

## 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>, 2013 through June 30<sup>th</sup>, 2013
6. Approved Project Period from July 1, 2012 through June 30<sup>th</sup>, 2013
7. Author's Name and Telephone number: Mary O'Toole (802) 851-8820
8. Date of report: July 22, 2013
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**

<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 discharged 11 YIT members for various reasons, including but not limited to resolution of legal issues, voluntary dropout, no contact greater than 90 days, and geographical relocation. LVYITP has enrolled 4 new participants, with 1 enrollment pending.

LVYITP has served 48 YIT aged clients through our GYST program. Participants are asked to participate in the evaluation studies with the majority declining, stating time as an issue, non trust of the government, or that their needs are met through GYST, individual counseling, and case management.

Out of the 48 served, 45 of 48 have not had further interaction with the law, nor returned to jail. Using the same population, 3 have graduated high school, 5 have returned to high school, and 2 have enrolled in college. Out of the 48, one had to make a visit to the emergency room for medical or mental health reasons, which led to an inpatient treatment admission. 29 have gained employment in the last 6 months, 3 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, 3 are underage for work, 2 are in an inpatient facility, 1 completed a construction trades program and is currently seeking work, and 2 came and visited from the Return House in Barre. Their current whereabouts are unknown. All 48 have PCP's and insurance where applicable. 1 has completed parole, 1 has completed probation, 7 were able to reinstate their driver's licenses. 3 obtained their license or permit.

2 have markedly improved grades and attendance in school, 13 have reformulated a relationship with their families, and an astounding 27 have vastly improved life and interpersonal skills, aka soft skills.

As a group, we have participated in 2 community events. "Seeds of Change"—which raised awareness for homelessness, and raised over 1,600 dollars for Community Action in Lamoille County. The second was the cancer walk, Lacing Up for Cancer, of which GYST had 11 YIT aged participants, and contributed to raising over 1 million dollars in funding for cancer research.

<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>  <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 collaborated with CCV on the Seeds of Change initiative in raising awareness and money for homelessness, participated in and raised money for the local Lacing Up For Cancer events as well as participated in the local 4<sup>th</sup> of July parade to</p>
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	<p>raise money for the USO and soldier care packages.</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</p>
	<p>3: Workers use caring practices known to be helpful for young adults and families.</p> <p><b>Required activity:</b></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 &amp; 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>YIT/YA participation in community activities like Seeds of Change, Lacing Up for Cancer and raising money at the 4<sup>th</sup> of July parade for soldiers is good press for our YIT/YAs. 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>LVYITP meets with the Care Team monthly to evaluate services in the SOC. A single referral form is under development for the purpose of streamlining referrals to services for YIT/YAs with no duplication and maximum access to all YIT/YA services. The Care Team consists of local boots-on-the-ground providers of YIT/YA services. Managers are welcome to attend--and sometimes do.</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</p>

	supportive, creative and positive in her support of sustainability efforts.
<p><b><u>Desired outcomes for young adults of transition-age</u></b></p>	<p>1. Decreased number of young adults involved in the corrections system (including an increase in the number who are free of incarceration).  <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>Our Rapid Assessment Program received 86 referrals of 16 to 24 year olds. Of the 86, 62 followed up and were assessed and followed treatment recommendations. 4 of the 86 appeared on the arraignment sheets more than once. It is not clear whether the charges were continued or new charges were incurred. 3 of the 4 did not follow through with assessment. The rate of follow up to assessment is higher in this YIT/YA age group than in the general adult population with nearly 80% of those referred, assessed. The adult population rate of assessment is about 60%. All Rapid Assessments are voluntary.</p> <p>Outreach efforts through GYST have proven effective in mitigating any further involvement with the criminal justice system. The majority of the 48 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 48, 3 returned to jail for various reasons. 1 of the 48 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 CJSW.</p>
	<p>2. Increased number of young adults who are employed....</p> <p>Of the 48 participants, 29 have become employed. Employment opportunities range from entry level seasonal positions to FT employment with benefits and the potential for advancement. The CJSW 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. Of note, one adult ally with a construction business has been an invaluable resource for employment of YIT/YAs. Hiring only substance free workers, this ally offers a safe and supportive workplace where valuable employment ethic and skills are fostered. LVYITP continues to work closely with Creative Workforce Solutions, Department of Labor and Vocational Rehabilitation.</p>

<p>3. Increased number young adults participating in (or who completed) educational programs....</p> <p>Of the 48 GYST participants, 3 have graduated from HS, 5 have returned to HS and 2 have enrolled in college. In other areas of the LUYITP the CJSW team work to help YIT/YAs stay in school by facilitating dialogue with schools and all providers involved with the YIT/YAs. The CJSW 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 CCV, the CJSW team continues to garner exceptional support from CCV professionals as evidenced by the collaboration between GYST and the Seeds of Change initiative to raise money and awareness of local homelessness. Many of the YIT/YAs have experienced homelessness and are able to enlighten the community on what homelessness looks like for 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 LUYITP YIT/YAs have health insurance and access to primary care. One of the benefits of the LUYITP being housed in the Community Health Services of Lamoille Valley. 1 YIT/YA visited the ED at Copley Hospital resulting in an emergency screening through Emergency Services and a subsequent inpatient admission. 2 other YIT/YAs are 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 LUYITP 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 moment, a pregnant, young couple involved with LUYITP, are finalizing a lease agreement with the United Way's New Foundations Transitional Housing Program.</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.</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</p> <p>8. <i>Improved mental health for young adults.</i>  <b>Required activity:</b>  <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 LVIYITP 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 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> (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 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>

	<p><u>Organizational Change:</u> Organizational changes made to support improvement of mental health-related practices/activities that are consistent with the goals of the grant. Please enter the number of changes and briefly describe them....</p> <p>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> <p>These organizations have not changed since last reporting period.</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, a move toward an actual Rapid Assessment Program in Lamoille is recommended.</li> <li>2. The North Central Vermont Recovery Center and BHWC 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 BHWC 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 there is an appropriate referral to be made, they do not hesitate to call.</li> </ol> <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"> <li>1. The G.Y.S.T. program is the star of the last six month period, with peer to peer support and mentor to peer support, YAs develop trusting and mutually respectful alliances with adult allies. GYST pync is beginning to take off as a female counterpart to GYST.</li> <li>2. Bringing Group SA Tx into the schools is making headway. LVYITP is working collaboratively with schools and ADAP to be certain quality programming and treatment takes place.</li> </ol>
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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...

## **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. Websites are under development and promotional materials in the form of posters and business cards are in the final stages of design. GYST pync will design and develop its own line of promotional clothing as both a hook for group member attendance and community awareness.

## **5. Other Activities**

Briefly describe other activities undertaken during the reporting period.

Much discussion and planning around housing for the YIT/YA population continues to take place. The CHG has been restructured to exclude the transitional house from use specifically for YIT/YAs. After having learned about Recoveryhousing.org, it is the LVYITP goal to become trained in how to fund and operate a Recovery House. In partnership with the NCVRC, a trip to CCAR in Hartford, CT is planned for training in September.

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

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

Recovery Housing will be developed.  
GYST pync will be a force for young women to launch from for community service ventures.



Program evaluation will be set up and completed for preliminary purposes, but will be ongoing.

**DMH only:**

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

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

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

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

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