## YIT PROGRAM PROGRESS REPORT

1. Grant Number: 03150 - 7049

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. <u>Period of Performance from</u> July 1, 2012 <u>through</u> December 31, 2012

6. Approved Project Period from July 1, 2012 through June 30, 2013

7. Author's Name and Telephone number: Ebony Nyoni 393-6571; Kayla Tatro 393-6570

8. Date of report: December 31, 2012

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

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

and the impact of your project on improving the lives of Youth in Transition and their families in

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. [This section of the report may be entered directly into the table below.]

# Goals for strengthening the systems of care

1: Young adult (YA) leadership is developed in VT.

## Required activity:

Operate in accordance with continuing input from key stakeholders (including youth and family members) within the regional systems of care....

## **New Generation Youth Advisory Group:**

The New Generation Youth Advisory Group has worked hard this guarter to examine its mission and goals and restructure their executive board. The new president is committed to taking the youth group to a new level by organizing priorities and emphasizing accountability. The group spent ample time planning and developing its core group in the fall. New Generation participated in a series of team building activities such as Jay Peak Ski Resort outing, bowling, and a corn maze scavenger hunt. The group helped support two major fundraiser events. The first event raised support for the Voices Against Violence Poetry Slam event held at Chow Bella's restaurant. During this time youth performed for at least one hour and proceeds helped support a local Domestic Violence Shelter. The event was a great success. Another community fundraiser supported by the New Generation youth group assisted the Franklin/Grand Isle County United way. The event was held at St. Albans City Hall and supported United Way's efforts to raise money for future community projects. The newest community collaboration involves a poetry slam at Cosmic Bakery. The Book mobile is sponsoring this event in hopes of promoting literacy. New G. will help advertise the event and perform poetry. Thus far, New Generation sits on several community advisory boards. Most members have jobs and volunteer in the community, while others stay involved in high school student groups. Many of the youth have supportive family members that embrace their activism in Franklin/GI Counties.

## **New Space in the community:**

At the end of August, NCSS Youth In Transition moved into 17 Lake Street in downtown St. Albans. The space is shared with "All about Kids," a family visitation program of CVOEO. The new space will allow YIT programming to be more readily assessable to youth in the downtown community of St. Albans and will also allow the opportunity to facilitate more groups. The New Generation Youth Center has full occupation of the building on Monday, Wednesday, Friday, and Sunday.

## **Open House/Holiday Party:**

On December 10<sup>th</sup> 2012 New Generation put on an open house/holiday party for the new youth space. The event was recorded by the Peer Youth Advisor. Youth and community partners came out to celebrate the establishment of the center. The evening was filled with casual guitar playing, conversation, decorating and laughter. The event was recorded by our Peer Youth Advisor for an upcoming New G. TV show. A St. Albans Messenger reporter

interviewed youth and community partners for an article that was published that same week.

## **The Youth In Transition Annual Transition Ceremony:**

This event was established to celebrate youth's successful transition out of our system of care. This year's Transition Ceremony celebrated 5 youth experiencing successful transitions. Two of the youth (President and Vice-President of New Generation) were moving to New York to attend College courses for Art and Design. One youth began working full-time at NCSS. Another youth was accepted to Johnson State College, while another graduated high school and was moving on to mommy-hood. The event begins with inspiring words from Mayor Liz, and continued with encouraging words from TLP Case Manager, Sara Domina and the YIT Coordinator. Other YIT program partners in attendance included DCF, Drug Court, and family supports. Youth were given gifts and well wishes as they move onward to bigger endeavors, taking with them the tools needed for continued success.

## **New Generation Variety TV Show:**

This is a program sponsored by channel 15, public access TV. The show will air such topics as mental health among youth, music, sports, and culture. Our new Peer Youth Advisor took a class provided by channel 15 which trains community members to produce and record television shows. Our peer youth advisor is in the editing phase of an upcoming show.

## Franklin/Grand Isle Counties' Regional Youth In Transition Conference:

This annual event is an opportunity for youth throughout the region to learn about resources, network with other youth, participate in youth panels and discussions, and discover new solutions for problems affecting youth. The 3<sup>rd</sup> Annual NCSS YIT Conference date was moved from November to January 25, 2013. This was a strategic move to accommodate the newest venue (BFA St. Albans High School). The principal felt this date would be the best option for the students' academic schedule. The date change also allowed more time to advertise the event. Further reports on the outcomes of the conference will be available in the next progress report.

## **Poetry Slams:**

Chow Bella's restaurant has requested to partner with the New Generation youth group to host poetry slams at their establishment. Youth will read, sing, scream, recite and play their stories as part of the youth voice movement. Youth successfully participated in a poetry slam event that served as a fundraiser for Voices against Violence. The event turned out a full house and helped raise money for a local battered Women's Shelter.

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

Young adults continue to be supported by the community. Some youth have parents who support them by providing resources for events or transportation. For example parents helped to transport girls to the training hosted by the Vermont Professional Business Women. Parents have been in attendance at our Annual Transition Conference and have participated in other YIT sponsored activities. Many of the youth have parents who work two jobs so

participation comes in the form of encouraging youth to make their scheduled meeting times.

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....

The Youth In Transition Coordinator provides therapeutic support to youth who are referred to the NCSS YIT program. Youth who qualify are provided with assistance getting the support they need for Mental Health well- being. All youth entering the system participant in an intake assessment. They are asked to identify several goals as part of their treatment plan. They then schedule a time to meet with a qualified clinician from NCSS for a diagnostic assessment. Youth are the drivers of their own lives and goals and the YIT Coordinator assist them with this journey. Youth, depending on their goals, will participate in the leadership group, and/or be referred to other parts of the system of care.

Our regional has embraced the use of the TIP model (Transition To Independence Process). Members of the NCSS Adolescent Services teams have participated in the TIP Training and are active in the process of earning TIP informed status. This certification allows us to continue orchestrating with confidence, the full TIP model amongst the youth who participate in our system of care and the trainings have provided tools to assist in establishing a strength based approach to working with youth. Justin Philie, a member of Adolescent Services is in the process of becoming a local trainer which will allow the Franklin/Grand Isle communities to continue to be informed about this model.

Recently we acquired a community space for the purpose of supporting youth's efforts to access help. Many youth in the community may be hesitant to access services at a mental health facility and the new space offers a youth friendly alternatives to accessing Mental Health support. New youth usually accompany their friends, sometimes hesitantly, and discover that they can become a part of the youth leadership group. As youth feel more comfortable with talking about their problems, they become more comfortable with pursuing treatment/case management to assist them with their concerns. Youth are often referred for further supports among the NCSS Adolescent Services team supports to address mental and physical health and well being. The New Generation youth space is accessible Monday, Wednesday, Friday and Sunday. The youth are excited to have a safe place to call their own, and some youth who were not participating regularly, began participating again once the space was established. In addition to walk-in hours, youth are in the process of planning projects with youth from other social service agencies such as Department of Children and Families, NFI, BFA St. Albans student leadership groups, Juvenile Court, Turning Point, etc.

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

The planning for another regional CLC training is underway. The training is planned for March 20, 2013 and will be held at the NCSS Family Center. Employees from NCSS, state programs, and other community partners will be invited to participate in the second CLC training in this region. We hope to have more opportunities to bring this training to other organizations in our region with a train the trainer model. Mercedes Avila (who conducted the previous training and is scheduled to facilitate this upcoming training) has offered our region future opportunity to train more facilitators in Cultural Linguistic Competency.

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

NCSS YIT has worked tirelessly to challenge the community with changing their perceptions about stereotypes of the "type of people" seeking mental health treatment. The first things we've done is designed and developed public events for youth in transition in the community. Such events included public dances, conferences, poetry slams, Television shows, and a New Generation Facebook Page (completely designed and updated by New G youth participants). By becoming more visible to the public we've put front and center the challenges that youth face every day with substance abuse, depression, self harm, and more. Franklin and Grand Isle Counties are made up of rural communities historically relying on close knit relationships and families to meet the needs of the community. The challenge has been getting these communities to embrace "outside" help. For this reason, Youth In Transition has provided diverse venues for individuals and families to connect with services on their own terms. This strategy has allowed Youth In Transition to become a "friend" of the community.

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

Our communities' system of care is composed of a collaboration of service providers that support the individual needs of youth and young adults with SED. Such organizations include but not limited to: CVOEO, Community Justice Center, Voc Rehab, DCF, NCSS, Department of Labor, Vermont Adult Learning and more. In addition through participation in meetings, panels, and focus group, youth in our area have been given a voice to express their needs and views of current services. The UVM evaluation team has also been instrumental in obtaining valuable information that can later be used to inform us on our system of care's effectiveness as well as opportunities for improvement.

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

The state team has served as a wonderful resource and advocate for regional youth systems of care. The Franklin/Grand Isle region has collaborated successfully with the state team through this last period. Recently, Courtney Bridges worked with the New Generation Youth Group to establish a new logo

for the group. In addition the YIT Coordinator and Youth have participated in state sponsored events and opportunities for learning including the Working with Youth Conference and the Fall YIT Learning and Sharing Day. Finally, by offering opportunities to be trained in the TIP model, the state team has helped support our delivery of services on a daily basis.

# Desired outcomes for young adults of transitionage

 Decreased number of young adults involved in the corrections system (including an increase in the number who are free of incarceration).

## Required activity:

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....

The YIT Coordinator serves as a member of the St. Albans Community Justice Center Board. This allows the Coordinator to serve as a resource for youth involved in corrections including youth who remain in the correctional facility or who are being released back to the community.

The YIT/Juvenile Justice Advisory Board is composed of community partners from DCF, Community Justice Center, Agency of Human Services, and other community partners.

The YIT Coordinator met with Patricia Brett and other DCF and NFI case managers to discuss the referral process to access YIT services. Since this meeting, YIT has received 5 referrals from professionals present for this presentation.

The YIT Coordinator conducted a series of meetings with United Way and Leahy's representative to assist with more resources for youth.

The YIT Coordinator also hosts the New Generation leadership group. The leadership group remains the most popular form of outreach. Most of the youth in the leadership group have come through word of mouth. Having a space in the downtown community will provide more access to youth and is complete with computers, games, and other informational resources to provide youth with safety, comfort, and supports.

The YIT Coordinator has hosted youth from the Drug Court program and other youth involved with corrections that are looking for more leadership opportunity or to do community service. Several youth have chosen to volunteer for YIT while fulfilling their community service requirements.

The YIT Coordinator is currently working on an opportunity with the Alburgh Library to bring preventative education to youth in the Islands.

2. Increased number of young adults who are employed....

Through our division's design, we are able to work closely with the JOBS program helping youth get jobs. In addition, youth have been referred to other employment services including VocRehab, and Vermont Department of Labor. 75 % of youth participating in the New Generation Leadership group have gained employment while participating in the group.

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

Youth in the New Generation Leadership Group are encouraged to be engaged in an educational program. Most activities and drop in center hours are scheduled after school times to encourage youth participation in school. NCSS Youth in Transition nominated a youth from the New Generation advisory board, to serve on a new advisory board established by the St. Albans Community Justice Center for truancy.

Youth have been offered training opportunities on the topic of youth leadership. Through their participation with YIT, 35 youth have been trained in this area through the support of the following agencies: St. Albans Community Justice Center, Public Access TV, Franklin/Grand Isle Counties' Professional Business Women, and NCSS Adolescence Services.

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

As an agency we have a pediatric psychiatrist that oversees coordination of services for mental health clients. The YIT Coordinator works to emphasize the importance of physical health while pursuing Mental Health services. The YIT Coordinator has clients sign releases to share information with drug treatment programs, planned parenthood, and primary care physicians. The YIT Coordinator has also helped youth acquire state insurance when they lacked medical coverage.

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

Often in seeking housing supports, youth are referred to the Transitional Living Program which is a part of NCSS Adolescent Services. A young woman who was a part of the New Gen Youth Group was able to secure start-up funding to get into her own apartment through the support of YIT and TLP. Recently, three youth who were previously homeless and couch surfing found stable housing. Prior to getting their own place, two of the youth took turns staying at relatives' homes. The other youth bounced between his mother's apartment and friends homes. He did not want to live with his mother because of her chronic illness that proved to put him in an uncomfortable position. This youth would often reach out to the YIT Coordinator for food, toiletries, and clothing.

Three youth also participated in a Mural Project highlighting the plight of homelessness in the Northwest region of Vermont. The youth submitted an application in a nationwide Mural Contest. The application that is selected will receive national attention for their mural and will also win the materials to paint

the mural in their community.

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

The Youth Leadership group is successful because of the family like environment that is produced as a result of trust, intimacy, reliability, and friendship. This is illustrated in the story of the three youth who were couch surfing and have now secured a shared apartment together. Our youth leadership group has worked tirelessly developing strong sound relationships with each other as well as caring community partnerships that will serve as safety nets during their transitions. As a result, several community partners have joined our partnership within the last year. This has helped more youth gain direct access to community resources and supports, ultimately increasing the number of successful transitions.

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

Youth Workers develop strong relationships with their clients which help clients to experience being in a healthy relationship where trust, respect, accountability, and commitment can occur. Since joining the leadership group, an additional 15% of youth report feeling safer talking to adults in the community. Youth who are given a voice have greater opportunity to become advocates for themselves as well as other peers resulting in a circle of support. Youth and young adults create strong lasting bonds that present a model for adults to adapt as well.

8. Improved mental health for young adults.

# Required activity:

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....

Many youth join YIT to participate in the advisory board activities and through relationship identify opportunities to obtain additional supports for issues related to mental health and substance abuse. Almost 50% of youth accessing YIT supports have been referred to other services within NCSS. Most of the youth were looking for housing, jobs, or substance abuse treatment options.

# System of Care Infrastructure Indicators (for federal TRAC):

<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....

A number of trainings have been offered in our community:

Organization	Training Program
St. Albans Community Justice Center	Restorative Justice Training for Youth
NCCS/VCHRYP	Personal Responsibility in Education Program (PREP)
Vermont Professional Business Women	Business Camp for Girls
Orlando Quiroz	Poetry Slam Workshop for Youth
VCRHYP	Mental Health First Aid
NCSS	Suicide Prevention Training
YIT	YIT Fall Learning & Sharing Day

<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....

Recent organizational changes 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. 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 been also non-traditional in reaching the community through some of the following methods:

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

<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....

The Youth In Transition/Juvenile Justice Advisory Board meets monthly for 2 hours to discuss issues pertaining to youth in the community. Currently the Board is made up of the following organizations: DCF, TD BANK, Community Justice Center, Private Businesses, The United Way, Public Access TV, NCSS, Agency of Human Services, Vermont Department of Health, and New Generation Youth Advisory Board.

In addition other Community Partners who have been active in supporting YIT

include: Chow Bella's, Mimmo's Restaurant, Senator Mike McCarthy, Mayor Liz Gamache, Senator Leahy's Office, Bellows Free Academy St. Albans, and Voices Against Violence.

<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....

JOBS, TLP, Drug Court, and Youth In Transition Program have all benefited from training in the TIP Model. TIP is becoming recognized as an effective evidence-based practice in which other community organizations are beginning to put into practice. Most of the NCSS Adolescent Services Staff are dually trained in culture of poverty, circle of courage, and apprentice or licensed substance abuse counselors.

## 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.

## Stigma:

Youth are influenced by adults and other community entities that communicate in various ways to stay away from mental health and substance abuse programs. Youth typically have a hard time staying connected because of the backlash that they may receive from others who did not support or understand the importance of accessing treatment services to support good mental health. A consequence is that youth are not accessing much needed resources and supports that are being made available through this venue.

# Transportation:

The rural nature of our communities can make recruiting youth from outside of St. Albans a challenge. Youth who are interested in YIT may struggle to find transportation to YIT sponsored activities. In addition time or financial commitment sometimes time overrides families' willingness to transport youth regularly. In the past we have reimbursed parents with gas cards, which has been successful.

# 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.

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. Tori Hulbert serves as our Peer Youth Advisor

#### 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.

NCSS uses a variety of tools to market and advertise services and programming. The following are links to some of these tools:

ncss website

ncss blogger

<u>facebook</u>

twitter

**YouTube** 

The most recent publications relevant to YIT include:

- New Generation Logo (Attachment A)
- A copy of a newspaper article in the St. Albans Messenger from 12/14/12, "Teen Group Has new Home" (Attachment B)
- An invitation to participation in the NCSS 3rd Annual YIT Regional Conference (Attachment C)
- NCSS 3<sup>rd</sup> Annual YIT Regional Conference Poster (Attachment D)
- NCSS 3<sup>rd</sup> Annual YIT Regional Conference Program (Attachment E)
- New Generation Mural (Attachment F)
- New Generation Mural Application (Attachment G)
- New Generation Open Hours Poster (Attachment H)

#### 5. Other Activities

Briefly describe other activities undertaken during the reporting period.

# **Peer Youth Advisor:**

Tori Hulbert was hired as the new Peer Youth Advisor in August. Upon starting, NCSS Youth In Transition sponsored Tori to attend a seven week video editing and production class with the Northwest Public Broadcasting Network. Tori completed the class and immediately begin working on our newest project "the New Generation Documentary." Tori worked with the regional YIT Coordinator to develop the framework for the project, and begin interviewing soon after. So far, Tori has interviewed 11 youth and 5 community partners. The project is gaining popularity and has the potential to produce great results.

#### **Youth Activities:**

NCSS Youth In Transition sponsored several members of the New Generation's Leadership group in the planning and development of a National Mural competition which asked them to highlight the group's artistic interpretation of homeless youth in transition. The youth all worked together to portray their own perceptions of reality for youth in this day and age.

NCSS Youth in Transition sponsored two teenage girls to attend a full day at Franklin County Business and Professional Women's Business Camp. During this time girls from around the state participated in 8 hours of learning how to budget, write a resume, mock interviews, and more. The day ended with a capstone project that put together food packages for the local Food Shelf. At the end of the program, the girls received a certificate of completion.

NCSS Youth in Transition hosted training by the St. Albans Community Justice Center. During this time Marc Wennberg, Director, lead the group in a series of exercises and discussion geared to teach an alternative philosophy to "seeking justice." Restorative Justice examines win-win situations for parties in disputes. The youth appreciated the new way of thinking and begin practicing concepts immediately. The youth received certificates of completion at the end of the training.

NCSS Youth in Transition nominated a youth from New Generation advisory board, to serve on the new advisory board established by the St. Albans Community Justice Center for truancy. He is someone who has personal experience as a 16 year old with the topic of truancy. He is hoping to make a difference in the lives of other students who are thinking about dropping out of school.

NCSS Youth In Transition recommended 2 youth to serve as regional representatives on the state team. Our youth participated in the planning of statewide events.

## 6. Activities Planned for Next Reporting Period

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

#### **New Generation Youth Center:**

The New Generation youth group will continue to use their new space on Lake Street to meet and plan leadership opportunities. The downtown space will begin to fill the void in the city for youth who need a safe place to go to be connected to services. Youth between the ages of 15-21 can drop in without an appointment on Mondays and Wednesdays from 3pm-6pm. Youth will have access to community partners and Mental Health case management. Future activities include "youth poetry slams," peer mentorship, and youth forums.

## Upcoming youth trainings will include the following workshops:

Restorative Justice by the Community Justice Center CPR and First Aid by the Red Cross Resume Writing for teens
Shelter options for homeless youth Mental Health Wellbeing Recovery Options
Leadership opportunities for young people

These trainings are intended to outreach and educate youth in our regions. Special focus areas are the Islands, Richford, Swanton, Enosburg, and St. Albans. We hope to train 100 youth in one or more of the above mentioned trainings.

#### Resources for homeless youth:

This project is currently in the planning stages but is designed to bring the growing problem of homeless youth into the spotlight, while providing much needed resources and support to youth in the Northwest region. The youth hope to paint a mural on a vehicle and establish checkpoints throughout the region. The plan is for youth and community partners to participate in putting together care-bags to be given out to homeless youth. The YIT Coordinator, Peer youth advisors, and community mentors will be available for youth who are seeking more support. We hope to increase the amount of homeless youth accessing services by 5%.

#### **Documentary:**

The purpose of the documentary is to give the public a glimpse into the lives of youth in our community. The documentary will also be used as a "talking points" tool to be shared with local representatives and partners.

DMH only:	
Date received:	
Approved by:	Date approved:
Approved by:	Date approved: