

## 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 January 1<sup>st</sup>, 2014 through June 30<sup>th</sup>, 2014
6. Approved Project Period from June 30<sup>th</sup>, 2012 through June 30<sup>th</sup>, 2014
7. Author's Name and Telephone number: Terrence Kelleher 802.851.8825
8. Date of report: July 30, 2014
9. Comments (if any):

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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**

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| <b>1. Major Activities and Accomplishments During this Period</b> |
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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.**

LVYITP has handed over the GYST group to the North Central Vermont Recovery Center after establishing GYST in Lamoille County. We did this to focus on building programs moving forward that will fill in the remaining gaps in Lamoille County. One of our main focus areas has been with youth transitioning to high school who have been identified as children who may need services in the future. We switched the focus to prevention for this group of youngsters. We started a new group for 11-14 y.o. males who have anger issues, calling the group “TNT”, (That’s Not True!) In this group we utilize in vivo strategies to help these boys deal with the struggles of everyday life. Discussions, homework, and food are the main highlights of the group.

We have also been preparing to roll out the 7 challenges curriculum, which will fit in nicely with the groups we already have running in our local high schools. Our groups focus on substance abuse and mental health. Dealing with parents, siblings, school staff and administration have been the focal points in many of our groups. We also are continuing our relationships with the courts, local police, DCF, diversion, and the States Attorney to target the “at risk” population in our community.

We continue to work closely with the recovery center, sending referrals and assisting with case management needs where applicable. We are continuing to forge strong bonds and relationships with other community partners, as well as running the care team.

We have been attending the Lamoille County Housing Solutions Team to help those in need of housing or financial assistance with finding resources to do so.

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| <p><b>Goals for strengthening the systems of care</b></p> | <p>1: Young adult (YA) leadership is developed in VT.</p> <p><b>Required activity:</b><br/> <i>Operate in accordance with continuing input from key stakeholders (including youth and family members) within the regional systems of care...</i></p> <p>While we no longer have the GYST program, it is still a major part of the LVYIT program. We have asked several older YIT people to assist in developing programs for youth in our area, asking what they would have liked to have when they were younger, what might have prevented them from going down the path they had. Our “youth leaders” identified more life skills work in school, as well as teaching coping skills in school. With this in mind, we are utilizing a “youth board” to help come up with a program we can implement in the schools, and our YIT veterans are taking great pride in helping lead this next generation to avoid the pitfalls they succumbed to at that age</p> |
|   | <p>2: Family/adult allies support young adults...</p>   |

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|                       | <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.<br/> <b>Required activity:</b><br/> The TIP process continues to be a guide for how workers support YIT/YAs. Additionally, we are excited to be a part of the 7 challenges curriculum, as well as utilizing group therapy for adolescent anger management</p>   |
|                       | <p>4: System of Care partners gain cultural &amp; linguistic competence (CLC)...<br/> 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>We were able to house 2 young men into our local United Way New Foundations apartment. The process for acceptance into this program is extremely strict, with sobriety and employment being sticking points. At first, the United Way board was hesitant to consider these young men based on criminal history and reputation. After meeting with them, they couldn't be happier with the progress they have made, and are continuing to make.</p> <p>We have been able to have several "No Trespass" orders lifted through our collaboration with local police. Several YA's were accepted back to their town schools after being suspended or expelled for various reasons.</p> |
|                       | <p>6: Effectiveness of the Vermont System of Care for young adults with SED is evaluated.....</p> <p>LVYITP continues to meet with the Care Team monthly to evaluate services in the SOC. Housing continues to be a barrier, but we have had successes in that area. We have also developed a strong partnership with CCV to help ease the transition to higher education</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><b>Desired</b></p> | <p>1. Decreased number of young adults involved in the corrections system</p>   |

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| <p><b><u>outcomes for young adults of transition-age</u></b></p> | <p>(including an increase in the number who are free of incarceration).<br/> <b>Required activity:</b></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 continues through the GYST programs, and the recovery center is the main hub for these youth. We are able to have the local law enforcement agencies reach out to us when they encounter a YIT aged YA. Our local States Attorney and public defender's office are also heavily involved in reaching out to the YIT team when they encounter youth with addiction problems. This quarter, we have seen a dramatic decrease in the recidivism rates for the youth we serve. We have had only 2 members of YIT go back to jail, both for probation violations. We have had no YA's that we serve pick up new criminal charges.</p> |
|  | <p>2. Increased number of young adults who are employed...<br/> LVYITP continues to work closely with Creative Workforce Solutions, Department of Labor, JOBS and Vocational Rehabilitation. Our focus has been on the soft skills needed to gain employment. We have helped in all facets of job seeking, from the proper attire to wear to an interview, to mock interviews. All are employed currently, with many working seasonal labor jobs. We have steadily worked with 22 YA's this quarter, and 19 have full time jobs, and 3 are in work studies provided by their school for the summer.</p>   |
|  | <p>3. Increased number young adults participating in (or who completed) educational programs....</p> <p>Of the 22 YIT participants, 8 have graduated from HS and 2 have returned to HS. Of the 8 graduates, 6 are planning to go to college in the fall, 1 is opening up his own business, and 1 has joined the workforce as an HVAC employee. The Governors Career readiness certificate program that CCV offers has served 5 of our YA's, which led to employment. In other areas of the LVYITP the CJSW team work to help YIT/YAs stay in school by facilitating dialogue with schools and all providers involved with the YIT/YAs.</p>  |
|  | <p>4. Increased number of young adults who have access to, and are using, a medical home....</p> <p>All GYST and LVYITP YIT/YAs have health insurance and access to primary care. One of the benefits of the LVYITP being housed in the Community Health Services of Lamoille Valley. The main barrier this</p>   |

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|  | <p>quarter is the new Vermont Health Connect insurance, where the YA's need to be diligent in handling the necessary paperwork to keep up with their changing employment status. All of our youth served do have Primary Care Physicians either through Morrisville Family Health, Stowe Family practice, or pediatricians they have had since birth</p>  |
|  | <p>5. Increased number of young adults living in safe and stable housing....</p> <p>We have been regularly attending the Housing Solutions Team meeting, and are using our relationships with community partners to use a team approach to finding safe and stable housing. We are identifying landlords who are willing to rent to the population we are working with. We also helped 2 young men get accepted into the new foundations program that the United Way runs.</p>  |
|  | <p>6. Increased number of young adults who have caring &amp; 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 the result of those relationships and the inroads made by LVIYITP collaborations. The peer to peer aspect of the GYST programs also allow our YA's to feel safe speaking about life's issues, and helps them to know that they are not alone</p>   |
|  | <p>7. Increase in young adults' strengths and protective factors....</p> <p>LVIYITP participants have more confidence engaging perspective employers, more confident when interacting with perceived authority figures, the attainment of soft-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 YOU, 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. The accountability standards that we hold our YA's to is a new thing for them. They are resistant at first, but once they see the results of being accountable, begin to develop a sense of responsibility they have not had before</p> |
|  | <p>8. <i>Improved mental health for young adults.</i></p> <p><b>Required activity:</b></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>  |

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|  | <p>The process of referral to LVIYTP and GYST is working to capture those YIT/YAs through the court system if not captured at other junctures. The relationship the CJSW 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><b>System of Care Infrastructure Indicators</b><br/>(for federal TRAC):</p> | <p><u><i>Workforce Development:</i></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 Voc Rehab, Creative Workforce Solutions and the JOBS program, opportunities continue to arise for YIT and YA’s in Lamoille Valley. Additionally, allies at the NCVRC often refer YIT/YAs to safe and sober employment whenever possible.</p> <hr/> <p><u><i>Organizational Change:</i></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>There have been no organizational changes made this reporting period.</p> <hr/> <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> <ol style="list-style-type: none"> <li>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, Lamoille County has developed the RIC program through diversion, and appropriate referrals are made to LVIYTP</li> <li>2. The North Central Vermont Recovery Center and BHCW formalize recovery support services agreements and share both human and financial resources through the RROSC.</li> <li>3. ABE is very active in our referral process, often working together with BHCW to find youth, and refer them for services when needed</li> <li>4. Local law enforcement agencies are now reaching out to the CJSW due to “results they have seen.” They are consistently in contact, and when they feel</li> </ol> |

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|  | <p>there is an appropriate referral to be made, they do not hesitate to call.</p> <p>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>  |
|  | <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>BHWC awarded the NCVRC \$5,000 to make the GYST programs sustainable as a peer led empowerment group.</p> <p>BHWC started the TNT group for adolescents with anger issues who are moving into the YIT age group.</p> <p>We have been involved in the schools, where we are able to provide services for youth with transportation issues to meet them where they are most comfortable, according to the TIP model</p> |

**8. Problems**

Billing in the schools has been an issue since the workers in the schools are AAP's, and cannot bill for Mental Health. Prevention and education based grants would be a big help with that. Also, Court Diversion is no longer referring youthful offenders to AAP's, only LADC's, which means the face to face encounters and interactions have gone down tremendously.

**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.

No 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.

There have been no newspaper or other journalistic opportunities for this reporting period. Attached are flyers for groups, and an Event held by the GYST programs

**5. Other Activities**

Briefly describe other activities undertaken during the reporting period.

GYST pync continues to grow and reaches into the community by holding events focused on fundraising as well as raising awareness of the issues facing young women and men of all backgrounds. During a recent *Family Day* event organized by the North Central Vermont Recovery Center, GYST pync and GYST, money and awareness was raised for the local domestic violence network office, Clarina Howard Nichols Center. The event was held at a popular community location for gathering and offered activities for children and families, including live music. GYST pync also organized in a show of solidarity and support to attend the funeral of a cherished member and GYST pync mentor who died tragically in a car accident earlier in the summer.

BHWC continues to support the NCVRC efforts to grow GYST and GYST pync by consulting on grant writing initiatives and program development.

**6. Activities Planned for Next Reporting Period**

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

Housing will be addressed in a systematic way  
7 Challenges Curriculum will be implemented in the schools  
An event aimed at reducing the stigma of co-occurring disorders will be held in September

**DMH only:**

Date received: \_\_\_\_\_

Approved by: \_\_\_\_\_

Date approved: \_\_\_\_\_

Approved by: \_\_\_\_\_

Date approved: \_\_\_\_\_





**Do You think Life is Unfair?  
Are things Not Going Your Way?**



**About to explode??**

## **TNT Group**

**6-week group for boys ages 11-14  
Tuesdays 12noon  
Starting July 8, 2014**

**At Behavioral Health & Wellness Center  
65 Northgate Plaza in Morrisville**

**Facilitated by Tammie Lowell, LCMHC, LADC & Terry Kelleher, BA, AAP**

**Please contact 802.888.8320 to sign up or for more information.**