

YIT PROGRAM PROGRESS REPORT

1. Grant Number: #C-YIT-FY12-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: **January 1, 2012 through June 30, 2012**
6. Approved Project Period from: **January 1, 2012 through June 30, 2012**
7. Author's Name and Telephone number: **Betsy Cain, Assistant Director, Child, Youth and Family Services @ HowardCenter: (802) 488-6701**

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8. Date of report: **July 30, 2012**

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>11 young adults attended the YIT state team visit 4/27/12.</p> <p>Started in February, Diversity Rocks! (a multicultural youth group) peer leaders meet twice a month to increase youth involvement in decision making. In May, the peer leaders attended leadership training. (See Attachment A.)</p> <p>40 young adults from the region attended the Youth Adult Voice Movement Conference on June 1 and 2, 2012.</p> <p>Miranda Creech, Young Adult Navigator, has been working to help develop a Youth Advisory Board in the Burlington area. There have been several meetings of young adults and some ideas have been generated with regard to activities and purpose. This continues to be a work in progress and has been youth led. (See Attachment B.)</p> <p>Mapped various resources that young adults can access in Chittenden County. Had 12 young adults go out into the community to do “interviews” with resources to be uploaded onto the website. (See Attachments C, D, E, F and G.)</p> <p>5 clients participated in Impact VT interviews taking leadership roles and reaching out to the community to connect with resources that serve young adults.</p> <p>Compiled a list of 128 young adult friendly resources in Chittenden County using the CYFS School Services Resource Guide, the COTS Burlington Survival Guide, the First Call “yellow pages” booklet, and personal research. Categorized resources into helpful pages (Housing, Education, Employment & Volunteering Training, Volunteer Opportunities, Food, Health, Social, Mental Health, Emergency Services, Sexual Health, Alcohol & Other Drugs, Multicultural)</p> <p>Created and uploaded helpful articles and videos for young adults on website. Daily update of Chittenden County YIT Facebook page, and Facebook page feed incorporated on ImpactVT homepage. ImpactVT website launched live on July 9, 2012. Visit the site and check it out!!! Click on the following link: www.impactvt.org.</p> <p>Presented website at Diversity Rocks, Centerpoint, Family and Community Based Services Meeting, Transition Aged Advisory Team Meeting, and</p>
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	<p>Spectrum Drop-In.</p> <p>2: Family/adult allies support young adults...</p> <p>Supported a family in applying for Public Housing and Green Card Process.</p> <p>Multicultural clinician initiated and participated in 5 home visits (for 2 families) with interpreters. Also connected one mother to Vermont Family Network. Continued work to use phone interpreters to maintain ongoing communication with one mother.</p> <p>Contacted volunteer in the community to help several youth in getting their driver's license.</p> <p>Continue 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>Continue to encourage young adults to bring family and friends to meetings if they thought it would be constructive. Several young adults embraced this and regularly brought allies to meetings.</p> <p>Between January and June, VFN offered a support group for families of transition-age youth struggling with emotional disabilities which was held the third Tuesday of every month. This group was discontinued in June (see Problems section of this report).</p> <p>VFN continues to provide links and feedback to include family perspective and resources for the online resource center on an on-going basis.</p> <p>Individual family meetings attended by Parent Transition Resource Consultant:</p> <ul style="list-style-type: none">• Parent meeting: 2/13/12• Parent meeting: 3/18/12• Met with parent to assist with SSI application: 3/23/12• Met with parent for information/resource sharing: 4/3/12• Met with parent re SSI benefits 4/6/12• Attended school meeting with parent 4/13/12• Act 264 for transition-age student with SED 5/7/12• Act 264 for transition-age student w/ SED 5/8/12• Met with New American parent 5/18/12 <p>VFN had 74 contacts with families of transition-age youth during this reporting period.</p> <p>VFN had 276 contacts with families of children and youth with special needs in Chittenden County.</p> <p>3: Workers use caring practices known to be helpful for young adults and</p>
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	<p>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>Provided employment search, job skills development, job retention support, independent living skills support for additional 19 young adults.</p> <p>Supported appropriate skills for client to leave job at Adecco, and as a result, client was able to return after new job did not work out.</p> <p>Helped support client with anxiety, coping strategies, and appropriate ways to express concerns with supervisors.</p> <p>Helped client prepare to transition out of NFI group home; worked with client to establish school plan and housing plan.</p> <p>Helped client explore interest in art and exploration of BCA classes and worked with community to access financial support to pay for class.</p> <p>Supported one multicultural youth and his parent to advocate for IEP eligibility.</p> <p>Supported two multicultural youth to go through mental health crisis and navigate complicated mental health system.</p> <p>Supported several young adults navigating the court system. Advocated to ensure he was allowed enough time to complete his obligations successfully. Worked collaboratively with probation officers.</p> <p>Supported multiple youth as they applied for and were accepted into the various transitional living programs through Spectrum Youth and Family Services. Helped young adults successfully transition out of shelter living into more stable housing.</p> <p>Supported several young adults as they prepared for aging out of Spectrum services. Focused on supporting clients as they sought stable housing, assisted with identifying resources in the community, made appropriate referrals to other services. Worked with clients to seek subsidized housing.</p>
	<p>4: System of Care partners gain cultural & linguistic competence (CLC)...</p> <p>Attended "The Importance of Culture: Exploring Our Differences and Our Similarities" and "Addressing Language Barrier when Serving Refugee Patients".</p> <p>11 clients, including Diversity Rocks! Youth, participated in YIT State Team visit to discuss challenges for refugee and immigrant population and voice their concerns.</p>

	<p>Diversity Rocks! group members participated in activities related to the Burlington School District's racial discrimination concerns. Multicultural clinician provided training and guidance to help facilitate constructive conversation. In June, the youth met with the school Principal and Superintendent to discuss the issues.</p> <p>About 30 additional youth contacted multicultural clinician for variety of concerns regarding employment, healthy summer activities, stress at home, and relationships. Assisted multicultural youth in the area health and mental health, housing, and leadership building.</p> <p>Multicultural clinician is currently working with 6 youth who need extensive support and case management.</p> <p>Met with Executive Director from United Way to discuss funding for Diversity Rocks!</p> <p>Met with VCHIP team to discuss challenges of VCHIP study with multicultural youth and ways to overcome these challenges.</p> <p>Regularly utilized interpreters for young adults with limited English proficiency.</p> <p>About 30 multicultural youth from the region attended the Vermont Young Adult Voice Movement Conference in June.</p>
	<p>5: Local communities (including young adults) change their perceptions of young adults and of mental health issues, reducing stigma....</p> <p>Established internship with client at Big Heavy World (Jim Lockridge).</p> <p>Contacted Bike Recycle (Dan Hock) about potential volunteer opportunities for young adults as well as an interview for ImpactVT.</p> <p>Helped with U Got Talent Show, an event that included 15 youth of different backgrounds to show others in the community their talents. (See Attachment H.)</p> <p>Young adults conducted interviews with Spectrum Residential, JOBS Program, Spectrum Counseling, Pearl St. Clinic, Salvation Army, Spectrum Drop-In, Ronald McDonald House, First Congregational Church of Burlington, and Centerpoint School for ImpactVt website.</p> <p>During the quarter, Young Adult Navigator addressed the issue of housing with several young adults referred primarily through the YIT Line. Steps were taken to secure housing through Section 8, community housing boards, including room share and sublet ads, and referrals were made to Spectrum's transitional housing programs. Budgeting for housing and utility costs was discussed to prepare young adults for month to month expenses. A connection with COTS was made as a channel for new referrals.</p>

	<p>Continue to use partnering agencies to work with Church Street Marketplace and community to educate the public around youth culture and barriers facing at risk youth, as well as work closely with Justin Verrette from HowardCenter to assist youth in community facing obstacles. This position works in partnership with the Burlington Police Department to assist and support individuals experiencing mental health crisis to get support in order to minimize police involvement and falls in line with Sequential Intercept Model.</p> <p>VFN Transition Resource Consultant, in collaboration with other VFN family support staff completed a new publication, <i>A Holistic Guide to Transition for Parents of Youth with Special Needs</i>. This guide provides information from families to families regarding a wide range of topics within the transition process including how to access adult services and community supports, guardianship, recreation, employment and many more. A draft was circulated for feedback to outside partners and families and the final product should serve as an excellent resource for families in Vermont for years to come.</p>
	<p>6: Effectiveness of the Vermont System of Care for young adults with SED is evaluated.....</p> <p>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. Using TIP informed strategies, developed list of key questions to include in transition planning for young adults.</p> <p>Continued work with the Transition Age Advisory Board to address access for young adults to resources in the community, develop a plan for transitioning young adults, and discussing TIP strategies for more effective outcomes.</p>
	<p>7: The State supports and sustains regional services for young adults....</p> <p>Multiple opportunities made available to partner with other regional efforts through coordination with state partners.</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>Met with Matt Wolfe to discuss strategies to implement that could best meet Chittenden County's needs. Also discussed the creation of a young adult group with Matt.</p>
<p>Desired outcomes for</p>	<p>1. Decreased number of young adults involved in the corrections system (including an increase in the number who are free of incarceration).</p>

<p>young adults of transition-age</p>	<p>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>Supported a client to fulfill needs of juvenile justice system while on probation.</p> <p>Supported a client to find healthy activities to reduce opportunities to violate probation.</p> <p>Supported a 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>Supported a young adult as he navigated the adult justice system. Worked collaboratively with the young adult and his probation officer to ensure probationary requirements were appropriate, feasible and in line with the client's long-term goals.</p> <p>Continue to work closely with Justin Verrette and the rest of HowardCenter MHSAS Outreach Team to provide support to young adults in mental health crisis in the community in order to avoid or minimize police involvement. Falls in line with Sequential Intercept Model.</p> <p>Work with Probation and Parole to establish a referral process for young adults in the correctional system.</p>
	<p>2. Increased number of young adults who are employed...</p> <p>Supported client in job retention through Adecco Staffing Agency.</p> <p>Ongoing job development through Goodwill, Mac's Market, Pitchfork Farm, Gardenside Nursery, Kinney Drugs, Dollar General, Petco, Koffee Kup Bakery, Champlain Farms, Greer's Dry Cleaning, the Spot restaurant, Blockbuster Video, and Starr Farm. Worked with each employer to establish rapport, provide education, and act as liaison to help ensure successful employment. Also supported young adults in appropriately leaving jobs.</p> <p>Resume building and application process with young adults.</p> <p>Attended UVM Job Fair and spoke with employers about hiring young adults.</p> <p>Maintained a job board featuring applicable help wanted ads from Craigslist, 7Days, JobsInVermont, and other community resources. The board is updated daily.</p> <p>Full participation in CWS (Creative Workforce Solutions) to build rapport and</p>

	<p>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) educational programs....</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 to programming. Visited young adult regularly in the program to offer continued support.</p> <p>Worked with schools to help support attendance and supports within the schools, including Winooski High School, CVU, Burlington High School, Mount Mansfield Union High School, Essex High School, Colchester High School.</p> <p>Worked 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.</p> <p>Connected client with VAL for GED testing. Worked to enroll client in CCV summer courses Met with students from Horizons and On Top to discuss YIT initiative Met with 3 clients from Milton School District. Worked with client to maintain internship through YMCA. Diversity Rocks! youth attended suicide prevention workshop provided by Umatter.</p> <p>Work with multicultural youth to seek summer employment and healthy activities.</p>
	<p>4. Increased number of young adults who have access to, and are using, a medical home....</p> <p>Introduced multiple young adults to the Adolescent Health Clinic, an arm of the community Health Center for regular check ups, referrals for assessments, various medical care screenings, referrals to more specialized care, dental care, medication oversight, referral to psychiatric care and follow up.</p> <p>Helped youth transition from pediatrician to adult doctor as primary care physician.</p> <p>Helped client with scheduling of medical appointments and mental health appointments in order to reduce risk of medical and mental health emergencies.</p> <p>Supported several youth in emergency room following mental health crisis and</p>

	<p>worked with youth to establish relationship with a primary care physician in order to get more regular preventative care.</p> <p>Assisted multiple youth in accessing or re-applying for Medicaid and other forms of public health benefits in order to get preventative care.</p>
	<p>5. Increased number of young adults living in safe and stable housing....</p> <p>Worked with multiple clients in filling out applications for the Burlington Housing Authority, Winooski Housing Authority, and Champlain Housing Trust to secure low income housing.</p> <p>Worked with client to obtain the affordable housing list administered by CVOEO, joined list of agencies who regularly get list mailed of current housing openings.</p> <p>Provided case management support to youth living in several of Spectrum's transitional housing programs, including Spectrum's shelter, Spectrum's two transitional living programs, and Murray Street Group Home, and followed young adults to help establish independent living options in the community.</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 the clients as they sought stable housing. Worked with 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>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 three youth to Spectrum's Mentoring Program to establish regular contact with positive adults.</p> <p>Introduced several youth to Bill West, volunteer and mentor at Spectrum, who has set up an informal program to help youth obtain their driver's license.</p> <p>Helped several youth build natural supports in the workplace, resulting in caring adults involved in their lives providing support at work.</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,</p>

	<p>focusing on building on strengths and interests as well as pulling in natural supports if possible.</p> <p>Facilitated instruction of life skills and supportive counseling to build natural strengths with clients.</p> <p>Worked with clients to develop strengths and explore opportunities within these areas using the TIP Model.</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>Utilized creative ways for youth to identify their strengths and build self esteem, such as yoga, cooking, sports, and art.</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>Availability for young adults to access the Adolescent Health Clinic, a subdivision of Community Health Center attached to Spectrum building to offer free, comprehensive health care to youth, ages 14-24. Works 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 several youth to HowardCenter’s Developmental Services, including getting functional assessments and making seamless transition 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.</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>Engaged in regular job development conversations with hiring managers and</p>

	<p>business owners throughout Chittenden County.</p> <p>Continued active participation in Creative Workforce Solutions. Attended meetings regularly and obtained licensing for access to database. Utilized CWS/VocRehab/VABIR sponsored creative hiring practices to facilitate placements. Worked with partners to create employment/career opportunities via job shadowing, internships, OJT (on the job training), and temp-to-hire strategies.</p> <p>Attended Employment Institute in June 2012.</p> <p>VFN hosted the following trainings:</p> <ul style="list-style-type: none">• January 10, 2012: VFN staff member Claudia Pringles presented a webinar on Guardianship. 16 people participated in the live webinar. The recorded webinar has been viewed 28 times since it was posted on VFN's You Tube channel in April.• February 14, 2012: VFN presented a webinar on Coordinated Services Planning in collaboration with the Federation of Families for Children's Mental Health. 28 Parents and 23 professionals attended the live webinar. The recorded webinar has been viewed 36 times since it was posted on VFN's You Tube channel in April.• February 16, 2012: VFN presented a webinar on the use of seclusion and restraint in Vermont schools. Richard Boltax from VTDOE's BEST team presented information about Rule 4500, the new rule governing the use of seclusion and restraint in VT schools. 19 parents and professionals participated in the live webinar and the recorded webinar has been viewed 12 times since it was posted on VFN's You Tube channel in April.• April 11, 2012: VFN held its annual conference in Burlington. Among the many workshops offered was one presented by Richard Boltax: <i>Effective Ways to Prevent and Respond to your Child's Challenging Behaviors</i>. 35 parents and seven professionals attended this training. The curriculum focused on learning de-escalation strategies when interacting with youth with emotional and behavioral challenges.• April 11, 2012: VFN held its annual conference in Burlington. Among the many workshops offered was <i>Transition to Adulthood-Be Prepared!</i> This workshop covered information regarding transitioning to adulthood and resources in the adult world. It included presenters from Vocational Rehabilitation, Vermont Department of Education and others.• April 11, 2012: Parent Leadership Activity, VFN held its annual conference in Burlington. Among the many workshops offered was <i>Developing Family Leadership: The Power of Personal Stories</i>. This workshop discussed how to tell your family story to policy makers and legislators. The goal was to increase the number of family members of youth with disabilities who are willing and able to share their story to influence family- driven systems change. 24 people participated in this workshop.• May 4, 2012 & May 11, 2012: Parent Leadership Activity, VFN presented a two day Community Resource Parent training in Williston.
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	<p>This curriculum covers how to offer effective and appropriate peer support, how to navigate the special education system, and what is a coordinated services plan. The purpose is to train parents of youth with special needs so that they can then be matched with other parents of youth with special needs who are looking for support and information. The goal is to support and encourage parent leadership through building a community of parents supporting each other through systems navigation and sharing resources and strategies that they have found to be successful through their own experiences.</p> <ul style="list-style-type: none">• May 24, 2012: VFN presented a webinar entitled <i>What's Next? What Services are available when my teen transitions to adulthood?</i> Nine parents and four professionals attended the live webinar and the recorded webinar has been viewed 14 times since it was posted on VFN's You Tube channel in May.• May 30, 2012: VFN staff presented a workshop entitled, <i>In the Driver's Seat</i> at the VTDOE/VSAC Career Planning Conference at Vermont Technical College. The audience was made up of school counselors, administrators and parents from across the state. Workshop introduced curriculum available for transition age youth to help them learn self advocacy skills and how to be actively engaged in their own transition planning.• June 15, 2012: VFN hosted a workshop in Williston by Ken Kramberg from LCS Institute on <i>Conflict Prevention & De-Escalation</i> for 14 families. This was a comprehensive training that took place from 9am until 4pm. Participants received a workbook with strategies from LCS Institute as part of the training. VFN offered to cover the \$25.00 workbook fee for any family who requested it and a meal was provided. Out of the 14 families who attended, 10 accessed the \$25.00 to offset the cost of the training.• June 27, 2012: VFN presented a workshop at the annual BEST Institute in Killington, VT entitled, <i>Fostering the Parent-Professional Relationship</i>. 20 professionals attended. The goal of the BEST project is to increase and strengthen the regional capacity across Vermont so that schools and their communities are better able to anticipate and respond to the challenging behaviors of their students. Professionals who attended were school staff including special and regular education teachers and social workers.
	<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>Spectrum Youth and Family Services succeeded in opening a NEW 9-bed transitional living program, the Pearl Street Residence, for youth transitioning out of DCF custody and in need of transitional living support. Young adults work with case managers to develop goals, save money, and build independent living skills. Upon completion of housing program expectations and youth driven goals, the young adult receives a section 8 voucher that is</p>

	<p>valid in any state.</p> <p>Overall organizational changes regarding initial entrance into programming to be even more youth driven and strength focused than before.</p> <p>Launch of Impact VT website!</p> <p>Utilization 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>Developed and monitored the YIT Line messaging service, a phone line available exclusively used for referrals, information, and education of YIT strategies and practices.</p> <p>Attended supervision group organized by Connecting Cultures to build competence and provide peer consultation.</p> <p>Established Young Adult Advisory Meeting as a forum for youth directed activities and hosted 3 meetings to discuss initiatives.</p>
	<p><u><i>Partnership/Collaboration:</i></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>Extensive work with Eternity Web Design Company for launching of Impact VT, the online mapping resources for young adults.</p> <p>Met with representatives from community resources to establish connections and learn about available services including: Lund Family Center, COTS, Burlington Emergency Shelter, ReSource, Centerpoint, CVOEO, and OutRight Vermont.</p> <p>Working on grant in partnership with Minority Health through the Department of Health for support for multi-cultural youth.</p> <p>Established strong relationships with Vermont Refugee Resettlement Program between HowardCenter and Spectrum through Diversity Rocks!</p> <p>Worked with Spectrum Youth and Family services to host weekly Diversity Rocks! Meetings in Spectrum’s Drop-In Center space.</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.</p> <p>Staff also participated in numerous trainings, including trainings in adolescent brain development, utilizing strategies of Cognitive Behavioral Therapy and Dialectical Behavior Therapy, ARC Model (Attachment, Self-Regulation and Competency) for trauma based work, 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>
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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.
- Lack of consistency and follow through with young adults.
- Time taken to travel to youth in rural areas. In addition, adolescents and their families in rural areas can be difficult to reach when they are placed out of district.
- 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.
- Challenge to find job opportunities for youth due to current economic climate.
- Transportation and consistency of public bus system and accessing bus passes for youth
- Less involvement with YIT initiatives and meetings by various organizations.
- Lack of services provided to help young adults with requirements for obtaining licenses.

- 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
- Challenges with not having SAMHSA grant paperwork (common study, consent forms, etc.) available in print in different languages
- Lack of funding for Diversity Rocks!

There is also 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.

Finally, one more area of our work scope that has proven to be a challenge is creating a parent group. *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. The PTRC will also seek 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.

Seth Gallant began his role as the full time YIT case manager in February 2012, following Chris Vaughn's departure in December 2011. Seth's responsibilities include providing intensive case management to a caseload of young adults, job development, overseeing the launch of the ImpactVT website, and supervision of the Young Adult Navigator. Seth brings experience working with youth through the HowardCenter, knowledge of area resources, and utilizing creative activities to engage youth. (See Attachment I for resume.)

Bob Dimasi left the half-time YIT position at VFN in mid-January to take a full time position at Easter Seals. Ellen Vaut has stepped into the role of Parent Transition Resource Consultant at VFN. This was a natural fit for Ellen and compliments her ongoing work with the YIT leadership and ACCESS teams.

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.

- Re-distribution of Young Adult navigator Referral Forms
- Meeting with schools, and organizations that serve young adults to discuss ImpactVT website and YIT services.
- ImpactVT advertisement through Facebook Ad., and printed materials (stickers, T-Shirts)
- Upkeep and maintenance of ImpactVT website and Chittenden County YIT Facebook page.
- Maintenance facebook site: YIT Chittenden, posting community events and important issues concerning the YIT community.
- Flyers distributed throughout Chittenden County offering services through YIT initiative.
- Production and distribution of young adult talent show flyers.
- YIT events, including parent support groups and relevant workshops, have been advertised in local newspapers including the Burlington Free Press and local town papers like the Williston Observer, VFN's monthly e-newsletter (received by over 4,000), VFN list serve (approx 200 subscribers), VFN website (approx 23,000 unique visits annually) calendar of events, VFN Facebook page (380 friends) and then sent to any other individual groups who have a connection to a YIT event by email or by regular mail.

5. Other Activities

Briefly describe other activities undertaken during the reporting period.

- Attendance and participation in the Annual Young Adult Voice Movement conference in June at Castleton State College with 40 young adults from Chittenden County.
- Attended the YIT Sharing Day at Lake Morey.
- Attended the Working With Youth Conference at Killington.
- Attended multiple trainings, including: Adolescent Brain Development, Resiliency of Adolescents, Nurturing male adolescents, psychopharmacology, conflict resolution, motivational interviewing, New England Survivors of Torture and Trauma training, multiple diversity trainings.
- Presented ImpactVT and YIT Initiative to senior classroom at Centerpoint (Jaclyn Pantzar, Mitch Barron).
- Presented ImpactVT Interviews twice at Spectrum Drop-In.
- Regular participation in Diversity Rocks, including a presentation of ImpactVT website and interviews.
- Diversity Rocks! youth organized bake sale during Spring Break.
- Participated in CWS, shared YIT initiative with group. Attended Creative Workforce Solutions Conference.
- Met with evaluators to discuss challenges and strategies for VCHIP study.
- 2 more young adults enrolled in Common Study.

Ellen Vaut and/or VFN Staff attended the following:

- 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.
- LIT – The PTRC is the parent representative on LIT.
- YIT Leadership Team – The PTRC gives updates to this group and receives 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.

- Parent meeting for Diversity Rocks! Members.
- Continuation of outreach for Young Adult Navigator services through referral form process.
- Continued work with Young Adult Advisory meeting to identify youth driven activities, input of the ImpactVT website, and input into ways to make the system of care more youth accessible.
- Continued work on maintenance of resource 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.
- Will be moving to the next level of TIP Certification. Have done strategic planning to look at areas of growth to become more aligned with the TIP Model. Next level of training will take place in July 2012.
- Working on youth leadership groups and gathering input from young adults around system of care.
- Continue to do outreach to school personnel and parent groups, and increase our outreach efforts with the New American community.
- Develop a Transition Resource Fact Sheet for parents and make available in hard copy and on the VFN website.
- Conduct at least one webinar on a topic of interest to families of transition age youth with emotional disabilities. Include resources in Chittenden County such as Spectrum and others. Could address identified areas of need such as substance abuse challenges. Archived webinar will be available for viewing on VFN website and for free on DVD by request.
- Offer transition related and parent leadership workshops at the VFN Annual Conference.

- Continue to publicize opportunities for parent leadership, including on statewide boards and committees such as the Special Education Advisory Council, and others.
- Continue to offer individualized support and peer connections to parents of transition age youth with emotional disabilities in Chittenden County as they navigate systems of support and seek out resources.

DMH only:

Date received: _____

Approved by: _____

Date approved: _____

Approved by: _____

Date approved: _____

Attachment A:

DIVERSITY ROCKS!

Diversity Rocks! is a fun-filled group of culturally diverse, former refugee youth between the ages of 14 and 21. Since the group began meeting February 2, 2011, more than 100 youth have participated. On average, 30 members participate in each meeting.

Besides providing a safe and fun environment for multicultural youth to gather every other Friday, Diversity Rocks! offers more than 20 workshops a year to help members learn new skills and gain information which will lead them to a healthy and successful adulthood. Workshop topics are based on members' interests and needs. Adult advisors also choose topics that address physical and mental health, i.e. solutions to cultural conflicts, school bullying and life after high school.

Over the course of the last year, the youth have significantly increased the frequency of their meetings beyond the alternate Fridays of the original structure. For instance, there have been many planning and rehearsal sessions for public events and of course the events themselves. There are also workshops on alternate Fridays to focus in depth on specific areas of interest to the group.

Currently, at the alternate Friday meetings, the group is studying racism and education with the goal of making specific recommendations to their school districts in conjunction with the Nellie Mae Grant. Every other Monday the peer leadership group gathers with adult advisors for a planning session, often incorporating workshops led by guest experts in topics such as leadership training. As the needs and interests of the group change, so do the times and activities of these additional meetings.

In the past year Diversity Rocks! has gone on two field trips to Shelburne Farms, taken a day trip to MASS MoCA, the world class art museum in North Adams, Massachusetts, and visited The Body Exhibit at the Echo Museum under the guidance of University of Vermont medical students. As the community is learning about the group, invitations are being extended for future field trips. The youth themselves are beginning to think more broadly about how best to explore Vermont and the surrounding area to pursue their interests and build their base of knowledge and experience. Future field trips will be taken during windows of opportunity such as school vacations and will reflect current interests and events.

Diversity Rocks! membership is growing steadily by word of mouth. Friends and relatives of members are joining the group as they come to understand how it will benefit them. Some activities are now drawing over 40 youth. The youth themselves are the driving force behind Diversity Rocks!

Attachment B:

Do you...

THURSDAY APRIL 12TH
FLETCHER FREE LIBRARY
PICKERING ROOM
4:00 PM

have ideas about activities for young adults?
want to plan trips and fundraisers?
want to chat about resources in the community?

Then you should join the...

Y O U N G
A D U L T

Snacks Provided

Advisory Board

Attachment C:



Impact Vermont Needs YOU!

Are you between the ages of 16-22? Do you know of valuable resources in the community that could help you peers? Would you be interested in earning a stipend and/or community service hours for visiting these places? If so, your input could be useful to Impact VT, an interactive mapping website for Chittenden County.

**Share your ideas.
Gain experience.
Earn money.**

Call Miranda or Seth at 660-0538
ext 429 or 218 to find out more

Attachment D:

**Want \$10
cash??**

**IMPACT
VERMONT**

**Call Seth or Miranda
802.660.0538
Ext 218 or 429**

Seth or Miranda
802.660.0538
Ext 218 or 429

Seth or Miranda
802.660.0538
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Seth or Miranda
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Attachment E:

Interview Guidelines

Guidelines for Interviewing Resources:

Prior to the Interview:

What Do I Need to Do?

- Check with a site administrator, Seth or Miranda, to ensure the resource has not provided an interview.
- Ask all 15 questions from Page 3, 10 from General Questions and 5 from Optional Questions.
- Most importantly, you must ask all ten questions from the General Questions section.
- Your questions do not have to be in any specific order when asked or returned to site admins.
- If you have not yet been in contact with the chosen resource you should either call them or speak to them in person, in person whenever possible. When you contact the resource ask to speak with an owner or manager.

Talking to the Representative

- When you talk with the owner or manager we suggest that you follow as closely to the prepared message as possible: *"Hello [Manager or owner's name if you know it], my name is [your name]. I represent Impact VT a youth led mapping website. Impact VT is resource mapping site for young adults in Chittenden County. I would like to ask you if I can schedule a brief 10-15 minute interview with you about your business."* Yes? Then, you may follow up with a second statement: *"Thank you for agreeing to participate in this educational process. To ensure that the interview is kept educational in nature I would like to ask that you sign this agreement which acknowledges that all information obtained in the interview will be used solely for educational purposes. There is also a section on the agreement where you can state that you would be willing to have photos taken of your store front by the site for the same educational purposes. This section is entirely optional and is not a requirement of the interview. Impact VT prides itself on its honesty and accountability."* No? Simply thank the individual for their time. Afterwards, inform an admin and choose a new resource.
- Once you have set up an interview time with a resource, contact an admin so that it is not duplicated.

During the Interview:

- Come prepared, having paper or a recording device for answers and having read the release form.
- A site admin can be with you during the interview recording the conversation with a camera, so it is not necessary to write down every word. You may also record the interview using any video or audio recording device you have. Any video/audio recording you have may be given to a site admin for inclusion on the site.
- Should the interviewee answer a question that you planned to ask, it's not necessary to repeat the question.
- You may also make note of any useful information from the interviewee that should be included on the site.
- You may add question after reviewing the options if a site admin approves the changes.
- At the end of the interview thank the individual for their time. If they ask where they can find the final interview, tell them that someone at their organization will be contacted when the information is posted.

After the Interview:

- After the interview, please return interview questions and signed release form via email or to 191 North Street.
- It is recommended that you make use of the interview transcript template provided below.
- Once a site admin receives and reviews your interview, you will be contacted regarding your stipend.
- All monetary compensation for content to the site is set at \$10 per completed interview.

If you find that you have any questions regarding the interview guidelines or need support during any point in the interview process, do not hesitate to contact a site admin at (802) 660-0580 ext 429 or 218, or email sgallant@spectrumvt.org or mcreech@spectrumvt.org . Support is always available for all young adults.

Thank you for helping Impact VT accomplish its goal of providing quality information on local community resources for young adults in Chittenden County!

Disclaimer: Payment may be subject to verification by site administrators, Seth and Miranda, in lieu of at least one form of verification: interview answers are written on company letterhead or phone and extension of representative is provided. Payment may be rendered 1 day after interview is returned.

Interview Transcript Template

This template is simply a guide to help you effectively write out the questions and answers of the interview. While it is not required that you follow this template exactly it is recommended that you stick as closely as you can to the general theme of it. What follows is an example of the layout and what a transcript may look like:

(Title) Interview with John Doe for the ABC Corporation

The question is bolded.

The answer is not in bold.

What is the working environment like?

The working environment at our business is fun and very young adult friendly. Staff is encouraged to dress the way they like and make real connections with our customers.

What makes an ideal employee for your business?

The ideal employee is one that is outgoing and can have fun. We look for someone who is comfortable with speaking in public and easily approachable.

Do you drug test?

While it is not common practice to drug test every employee we hire, it is company policy to conduct random drug tests every six months. I am happy to report that we have never had to fire any of our employees for drug use.

What is your policy on tattoos and piercings?

As long as an employee's tattoos are not offensive or demeaning they are allowed to have them. The same goes for piercings. In fact I have a few tattoos myself.

How much turnover in staffing do you have?

Staff turnover tends to be low most of the year. However we see a lot of turnover in September when school is back in session. I like to think that any staff turnover is primarily a result of outside influences and not our business's culture.

Do you hire people with criminal records or on probation?

We do.

Written by Joe Smith.

Attachment F:

General Interview Questions (You must use all 10)

1. What services or programs do you offer young adults?
2. Can you describe what you do in one sentence?
3. What are your hours of operation?
4. Are there any criteria that young adults must meet or follow to be part of services?
5. Are appointments required?
6. What are the rules that young adults must follow in your space?
7. Is there something you want people to know about your services that you feel they may not already know?
8. Can young adults access services confidentially?
9. Are there any ways young adults can get involved, aside from receiving services? Volunteering?
10. May I ask a young adult in the space for a comment about your services? How they feel in the space?

Optional Questions

1. How often does the average young adult use your services per week?
2. How many young adults do you serve in an average month?
3. Do you have any plans for expanding your services for young adults in the future?
4. Do you employ young adults for temporary/part time jobs?
5. Is there any paperwork that young adults need to fill out or bring in before coming in?
6. Do you partner with other agencies in Chittenden County?
7. Do you offer incentives for youth participation?
8. Do you promote your services through social media?
9. Would you like to promote Impact VT to the young adults who visit your space? We can provide flyers.
10. Would you like to link to ImpactVT.org on your site?

Attachment G:

Name of business or agency being represented

Impact VT Information Agreement

What is the Impact VT project?

Impact VT is a young adult led educational website which focuses primarily on mapping out and describing local community resources. The goal of Impact VT is to increase the percentage of young adults connected with positive local community resources. Community resources include, but are not limited to employers with a good tract record of hiring, housing support programs, educational systems, food pantries, and medical centers. Impact VT works under the Youth In Transition (YIT) grant within Chittenden County to help accomplish this goal.

Why are we asking for your support?

As an important local community resource we look for your unique knowledge and services to help Impact VT grow and accomplish its goals. Your participation will provide invaluable insight into the inner workings of community services and those seeking your support. Impact VT appreciates the time and information provided by all our local community resources.

What we promise.

Impact VT promises that all information gathered from you and your service will be used purely for educational purposes. In no way will the information gathered be used for advertisement purposes on our site or be provided to other websites for this reason. All information provided by you and your service may be removed or deleted by request at any point in the information gathering process and in the future. You will be able to request these changes by contacting a site administrator at the address and telephone numbers below.

Statement of Consent

(Check off all that you agree to.)

- You have been given and have read or have had read to you a description of this project. Should you have any further questions about the program, you may contact the administrators of the program at the address and telephone number given below.
- Participation is voluntary, and you may refuse at anytime to participate in the project.
- You agree to the use of photos of your program or business for the educational use in the project. (You may opt out of this option and still participate in the project.)

I have read this form or it has been read to me and I understand what it says. My questions (if any) have been answered. By signing my name below, I freely agree to be in the project.

Signature of Individual Providing Consent

Date

Printed Name of Individual Providing Consent

Date

Signature of Young Adult Interviewer

Date

Email: mcreech@spectrumvt.org
Phone: (802) 660-0580 ext. 429

Attachment H:

U Got Talent?
Show us your talent!

February 24th
@ 5:30
Burlington City Hall
FREE ADMISSION
Winner Will Perform
at Finals in May!

ONLY THE FIRST 20 SIGNED
UP PERFORM!
To Enter E-mail
Judiheadoux@yahoo.com or
mcreech@spectrumvt.org
ENTER BY FEB. 16th!
Ages 21 and Under
LANGUAGE MUST BE RESPECTFUL

This Event is Brought to you by :
Youth 4 Change - The Youth in Transition Grant - Community & Economic Development
Office - WEST - Vermont Department of Health: Office of Minority Health

Attachment I:

Seth Gallant

sgallant@howardcenter.org
Primary Cell – 207-357-9571

Address

184 South Champlain St.
Burlington, VT 05401

Education

Saint Michael's College, Colchester, Vermont.
Bachelor of Arts in English Literature, May 2008
Minor in Philosophy GPA 3.64 GPA in Major 3.7
Dean's List – Fall 2006, 2007 – Spring 2007
Montana State University, Bozeman, Montana.
September 2004 through May 2008

**Work
Experience**

HowardCenter/CYFS, Burlington, Vermont. Living Skills Interventionist
September 2009 – Present
Facilitated one-on-one and group work with children ages 6-18; provided instruction in social skills and behavior management; implemented crisis coping skills; planned various community activities; communicated between families and treatment teams.

HowardCenter/CYFS, Burlington, Vermont. Administrative Assistant
August 2008 – August 2009
Assisted in administrative duties under the supervision of program leaders; gained experience using Microsoft Office, Word, and Excel; collaborated with co-workers to fulfill program specific projects.

Northern Waters, Errol, New Hampshire. Kayak/Rafting Instructor
Summers of 2005 through 2007
Guided clients (mainly families) in whitewater rafting trips; organized of trips; helped logistics of trips; instructed individual clients on whitewater kayaking.

**Volunteer
Experiences**

Kolkata, India MOVE Service Trip. May 2008
Fundraised and attended weekly classes for trip; worked in a group setting; volunteered at a hospital for underprivileged (Missionaries of Charity), and orphanage for a one-month period.

Immokalee, Florida MOVE Service Trip. January 2007
Spent one week volunteering at Habitat for Humanity, and Friendship House homeless shelter; helped organized after-school program for week.

Related Skills

Strong interpersonal skills; experience working with young people; experience in administrative duties; TCI certified (Therapeutic Crisis Intervention); First Aid/CPR.

Interests

Outdoor activities, music, and working with people.

**References &
Training Record**

Available on request.