

YIT PROGRAM PROGRESS REPORT

1. Grant Number: #C-YIT-FY12-NEKCA
2. Grantee Name and Address: North East Kingdom Community Action Inc.
PO Box 346
Newport Vermont 05855
3. Telephone Number: 802-334-7316
4. Project Title: Youth in Transition Grant
5. Period of Performance from July 1st 2011 through December 31st, 2011
6. Approved Project Period from July 1, 2011 through June 30, 2012
7. Author's Name and Telephone number: Kathy Metras 802-334-7316
8. Date of report: 01/31/2012
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 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. [This section of the report may be entered directly into the table below.]

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| Goals for strengthening the systems of care | <p>1: Young adult (YA) leadership is developed in VT.</p> <p>Required activity:</p> <p>On July 21, 2011 the YAB held a Youth Summit; the YAB invited several area youth groups from around the state and had about 30 youth/young adults attend the summit. They broke off into mini focus groups discussed topics on Transportation, Housing, Employment, Relationships, substance abuse. The YAB has taken the notes from the summit and is planning some future events.</p> <p>In August, the Youth Advisory Board teamed up with the Local radio Station Moo 92, the office supply store the Front Desk, and area supporters to help with “Cram the Van”. This event was to help local children and youth that are low or moderate income get the needed supplies for school. The YAB was able to reach out to several schools, and many families whose children were in need of school supplies.</p> |
| | <p>2: Family/adult allies support young adults....Every young person we work with we work through family connections or a genogram. This is to help the young people understand how different people can support them throughout transitioning into adulthood. This also helps the Youth Worker understand where to put some extra energy helping the young people find some good supports to help them with their future.</p> |
| | <p>3: Workers use caring practices known to be helpful for young adults and families.</p> <p>Required activity:</p> <p>The YIT facilitator completes a ‘Planning my Future’ worksheet with the youth which assists the youth and facilitator in completing the Transition Planning Form with measurable goals/objectives. The Transition Planning Form allows the youth to work towards their vision for the future and plan of care.</p> <p>Our new Peer Outreach Worker has been exceptional with not only increasing the number of youth/young adults from 2 to 30 to come to the Teen Center! Not just making this space not only safe but productive and informative. Job postings are updated weekly, we have celebrities that were homeless at some point in their life, fresh cooked meals that young people helped make. Lauralee has puzzles, papier-mâché, and sculpting available.</p> |
| | <p>4: System of Care partners gain cultural & linguistic competence (CLC).... Still needing the training for staff and the YAB.</p> |
| | <p>5: Local communities (including young adults) change their perceptions of young adults and of mental health issues, reducing stigma....)</p> <p>Having our Mental Health Substance Abuse case manger attending the Teen</p> |

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| | <p>Center has proven to be a great way for youth/young adults to connect with a professional in a very informal non invasive way. The young people in our Teen Center have welcomed this relationship.</p> <p>6: Effectiveness of the Vermont System of Care for young adults with SED is evaluated..... Through the studies UVM is conducting we will be better able to show the effectiveness of the Vermont System of Care that serves young adults with SED.</p> <p>7: The State supports and sustains regional services for young adults... The DMH and UVM have been a great resource for our YIT team by providing annual conference for all in the state to a statewide youth/young adult voice conference. The state YIT team has been easily accessible and always very interested in what we are doing locally and how they can help.</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: The YIT Facilitator has been increasing the number of youth enrolled in the YIT program through attending monthly truancy meetings. We continue to advocate and coordinate with the youths' probation officers and other criminal justice figures in the community to ensure the youth's follow-through in order to remain out of jail.</p> <ul style="list-style-type: none"> • 18 new YIT referrals within the past 6 months. • 11 are currently opened and active with the YIT program. • 2 of 4 youth, who are currently enrolled in the Diversion Program, are successfully completing all their requirements. <p>2. Increased number of young adults who are employed....., Community organization and outreach by the YIT Coordinator, VTGREEN, agency staff, and management has led to great summer and fall employment and training opportunities. Some of which included are:</p> <p><u>Northwood's Stewardship Center</u> provided opportunities for 16 youth and young adults that completed the training through the Northwood's Stewardship Center. They provided training in wilderness safety, trail, and park maintenance, along with teambuilding skills, CPR and employment skills.</p> <p><u>Newport Parks and Recreation Department</u> employed two of our young people with summer employment opportunities, which included cleaning up Lake Memphremagog, helping with the community garden, and other events put on throughout the summer.</p> <p><u>Farm-to-school:</u> Provided 24 youth/young adults with on the job training called the Junior Farmer Club: Students learn about Vermont agriculture and the connections between farms and food we consume. Lesson plans included, Who made my lunch,</p> |

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| | <p>From moo to you, Poultry Power, Seasons of the Apple Orchard and From Sheep to Sweater. Each youth/young adult that completed the program received an employment portfolio.</p> <ul style="list-style-type: none"> • 2 youth have participated in the Farm to School Program. • 3 youth have completed the Northwood's Stewardship Program. • 6 youth are currently opened with employment agencies such as the Youth Employment Specialist, Vocational Rehabilitation, and the Department of Labor. • 7 youth have obtained employment within the past 6 months. <p>Through collaboration with the Family Services Department of Children and Families and VABIR the Newport area has hired a Youth Employment Specialist to provide connections based career exploration and progressive employment opportunities for YDP, TLP and YIT youth and young adults. The LCP has referred all TLP, YDP, and YIT youth and young adults ages 17-22 to the Youth Employment Specialist for career exploration.</p> <ul style="list-style-type: none"> • Of those referrals 2 of these clients have found and sustained employment within the past 6 months. |
| | <p>3. Increased number young adults participating in (or who completed) educational programs....</p> <ul style="list-style-type: none"> • 4 youth are currently enrolled in High School. • 5 youth are either working on obtaining their GED or enrolled in college classes. • 3 youth have completed the Northwood's Stewardship Program. • 1 youth is currently active with the Lund Family Center. • 1 youth is currently opened with the Parent Child Center for educational services. |
| | <p>4. Increased number of young adults who have access to, and are using, a medical home....</p> |
| | <p>5. Increased number of young adults living in safe and stable housing...</p> <p>In July 2011, NEKCA Youth Services leased a 5-unit apartment complex. NEKCA Youth Services previously had 2 units prior to July that were always full. We have collaborated with other housing partners to blend funding in order to have one large apartment complex instead of scattered sites. Some of the funding going into the apartment complex is Community Service Block grant, Emergency Shelter Program, and HUD funding. NEKCA Youth Services has a total of 8 units and 11</p> |

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| | <p>beds for transitional housing. NEKCA's Corrections Department is working out a housing model that would follow the Therapeutic Communities model and our hope is to provide NEKCA Youth Services staff with the same training for our transitional apartments.</p> <ul style="list-style-type: none"> • 6 youth have obtained stable housing. • 2 youth are currently participating in the Transitional Living Program. • 11 youth from the Teen Center have been referred to TLP • 10 Youth from the Teen Center were referred to Mental Health • 25 Youth from the Teen Center were referred to Basic Center • 8 Youth from the Teen Center were referred to Youth in Transition |
| | <p>6. Increased number of young adults who have caring & supportive relationships....</p> <ul style="list-style-type: none"> • All youth develop a genograms <p>Mediation between the youth and their families continues to be a major part of the YIT Program. We continue to encourage the youth to utilize positive supports and build on their existing relationships. The genograms as well as ongoing discussions of support systems continues to be a major part of the YIT program. The Teen Center Staff strive to build positive relationships between the youth and with the youth through Teen Center activities. The Teen Drop-In Center is a positive, safe environment for the youth to go to hang out with peers.</p> <p>The Teen center is a great place for youth to seek out positive relationships with supportive adults. Through the teen center supportive staffs are available five days a week. We are excited to see the youth come through the door. Staff asks open ended questions enabling them to get know the youth. We actively listen to what they have to say and make great efforts to remember what is going on in their lives and fallow through with ongoing conversations about issues and goals in the youths lives.</p> |
| | <p>7. Increase in young adults' strengths and protective factors....</p> <ul style="list-style-type: none"> • All 18 youth have health insurance at this time. • 5 youth have either obtained a driver's permit or a license within the past 6 months. |

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| | <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 for poor outcomes and use the power of the courts to increase their likelihood of use of those services....</i></p> <ul style="list-style-type: none"> • 6 youth are currently engaged in some way with Mental Health Services. • 30 young people in the Teen Center are able to interact with a Substance Abuse Counselor from NKHS. • YIT staff attend monthly truancy meetings to increase referrals |
| <p>System of Care Infrastructure Indicators (for federal TRAC):</p> | <p><u>Workforce Development:</u> Organizations or communities implementing mental health-related training programs as a result of the grant. Please enter the number of organizations or communities and briefly describe the training programs....</p> <p><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><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><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> |

3. 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.

Keeping static number of youth attending the Youth Advisory Board has proven to be challenging. The YAB started with 8-10 young people and then stopped recruiting then as young people fizzled out due to

school starting in the fall, all the after school activities, along with just personal changes and problems that youth/young adults encounter. The YAB started exploring other ways to recruit on-going. One idea is to use life skills class YDP and TLP provide to youth and young adults enrolled in NEKCA Youth Services Programs. This class meets for 1 hour weekly for 20 weeks. If young people complete the life skills class they will receive a 100 stipend paid from a grant through Dept. of Health and Human Services. The YAB is hoping to use the Life Skills classes as a soundboard and generate interest in the Youth Advisory Board.

Progressive Employment

The Youth Employment Specialist has proven a much-needed position for the young people we serve. However, many of the young people served do not have consistent transportation. In addition, our local transportation company does not have a flexible schedule. With many employment opportunities, lurking our agency along with other community partners has started a transportation committee working towards a community solution versus agency per agency solution.

4. 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.

The past six months NEKCA Youth Services has been implementing the blended positions Youth in Transition and Runaway, homeless youth programs. The past six months has been challenging with employee turnover. After a few challenging months we are now fully staffed with incredible, hard working professionals ready to take on the world.

Attached please find the resume of Lauralee Sweeney our new Peer Outreach Worker

5. 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.

- Attached you will find Teen Center photos, the Teen Center Calendar,

5. Other Activities

Briefly describe other activities undertaken during the reporting period.

6. Activities Planned for Next Reporting Period

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

Youth Advisory Board:

After the great success of July’s Youth Summit, the Youth Advisory Board is looking to accomplish two main areas over the next reporting period, one, is to Host a “dinner with the boss”.

The second is to explore outreach possibilities that will include, more board trainings, creating a face book page, twitter account, and a blog showcasing the events in the Teen Drop-In Center and the “dinner with the boss”. This will highlight YAB work and events, and any other information that should be out there for the community to see. Through this process we are hoping to raise awareness of the needs of our youth/young adults and increase our community support system.

In addition to that the YAB will start working on the next youth summit which will be held the summer of 2012.

Transportation:

NEKCA Youth Services will be working with other local partners to create a transportation plan that meets multi-agency needs versus each agency working alone.

Housing Model:

Funding for the transitional apartment complex is secured for the term of the lease. Throughout the next reporting period, we will be researching a model that fits the needs of the youth/young adults we serve.

DMH only:

Date received: _____

Approved by: _____

Date approved: _____

Approved by: _____

Date approved: _____