the region attended the Vermont Young Adult Voice Movement Conference in June.</p> <p>Regularly utilized interpreters for young adults with limited English Proficiency and developed unified system to attain interpreters.</p> <p>Parent Resource Transition Consultant provided ongoing support to a New American parent.</p>
	<p>5: Local communities (including young adults) change their perceptions of young adults and of mental health issues, reducing stigma....</p> <p>Met with Henry Sparks and Amy Mellencamp from BHS to discuss services available to multicultural youth and approaches to services.</p> <p>Met with Jon Bourgo from the Community Health Center of Burlington to update their services for the multicultural population and discuss ongoing needs.</p> <p>Forged connection with Fresh Food kitchen (Melissa Corbin), a food training program for women to participate in programming. Toured program.</p> <p>Set up a volunteer opportunity with the Humane Society of Chittenden County.</p> <p>Sustained a work experience through Goodwill and worked with employer to better understand client's needs and reduce stigma.</p> <p>Worked with Jim Lockridge of Big Heavy World to help a young adult participate in an internship and build healthy life skills.</p> <p>Utilized the Sequential Intercept Model as a means to help young adults access supports before they were charged with offenses. Worked with Justin Verrette and the Mobile Outreach Team to intervene with clients in the community to avoid police involvement.</p>

	<p>VFN Transition Resource Consultant completed a new publication <i>Resource Guide for Parents of Transition-Age Youth with an Emotional Disability</i>. This guide provides information for families regarding a wide range of resources available in Chittenden County. A draft was circulated for feedback to outside partners and the final product should serve as a helpful resource for families looking for support and services.</p>
	<p>6: Effectiveness of the Vermont System of Care for young adults with SED is evaluated.....</p> <p>Using TIP informed strategies, developed list of key questions to include in transition planning for young adults. Continued work from members of the YIT Leadership Team to develop a transition plan template to be used for futures planning for all Vermont youth before they exit school.</p> <p>Facilitation and involvement in the Transition Age Advisory Team, which is a group that meets monthly as a case consult group for transition age youth. The participants are providers from the community who work with this population and present client cases to the group for the purposes of brainstorming resources in the community. Whenever possible, the young adult and his or her allies are present. The group is facilitated by Gina D'Ambrosio, J.O.B.S. Program and YIT staff Coordinator.</p>
	<p>7: The State supports and sustains regional services for young adults....</p> <p>Consultation from Mercedes Avila for direction regarding supporting multi-cultural youth.</p> <p>Raised awareness from the state regarding the needs of multi-cultural youth through the efforts of those involved in the Youth in Transition Initiative.</p> <p>Invited Matt Wolfe to join the monthly YIT Leadership meeting to stay informed of activities and updates, as well as offer consultation regarding continued efforts.</p> <p>Met with Courtney Bridges, Social Marketer for the YIT State Team, for consultation regarding challenges regarding the web design company being used for www.impactvt.org website.</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). 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></p>

	<p>Connected with a young adult's probation officer to assist young adult with better understanding their probation terms and support with follow through.</p> <p>Supported young adult as he navigated the juvenile justice system as a Youthful Offender. Advocated for this client to ensure he was allowed enough time to complete his Restorative Justice Panel requirements in order to complete YO successfully and prevent his charges going to adult court.</p> <p>Consulted with worker from mental health court to understand process and how to navigate systems for young offenders.</p> <p>Worked with outreach team to encourage young adults to engage in appropriate behaviors on Church Street Marketplace in order to minimize police involvement.</p> <p>Worked with Probation and Parole to establish a referral process for young adults in the correctional system.</p> <p>Miranda Creech, Young Adult Navigator, now serves on court diversion panel to help develop plans to help young adults to not re-offend and follow through with restitution.</p>
	<p>2. Increased number of young adults who are employed....</p> <p>Forged relationships with area employers including Price Chopper, Hannafords, Salvation Army, Subway, Farrell Distributing, Green Mountain Concert Services, Champlain Farms, the Spot, Papa John's, McDonald's, the Shanty, Taco Bell and Burger King.</p> <p>Active participation at Creative Workforce Solutions (CWS) meetings and regular use of Salesforce database as a tool for identifying employment opportunities in a progressive employment format.</p> <p>Maintained a job board featuring applicable help wanted ads from Craigslist, 7Days, JobsInVT, and other community resources. The board is updated daily.</p> <p>Relationship building with Job Ready to build more sustainable job opportunities for young adults.</p> <p>Full participation in CWS (Creative Workforce Solutions), to build rapport and contacts in the community for potential job opportunities, using a progressive work experience model. Listed as main contacts in several job leads on Salesforce database. Also attended conference sponsored and organized by CWS.</p>
	<p>3. Increased number young adults participating in (or who completed)</p>

	<p>educational programs....</p> <p>Connected with school teams to assist young adults currently struggling in school and advocated for increased school supports.</p> <p>Supported young adults with FAFSA applications, CCV applications and financial aid forms.</p> <p>Connected with Fresh Food Kitchen, the ACE program, South Burlington and CVU high school guidance offices, Milton High School social workers.</p> <p>Built strong partnerships to help support attendance and supports within the schools, particularly Winooski High School, Champlain Valley Union High School, Burlington High School, Mount Mansfield Union High School, Essex High School, and Colchester High School.</p> <p>Brought several youth to Job Corps campus for tour and information, and worked with two youth regarding process of applying and being admitted in programming. Visited young adult regularly in the program to offer continued support</p> <p>Maintained relationships with alternative programs to support re-entry and school retention, including OnTop Program, Horizons, Jean Garvin School, BellCate School, Community High School, Colchester Alternative Program, Life Program, ACE Program, Phoenix Program.</p> <p>Connected with Vermont Adult Learning for GED testing and credit work for young adults who have dropped out of school.</p> <p>Worked with Community College of Vermont to help enroll young adults in college courses as well as receiving supports needed to be successful.</p> <p>Worked extensively with Milton High School and Champlain Valley High School to speak to classes from the alternative programs to encourage involvement in YIT activities. Presented ImpactVT and YIT initiative to classrooms.</p> <p>Assisted clients in filling out appropriate financial aid packets to take college classes as well as training programs.</p>
	<p>4. Increased number of young adults who have access to, and are using, a medical home....</p> <p>Worked with young adults to access the Adolescent Health Clinic as part of the Community Health Center of Vermont for preventative care, pregnancy and HIV testing, and overall medical health.</p> <p>Helped with assisting young adults in identifying and accessing primary health providers. Helped with scheduling of medical appointments and mental health appointments in order to reduce risk of medical and mental health</p>

	<p>emergencies.</p> <p>Assisted multiple young adults in applying for and re-applying for SSI benefits and Medicaid.</p>
	<p>5. Increased number of young adults living in safe and stable housing....</p> <p>Supported clients touring possible housing resources such as Spectrum's shelter. Also worked with clients to complete public housing application through Winooski Housing Authority.</p> <p>Assisted multiple young adults in navigating housing (understanding rental terms, applying for housing assistance, looking up affordable rental units, contacting landlords and filling out rental applications).</p> <p>Distributed Affordable Housing List provided by Community Action and worked with clients to find reasonable housing, learn how to access security deposits, build good credit and budget money.</p> <p>Worked with clients in transitional living program to move towards permanent housing by working with landlords and housing authority.</p> <p>Helped multiple youth access NEW Single Room Occupancy (Pearl Street Residence) opened this spring by Spectrum Youth and Family Services.</p> <p>Supported several young adults as they prepared for aging out of transitional services. Focused on supporting clients as they sought stable housing. Worked with the clients to seek subsidized housing and apply for the new Vermont State Housing Subsidy Program.</p>
	<p>6. Increased number of young adults who have caring & supportive relationships....</p> <p>Intentional building of natural supports in the workplace to help young adults feel more welcome, included and supported.</p> <p>Supported clients to identify natural supports and caring relationships in their lives. Worked with client to establish healthy supportive relationships with community members.</p> <p>Referred five more youth to Spectrum's Mentoring Program to establish regular contact with positive adult.</p> <p>Worked with a volunteer in the community to help several clients with driving practice before their test.</p>
	<p>7. Increase in young adults' strengths and protective factors....</p>

	<p>As part of initial intake, young adults are asked to talk about their strengths, resources and natural supports. A plan is created, led by the young adult, focusing on building on strengths and interests as well as pulling in natural supports if possible.</p> <p>Arranged a volunteer opportunity for a young adult at the Spirit, Mind and Body fair. Currently working on arranging another volunteer opportunity with the Humane Society.</p> <p>Connected some young adults with Spectrum Drop-In and classes offered at the drop-in center, including jobs skills classes and independent living skills classes.</p> <p>Assisted young adults in developing independent living skills, cooking skills, understanding and creating budgets, emotional regulation, developing positive coping skills, accessing community resources such as: drop-in centers, community health centers and public transportation.</p> <p>Worked with a client to understand process of food planning, budgeting shopping, and then cooking a meal by preparing meals together in her home.</p> <p>Created a sample budget in Excel and shared with each client around budgeting needs (link is posted on ImpactVT.org for easy access), browsed through job postings with clients to practice the skill of filtering for appropriate, relevant postings, browsed rental ads online with clients to assess more accurately a budget for housing, toured Spectrum's shelter with client, practiced written driving exams with client, practiced interview skills with clients, practiced filling out job applications with clients, explored college majors and respective job fields with clients, applied for financial aid, 3 Squares VT, rental applications, fee waivers.</p> <p>Utilized the TIP model to help client identify strengths and build on current successes in order to build self-esteem and resilience.</p> <p>Assisted Young adults in participating in Life Skills class, Job skills class, and Talking SMACK (<u>S</u>exual choices <u>M</u>anaged with <u>A</u>wareness, <u>C</u>onfidence and <u>K</u>nowledge) classes.</p> <p>Helped client take yoga classes, art classes, woodworking classes, skateboarding, and snowboarding instruction.</p>
	<p>8. Improved mental health for young adults.</p> <p>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></p> <p>Continued availability for young adults to access the Adolescent Health Clinic, a subdivision of Community Health Center attached to Spectrum building to</p>

	<p>offer free, comprehensive health care to youth, ages 14-24. Worked closely with all Spectrum programs to ensure young adults receive the care they need, obtain primary health provider, and minimize use of emergency room.</p> <p>Worked with youth in getting med check appointments and assisted multiple youth in getting necessary assessments through Fletcher Allen’s Child Psychiatry and HowardCenter.</p> <p>Referred two youth to HowardCenter’s Developmental Services, including getting functional assessments and making seamless transitions into services.</p> <p>Assisted clients in scheduling and attending mental health appointments with Community Health Center, Spectrum Counseling services, and HowardCenter.</p> <p>Referrals to and collaboration with Spectrum Counseling Program, Centerpoint, HowardCenter, Community Health Center, NFI, and Jean Garvin School and private practices in the community for mental health and substance abuse counseling and assessment.</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....</p> <p>Attend bi-weekly CWS meetings and utilize Salesforce on a regular basis as well as meeting with BAM (Nicole Clements) for individual young adults.</p> <p>Business Account Managers from CWS now regularly attend JOBS and YIT meetings to hear about young adult employment needs and make connections with area employers.</p> <p>Reached out to a few pet grooming places in the Milton/Colchester area to discuss opportunities for young adults currently being served. Made connection with Moonlight gifts in Milton to assist a client in working their job fair.</p> <p>Continued job development on both as-needed and routine basis at Big Lots, the Salvation Army store, Unleashed Pet Food & Supplies, Creative Habitat, Saba Marine, Deb, BonTon, Boloco.</p> <p>Forged connection with Fresh Food kitchen, a food training program for women.</p> <p>VFN hosted the following trainings:</p> <ul style="list-style-type: none"> • September 27, 2012: VFN hosted a workshop on accessing services using the new Developmental Disability/Autism insurance. Many young people with ASD also present with an emotional disturbance so this

	<p>training was helpful to a broad population of families. Sam Able-Palmer, attorney from Disability Law Project presented and 27 parents attended.</p> <ul style="list-style-type: none">• October 5 & 12, 2012: VFN trained 10 Community Resource Parents from Chittenden County. This is a family leadership activity. We train parents regarding how to effectively support to other parents as they navigate systems on behalf of their youth. Training covers effective listening skills, Special Education, Coordinated Services planning, 504, etc.• November 11, 2012: VFN provided an overview and orientation for five parents of youth with special needs to support them in their role as “Family Faculty”. This is a parent leadership activity. Parents are matched with graduate students in special education or medical school programs. The match is made for one semester to enable these future professionals to experience directly what families experience in supporting their young person with special needs. The students interview the families and visit them in their home or attend meetings with them to gain insight into their daily lives.• December 12, 2012: VFN presented a free webinar on the topic of <i>Youth with Disabilities and Juvenile Justice System</i>. Sam Able-Palmer from Disability Law Project presented. 13 people participated in the live webinar. The archived/recorded webinar has been viewed six times since posting it on VFN’s YouTube channel.• December 13, 2012: VFN presented a free webinar entitled, “<i>Just Personality? Drawing the Line Between Traits & Illness</i>” 26 people participated in the live webinar. The archived/ recorded webinar has been viewed 14 times since posting it on VFN’s YouTube channel. <p>In addition, the following webinars are archived on the VFN site:</p> <ul style="list-style-type: none">• “<i>What’s Next: What Services are available when my teen transitions to adulthood?</i>” Viewed 45 times since posting 5/12.• <i>Voc-Rehab Transition Services for Students with Disabilities-</i> Viewed 129 since posting 12/11• <i>Guardianship-</i> Viewed 71 times since posting 1/12• <i>Restraint and Seclusion in Schools-</i> Viewed 26 times since posting 2/12• <i>Coordinated Services Planning-</i> Viewed 70 times since posting 2/12• <i>Post Secondary Transition for Students with Disabilities-</i> Viewed 153 times since posting 7/11• <i>Getting and Keeping the First Job-</i> Viewed 28 times since posting 9/11.
	<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....</p> <p>Continued use of the TIP Model to make sure entrance into services is youth</p>

	<p>driven, strengths focused, and goal oriented.</p> <p>Continued maintenance of the “YIT – Chittenden County” Facebook Page to serve as a social media-driven resource hub for young adults in Chittenden County. Posts are made weekly to offer suggestions for positive pro-social events in the community, tips on attaining jobs or accessing other resources, helpful hints on healthy living, general information regarding policies and initiatives in this area.</p> <p>Twitter account developed and managed by Miranda Creech, Young Adult Navigator, announcing events, activities, information and resources for young adults</p> <p>13 new calls to the YIT Line messaging service, a phone line available exclusively used for referrals, information, and education of YIT strategies and practices.</p> <p>Attendance of supervision group organized by Connecting Cultures to build competence and provide peer consultation.</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....</p> <p>Active participation with Creative Workforce Solutions to increase capacity for job development/job resources in the community, on-the-job trainings, and temp-to-hire opportunities.</p> <p>Connected with local libraries, Social Workers, Special Educators and Guidance Counselors at Milton High School, Champlain Valley Union High School and Winooski High School. Currently making connections at Colchester High School and Essex High School.</p> <p>Connected with Sarah Woodard, Spectrum marketing, to plan the launch of the ImpactVT.org.</p> <p>Connected with The Wellness Co-op to schedule drop-in hours with the Young Adult Navigator (Thursdays 3-5pm). Regular presence at the Wellness Coop, a drop-in center for ages 18+ using a peer support model and run by Pathways to Housing. Work with participants around job search and resource referral (see Attachment A).</p> <p>Presented ImpactVT.org and YIT services to Howard Center school social workers.</p> <p>Miranda Creech now serves on Court Diversion panel to help young adults</p>

	<p>take responsibility for their offenses and ideally reduce recidivism rate.</p> <p>Connected with area libraries' teen centers (Fletcher Free, Brownell, Essex Free).</p> <p>Connected with high school guidance departments (CVU, Milton, and South Burlington High schools).</p> <p>Distributed information about YIT and ImpactVT.org to special educators/guidance counselors in Chittenden County.</p> <p>Continued partnership with Eternity Web Designs for ongoing tech support for ImpactVt website.</p> <p>Established strong relationships with Vermont Refugee Resettlement Program between HowardCenter and Spectrum.</p> <p>Attended Milton Community Resource Fair on 9/11/12.</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....</p> <p>Continue to utilize the TIP Model as the evidence based model through which services for young adults are offered. Attended Part II of Tip Training for all YIT and JOBS staff.</p> <p>YIT and JOBS staff utilize principles of Cognitive Behavioral Therapy and Dialectical Behavior Therapy, ARC Model (Attachment, Self-Regulation and Competency) for trauma based work, and NMT (Neurosequential Model of Therapeutics) for trauma based work.</p> <p>Utilized the principles of the Circle of Courage model, focusing goals on Generosity, Mastery, Independence, and Belonging.</p> <p>Addition of area service providers to begin utilizing TIP Model practices, including Spectrum Youth and Family Services and Northeastern Family Institute. Representatives from these agencies have participated in the TIP Certification trainings.</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.

Many challenges remain the same as they were last reporting period:

- Lack of contact with youth due to lack of consistent housing and phone number to contact as well as transient nature of youth served.
- Finding adequate drop-in spaces that allow easy access and privacy & making the young adult advisory board appealing to young adults while maintaining a clear focus.
- Challenges faced have been related to developing a Young Adult Advisory Board in general. Young Adults have been eager to engage in services but show little desire to be part of a larger group.
- Not enough time and money to support group activities. E.g. food for the small group gathering with the Muslim young women.
- Continued struggles with getting the VCHIP paperwork translated into other languages, allowing multicultural youth who have non English speaking parents to participate in the study.
- Challenges also continue with follow through of youth for Vermont and National studies as well as tracking down clients to do follow-ups due to transitional nature of the population.
- Lack of consistency and follow through with young adults overall.
- Lack of services provided to help young adults with requirements for obtaining licenses including availability for driver's ed, finding support to get driving practice, having a reliable vehicle to practice driving.
- Travel time to get to youth in rural areas can affect the number of young adults we can see on a given day.
- Identifying and accessing interpreters when needed at times.
- Lack of diagnostic information and assessment of multi-cultural youth.
- Inaccurate or unknown information regarding age of youth in multi-cultural youth
- Transportation and consistency of public bus system and accessing bus passes for youth.
- Increased needs for multicultural youth services as VRRP plans to settle about 300 people in Vermont in the coming year, as well as the young children who moved here years ago have now grown into young adults needing support.
- Families with youth who may be struggling with emotional issues, substance abuse, or other disabilities can be hard to identify and difficult to reach.
- Families can have many events that overshadow the need of the adolescent on a daily basis, priorities can shift quickly. Many families are struggling to meet basic needs such as housing and consistent employment and these often, understandably, take priority.
- Young Adult Navigators do not have much success connecting parent to parental support resources through adolescent. Many adolescents are also runaways or experiencing homelessness and as a result their families are not within reach. However, the VFN Transition Resource Consultant maintains open lines of communication with the Young Adult Navigators to encourage family referrals.
- Adolescents and their families in rural areas can be difficult to reach when they are placed out of district.
- Creating a parent group continues to be a challenge. *Getting There: Life after High School* was a group originally started by Bob DiMasi in 2011 as a monthly opportunity for parents to come together and share resources and ideas. From January to June 2012, we continued to offer this opportunity, publicizing it on our website, listserv and via flyers

posted throughout the community. Attendance was poor and no lasting group formed. As an alternative to forming a group, we propose that the Parent Transition Resource Consultant broaden the scope of outreach to parents by cooperating with existing groups, school support staff and youth agencies to identify parents in need of general information and individual assistance. During this reporting period the PTRC has explored ways to strengthen VFN's support of multi-cultural families through connecting with VT Refugee Resettlement staff and others supporting the "Diversity Rocks" group.

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.

Dannelle Pratt began her role as the full time YIT case manager in September 2012 following Seth Gallant's departure in August 2012. Danni's responsibilities include providing intensive case management to a caseload of young adults, job development, overseeing the launch and maintenance of the ImpactVT website, and supervision of the Young Adult Navigator. Danni brings experience working with youth through the HowardCenter, knowledge of area resources, and utilizing creative activities to engage youth. (See Attachment B.)

Significant amount of time has been devoted to the continued growth and maintenance of the online resource guide, the ImpactVT website.

Significant amount of time has been devoted to understanding how to most effectively and efficiently serve multi-cultural youth, including identifying clinical expertise for this population and involvement in the Diversity Rocks group.

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.

- Launched ImpactVT.org and assisted in ensuring site was running properly - arranged meetings with Web Designer to fix all glitches in the website.
- Created ImpactVT.org promotional items materials: logo stickers, pens, pencils, brochures, and t-shirts (See Attachment C and D).
- Met with students at CVU High School and Milton High school to present information about YIT and ImpactVT as well as hand out literature and pens/pencils. Students were able to tour the website with our assistance.
- Presented information to a group of Special Educators at the schools as well.
- Provided information, literature, and pens/pencils to the local libraries regarding both YIT and ImpactVT.
- Provided impactvt.org stickers, pens, pencils, shirts, brochures to the Wellness Co-op.

- Added How-to articles to ImpactVT.org, including: How to: file taxes, register to vote, change a tire, parallel park, ride the city bus, budget money [developed Excel spreadsheet: Attachment E and attached], apply for financial aid, have a successful job interview.
- Added Resource Guide for Parents of Transition-Age Youth with an Emotional Disability to ImpactVT site.
- Created Twitter account.
- Maintained Facebook account.
- Events have been advertised in local newspapers, VFN's monthly e-newsletter, VFN list serve, VFN website calendar of events, VFN Facebook page and then sent to any other individual groups who have a connection to a YIT event by email or by regular mail.

Web data for VFN:

- VFN webpage on Mental Health- 2,614 visits during reporting period
- VFN webpage on Transition and Mental Health - 84
- VFN YIT web information - 194
- VFN Juvenile Justice - 226
- VFN Positive Behavior Supports - 1,841
- VFN Suspensión/Expulsión/Discipline - 438

5. Other Activities

Briefly describe other activities undertaken during the reporting period.

YIT Staff attended the following trainings:

- Two day ARC training, Suicide Prevention and Postvention training, Webinar: Strategies to Ensure a Healthy Adolescence (Office of Juvenile Justice and Delinquency Prevention) webinar, TIP Module certifications, Group Supervision
- TIPS I & II day long trainings
- Bullying Documentary - Shanna Hattie Jacobs - provided thoughts on the state of bullying in the county for a local documentary.
- Training Teen Brains to Become Minds: Ready, Fire, Aim! by Raymond J. Chin, PhD, MFA.
- Undoing Aloneness: Strategies for Co- Regulation with Traumatized Adolescents by Martha B. Straus, PhD.
- Assessment and Clinical Case Formulation with Catherine Burns, PhD.
- Umatter: Youth Suicide Prevention webinar
- Webinar on working with multicultural youth.

YIT Staff also attended and participated in the Annual Young Adult Voice Movement conference and the YIT Sharing Day at Lake Morey on October 24, 2012.

Parent Transition Resource Consultant and/or VFN staff attended the following on a regular basis:

- Transition Age Advisory Team – Listen to presented case of individuals and act as reference or resource for parent if present; Held at Spectrum monthly.
- Core Team - Connect here with the employment specialist for Chittenden County who shares information and resources regarding employment for transition age individuals. Members include representatives from such groups as Linking Learning to Life, Vocational Rehabilitation Services, Department of Social Security, Department of Labor, school counselors and others.
- Career Start - VFN staff attend this state wide committee meeting that meets quarterly to share information about transition resources and discuss current topics from various contacts around the state.
- Access Team - The PTRC is a member of this group as a parent representative.
- YIT Leadership Team - Provide updates to this group and receive information on the YIT Grant progress.
- Refugee Immigrant Service Provider Network. VFN staff attend this monthly meeting to keep current on the New American population in Vermont and those agencies that serve them.
- Family Support VFN – PTRC attends these weekly meetings to share information and receive information and referrals from other Family Support staff.

6. Activities Planned for Next Reporting Period

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

Working on creating a Young Adult Advisory Board. Spoke with many students regarding the board and beginning to engage them building the youth leadership. Assisted some young adults in advocating for themselves and developing skills to feel empowered to speak up for their needs and wants; continued development of the board – making it more appealing and inviting for young adults perhaps through a small focus group to guide the process, creating more awareness around the ImpactVT.org site as well as identifying and removing barriers to encourage more follow-through on ImpactVT.org interviews

- Continue to develop new community connections, continue to reach out to the different area schools and offer information sessions to both young adults and school providers.
- Engaging more community partners and young adults in attending monthly YIT leadership meetings.
- Continue attending CWS meetings and connecting with more community health providers,
- Continue to develop and provide more information/resources and how-to's on the ImpactVT website. This will include instructional videos made by youth to assist in independent living tasks. It will also include interviews held by young adults to community member and businesses describing resources and services available. Need to work with State team in helping with marketing and advertising efforts of website. Also planning to hold focus groups to get young adult input.
- Follow up with the planning on the cooking class.
- Continue to be a connected with Diversity Rocks! group.
- Increase meeting frequency with the small Muslim young women group.
- Research on clinical model that fits the need of multicultural youth.

- Continuation of outreach for Young Adult Navigator services through referral form process.
- Activities related to certification of TIP Model utilization through updated fidelity assessment and needs assessment of programming; developing an action plan to ensure alignment with TIP Model.
- Parent Transition Resource Consultant will be connecting to and working with the new immigrant parent group forming at Burlington High School.
- PTRC has presented at one Centerpoint parent group and will present at another in February. Will also present to clinicians at Howard Center in Feb.
- VFN will survey families about their training needs and present webinars and other trainings on topics identified by parents of transition age youth. Will also keep VFN website and e-news updated with relevant information for this population.
- VFN conference will include two workshops focusing on different aspects of the transition process.
- Continue supporting families of transition age youth with ED in Chittenden County and connecting families with appropriate supports. Also will continue to maintain strong connection with ACCESS team and YIT team. Continue to promote the YIT supports available in Chittenden County and across the state.

DMH only:

Date received: _____

Approved by: _____

Date approved: _____

Approved by: _____

Date approved: _____

Attachment A:

**The
Wellness
Co-Op**

**Find Miranda there
Thursdays from 3-5 pm**

**18⁺
10am to 5pm**

**43 King
Street**

- attend groups**
- hang out**
- talk to an employment specialist**

Attachment B:

Dannelle (Danni) Pratt

dpratt@howardcenter.org

220 Lupine Drive
Colchester, VT 05446
Cell: (978) 337-8836

Education

Northeastern University

Bachelor of Science Degree in Human Services
Graduated *Cum Laude*

Boston, MA
January 2007

Professional Experience

Howard Center

Living Skills Specialist

Provide support and intervention to families and children of varying ages. Collaborate with Family Clinicians in creating treatment plans to meet the individual needs and goals of each client served. Develop and maintain a comfortable and supportive therapeutic relationship with families and children. Engage and support clients in activities targeting their individual goals and needs. Utilize community resources to best assist clients engaged in Living Skills service. Complete appropriate paperwork related to services provided.

Burlington, VT

June 2011- Present

Burlington Health and Rehabilitation

Recreation Therapy Assistant

Developed and implemented a monthly calendar of activities and programs targeting all skill levels. Worked in collaboration with direct supervisor, department heads, and peers to strategize on areas of improvement or opportunity. Maintained daily reports on activity output by each resident. Created and maintained all reports and assessments on assigned residents. Assisted residents in daily activities and leisure pursuits, while simultaneously providing guidance and support.

Burlington, VT

October 2009- July 2010

Greater Burlington YMCA

Teacher

Worked with infants and toddlers between the ages of 3 months and 2+ years. Acted as assistant to director of site program. Acted as fill in director when current director was not present. Created and implemented curriculum and weekly lesson plans. Ensured safety of all children while present at site. Updated and completed children's evaluations and developmental assessments. Trained and supported all new staff members. Ensured all licensing and NAEYC standards were upheld. Wrote monthly newsletters for staff and families as needed.

Burlington, VT

August 2008- October 2009

Family Continuity Programs

Home Based Counselor

Worked with families, children, and individuals of all ages in the areas of Family Stabilization Therapy, Parent Support, and Community Support. Assisted all clients in crisis through interventions and providing them with support and access to appropriate resources. Created treatment plans catering to each individual case and completed all paperwork for each client case. Worked collaterally with all other agencies related to the client case. Assisted in training new staff.

Lawrence, MA

July 2007- July 2008

Franciscan Hospital for Children

Teaching Assistant

Brighton, MA
Spring 2005-July 2007

Taught and attended to students with severe multiple disabilities ranging in ages from 3-22 years old. Worked with each individual on reaching the goals and objectives of their Individualized Educational Plan (IEP) while using adapted technology and positioning items. Monitored student health needs and assisted with self-care, hygiene, and feeding skills. Planned and carried out classroom activities for approximately 6 students. Assisted in creating, organizing and completing MCAS Alternate Portfolios.

Volunteer Internship Experience

Head Start (Seacoast Center)

Newburyport, MA

Teacher's Assistant and Family Advocate

Fall 2006

Worked in a classroom of 18 students between the ages of 3-5 years old while assisting in the organization of classroom activities and lessons. Assisted in completing and filing applications for funding sources. Attended regular Family Advocate meetings and assisted in-home visits to the families of the enrolled children.

Mill Swan Elementary School

Worcester, MA

Teacher's Aid

Fall 2004

Facilitated and participated in numerous activities for elementary school aged students at racially diverse school. Assisted in activities to implement IEPs for all students.

Computer Skills and Certifications

Computer skills: Knowledgeable with Microsoft Windows XP, Word for Windows, Power Point, and Internet research.

Certifications: Certified in CPR and First Aid

References Furnished Upon Request

Attachment C:



Attachment D:

YIT is an acronym for Youth in Transition, a fancy phrase for anyone between the ages of 16 and 22 years old, the years of transitioning from child- to adulthood. The grant helps young adults become more prepared, self-sufficient, successful adults by helping navigate this often difficult and uncertain time of life.

www.youth-in-transition-grant.com

Talk to a YIT Worker today!

Miranda Creech
(802) 660-0580 ext 429
mcreech@spectrumvt.org





Danni Pratt
Spectrum/YIT
(802) 660-0580 ext 218
dpratt@howardcenter.org

YIT Line
(802) 660-0580 ext 433
*confidential. message line
calls returned within 48 hours*

191 North Street
Burlington VT 05401

What can the Youth In Transition grant do for you?

Find us on Facebook and Twitter



Let the Young Adult Navigator help you...

- get a job
- make a resume
- find independent living
- get a driver's license
- connect with a counselor
- apply for food stamps
- make a budget
- apply for financial aid
- get healthcare
- practice interview skills
- find your college fit
- save money

Check out our resource mapping site!

...or YOU tell us how we can help.

FIND RESOURCES NEAR YOU

Housing | Support Groups | Food | Social

Emergency Services | Mental Health & Developmental Services | Health | Legal

Sexual Health & Parenting | Alcohol & Other Drugs | Education | Sexual Harassment

Employment Training | Multicultural

IMPACT VT

Sound too good to be true? Think you don't qualify? Ask yourself this: Are you between the ages of 16 and 22? Could you benefit from additional supports like these? If you said yes... You qualify!

Attachment E:

Monthly Budget

<i>Incoming Funds</i>			REMEMBER TO ADD (-) TO OUTGOING FUNDS	<i>Outgoing Funds</i>	
Week 1				Rent	
Week 2				Electricity	
Week 3				Gas	
Week 4				Cable	
Total	\$0.00	\$0.00		Internet	
Extra Funds				Phone	
				Car Payment	
				Insurance	
				Student Loan	
			Transportation		
			Grocery		
Total		\$0.00	Misc		
			Misc		
Total		\$0.00	Total	\$0.00	

Monthly Savings

\$0.00

Sample Monthly Budget

<i>Incoming Funds</i>			REMEMBER TO ADD (-) TO OUTGOING FUNDS	<i>Outgoing Funds</i>	
Week 1	\$0.00	\$0.00		Rent	-\$500.00
Week 2	\$500.00	\$0.00		Electricity	-\$35.00
Week 3	\$0.00	\$0.00		Gas	-\$25.00
Week 4	\$500.00	\$0.00		Cable	\$0.00
Total	\$1,000.00	\$0.00		Internet	-\$15.00
Extra Funds				Phone	-\$20.00
				Car Payment	-\$200.00
Repaid Loan		\$100.00		Insurance	-\$200.00
				Student Loan	\$0.00
			Transportation	-\$25.00	
			Grocery	-\$50.00	
Total		\$100.00	Misc	\$0.00	
			Misc	\$0.00	
Total		\$1,100.00	Total	-\$1,070.00	

Monthly Savings

\$30.00