

Details of YIT Logic Model: Achieving Goals for Strengthening Regional Systems of Care

Goal #1: Young adult (YA) leadership is developed in VT.

<u>Objectives for Goal #1</u>	<u>Activities may include (but are not limited to):</u>
<ul style="list-style-type: none"> • Peer-to-peer support & leadership program for YAs (could include outreach, navigation, services, mentoring, & self-help groups, etc.) • Increase of YAs in visible paid leadership positions (2X2) • YAs will specify outcomes to be achieved by the System of Care • VT will have a YA-run organization (The organization – which could include a Youth M.O.V.E. chapter - will employ YA, perhaps with Dept. of Labor funding.) • Identify gaps (organizational, geographical, etc.) in YA leadership throughout VT; & identify resources to <i>address the gaps</i> • Establish a resource library of YA questions & stories • Increased YA support for SOC • Adoption of a YA leadership curriculum • Create a team of YA train-the-trainers • Funding for YA leadership is sustained 	<ul style="list-style-type: none"> • Change all language from “Youth” to “Young Adult” driven • Identify current YA leadership (look at developing with regard to being YA driven) • Research national examples & efforts of YA leadership • Review in & out of state curricula regarding positive YA development & skills • Find/pick three YA peer support/leadership training curricula for mixed groups; take them to TA focus groups in the regions for review/approval • Host focus groups of YAs across regions &/or a small think-tank with key people in the state including key leaders & YAs (must require YA attendees) - extract best thinking • Document (including video) a wide array of YA stories, interviews, events, etc. • YA advocacy with System of Care boards, community, & other partners • Support YAs in telling their story (communication & advocacy skills) • Have a fun structure: create, implement, & model a standard for what fun is

Goal #2: Family/adult allies support young adults.

<u>Objectives for Goal #2</u>	<u>Activities may include (but are not limited to):</u>
<ul style="list-style-type: none"> • Family members/adult allies have skills to respond to the needs/wants of YA • Increase in mentoring trainings & programs across VT • Increase in mentoring opportunities for YA • Increase in mentoring relationships between adult allies & YA • Increase in confidence of family members/adult allies to respond to & meet YA needs/wants • Increase in family members/adult allies feelings of being supported to collaborate with YA in their life decisions 	<ul style="list-style-type: none"> • Identify successful models of mentoring • Share mentoring models with regions • Collaborate with regions to increase mentoring opportunities • Research & identify training curricula for families & adult allies about raising adolescents & supporting YA • Develop training program utilizing identified curricula for families & adult allies about raising adolescents & supporting YA • Advertise, recruit participants & offer training curricula throughout the state • Develop plan to sustain training beyond life of the grant • Within VFFCMH, develop resources for family members & adult allies to support YA specifically • Provide TA to Youth Coordinators to develop young adult voice throughout the SOC

Goal #3: Workers use caring practices known to be helpful for young adults and families.

<u>Objectives for Goal #3</u>	<u>Activities may include (but are not limited to):</u>
<ul style="list-style-type: none"> • Learn about local training & TA needs within regions • 12 regions attend & benefit from trainings • All regions adopt & implement EBPs • Regions have trainers & continue trainings • Families, YA & providers participate in, & benefit from, SOC trainings • Regions (& the State) demonstrate & report increased engagement with families & YA • YA & families report effective communications with regions • Regions (& the State) are attending to, & acting on, what YA think the training & TA activities should be • CLC, young adult- driven & family-guided themes are perceived & acted upon in the regions 	<ul style="list-style-type: none"> • Operations & Outreach site visits to the regions • Review the 12 local plans • TIPS model & other evidence based practices trainings & TA • Train about practices for screening and assessing strengths and risks • Develop a Training of Trainers approach to sustain best practices • Youth guided & family driven are infused in all training/TA activities • Young adult-specific trainings occur & include YA from all regions • CLC is infused throughout all training/TA activities • Family-specific trainings/TA occurs with families from all regions • Specific trainings/TA on young adult & family involvement in SOC • Identify & adopt young adult training curriculum • Provide CLC trainings & TA statewide & for the regions • Operations & Outreach Team develops & implements a comprehensive training/TA plan (this is a main, overarching activity for that team) • Operations & Outreach Team advocates for, & provides training/TA at the statewide level for YA with SED • Operations & Outreach Team attends the training delivered, along with regions • Operations & Outreach Team continues to participate in national trainings & TA, & communicates what it learns to the regions

Goal #4: System of Care partners gain cultural & linguistic competence (CLC).

<u>Objectives for Goal #4</u>	<u>Activities may include (but are not limited to):</u>
<ul style="list-style-type: none"> • Each region has & implements ongoing plans/efforts to implement more culturally/linguistically competent services within their SOC • Increased hiring of culturally & linguistically diverse populations • Have increased YA & family member diversity among people accessing services • Regional providers report & demonstrate increased CLC • Service recipients report increased perceptions of having received CLC services • Increased service utilization by more diverse, traditionally underserved groups 	<ul style="list-style-type: none"> • Develop a statewide CLC plan • Define/describe our conceptualization of the layers of CLC & confidence in addressing CLC: <ol style="list-style-type: none"> 1. Youth 2. Countries 3. Languages 4. Poverty 5. Rural/Urban 6. Ethnic 7. Race 8. Religion 9. Gender 10. Sexual Orientation <ul style="list-style-type: none"> • Support regions to assess their CLC • Support regions to develop strategies to infuse CLC throughout their plans • Develop a strategic framework to promote CLC, including increased training with regard to CLC, & to support sustained change

Goal #5: Local communities (including young adults) change their perceptions of young adults and of mental health issues, reducing stigma.

<u>Objectives for Goal #5</u>	<u>Activities may include (but are not limited to):</u>
<ul style="list-style-type: none"> • Older adults are friendly (not fearful) toward young adults • Increased awareness of regional services available to YA & their families • Increase access & utilization of mental health services • Increase sustainability of SOC • Build a “library” of stories • Stigma is assessed • Stigma decreases over time • Health care providers are routinely assessing & <i>promoting their patients’ positive</i> mental health • Health care system demonstrates characteristics of achieving mental health parity • Health and other service providers awareness of available services for YAs increase 	<ul style="list-style-type: none"> • Highlight perceptions, expectations, and communication styles of adults with young adults • Assess & define stigma from a YA perspective • Celebrate young adults’ contributions to their families and communities • Participate in Mental Health Day in May • Telling stories/videography • Establish links with other Systems of Care marketing efforts • Develop a comprehensive social marketing strategy, including links to partner agencies & efforts, & identifying new social marketing opportunities • Link with Youth Health Initiative stakeholders • Develop evaluation of social marketing efforts (cross listed with evaluation activity) • Establish working partnerships with other agencies & corporations to support social marketing • Host a Funders Forum (for private funders) • Implement an effective social marketing campaign

Goal #6: Effectiveness of the Vermont System of Care for young adults with SED is evaluated.

<u>Objectives for Goal #6</u>	<u>Activities may include (but are not limited to):</u>
<ul style="list-style-type: none"> • Obtain compelling & valid outcomes & process data • Achieve reliable, timely & accurate data collection from regions, VCHIP's direct data collection & from state databases • Obtain IRB approval & Confidentiality Certificate • Regions report satisfaction with data collection & submission procedures • Successful participation in the national/cross site evaluation • Sustainability-related outcome findings, relevant to Vermont's needs, are communicated • Cost effectiveness (including cost avoidance) is evaluated • Increased use of ASEBA by the regions • YA and family voice represented in evaluation 	<ul style="list-style-type: none"> • Regular evaluation updates to the Operations & Outreach Team • Outreach to regions to support data systems (including ongoing training & TA) • Coordinate across statewide data systems • IRB & request for Certificate of Confidentiality is submitted; amendments as necessary • Identify all available data sources • Collaborate with social marketing efforts • Form & work collaboratively with an evaluation advisory team • Monitor & provide feedback to the Operations & Outreach Team about our operations & progress towards goals & outcomes • Collect & submit data for the cross site evaluation (using TRAC, ICN, etc.) • Ongoing measurement of YA satisfaction with services & system of care • YIT ASEBA data collection system is integrated with existing state ASEBA systems • Plan for, & participate in, SAMHSA & MACRO site visits • Develop a comprehensive ACCESS database • Implement a bi-directional feedback mechanism for sharing process & outcome data with the regions (including dashboards) • Participate in the State Youth Interagency Team • Set up internal (to the evaluation) QI process • Adopt a CLC approach to data collection & reporting • Regular data summaries are updated & shared broadly throughout the state • Dashboards (key indicators over time) are developed, updated & shared with the regions • Identify additional evaluation & research questions to pursue related to the Vermont System of Care • Compare costs of services for young adults served by YIT with costs for similar group not served, especially for those with DOC involvement • Work to change what the measurement results indicate does not work & give YA timely feedback about the change process • With their permission, record stories (via narrative or pictures or movies, etc.) of young adults, families, and service providers positively affected by YIT

Goal #7: The State supports and sustains regional services for young adults.

<u>Objectives for Goal #7</u>	<u>Activities may include (but are not limited to):</u>
<ul style="list-style-type: none"> • Regions report satisfaction with TA received in support of identified strategies • Regional services and Systems of Care are funded during the Grant period • Adopt & implement EBPs & promising practices • YA with SED report greater satisfaction with services, experience decreased symptoms & improved functioning • Increased access to mental health & health services • Regional services and Systems of Care are sustained beyond the Grant period with State funding 	<ul style="list-style-type: none"> • Develop a consistent communication process among regional partners and the State YIT Operations and Outreach Team • Review regional plans to identify common gaps in services • Develop State-level strategies to address common gaps • Support regions in identifying public & private resources for YA in transition • Link supports provided to regions to a strategic analysis framed by the 8 focus areas • Promote EBPs (Evidence-Based Practices) & promising practices • Monitor implementation of regional plans • Provide annual feedback on effectiveness of regional plans • Revise State and regional plans as needed to improve results • Respond to regions • Fund the regions as allocated in the Grant • Convince Legislature and AHS and DMH leadership that continued State funding of YIT is a good investment