

YIT PROGRAM PROGRESS REPORT

1. Grant Number: 03150-5256
2. Grantee Name and Address:
Community Health Services of Lamoille Valley/Behavioral Health & Wellness Center
P.O. Box 749, 66 Morrisville Plaza, Morrisville, VT 05661
3. Telephone Number: 802 888 8320
4. Project Title: Lamoille Valley Youth In Transition Project
5. Period of Performance from July 1st, 2013 through December 31st, 2013
6. Approved Project Period from July 1, 2012 through June 30th, 2014
7. Author's Name and Telephone number: Mary O'Toole (802) 851-8820
8. Date of report: July 22, 2013
9. Comments (if any):

The federal Government Performance and Results Act (GPRA) primarily focuses on demonstrating accountability and achieving meaningful outcomes for all federally funded programs. Please make sure to include information on the outcomes of your project activities and the impact of your project on improving the lives of Youth in Transition and their families in the Program Progress Reports submitted.

Two Program Progress Reports must be submitted for this sub-grant:

1. one for the time period from July 1 – December 31, 2012 (due by January 31, 2013), and
2. one for the period from January 1 – June 30, 2013 (due by July 30, 2013).

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.

Lamoille Valley Youth In Transition Project has discharged 11 Youth In Transition participants for various reasons, including but not limited to resolution of legal issues, voluntary dropout, no contact greater than 90 days, and geographical relocation. Lamoille Valley Youth In Transition Project has enrolled 4 new participants.

Lamoille Valley Youth In Transition Project has served 62 Youth in Transition aged clients through our GYST (Get Your Stuff Together) program. Out of the 62 served, 56 of 62 have not had further interaction with the law resulting in new charges, or been returned to jail. Using the same population, 3 have graduated high school, 6 have returned to high school, and 2 have enrolled in college. Out of the 62, one had to make a visit to the emergency room for medical or mental health reasons, which led to inpatient treatment. 41 have gained employment in the last 12 months, 5 have returned to jail, 1 has been incarcerated due to a crime prior to coming to GYST, 1 has joined the military, 1 is deceased, 1 on house arrest, 5 are underage for work. 2 participants have successfully completed inpatient programs. All 62 participants have primary care providers and insurance. One has completed parole, 3 other participants have completed probation, and 9 were able to regain their driver's license. 5 have also obtained their license or permit. 5 are HS athletes that have returned to their teams. 13 have at least 3 months of sobriety, and two have just reached a month of abstinence. Two others have just celebrated one year of sobriety as well.

5 of our participants have markedly improved grades and attendance in school, 20 have reformulated a relationship with their families, and 33 have vastly improved life and interpersonal/soft skills.

<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>Through the development of GYST and GYST pync groups, leadership emerges in the area of civic responsibility. GYST presented at the VAMHAR Annual Meeting and Celebration on Nov. 6th as one of our State's fresh and innovative approaches to recovery. On Nov. 17, we celebrated our one year anniversary with the "GYSTival". There were over 120 community members in attendance, and we were able to raise over \$2,000 for sustainability for the YIT program.</p>
	<p>2: Family/adult allies support young adults...</p> <p>The North Central Vermont Recovery Center as a primary partner with our YIT/YAs offers safe and sober mentoring, recovery coaching and positive feedback to all participants, nurturing the spirit of generosity in all. Several of our YIT/YAs parents are among those involved at the NCVRC. Formal supports of the YIT/YAs have been nicely coordinated through the Care Team and include teachers, coaches, case managers, foster parents, supporters through the NCVRC. We have had many parents contact us about sending their children to the GYST programs, and are consistently getting referrals from schools, the court system, and law enforcement agencies.</p>

<p>3: Workers use caring practices known to be helpful for young adults and families.</p> <p>Required activity:</p> <p>The TIP process continues to be a guide for how workers support YIT/YAs. Additionally, mentorship and guidance by adult allies at the NCVRC foster a safe supportive environment in which to meet for GYST and GYST pync.</p>	
<p>4: System of Care partners gain cultural & linguistic competence (CLC)... No additional partners trained in CLC.</p>	
<p>5: Local communities (including young adults) change their perceptions of young adults and of mental health issues, reducing stigma....</p> <p>This quarter we participated in VAMHAR's annual meeting, with 2 members presenting, and held our own community celebration, marking GYST's one year anniversary. The "GYSTival" was planned, catered, promoted, and set up by members of GYST. "The Aerolites", performed, awards were given out, and we had various guest speakers. This positive exposure and the exposure generated by the local press, is beginning to make an impact on youth perceptions in the community. More work is needed to move the community. GYST and GYST pync members are helping to reduce the stigmas associated with MH and SA labels among their groups of friends and associates as evidenced by climbing attendance at both groups since inception. GYST-wear in the form of tee shirts, hoodies and hats are worn with pride by the GYST participants. With three formal media interviews under their belt, GYST and GYST-wear are easily identified by community members.</p>	
<p>6: Effectiveness of the Vermont System of Care for young adults with SED is evaluated.....</p> <p>Lamoille Valley Youth in Transition Project (LVYTP) continues to meet with the Care Team monthly to evaluate services in the system of care. Each meeting we get an injection of new blood, along with the old guard, to infuse new ideas and create unique and innovative opportunities to enhance our YIT populations self-esteem, and help them to realize the potential they have, and the ways to bridge the gaps to getting there</p>	
<p>7: The State supports and sustains regional services for young adults....</p>	

	<p>Support from the VFFCMH is ongoing as is the cooperation and support of the Agency of Human Services. Our local Field Services Director is supportive, creative and positive in her support of sustainability efforts.</p>
<p><u>Desired outcomes for young adults of transition-age</u></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:</p> <p><i>Outreach 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>Outreach efforts through GYST have proven effective in mitigating any further involvement with the criminal justice system. The majority of the 62 GYST participants come to the program with some criminal justice involvement. Of those without criminal justice involvement, all indicators point to a high probability of criminal justice involvement without the benefit of a GYST intervention. Out of 62, 5 returned to jail for various reasons. 1 of those returning to jail was for a crime prior to engagement in GYST. 1 of the 62 has successfully completed parole and 1 has been released from all supervision through the Department of Corrections. One participant was released from jail due to being accepted into transitional housing as a reasonable residence and level of supervision by the Criminal Justice Social Worker.</p> <hr/> <p>2. Increased number of young adults who are employed... Of the 62 participants, 41 have become employed. Employment opportunities range from entry level seasonal positions to full time employment with benefits and the potential for advancement. The criminal justice social work team works on retention with participants by focusing on trouble-shooting skills for common barriers such as transportation, poor communication skills, low self-esteem, lack of proper clothing or navigating employment with a criminal record. Lamoille Valley Youth In Transition Project continues to work closely with Creative Workforce Solutions, Department of Labor and Vocational Rehabilitation.</p> <hr/> <p>3. Increased number young adults participating in (or who completed) educational programs....</p> <p>Of the 62 GYST participants, 3 have graduated from HS, 5 have returned to HS and 2 have enrolled in college. In other areas of the Lamoille Valley Youth In Transition Project the criminal justice social work team work to help YIT/YAs stay in school by facilitating dialogue with schools and all providers involved with the YIT/YAs. The criminal</p>

	<p>justice social work team works with the schools to provide substance abuse treatment during school hours as the team is credentialed as Apprentice Addiction Professionals. For those YIT/YAs enrolled in the Community College of Vermont, the team continues to garner exceptional support from CCV professionals as evidenced by a continuing emphasis on making courses geared toward those considering further education both accessible and either free or affordable.</p>
	<p>4. Increased number of young adults who have access to, and are using, a medical home....</p> <p>All GYST and Lamoille Valley Youth In Transition Project YIT/YAs have health insurance and access to primary care. One of the benefits of the Lamoille Valley Youth In Transition Project being housed in the Community Health Services of Lamoille Valley. 1 YIT/YA visited the Emergency Department at Copley Hospital resulting in an emergency screening through Emergency Services and a subsequent inpatient admission. 1 other YIT/YA is in inpatient treatment for co-occurring mental health and substance use issues.</p>
	<p>5. Increased number of young adults living in safe and stable housing....</p> <p>Although the transitional housing project LVIYITP managed has been dissolved due to the new structure of the Community Housing Grant, the project seamlessly transitioned into the scope of a new Department of Corrections transitional housing program offering a fine example of how the work of the Care Team allows the facilitation of partnerships and adept transitions when one program ends and another begins. The tenant of the transitional house is served by both the Corrections and GYST programs with varying degrees of services appropriately applied. The Department of Corrections borrowed our contract and rights and responsibility documents. At this time, a young couple involved with the Lamoille Valley Youth In Transition Project is living in the United Way's New Foundations Transitional Housing Program and another GYST participant and his family are in the process of applying for housing with the same program.</p>
	<p>6. Increased number of young adults who have caring & supportive relationships....</p> <p>Overall, LVIYITP YIT/YAs have many more caring and supportive relationships than prior to engagement with LVIYITP. Support from one another, from the NCVRC mentors and coaches, natural supports are the result of those relationships and the inroads made by LVIYITP collaborations.</p>
	<p>7. Increase in young adults' strengths and protective factors....</p>

	<p>Lamoille Valley Youth In Transition Project participants have more confidence engaging perspective employers, more confident when interacting with perceived authority figures, the attainment of soft-skills such as communication, cooking, cleaning, budgeting, and other necessary life skills, improved communication skills in general and a more positive outlook and feelings of belonging in their community. Learning how to “play the tape to the end” or futures oriented thinking, the development of cause and effect thinking, the ability to resist peer pressure and make decisions that are good for themselves, as old “friends” and acquaintances do not always have your best interests in mind. Awareness that people, places, and things are triggers to old behaviors and must be evaluated</p> <hr/> <p><i>8. Improved mental health for young adults.</i></p> <p>Required activity:</p> <p><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 process of referral to Lamoille Valley Youth In Transition Project and GYST is working to capture those YIT/YAs through the court system if not captured at other junctures. The relationships that the criminal justice social work team has with the offices of the judiciary—including both State’s Attorney and Public Defender offices, as well as DCF (including their juvenile probation department) and Court Diversion has resulted in a systems change that seeks to identify YIT/YAs with MH/SA issues and refer them to treatment.</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>Job development remains functional in the system of care. Between Vocational Rehabilitation, Creative Workforce Solutions, the JOBS program, and other local businesses and community organizations, opportunities continue to be available for YIT and YA’s in Lamoille Valley. Additionally, allies at the North Central Vermont Recovery Center often refer YIT/YAs to safe and sober employment whenever possible.</p> <hr/> <p><u>Organizational Change:</u> Organizational changes made to support improvement of mental health-related practices/activities that are consistent</p>

	<p>with the goals of the grant. Please enter the number of changes and briefly describe them....</p> <p>There have been no organizational changes made this reporting period.</p>
	<p><u>Partnership/Collaboration:</u> Organizations that entered into formal written inter/intra-organizational agreements (e.g., MOUs/MOAs) to improve mental health-related practices/activities that are consistent with the goals of the grant. Please enter the number of organizations and briefly describe the agreements....</p> <ol style="list-style-type: none"> 1. The State Attorneys' supports system changes that include the referral of youth and young adults to mental health and substance abuse services. With new evidence about the success of the Rapid Assessment Program through Spectrum in Chittenden County, a move toward an actual Rapid Assessment Program in Lamoille is recommended. 2. The North Central Vermont Recovery Center and Behavioral Health & Wellness Center (BHWC) formalize recovery support services agreements and currently share both human and financial resources through the Resiliency & Recovery Oriented System of Care (RROSC). 3. Adult Basic Education (ABE) is very active in our referral process, often working together with BHWC to find youth, and refer them for services when needed. 4. Local law enforcement agencies are now reaching out to the criminal justice social work team due to "results they have seen." They are consistently in contact, and when they feel there is an appropriate referral to be made, they do not hesitate to call. 5. Local high schools, to include Peoples Academy, Lamoille Union, Hazen Union, and Stowe High School have all entered into agreements and have apprentice addiction professionals working within them to provide case management, group, and individual substance abuse treatment.
	<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> <ol style="list-style-type: none"> 1. GYST pync is a blossoming group for young women in recovery or interested in recovery from substance abuse. GYST pync is under one year old and meets weekly on Wednesdays from 4:00 to 5:30. GYST pync is co-facilitated by women in long-term recovery and a BHWC substance abuse professional. Other women in recovery also participate in GYST pync to give support to the younger women. Currently, an average of 9 women of varying ages, participate weekly. Weekly discussions, or series of discussions are psychoeducational and include such topics as female brain development, relationships, death and dying, living without substances, effective communication, healthy vs unhealthy boundaries and more. GYST pync also engages with our local community by fundraising and giving back. Some of GYST pync efforts include bake

	<p>sales and solicitation from local businesses in support of outreach and giving. GYST pync has donated to veteran's organizations and adopt-a-family through the Family Center. GYST pync also hand-crafted clever candy holders and handed them out to youngsters for Halloween, in Kinney Drug's parking lot, while also promoting GYST pync.</p> <p>2. Bringing Group SA treatment into the schools is making significant progress. Lamoille Valley Youth In Transition Project is working collaboratively with schools and Alcohol & Drug Abuse Program (ADAP) to be certain quality programming and treatment takes place.</p>
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8. Problems

Not having service money has been a major barrier to some successes. Single males are often not eligible for assistance from local agencies for services like clothing, utilities, housing. In addition to housing, transportation continues to be a major barrier to the success of the YIT population. Lamoille's specific YIT population is having a hard time with employment due to criminal records. We have been working with an employment specialist from Reach Up to help our youth fill out applications and learn how to answer interview questions.

9. 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.

10. 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.

GYST was recently the subject of another front page feature article in our local newspaper, has been interviewed on the local radio station, has developed several new promotional articles of clothing and begins an advertising campaign for GYST pync. GYSTpync has taken a life of its own, and both continue to reach our young adult population.

5. Other Activities

Briefly describe other activities undertaken during the reporting period.

- GYST and GYST pync have permission from the Vermont Bar Association to use *On Your Own*—a publication about the rights and responsibilities of turning 18, as part of a presentation to school aged YIT. The Vermont Bar Association has offered to provide a lawyer as part of the presentation and GYST and GYST pync will provide real life stories about turning 18 and what it is like to be on your own. Planning for the presentation has begun and the groups remain hopeful to present at least once before the end of the school year and expand for the 2014/2015 school year as part of a permanent program for YIT in the Lamoille Valley.

6. Activities Planned for Next Reporting Period

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

Recovery Housing is continuing to be developed
GYST pync will be holding a 1 year anniversary celebration/ fundraiser
More outreach in the schools as a prevention tactic, working with the Student Assistance Professionals (SAP) in schools on prevention first, and then providing treatment in the schools, with follow-ups/aftercare through connecting YIT/YAs to local recovery supports.

DMH only:

Date received: _____

Approved by: _____ Date approved: _____

Approved by: _____ Date approved: _____