

YIT PROGRAM PROGRESS REPORT

1. Grant Number: C-YIT-FY12-LCC (should be CHSLV)
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 June 30th, 2011 through December 31, 2011
6. Approved Project Period from June 30th, 2011 through June 30th, 2012
7. Author's Name and Telephone number: Mary O'Toole (802) 888 8321
8. Date of report: January 18, 2012
9. Comments (if any): First Report from CHSLV after transfer of grant administration from LCC

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, 2011 (due by January 31, 2012), and
2. one for the period from January 1 – June 30, 2012 (due by July 30, 2012).

Report Contents

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| 1. Major Activities and Accomplishments During this Period |
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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.

In this last reporting period, we have served 14 active and 3 inactive youth and young adults. 1 aged out, one moved out of state, and one no longer chooses to participate. Of the 14 active, all 14 are currently enrolled in school or have completed their education, all 14 have health insurance, 12 have stable and safe housing, 6 have been employed for 30 or more continuous days, 5 are on probation, and 1 is incarcerated.

Our Care Team is fully operational and the service gaps appear to be closing with the effectiveness of having so many direct service providers working together. Referrals are shared according to youth and young adult needs. There is a clearer understanding of how each program serves youth and young adults for the community, too, making youth and young adult referrals more efficient from the referents perspective.

Our CJSW team begins to engage youth earlier with the cooperation of the local police departments and schools. Stowe schools and PD are particularly proactive in making referrals at the earliest possible intercept points.

Our Peer Outreach Worker has assisted local youth in forming a youth council. With donations from local businesses, the enticement of good, hearty food helps draw youth in on two Wednesday afternoons each month. The youth council has chosen a youth council leader with VocRehab and the YIT grant splitting the stipend offered to the leader for a constant commitment to move the work of the council forward. Grants are being written by the council in support of events to be held in the coming months.

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| <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><i>Lamoille YIT has an operational Youth Council meeting twice monthly to identify and address needs of the Lamoille YIT. A vision statement and a mission statement have been adopted by the group. Active grant writing and event planning move forward with a community wide event planned for early summer. The Dreamin' Teens—as they have decided to be named, are lead by Nicole Godin with assistance from Peer Outreach Worker Kandi Clark. Community wide partners recruit and encourage participation of youth region wide. Events are planned to encourage youth involvement and leadership opportunities are created.</i></p> |
| | <p>2: Family/adult allies support young adults....</p> <p>Family participation in Individual Service Planning is on the increase with several families agreeing to participate in individual and family therapy. Families and Allies are invited and participate in care coordination meetings for young adults. Families are encouraged to participate in care team and steering committee as well as youth council through supporting the youth in leadership, voice movements, wrap services, and individualized meeting support. The families or adult allies are always</p> |

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| | <p>encouraged to voice change for their youth.</p> |
| | <p>3: Workers use caring practices known to be helpful for young adults and families.</p> <p>Required activity: <i>Provide cross-system case management and individualized service plan development, ensuring that young adults are engaged in planning for their own futures....</i></p> <p><i>Criminal Justice Social Worker, Terrence Kelleher, has made tremendous inroads meeting youth where they are and planning with them for successes in daily living. Terry works with all regional schools, police departments and the judiciary as well as medical home providers, mental health and substance abuse professionals and all community partners to help problem solve and meet individual YIT needs.</i></p> <p><i>TIP is applied to all care and support while working with youth. The CJSW and Peer Outreach worker use TIP in any work with youth to promote ongoing practices to support youth.</i></p> |
| | <p>4: System of Care partners gain cultural & linguistic competence (CLC).... This training is being offered for the second time January 26th, 2012. Wider community partner participation, the development of the Dreamin' Teens and grant staff turnover justify the need.</p> |
| | <p>5: Local communities (including young adults) change their perceptions of young adults and of mental health issues, reducing stigma.... The development of Peer Programs in the local SA Agency and in combination with the local Recovery Center are major developments toward a multi-generational network of community members offering experience strength and hope to local YIT toward unifying the community around the resiliency of all people with mental health and substance abuse issues. Additionally, Dreamin' Teens partner with area businesses in support of healthy, creative outlets for YIT in the community.</p> <p>Youth council is applying for grant funds to create educational, substance free events that educate youth about mental health and substance abuse issues affecting youth today. Also the VFF Grant will to be used to create positive educational pamphlets and posters for youth and community members to support the reduction of stigma around mental health and substance abuse issues in Lamoille valley.</p> |
| | <p>6: Effectiveness of the Vermont System of Care for young adults with SED is evaluated..... The development of a local Care Team brings together boots-on-the ground staffers from all local agencies serving youth to problem solve solutions to the needs of the YIT. The team meets monthly to discuss the effective delivery of services to YIT and to problem solve cases.</p> <p>Schools have been very receptive to the addition of CJSW and have asked for assistance developing programs and services within the schools. With the reduction of SAP funds the local DA for Substance Abuse services has</p> |

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| | <p>placed two therapists in the schools to help fill any gaps. The LINKS program at Lamoille Family Center has added another case manager and works to meet the needs of YIT in crisis. The local community action agency CVCAC supports a 2 bedroom transitional apartment for YIT. A supportive team approach to teaching responsibility and accountability for this housing is ongoing. The local Teen Center has reached out to YIT Dreamin' Teens for support of their governance structure.</p> |
| | <p>7: The State supports and sustains regional services for young adults... Statewide YIT programs share strategies and creative solutions at the Annual Sharing Day. VFF, Matt Wolf supports Lamoille as much or as little as needed over the course of the reporting period both at the governance level and through the development of Dreamin' Teens.</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> The local judiciary has been very responsive to YIT involvement with the criminal justice system. The adoption of a Rapid Assessment process and a decision to return all juveniles aged 16 to juvenile court, works well in concert with Lamoille County Court Diversion Restorative Justice Programs to address early intercepts of YIT. Local police agencies accept assistance from CJSW on an individualized basis. Schools begin to reach out earlier to the CJSW as a preventive measure in the intervention process. These relationships strengthen with the reduction in criminal and nuisance activities by repeat YIT individuals. A more direct line of communication between the probation office and the CJSW provides a more meaningful response to the needs of YIT under supervision by Corrections. Monthly meetings with the probation office continue in support of successes for YIT with connections to this level of supervision.</p> <p>2. Increased number of young adults who are employed... Youth work with the JOBS program, Dept. of Labor, BHWC Job Coach and CJSW to gain, retain and advance in employment. Collaboration with Creative Workforce Solutions supports efforts to more adequately match YIT with well suited employers.</p> <p>3. Increased number young adults participating in (or who completed) educational programs...Lamoille area services provide education programs to meet the needs of youth requiring individualized education programs to meet the needs of working youth, parenting youth and non-traditional</p> |

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| | <p>learners with special behavioral needs. As members of the Care Team, each of the agencies sponsoring these programs is represented. Some of the educational opportunities are Learning Together program, Adult Basic Education, Peoples Academy, Lamoille Union, Community College of VT, Green Mountain Tech.Center, Laraway School</p> |
| | <p>4. Increased number of young adults who have access to, and are using, a medical home....</p> <p>A system of referral is in place with CHSLV through the CJSW. Individual needs are met with assistance attaining insurance, sliding fee scale and assignment to a medical home. Dental Care, Women’s Health, Neurology and Behavioral Health needs are also met under the community health center umbrella.</p> |
| | <p>5. Increased number of young adults living in safe and stable housing....</p> <p>Housing continues to be a struggle for many youth. The difficulties attributed to unstable housing threaten progress and sustainable gains. With limited crisis beds and only 2 transitional bedrooms in one apartment-when available, Care Team members are stepping up involvement in the local Housing Coalition.</p> <p>CJSW and Peer Outreach worker use case management to look at a young adult’s family system to help them identify an adult ally or friend that could help support housing.</p> |
| | <p>6. Increased number of young adults who have caring & supportive relationships....</p> <p>Many of the local YIT population have the benefit of caring and supportive relationships within families and the community. A measure of the health of these relationships is improving with the support of the greater community and especially the development of peer support through the efforts of the local Recovery Center.</p> <p>CJSW and Peer Outreach worker help young adult identify adult allies and support within their own lives through case management.</p> |
| | <p>7. Increase in young adults’ strengths and protective factors....</p> <p>YIT begin to feel more valued as the community responds to their specific needs. Medical homes, employment, housing, caring community members and peers, individualized support and advocacy with criminal justice agencies and individuals all lend themselves to the development of healthy strengths and protective factors. Leadership opportunities begin to develop with the formation of the Dreamin’ Teens.</p> |
| | <p>8. Improved mental health for young adults.</p> <p>Required activity: <i>Improve access to mental health services for the young adults most at risk</i></p> |

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| | <p><i>for poor outcomes and use the power of the courts to increase their likelihood of use of those services...</i></p> <p>The local judiciary is responsive to any assistance from the community in providing wrap around services to YIT. A recent decision to return all 16 year olds to the care and supervision of the juvenile court speaks to the investment of local services and organizations for responsiveness and in taking responsibility for youth with mental health and substance abuse issues. If a case is not suitable for Court Diversion, then a Rapid Assessment and case management services are offered toward individualizing a YIT's supporting, services. The larger Care Team is capable of responding in concert with the treating agency. The placement of two therapists in local schools offers rapid response and intervention to youth. The strong relationships between the CJSW and the schools, law enforcement and probation office and the LCCDRJP serves to increase awareness of mental health and substance abuse issues increasing the likelihood of prompt referral and intervention.</p> |
| <p>System of Care Infrastructure Indicators (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>VocRehab, Dept. of Labor, ABE and JOBS are responsive to the special needs of YIT. The addition of a Job Coach at Behavioral Health and Wellness Center—the DA for Substance abuse services, is proving to be a valuable service for those intimidated by the protocols and details of finding work. As the Transition to Independence Process (TIP) is implemented by the Care Team, individualized solutions are sought and developed as a matter of course.</p> <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> <ol style="list-style-type: none"> 1.The presence of a SA Specialist in the court for arraignments to provide information and the opportunity to take advantage of a Rapid Assessment at BHCW. 2.The inclusion of YIT in the development and implementation of the area Recovery Oriented System of Care initiatives. 3.The development of individualized programs in local schools, by local schools for both prevention and early intervention around risk factors for mental health and substance abuse issues using the CJSW as a catalyst for their formation. 4. The formation of the Dreamin' Teens to give voice to YIT concerns and creative solutions. 5. The growth and development of the Care Team as a supportive body for YIT. |

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| | <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. While there are no new formal MOUs, the Care Team is developing releases that allow specific case discussions to take place in full awareness of the YIT. Modeled after the structure of the local Incarcerated Women/Seriously Functionally Impaired Meetings at the local Corrections Office. 2. State Attorney's Office agrees to recommend individuals for Rapid Assessment where drugs and/or alcohol contribute to a criminal act 3. The placement of two therapists in local schools to make up for the loss in funding for SAPs. 4. Work with the local Recovery Center to develop peer support and provide space for YIT groups around SA and MH issues 5. The placement of an Advance Practice Nurse Practitioner by CHSLV with substance abuse experience and prescribing rights in the DA for Children's mental health, LCC. <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>Whether a direct result of the grant or not, the process followed by the implementation of the YIT grant has served to connect more closely, organizations and agencies providing services to YIT.</p> <p>The most important practices implemented are those that acknowledge the Sequential Intercept Model and intervene to refer YIT to services. YIT respond to early intercepts at a higher rate than those experiencing later interventions.</p> <p>The existence of the CJSW as a contact for the specific population targeted by the Lamoille YIT Project leads to services with a higher degree of interagency referral and response to the needs of this sector of the YIT population. The Care Team offers the opportunity for more finely coordinated services with less redundancy and more effective use of resources.</p> <p>The willingness of the local Recovery Center to support YIT by offering space for groups and the experience, strength and hope of peers in recovery and recovery coaches expands the continuum of care.</p> <p>The slow deliberate progress of the Dreamin' Teens allows for the development of YIT leadership and YIT as stakeholders in their own care.</p> |
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8. 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 transfer of the Grantee from Lamoille Community Connections to Community Health Services of Lamoille Valley is proving to be a decision wisely made as the grant objectives make headway. After a rough hand-off, a brief period of reinventing the wheel followed with the need to bring a new grant manager and criminal justice social worker up to speed.

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.

Terrence Kelleher was hired as the .6 FT criminal justice social worker. Mary O'Toole was hired for 8 hours of weekly grant management duties.

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.

The best and most effective dissemination activities carried out have been the in-person introductions by the CJSW to community partners by attending meetings, doing the work and stopping by. Word of mouth appears to be spreading as evidenced by the increase in participation by law enforcement and community partners in the referral and service delivery processes.

A brochure for the YIT audience has been circulating in and out of the Steering Committee at very slow speed. The most recent changes are being addressed and a final product will be printed in the very near future.

The Dreamin' Teens struggle to find a host for social media outlets. Businesses have been formally approached for the donation of an independent laptop to be used in the creation of social media projects. In the meanwhile, Dreamin' Teens design posters advertising upcoming meetings and place them all around the community.

Dreamin' Teens utilize existing community structure— already in place, to help outreach to young adults in the community like schools, mental health and substance abuse agencies, local business and community partnerships. Dreamin' Teens also utilize the care team and steering committee to reach out to community partners to help them identify youth that may want to be involved.

5. Other Activities

Briefly describe other activities undertaken during the reporting period.

The CJSW was trained as a Recovery Coach and both the CJSW and the Peer Outreach worker seek out substance abuse training and are testing toward becoming Apprentice Addiction Professionals in February.

6. Activities Planned for Next Reporting Period

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

Activities the youth are engaging in that will be reported in the next reporting period: Summer event to outreach and educate youth, bi weekly meetings for youth council, continued outreach to businesses for support, continued search for a business to help with a donation of a laptop, educational materials to be handed out and utilized to educate youth and finally fun events for youth to participate in like horseback riding and swimming.

DMH only:

Date received: _____

Approved by: _____

Date approved: _____

Approved by: _____

Date approved: _____