

YIT PROGRAM PROGRESS REPORT

1. Grant Number: 03150 – C6009 – FY13 -- YIT
2. Grantee Name and Address: Northwestern Counseling and Support Services
107 Fisher Pond Road
St. Albans, VT 05478
3. Telephone Number: (802) 524-6554
4. Project Title: Implementation of the Franklin-Grand Isle Youth in Transition (YIT) Plan
5. Period of Performance from July 1, 2013 through December 31, 2013
6. Approved Project Period from July 1, 2012 through June 30, 2014
7. Author's Name and Telephone number: Ebony Nyoni 393-6571; Kayla Tatro 393-6570
8. Date of report: December 31, 2013
9. Comments (if any):

The federal Government Performance and Results Act (GPRA) primarily focus 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, 2013 (due by January 31, 2014), and
2. One for the period from January 1 – June 30, 2014 (due by July 30, 2014).

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><u>New Generation Youth Resource Center Space:</u> The New Generation Youth Resource Center left the building that they had resided in for over a year. The building occupied by YIT and other tenants was demolished as part of downtown revitalization efforts in St. Albans which include plans for a parking garage and new state building. Youth once again find themselves without a center to call their own. Mimmo’s Italian Restaurant has become host to YIT meetings and this collaboration is a good example of local businesses partnering with non-profit organizations to make a difference. Both community and youth advisory boards have set their meeting schedules at Mimmo’s while options for a new youth space are being explored.</p> <p><u>New Generation Youth Resource Center Community Advisory Board</u> The community board is made up of a diverse group of individuals representing DCF, Juvenile Justice, St. Albans Community Justice Center, Agency of Human Services, Juvenile Treatment Court, NCSS, and community members such as parents and youth. The annual strategic plan meeting focused on expanding the support of the Youth Resource Center by developing its infrastructure and sustainability prospects. The board changed its name to The New Generation Youth Resource Center Advisory Board to align with the new focus. The Board devoted several months to finding another space in the community to host youth. Development of a youth space remains central to the group’s mission.</p> <p><u>New Generation Youth Resource Center Youth Advisory Board</u> We credit the 2013 Youth Advisory Board for their very noteworthy contributions. Contributions included:</p> <ul style="list-style-type: none"> • <u>Public Access TV Show</u> -Tappings from the New Generation crew were aired on public access TV. • <u>Youth Poetry Slams</u> – Performances by youth that encourage positive expression of youth voice. • <u>Movie Night</u> - Provided youth with a safe activity in the St. Albans downtown community. We hope to continue to partner with the movie theater to support youth participating in safe activities in the city. • <u>“The Little Black Book”</u> – This resource guide was designed and developed by youth, for youth. It has been circulating around the region. It was featured at the annual High School Transition Fair. 500 resource guides have been distributed. Plans for a 2nd edition are being explored.
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Sustainability Efforts

Recently the NCSS YIT Program was chosen as one of five finalist candidates in the Vermont State Employees Credit Union's We Care 2 Program. The program reviewed 49 applicants throughout the state and chose the NCSS YIT program as a finalist. Voting is under way and winners will be determined in early spring. If identified as the winner the NCSS YIT Program would use the \$10,000 donation toward the sustainability of the New Generation Youth Resource Center. As a finalist our program has gained the attention of thousands of Vermonters. The NCSS YIT Program was also able to receive a donation from TD Bank for \$800 as a result of one of its community programs dedicated to supporting its local citizens.

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

In 2013 we had more volunteers than ever before. Most have been everyday citizens that have pledged bits and pieces of their time to assist with events and daily programming. At this time we have a parent volunteer who has become a staple to our program. This mom of four children joined the community board as the secretary and slowly started to assist with parent and community outreach. She is also available to offer her viewpoint as a parent of two youth in the secondary education system. Kathryn shares YIT's desire to create a better today for youth in the area.

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

Required activity:

Provide cross-system case management and individualized service plan development, ensuring that young adults are engaged in planning for their own futures....

Members of the NCSS Adolescent Services Team have participated in the Transition to Independence Process (TIP) Trainings. The team is actively in the process of earning TIP-informed status. Justin Philie is a local certified TIP trainer. The TIP model has assisted our community in strengthening care by using evidence based practices that promote more successful outcomes for young people.

Our program honors the participation of families, mentors, and other natural supports relevant to the youths' journey to wellness. Each youth has an individualized treatment plan including some of the following:

- Diagnostic assessment
- Client-driven goals
- Community support and case management
- Youth leadership groups
- Provision of transportation
- Referral to community programs and partners as needed

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

In August, we were pleased to host our 3rd Cultural and Linguistic Competency training. Mercedes Avila conducted training for regional workers and NCSS employees. The training was full and included a wide range of professionals and community members devoted to cultural competency. Such organizations in attendance included members of Northwestern Medical Center and St. Albans Community Justice Center.

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

Since being established in the Franklin/Grand Isle area, Youth In Transition has help change the atmosphere for youth who seek mental health services:

- Community Activities - Several years of public events helped to draw in youth including new youth not already associated with NCSS. Many of the youth participating in YIT activities invite their peers to events such as the Annual Valentine's Day Dance. This very popular event promotes the normalcy of good mental health while having fun.
- Leadership Group - Youth invite friends to leadership meetings for support and fellowship. Many times youth invited by peers enjoy the projects and opportunities to speak out about issues to which they are passionate. Some friends choose to return and become group members themselves.
- Media - Our previous projects have introduced mental health in a way that's appealing to young people. Most youth find our services less intimidating based on their first experiences. Our friendly image is relayed through the website, public access television, newspaper articles, and community partnerships.

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

The state's evaluation team has been helpful in highlighting effectiveness of programming and strategies. The data provides a strong blueprint for next steps, and future directions. We count on regional data to not only inform system of care partners, but also the consumers of our services.

A tool that we continue to use with youth entering NCSS programming is the Child Behavior Checklist (CBCL). The CBCL tool assists staff with assessing competencies as well as adaptive and maladaptive functioning. This assessment tools, in addition to face-to face meetings, help staff members to identify the barriers and strengths of each youth as they enter services. This tool is administered every 6 months to track client progress across children's programming and assists with analyzing client improvement and service effectiveness.

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

	<p>The state team continues to serve as the biggest support system for the region. The state team has encouraged and supported discussion of sustainability and has been a wonderful advocate for regional youth systems of care. The State supports regional services through the provision of technical assistance and research. The technical support allows regional YIT systems to receive resource and information from other regions, while the research data provides necessary information for the purpose of advancement and development. Finally, by offering opportunities and trainings in areas such as the TIP model and Mental Health First Aid, the state team has helped support our delivery of services on a daily basis.</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>Providing youth with mentorship, and structured events, places them in a position of safe exploration. Our full schedule of events and youth incentives, support youth to stay with our services. Within the past several years, we have hosted youth boards with no less than 11 youth members. Our events usually hosts between 50 and 100 youth on average, and our media and materials broadcast to thousands. Our campaign to de-stigmatize mental health services has helped us increase the amount of “non-traditional” youth by 20%. More of our regions high schools are using our services as a resource for supporting youth to grow socially and emotionally. As a result of such programs as the Juvenile Treatment Court and first time offender alternatives, over 95% of youth served stay out of prison. Young people, who have comprehensive support, tend to be seen as less burdensome to their communities. In addition, our strong partnership with the St. Albans Community Justice Center affords youth training that promotes practicing “Best Choices” on a daily basis. We hope to train 25 more youth by the fall.</p> <p>2. Increased number of young adults who are employed....</p> <p>Our region has multiple opportunities to support youth employment. Our close team model at NCSS promotes networking between YIT and the JOBS program. One male participant was referred by the YIT Coordinator for JOBS supports. At the time of admission, this youth did not have a job, had not finished high school and was “couch surfing” with his friends. He had lived with his mother previously, but due to her persistently poor physical health and other violations, such as noise complaints and inability to make monthly payments, they were asked to leave their subsidized housing. When NCSS staff began working with this young man, they started by putting together a plan that entailed finding a job, finishing high school and finding more stable housing. In July 2013 this young man secured a job working at Burger King, where he remains employed. He has also been able to secure an apartment in St. Albans, living with friends, and taking care of a few pets. This young man</p>

has also been helping to support his mother financially, both when she is ill and when she is not. He visibly appears more confident and feels better about himself since securing employment. He is less isolated and is excited to have something to do, a way to earn money and move his life forward. Although this youth has not finished high school yet, it is still a part of his plan.

3. Increased number young adults participating in (or who completed) educational programs....

Education is always encouraged as part of transitional services for youth. The Youth In Transition program works with secondary and post-secondary programs to get youth the help they need to develop futures. Programs such as Vermont Adult Learning and Soar Learning Center help youth obtain their diplomas in alternative school environments. Youth have more opportunities after high school to attend community college as courses allow youth to ease into the world of post-secondary education and sample the possibilities. Job Corp continues to remain a viable option for youth who want to gain specific technical skills to support making a livable wage. Currently, over 90% of our clients are productive and have a job or participate in a traditional or non-traditional education based programs.

4. Increased number of young adults who have access to, and are using, a medical home....

The Youth In Transition program has assisted youth and young adults to receive the coverage they need to participate in medical services. The YIT Coordinator has helped youth acquire state insurance when they lacked medical coverage. All youth participating in the system of care are educated on the resources in the community. Planned Parenthood, Outpatient Counseling, Drug and Alcohol Treatment and Northwestern Medical Center are just a few examples of the services offered to youth in our community. As an agency we have a pediatric psychiatrist that oversees coordination of services for mental health clients. The YIT Coordinator has clients sign releases to share information with drug treatment programs, planned parenthood, and primary care physicians.

NCSS Adolescent Services offered group-based learning for YIT participants and other youth engaged in services on the topic of healthy relationships and sexuality. NCSS received grant funding from the state of Vermont through our participation with the Vermont Coalition of Runaway and Homeless Youth (VCRHYP). The group is sponsored through a Personal Responsibility Education Program (PREP) grant awarded to the Vermont Department of Health. The group offers an educational curriculum designed to reduce pregnancy/sexually transmitted infections by teaching communication techniques and providing sex education. NCSS provided 3 PREP groups during this period offering the curriculum to 21 participants with 14 participants successfully completing 80% or more of the curriculum.

5. **Increased number of young adults** living in safe and stable housing....

Great community collaborations with partners like the NCSS Transitional

Living Program (TLP), Samaritan House, and Community Action, ensure young adults have options for being safe at night. NCSS Adolescent Services has a regular presence at the Shelter Review Committee meetings. This is a venue where housing agencies in Franklin/Grand Isle counties come together and review specific cases. It is facilitated by the Agency of Human Services Field Director and attended by Community Action/CVOEO, Samaritan House, Reach up, Economic Services, Department of Children and Families, Department of Corrections, Champlain Housing Trust, Pathways to Housing, and other specialists from housing programs including representatives from our mental health agency (NCSS). When youth are facing housing crisis, they can sign release forms allowing staff to discuss their case at this meeting in order to identify support services that are available to them.

6. Increased number of young adults who have caring & supportive relationships...

Youth have testified that the system of care is certainly a great support during times of needs. Many youth who access services, tend to stay connected to our system of care until they age out. More than half of the youth continue on in supportive adult services for long term care. NCSS Staff supported an 18 year old who when she first came into programming had limited transportation, unstable housing and seemingly low prospects for employment. She presented with a number of family stressors and moved between several family households. Her unstable living situation made identifying job prospects difficult. NCSS Staff supported her in building positive self-care skills in response to environmental and family stressors and helped mediate sources of family conflict. She was able to return home and stay full-time with one family member which opened doors to finding employment. She worked with NCSS Staff to study for her learner's permit and identify appropriate employment sites, successfully securing both. She is currently working full-time and is saving for her license. She is on good terms with her family member who remains a natural support.

7. Increase in young adults' strengths and protective factors....

Our commitment to serving youth with integrity allows youth to explore areas of concern within the safe confines of our youth services team. Youth know that confidentiality is at the forefront of our beliefs, and that they can be honest with their needs. Many young adults who suffer from substance abuse issues know that they can receive the treatment they need to thrive in other social environments. NCSS served a 17 year old male who struggled with several issues, including legal issues, addiction and educational deficits. He was not initially willing to meet with providers to support him as he had trust issues and poor self-worth. He worked closely with case management and Drug Court to gain access to educational programming, group work and individual treatment. Case management was crucial to his growing ability to trust adults and those who were reaching out hands of support. This young man eventually was able to work to the point that he was comfortable attending some YIT activities and has also been engaged in the Vermont Study. A year prior to admission, he

	<p>was not engaged in school, had no goals for the future and struggled with his addictions. Now this youth is a graduate of the Juvenile Treatment Court Program. He has goals of living independently. He continues to receive tutoring to complete his education.</p> <p>8. Improved mental health for young adults. 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>The YIT Program utilizes public events to reach out to youth and inform them of services available to them. Our system of care workers are committed to ensuring that all youth are “plugged in” to services. “The Little Black Book” resource guide was designed and developed by youth, for youth. 500 resource guides were distributed and have been circulating throughout the region. The guide brings attention to common struggles youth face including depression, homelessness, pregnancy, addiction, and bullying. It offers contact information for local resources youth can access for support.</p> <p>NCSS is committed to educating the community about Mental Health as well. Five NCSS employees (including the YIT Coordinator) are registered at the national level as certified Mental Health First Aid trainers. The new Youth Module is a public education program which introduces participants to the unique risk factors and warning signs of mental health problems in adolescents, builds understanding of the importance of early intervention, and most importantly – teaches individuals how to help a youth in crisis or experiencing a mental health or substance use challenge. The course teaches participants the risk factors and warning signs of a variety of mental health challenges common among adolescents, including anxiety, depression, psychosis, eating disorders, ADHD, disruptive behavior disorders, and substance use disorder. Participants do not learn to diagnose, nor how to provide any therapy or counseling – rather, participants learn a core five-step action plan to support an adolescent developing signs and symptoms of mental illness or in an emotional crisis. Our target audiences will include community member who regularly works or have contact with youth.</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>The following are trainings that have been a result of the YIT Grant’s support:</p> <ul style="list-style-type: none"> • <u>Weekly Youth Leadership Group</u> - Youth organize to learn, educate, and plan. • <u>CLC Training</u> - Regional training offered to NCSS Staff and community partners on Cultural and Linguistic Competency. • <u>Mental Health First Aid</u> – Five NCSS employees (including the YIT Coordinator) are registered at the national level as certified trainers. This new Youth Module is a public education program which

introduces participants to the unique risk factors and warning signs of mental health problems in adolescents, builds understanding of the importance of early intervention, and most importantly – teaches individuals how to help a youth in crisis or experiencing a mental health or substance use challenge.

Organizational Change: 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....

Recent organizational changes at NCSS such as issuing employee laptops have enabled staff to engage youth in the community. NCSS is committed to providing support to consumers in their everyday environments in order to better serve families and reduce stigma. NCSS case managers provide transportation to youth on a daily basis. Agency vans are made available to accommodate getting groups of youth and young adults to the events, groups and places that are providing resources and support. Staff are equipped with technology including an electronic medical record and computerized signature pads to encourage development of treatment plans with youth and families during meetings in the community. NCSS has also been non-traditional in reaching the community through some of the following methods:

- Monthly “NCSS Here For You” TV show on Public Access TV
- Public Fundraising events
- Quarterly Newsletter
- Social Media

Partnership/Collaboration: Organizations that entered into formal written inter/intra-organizational agreements (e.g., MOUs/MOAs) to improve mental health-related practices/activities that is consistent with the goals of the grant. Please enter the number of organizations and briefly describe the agreements....

We have a wonderful Community Advisory Board that has served as a staple for the YIT grant in this region. Thanks to members like Elizabeth Malone, Director of Channel 15 (Public TV), we have a platform for our youth to speak to the masses. Kristin Prior, Field Director of Agency of Human Services, keeps us in the loop with the overall picture while championing our cause. Mark Weinberg, Director of St. Albans Community Justice Center, provides us with feedback from a restorative justice perspective. Kathryn Spaulding keeps us connected to the plight of parents with youth and young adults with disabilities. Mike McCarthy helps champion the need for a sustainable youth center in the St. Albans community. Many more partners have committed to the Youth In Transition’s Mission for our region and are active members on the board.

Types/Targets of Practice: 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>Members of the NCSS Adolescent Services Team have participated in the Transition to Independence Process (TIP) Trainings. The team is actively in the process of earning TIP informed status. Justin Philie is a local certified TIP trainer. Other programs in the community are able to model characteristics of TIP in their own programming. Youth are also beginning to advocate the model through peer interactions. Through our leadership, other systems are beginning to revise their practices to accommodate youth and young adults with special needs.</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.

The New Generation Youth Resource Center was officially given 30 days to vacate their premises as the building was scheduled to be demolished at the end of November as part of downtown revitalization efforts. The team scrambled to find a new suitable space and unfortunately is still looking. Recently, new developments have led us to believe that we may occupy an identified space in the community soon. Once space is obtained, the center will be able to service hundreds of youth and young adults through innovative and effective programming.

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.

There has been no change in staffing since the last quarter. Ebony Nyoni remains the Youth In Transition Grant Coordinator for Franklin and Grand Isle Counties. Several parents/board members have expressed interest in volunteering at the center. Kathryn Spaulding has signed on as our Family Outreach Volunteer, and works closely with the YIT Coordinator to advance the mission of the program throughout the region.

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.

NCSS uses a variety of tools to market and advertise services and programming. NCSS marketing tools remain as follows:

[website](#)

[newspaper articles](#)

[newsletter](#)

[facebook](#)

[twitter](#)

[YouTube](#)

The Youth In Transition Program in Frank/Grand Isle has remained consistently in the public eye with news paper articles showcasing YIT Events and Public Access TV appearances. A list of publication materials are as follows:

Attachment	Publication Material
A	Cultural & Linguistic Competency Training Announcement
B	Building Bridges Newsletter, Fall 2013 : "Cultural and Linguistic Competency Training Held at NCSS" (Page 4)
C	"My Little Black Book" Resource Guide
D	New Generation Brochure
E	NCSS 4 th Annual Regional Conference Application
F	Newspaper article in the St. Albans Messenger 1/4/14: "NCSS Eyes St. Albans House"
G	Newspaper article in the St. Albans Messenger 1/17/14: "Voting for NCSS Youth In Transition Underway"
H	VSECU We Care 2 Finalists https://www.vsecu.com/personal/in-the-community/community-signature-programs/we-care-2/finalists

5. Other Activities

Briefly describe other activities undertaken during the reporting period.

Leadership Meetings at Mimmo's Pizzeria in St. Albans

After the closing of the New Generation Youth Resource Center space, we began meeting again at one of our favorite community partner's space. Mimmo's is a comfortable place to meet as they always afford the youth group and community board, a private area to convene.

Strategizing for long term sustainability

Maintaining the Vision of the Youth Center has been a number one focal point for the community advisory board. As a result, the board has been working on designing a website that will help provide more visibility of the programs and services that the New Generation Youth Resource Center will offer. The visibility will also give the region's residents opportunity to embrace, sponsor, and support their community center. The Board also surveyed the needs of the community and determined that youth needed stronger support obtaining nutritional meals, readily available access to youth services (one stop model), and safe options for after school

activities. Thus, the vision of the New Generation Youth Resource Center is that it will serve as a regional resource center to thousands of youth and young adults in our region.

6. Activities Planned for Next Reporting Period

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

New Generation Youth Resource Center, New Location:

Recently our organization has identified a space that could potentially house multiple children, youth, and family programs. This location would afford the community more immediate access to youth and family services in the downtown area. If the plan moves forward as envisioned, the youth will gain access into a new youth center space by the spring. Among other things, the space will be complete with computer lab, kitchen, and lounge. We envision the new center supporting the following services for young people in our region:

- **Food Program** - Our food program will provide nutritional meals twice per week to youth. Our goal is to eventually provide a nutritional supper 5 days per week.
- **Daily Drop-In Hours** - Our drop in hours will promote wellness by instituting the TIP model while treating youth who need support with connecting to the system of care.
- **Youth Leadership Curriculum** – This curriculum would continue to support youth and young adults to lead public events and projects that promote youth voice.

4th Annual Leadership Summit at Jay Peak

The conference is scheduled to take place at Jay Peak on 01/23/14. Youth will convene to develop a revised vision for the Regional Youth Council through team building activities and discussion of issues pertinent to youth.

Montpelier Statehouse

The group is organizing, and preparing to travel to the statehouse to advocate for more resources in our community and for the YIT Grant.

Valentine's Day Dance

Youth Leaders are gearing up for the second biggest community event of the year. Planning for decorations, marketing and flyer distribution has been discussed in preparation for the event.

Youth Safety Community Awareness Day

This is when our region celebrates the plight of youth in transition by hosting a series of free workshops and presentations for the community at large. We hope to include more families in this year's community education program.

2nd Edition "Little Black Book"

Plans for another resource guide are in the works. The guide would include youth stories and local resources available for support.

Website:

The website remains a work in progress. It will be used as a region wide vehicle for youth voice.

Public Access Youth Television Show

With a new training scheduled in February, the youth are eager to pick up where they left off last winter and begin recording for early spring productions.

DMH only:

Date received: _____

Approved by: _____

Date approved: _____

Approved by: _____

Date approved: _____

FREE TRAINING

Cultural & Linguistic Competency Training

Join us on August 16, 2013
CEUs available

12:30 – 4:00 pm
NCSS Family Center
Mable Conference Room, 130 Fisher Pond Rd., St. Albans, VT

RSVP no later than 7/31/2013 • Please Contact Ebony V. Nyoni, YIT Grant Coordinator
Phone: (802) 393-6571 Email: ebony.nyoni@ncssinc.org

This training is sponsored by Northwestern Counseling & Support Services, Youth In Transition Program



Presenter Mercedes Avila, MED, is the Cultural and Linguistic Competence coordinator for the Vermont Child Mental Health Initiative (CMHI) SAMHSA-funded cooperative agreement and provides leadership for transition aged youth to assure cultural and linguistic competence.

Since 2009, Mercedes has been responsible for designing, implementing and analyzing a variety of quality improvement and program evaluation projects at the Vermont Child Health Improvement Program and the Interdisciplinary Leadership Education for Health Professionals Program at the University of Vermont.

About Cultural Competency

Cultural competence refers to an ability to interact effectively with people of different cultures.

Cultural competence comprises four components:

1. Awareness of one's own cultural world view
2. Attitude towards cultural differences
3. Knowledge of different cultural practices
4. Ability to understand, respect and effectively work with persons/groups with various cultural backgrounds including age and gender.

Learn even more about Cultural and Linguistic Competency from presenter Mercedes Avila at our training event on August 16th.

CLC Training Learning Objectives

At the conclusion of this training, participants will be able to:

1. Increase self-awareness of racial, ethnic and class biases
2. Define cultural and linguistic competency and become familiar with the stages of cultural competency (or continuum)
3. Explain how cultural beliefs shape encounters
4. Understand the impact culturally competent services can have in the clinical outcomes of refugee and/or immigrant consumers
5. Discuss the implications of demographic trends for health disparities

MY LITTLE BLACK BOOK

FRANKLIN AND GRAND ISLE COUNTIES' YOUTH RESOURCE GUIDE

Sponsored by Division of Minority Health, Department of Health, Vermont Federation of Families for Children's Mental Health,
Youth In Transition Grant, and Northwestern Counseling & Support Services

SUICIDE / DEPRESSION

Fifteen year old Megan didn't know what to do. She felt like she had nothing and nobody to turn to. Everything seemed to be going wrong, she wasn't getting good grades, her parents were always fighting and people at school were bullying her because of her weight. Also her father left when she was young and her mother worked two jobs to support her, and when her mother was home she was always drunk so Megan had no one to talk to. She felt like she couldn't do it anymore, she has been struggling with self harm for a year now and it's slowly starting to not give her the feeling it used to. She stole a bottle of her mom's pills with a long label that she couldn't pronounce. She decided she was going to kill herself tonight. She was laying in bed listening to Pandora, with the hand full of pills ready to swallow them down when an ad came on, she laid there annoyed at first then she started to really listened to the ad, it was telling all teens with depression to go to this site, she typed it in her address bar and it led her to a page with information on what she should do, she wrote down all the information and gave the number a call the next day. Today she is feeling stronger and has the tools to deal with her problems.

NCSS Crisis Hotline: (802)-524-6554 or (1-800)-834-7793
National Suicide Prevention Hotline: (1-800)-273-TALK (8255)
Vermont 2-1-1, Dial 2-1-1

HOMELESS / HUNGRY

Lance is 19 and staying with his friend. His baby's mother kicked him out after months of arguing. He feels lost and don't know what to do because his friend has limited space and his own problems to worry about. To top it off, Lance is embarrassed to admit that he is hungry. He stays out late so he doesn't have to force his friend to take food out of his family's mouth to feed him. Sometimes he finds food in dumpsters or gets friends to buy him soda, but his health has been declining as a result of poor nutrition. A friend's mother told him about places in the community that may offer support.

Martha's Kitchen: (802) 524-9749
Samaritan House: (802) 527-0847
NCSS Transitional Living Program: (802) 524-6555
New Generation Youth Resource Center: (802) 393-6574
Franklin/Grand Isle Community Action: (802) 527-7392
Department of Children and Families' Economic Services Division Programs: (1-800)-479-6151



PREGNANT

Natalia examined the pregnancy stick for the second day in a row. She could not believe her eyes, because she is only 16 years old. How could this happen to her? She thought that she couldn't get pregnant because she had never used a condom but was on the pill. She knew that her father would kick her out if he found out. She had so many questions and no answers until the school nurse told her about the following resources:

Carenet Pregnancy Services: (802) 370-3096
Planned Parenthood: (802) 527-1527
Department of Children and Families: (802) 527-7741

Georgia Free Clinic: (802) 524-8911
Lund Family Center: (802)-864-7467
NCSS Parent Child Center: (802) 393-524-6555

ADDICTION

All it took was one hit, and Jessie was hooked. Nothing in the world ever made him feel so good, so normal! But he knew this feeling would come at a price. His habit grew bigger and his wallet grew thinner. He didn't have a steady income because a week before, he was fired from his fast food job. Now he's desperate and wondering how he would get his next fix. He tried asking his parents for money but they were struggling with their own addictions. He became remorseful of all the people he hurt and wished he could find a way out of this situation.

Turning Point: 182 Lake St, St Albans (802) 782-8454
NCSS Drug Treatment Services: (802) 524-6555
Howard Center: (802) 524-7265

BULLYING / HARASSMENT

365 Days of the year, John is teased by his peers. He is a gay youth who has recently "come out" to his community. Many of his friends abandoned him at that point. He often gets teased over Facebook and refuses to eat lunch in his school cafeteria because of the constant stares and snickering. None of his friends want to walk with him in school because of fear that they will be seen as gay too. Recently, he opened his locker to find that it had been vandalized. John wishes that this would end; he knows he has the right to live without fear.

Vermont Center for Crime Victims: (1-800)-750-1213
Child Help USA: (1-800)-422-4-A-CHILD (4453)
Prevent Child Abuse Vermont: (802) 229-5724

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This Resource Guide was developed by youth throughout the region.



Special Thanks to the 2012-2013, New Generation Youth Advisory Board
and all of the youth who participated in the story writing and development of this resource.



WHAT WORKS FOR YOUNG PEOPLE?

- Having a SAY
- Access to supports
- Safe options
- Wellness
- Caring Adults

DAILY SCHEDULE

12PM - 2PM DROP-IN HOURS

Youth between the ages of 16-22 are welcomed to access vital services and supports to assist them with their needs.

2:30PM - 5PM AFTERSCHOOL PROGRAM

Youth between the ages of 13-19 may participate in a year round afterschool program that supports leadership activities, social skill development, and Education.

5PM - 6PM YOUTH NUTRIENT PROGRAM

Youth between the ages of 13-19 may participate in Wellness Education and Nutritional Meal.

NORTHWESTERN COUNSELING & SUPPORT SERVICES

newgeneration
youth resource center

15 Catherine Street
St. Albans, VT 05478
Phone: (802) 393-6575
Fax: (802) 524-1126

www.newgenerationvt.com



www.ncssinc.org

*Creating a
stronger community
one person at a time.*



NCSS is recognized with the highest level of accreditation from the Commission on Accreditation of Rehabilitation Facilities

Proud to be affiliated with these outstanding organizations



newgeneration
youth resource center



Providing youth and young adults with a centralized, safe place to access the resources and supports they need to thrive successfully in the St. Albans Community and beyond.

**NORTHWESTERN
COUNSELING**
& SUPPORT SERVICES

Attention:

PHENOMENAL YOUTH



WHAT WE DO

DROP-IN HOURS (12:00PM - 2:00PM)

We provide transitional supports to youth and young adults using the Transition to Independence Process (tipstars.org) The Transition to Independent Process (TIP) model is an evidence-supported practice based on published studies that demonstrate improvements in real-life outcomes for youth and young adults with emotional/behavioral difficulties (EBD). We promote youth as the drivers of their destiny.

After School Program (2:30pm - 5:00pm)

We provide a secure place for youth between the ages of 13-19 to dwell. At the same time, we foster, an atmosphere of learning and development, caring, and support. Youth participating in the center's After School Program will be encouraged to have fun while becoming leaders in their community.

Youth Nutrition Program (5:00pm - 6:00pm)

We provide wellness education and nutritional meals to young folks Monday through Friday.

newgeneration
youth resource center



Ebony Nyoni, MED

As Youth In Transition Grant Coordinator, Ebony has partnered with the Northwest community to give youth in the region a voice while accessing much needed supports.

What our youth participants are saying

"I got the help I needed to be okay."

"I like having someone to talk to about my situation."

"It's nice to have a good place to go after school that's safe."

"We do not inherit the Earth from our Ancestors;
we borrow it from our Children."
~Native American Proverb

NCSS Use Only
Client # _____

NORTHWESTERN COUNSELING & SUPPORT SERVICES

Permission Slip

In the course of our work, situations may arise that require custodial permission for participation. These activities may require transportation in NCSS staff vehicles. Participation is always voluntary.

NCSS is planning the following activity:

Program Name:

Purpose of Activity:

Location of Activity:

Means of Transportation:

Date of Activity:

I, _____ authorize _____ to participate in this activity.
(Parent/Guardian/Custodian) (Child/Client/Consumer Name)

I understand there are risks involved in activities. I affirm that the above mentioned individual is in good health and he/she is not under the care of a physician for any undisclosed condition that might endanger his/her health or that of other participants. It is my responsibility to inform NCSS of any injury or illness that would prevent the individual indicated above from participating in adventure-based activities and experiential programming. I understand that Northwestern Counseling & Support Services (NCSS) bears no liability in case of injury or accident.

I hereby release and discharge NCSS and it's respective officers, trustees, directors, employees, consultants and agents from all suits, damages or losses of any kind resulting from participating in this activity.

In the event of an emergency, please contact:

1. Name: _____ Phone: _____

Relationship to Client: _____

2. Name: _____ Phone: _____

Relationship to Client: _____

Signature of Parent/Guardian/Custodian

Date

THE 4TH ANNUAL
FRANKLIN GRAND ISLE COUNTIES
YOUTH IN TRANSITION
REGIONAL CONFERENCE

NORTHWESTERN COUNSELING & SUPPORT SERVICES

LEADERSHIP SUMMIT

JANUARY 23, 2014

Jay Peak Resort

ebony.nyoni@ncssinc.org

Ebony Nyoni/ 2014 YIT Conference
Northwestern Counseling & Support Services
130 Fisher Pond Road
St. Albans, VT 05478
(802) 393-6571

Hi, My name is Super Nyoni and I want to tell you a story about the upcoming Youth In Transition Conference

Who: NCSS Youth In Transition
What: Youth Conference
Where: Jay Peak Resort
When: 1/23/2014

Space is limited so please contact your school's guidance office to request an application!

HEY, Youth and Young Adults! Youth in Transition is hosting our Annual Conference at Jay Peak Resort!

Hmmn, I want to go, but is it gonna work for me? How can I apply? How will I get there? Does it cost anything??

DON'T GO IT'S STUPID

DUDE!!! Don't listen to the rat. He wants you to miss out!

DUDE, I'm going! Workshops, skiing, and lunch!

Can I go too guys?

NICE!!!

THE NEXT DAY...

Yeah, I'm going to the Conference

You mean I could win a scholarship to go to the conference by filling out an application and mailing it to NCSS Youth In Transition?

YOP!!! I sent my application in early and got accepted. I sent my application to the NCSS Youth In Transition Program

The address is 130 Fisher Pond Rd., St. Albans, VT 05478

MISSION

Create a "New Generation Regional Youth Council" to serve as state representatives for the Northwest Region of Vermont.

HOW TO APPLY

Follow these 4 steps:



Write a 50 word essay on why you think you should be chosen as a candidate for the New Generation Regional Youth Council.



Fill out the Application on the following page.



Email **ebony.nyoni@ncssinc.org**, and type "I submitted my application packet to _____ (name of guidance counselor) on _____ (Date), at _____ (Name of school or program)."



Submit 50 word essay, and application to your guidance counselor's office.

Students 14-19 years of age may apply

CONFERENCE APPLICATION

First Name: _____ Last Name: _____

School Name: _____ Grade: _____

Address: _____ Phone: _____

Guidance Counselor's Office: _____

IF ACCEPTED

Parent Permission: _____

Home Phone: _____ Work Phone: _____

Name of Emergency Contact: _____

Email: _____

Special Accommodations: _____

Please Circle One: Downhill Skiing/Snowboarding Cross Country/Snow Shoeing Water Park Ice Skate

INFORMATION + AUTHORIZATION

If your application is selected, we will contact you using the information you provided. Please make sure the information above is complete and accurate.

I _____ understand and agree that the information provided is 100% accurate,

And I give my child _____ permission to participate at the Regional Leadership Summit. I understand that if my child is chosen to participate in this event, a scholarship will be granted which would cover registration, lunch, and recreational expenses.

I _____ give my child _____ permission to be treated medically in the event of a situation that would require medical treatment.

I _____ give my child _____ permission to be transported to and from school locations on the day of the Event.

Signature: _____ Date: _____

If selected to attend, I will require the following special accommodations in addition to the ones mentioned above:

You may submit this application electronically to:
ebony.nyoni@ncssinc.org

—Or—

Mail this application to:
Ebony Nyoni/2014 YIT Conference
Northwestern Counseling & Support Services
130 Fisher Pond Road
St. Albans, VT 05478

MESSENGER

\$1.00

Vermont's Oldest Evening Newspaper

Established in 1861

BERKSHIRE MONTGOMERY SHELDON FAIRFIELD HIGHGATE RICHFORD ENOSBURG SWANTON GEORGIA FAIRFAX FRANKLIN BAKERSFIELD FLETCHER

DEVELOPMENT

NCSS eyes St. Albans House

By MICHELLE MONROE
Messenger Staff Writer

ST. ALBANS — Northwestern Counseling & Support Services (NCSS) may lease the first floor of the St. Albans House on Lake Street.

NCSS Executive Director Ted Mabel

confirmed the non-profit is in discussions with Jim Cameron, the building's owner, to lease space for as many as 30 staff members.

Staff working from the building primarily would be from the adolescent team, many of whom work closely with

the Dept. of Children and Families (DCF), which will relocate to Federal Street in 2015.

"Most of them are case managers who are out in the field," Mabel said of the

► See CITY on page 8A

Historic structure may house 30 staff, perhaps teen center

City

continued from page 1

staff potentially assigned to the St. Albans House.

NCSS is also discussing with Cameron the possibility of having a youth center in the building. "It'll have to be closely managed," said Mabel of that prospect.

The preliminary discussions have included creation of a conference room Mabel said would likely be utilized by DCF staff as well as NCSS.

Space is tight at the NCSS building on Fisher Pond Road with about 200 staff who work from laptops and lack office space. "We've had literally no room for growth," said Mabel.

Although NCSS has one building lot left on its complex, "we can't build

because we don't have a water allocation," said Mabel.

The NCSS complex is in St. Albans Town and in April 2011 the St. Albans City Council placed a moratorium on the sale of water and wastewater allocations outside the city limits. The moratorium stems from a long running legal dispute between the municipalities over purchase of allocations, which now awaits a judge's decision.

"We see this as an interim step," said Mabel of the move downtown.

In addition, NCSS is excited to be part of the renovation of the historic St. Albans House, he said.

The original wooden building was constructed some time in the 1840s,

with multiple additions made over the next several decades. Some of the Confederate raiders who robbed St. Albans banks in the northernmost land action of the Civil War were lodgers at the St. Albans House prior to the event that is now 150 years ago.

Cameron purchased the building in September 2011 and began renovations, drawing on historic tax credits to help pay for the work.

Cameron had previously announced that the second floor had been leased to a financial firm looking to expand. The third and fourth floors have upscale apartments.

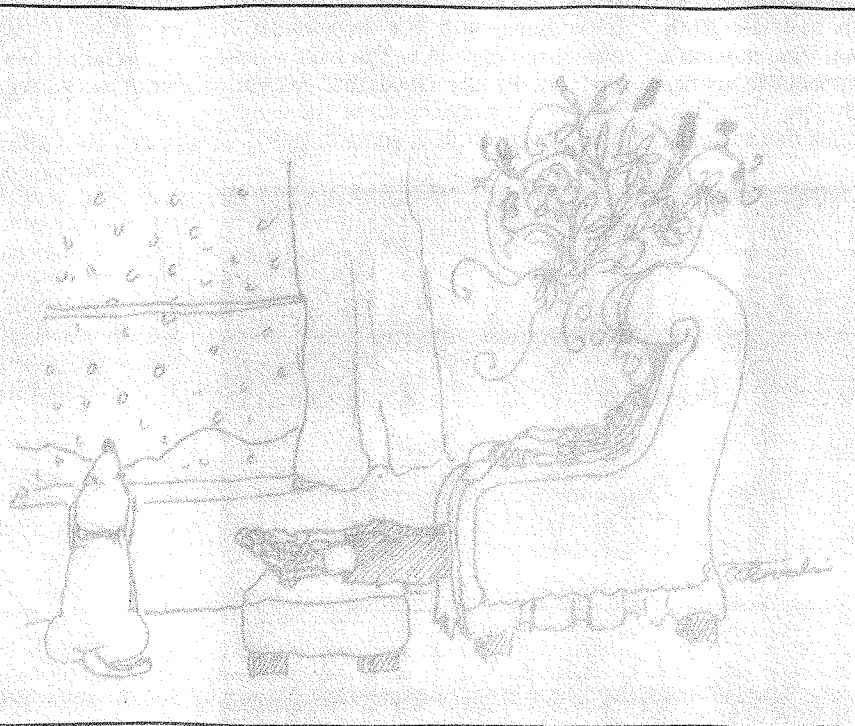
FRANKLIN COUNTY JOURNAL

Send photos and submissions to news@samessenger.com

The St. Albans Messenger, Friday, Jan. 17, 2014

9A

CHRISTA'S CORNER



Drawing courtesy of CHRISTA CHEVALIER

Voting for NCSS Youth in Transition program underway

VSECU members to award \$10,000 to two non-profit organizations

ST. ALBANS — We Care 2 is a Vermont State Employees Credit Union (VSECU) member giving program. Through the program VSECU members are provided the opportunity to vote for the recipients of charitable contributions funds.

Charities across the state of Vermont had the opportunity to submit an application, until Dec. 1, 2013, to be considered for one of two \$10,000 donations from the VSECU membership.

This year, 49 charities from across the state of Vermont submitted an application to We Care 2. The Community Contributions Committee reviewed the submissions and selected five charitable organizations as finalists, including NCSS' Youth In Transition program. The five selected charitable organizations have the opportunity to rally their supporters through March 11, 2014.

VSECU members will have the opportunity to vote and select two of the final five to receive a \$10,000 donation each. The voting ballot for these organizations will be included with the Annual Meeting Notice that will be delivered in February 2014. Between now and then members are encouraged to learn as much as they can about NCSS' Youth In Transition program so they're ready to cast their vote for the YIT program when the ballot arrives. The \$10,000 donations will be presented at the VSECU Annual Meeting March 11, 2014.

NCSS Youth In Transition Program assists youth and young adults throughout Franklin and Grand Isle Counties between the ages of 14-22, with accessing the much needed resources they need while finding their voice as young citizens of Vermont to advocate, and transition successfully into adulthood.

VSECU



We Care 2

FIVE FINALISTS SELECTED

This year, 49 charities from across the state of Vermont submitted an application to We Care 2. The Community Contributions Committee reviewed the submissions and has selected the following five charitable organizations as finalists.



**NORTHWESTERN
COUNSELING**
& SUPPORT SERVICES

NCSS Youth In Transition

NCSS Youth In Transition Program assist youth and young adults between the ages of 14-22, with accessing the much needed resources they need while finding their voice as young citizens of Vermont to advocate, and transition successfully into adulthood.

[Visit the NCSS Youth In Transition website \(http://www.ncssinc.org/about-us/whats-new/news/yitvoting/\)](http://www.ncssinc.org/about-us/whats-new/news/yitvoting/)

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Rutland Community Cupboard

The Rutland Community Cupboard is a food shelf serving the needs of hungry Vermonters. In 2013, the Cupboard distributed 250,000 food items to families in our area. We accommodate about 2,000 different families each year with around 500 family visits per month. Many Vermonters are struggling with trying to provide food for their families. This \$10,000 award would allow us to purchase more food to help serve more needy Vermont families.

[Visit the Rutland Community Cupboard website \(http://www.rutlandcommunitycupboard.org/\)](http://www.rutlandcommunitycupboard.org/)

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Southern Vermont Natural History Museum



The Museum engages Vermonters in the natural world to help build a sense of stewardship and appreciation for nature. Our programs encourage children and adults to spend time outdoors and travel to thousands of school children, elderly and general audiences from all walks of life each year. Our natural history collection and live animals act as an introduction to the nature of Vermont. By getting people to better know nature, they will want to help preserve it for the future.

[Visit the Southern Vermont Natural History Museum website \(http://www.vermontmuseum.org/index.html\)](http://www.vermontmuseum.org/index.html)

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Therapy Dogs of Vermont

Therapy Dogs of Vermont, established by Steve Reiman with his two German Shepherds in 1992, has grown to 300 certified therapy dog teams making volunteer visits to 140 facilities across Vermont touching hearts, bringing joy, offering comfort, and enriching lives of Vermonters of all ages. Help us fulfill all the requests we receive each and every day that we are unable to fulfill today.

[Visit the Therapy Dogs of Vermont website \(http://www.therapydogs.org/\)](http://www.therapydogs.org/)

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Vermont Adaptive Ski and Sports

It is our belief that individuals with disabilities should enjoy the full range of activities that life's experiences can offer, and through these experiences gain the self-confidence, self-esteem, and motivation to become active participants in all aspects of community life. Participation in recreational activities generates determination and confidence that enable people to ultimately manage more successfully the barriers that are so much a part of their everyday lives.

[Visit the Vermont Adaptive Ski and Sports website \(http://www.vermontadaptive.org/\)](http://www.vermontadaptive.org/)

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Membership Voting

VSECU members will have the opportunity to vote and select two of the final five to receive a **\$10,000** donation each. The voting ballot for these organizations will be included with the Annual Meeting Notice that will be delivered in February 2014. Between now and then we encourage you to learn as much as you can about these organizations so you're ready to cast your vote when the ballot arrives. The \$10,000 donations will be presented at the VSECU Annual Meeting March 11, 2014.

VSECU
One Bailey Avenue
Montpelier, VT 05602-3401 | 802/800 371-5162
Routing: 211691185