

YIT PROGRAM PROGRESS REPORT

1. Grant Number: C-YIT-FY12-CMC
2. Grantee Name and Address: Clara Martin Center, P.O. Box G Randolph VT 05060
3. Telephone Number: 802-728-4466
4. Project Title: YIT Hartford Region
5. Period of Performance from 7/1/2011 through 6/30/12
6. Approved Project Period from 7/1/12 through 6/30/12
7. Author's Name and Telephone number: Tammy Austin 728-4466 ext. 224
8. Date of report: 8/24/12
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 31, 2012).

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.]

<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>Clara Martin Center continues to support Young Adult Leadership. With the development of New Horizons, a youth run and developed leadership group, youth in this region have a voice and are encouraged to develop their leadership skills. New Horizons successfully applied for and received grant funding to put on their very own Orange/North Windsor Youth Summit. The event was a success and reached over 75 young adults and engaged at total of 15 community partners.</p> <p>In addition, Clara Martin increased their services to young adults in the Wilder community in collaboration with the Junction Teen Center, providing a summer intensive program that included community based programming focusing on the development of resiliency factors. This program, based on input from young adults, included equine assisted Psychotherapy, a day trip to Whales Tales, mini-golf, going to the movies, and swimming with peers. Areas of focus included social skills, substance use and relational boundaries.</p> <p>Clara Martin also supported 8 young adults in attending the Youth Voice Movement Conference at Castleton State College. One of these young adults and her mother participated in the planning and facilitation of the event, causing us to nominate her for the quarterly young adult leadership award.</p> <p>Clara Martin also supported two young adults (one of whom brought their parent) in attending the Working with Youth Conference in Burlington.</p> <p>Clara Martin also entered into contract with the Super 8 Motel to provide emergency housing services to young adults in the White River Junction area. Through referrals and collaboration with the Junction Teen Center, we have been able to service 3 young adults with the average stay being 2 weeks.</p> <p>CMC also saw another one of its adults recognized for the YIT leadership award and as a result attended the National conference with his mother in Florida. This is the second young adult recognized for the region.</p> <p>CMC has also hired 3 young adult Peer Specialist which aided in the implementation on summer programming at all three main CMC locations. Each Peer specialist went through a comprehensive orientation and training as well as participates in ongoing supervision.</p> <p>CMC also sent two young adults (both Peer Specialists) to the TIP training and both report utilizing the SOAP method with their peers.</p>
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	<p>Finally, CMC had a young adult and mother actively participate in the YIT Young Adult Voice Movement Conference where our young adult partner helped plan execute and participate in the event. Her participation ranged from MC to being a workshop facilitator.</p>
	<p>2: Family/adult allies support young adults....</p> <p>While it is a challenge engaging families in the process of youth leadership, Staff have been successful in gaining interest in support of the family members. We have encouraged family attendance in groups and have had family recognition events. In addition, we have had 2 mothers in particular that have really stepped up and continue to have a vested interest in supporting youth development.</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>With the utilization of a Peer Navigator and Clinicians, clients are met where they are at, providing for a more comfortable engagement process. Our individual plan of care are developed with a person centered approach in coordination with the youth themselves and are uniquely created for each client as opposed to clients having to choose from a menu of services.</p> <p>Our TAY program utilizes the TIP model in working with our young adults and have trained Peer Specialists in the Model to better support the youth that we work with. Other approaches include Motivational Interviewing, Solution Focused Therapy.</p>
	<p>4: System of Care partners gain cultural & linguistic competence (CLC)....</p> <p>CMC is always looking at expanding on our CLC and utilize young adults in the community to steer our training needs. In partnering with other community partners, we are able to expand and address cultural competence in our TAY program.</p>
	<p>5: Local communities (including young adults) change their perceptions of young adults and of mental health issues, reducing stigma....</p> <p>Many local agencies and businesses participated in the Orange/North</p>

	<p>Windsor Youth Summit. This allowed for these agencies and businesses to hear from youth individually and learn together how they can be of support to each other. In addition, many area businesses gave donations toward the Summit, showing their support for this event.</p> <p>The hiring of Peer Specialists has allowed us to further expand the Youth Advisory Boards initiative of reducing stigma around mental health and as meeting develop this fall, New Horizons continues to look at ways and events that would reduce stigma around Mental Health.</p> <hr/> <p>6: Effectiveness of the Vermont System of Care for young adults with SED is evaluated.....</p> <p>The Hartford Youth In Transition team meets quarterly with the goal of reviewing the implementation and delivery of services for at risk young adults. The most recent meeting suggested that key partners continue to develop the work of outreaching to community partners—such as local primary care physicians.—who do not participate on the steering committee.</p> <p>Through qualitative feedback gained through focus groups and open communication with young adults utilizing the system of care.</p> <p>The exploration of utilizing a resiliency assessment, already being utilized for young adults in our VCRHYP program, for evaluating other TAY programs is underway.</p> <p>We continue to explore outcomes currently used to measure the successfulness of our programs.</p> <hr/> <p>7: The State supports and sustains regional services for young adults....</p> <p>Other regional services that the state has supported our agency with include —VCRHYP, JOBS mental health and substance abuse services, and Health Care Careers.</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></p> <p>Through the work of our Peer Navigator, and Clinician, we have continued to engage youth at The Haven, The Junction and in the community. We run</p>

	<p>groups in conjunction with the Junction to reach kids that would ordinarily not reach out to a Mental Health Agency, and engage them in the services that they need. We work in collaboration with local juvenile and criminal justice systems to support and prevent youth from future involvement in these systems. We focus on engagement and helping them get their basic needs met (food, shelter, employment) so they can progress and be able to complete the therapeutic work needed to succeed in life.</p>
	<p>2. Increased number of young adults who are employed... While our official data for those youth served in JOBS is not available yet for this period of time, all youth in this region had contact and worked with our JOBS clinician. Exact numbers can be provided at a later time.</p>
	<p>3. Increased number young adults participating in (or who completed) educational programs...All youth working receiving services in this region were supported in completing their educational programs. (Again data can be available at a later time).</p>
	<p>4. Increased number of young adults who have access to, and are using, a medical home....It is standard practice that we support all youth in attaining medical insurance and getting medical care. (Again data can be available at a later time).</p>
	<p>5. Increased number of young adults living in safe and stable housing....Utilizing our services in this area, we were able to serve youth who were homeless and/or at risk of being homeless. With these services, all of the 9 youth that fit this description now have stable housing either with family, or independently.</p>
	<p>6. Increased number of young adults who have caring & supportive relationships....As a foundational component of the model of services we deliver, developing caring and supportive relationships is an essential part of our programming. (Again data can be available at a later time).</p>
	<p>1. Increase in young adults' strengths and protective factors.... 2. Our Program utilizes a Resiliency Model that focuses on increasing strengths and protective factors. Each youth we work with, is supported through developing greater support systems, and have been successful in developing stronger support systems, receiving high expectation messages, and given opportunities to contribute, as well as increased employment opportunities.</p>

	<p>Our TAY programming offers various groups which are strength based and promote youth leadership. Some examples are: New Horizon’s (CMC’s Youth Advisory Board), Adventure Based Counseling, Co-Occurring disorders group, Men’s group, Women’s DBT Group, co-ed Life Skills Group, and Fresh Start (a diversion completion program for first time substance offenses).</p> <p>8. Improved mental health for young adults. 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> <p>Youth have increased access to services through many different outlets in the region. The Peer Navigator is able to meet youth where they are at, and bring the door to services to them, rather than the youth having to go to the door themselves. This takes many obstacles out of the way of services, and allows for clinicians to complete assessments and begin that relationship building without the youth ever having to walk through the agency doors.</p> <p>Clara martin Continues to explore our relationship with primary care providers and how to best improve access to both Mental health and physical health for our clients. Currently Clara martin is piloting having an access specialist based out of a local doctors office for a few hours a week to assess if referral completion to mental health is increased.</p>
<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>Clara Marin continues to partner with Gifford Hospital to provide training opportunities for young adults giving them the skills needed for future employment.</p> <p>In addition, Clara Martin help its first young adult summit where young adults were able to discuss issues ranging from post secondary education to Mental Health to Substance Abuse.</p> <p>In the future, New Horizons would like to address mental health training by facilitating a leadership intensive and sharing their knowledge with others.</p> <p>Cate Beaton, Transition Age Youth Coordinator and Micah Porter, Peer Specialist presented ad the working with Youth Conference on the importance of leadership in the development of resiliency in young adults.</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>The hiring of 4 Peer Specialists across the 3 main Clara Martin sites as well as the development of a supervision/training model to support these young adults in their role.</p> <hr/> <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> <ul style="list-style-type: none"> • Clara Martin Center and VocRehab Vermont contract for Jump on Board for Success services, including a recent expansion of employment services for at-risk young adults across the Hartford District. • Clara Martin Center and VocRehab Vermont contract for the Health Care Careers initiative in collaboration with Gifford Medical Center and the Vermont Department of Labor. Health Care Careers is a five-week paid work experience program in which at risk young adults prepare for careers in the health care industry. • Clara Martin Center and Listen Community Services (DBA “The Junction) contracted for the use of space at the Junction’s teen drop-in center for the delivery of Youth In Transition services in White River Junction. • Clara Martin Center and the White River Craft Center contract for the use of space at the Craft Center for the delivery of Transitional Age Youth services in Randolph. • Clara Martin Center and Super 8 motel contract for services under the Transitional Living program to provide emergency housing for young adults who are homeless in the White River Area. • The Upper Valley Stewardship Center and Clara Martin Center have partnered in utilizing the Upper Valley in providing adventure based counseling services • Court Diversion • Contracts with local schools • Green Mountain Rock Climbing Center • Collaboration around services with the Sparrow Project out of HCRS • Participation in community based focus groups facilitated by Second Growth and Casey Family Services <hr/> <p><u>Types/Targets of Practice:</u> Programs/organizations/communities that implemented evidence-based mental health-related practices/activities as a</p>
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	result of the grant. Please enter the number of programs/organizations/communities and briefly describe the evidence-based practices.... N/A
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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.

Overall, Clara Martin Center's YIT programming has been very successful. In years past, CMC has struggled with the development of our use of Peers in services; however, we believe we are on a strong path to developing a successful and effective Peer Services programming element within our YIT programming. Last summer, we utilized some peers to facilitate focus groups, and were able to move towards increasing our utilization of Peers in our overall programming. We hired 4 Peer Specialists in June to be a part of our summer programming and YIT groups. Throughout this next year, we will continue to focus on the development of this programming and hope to be able to expand the capacity for these Peer Specialist.

We did experience some turnover in our Peer Navigator position at the end of the Fiscal Year, with Mark leaving; however, we have been successful in hiring Katie O'Day as his replacement. Katie formerly worked at the Junction, and is very familiar with our programming, and has already proven to be an asset to the team.

We have experienced some increased need for services in this region, and our current clinicians are functioning at a very full capacity. We have worked very creatively, and worked to serve as many youth as possible with our current staffing and capacity levels. We will be looking into assessing what other options we have out there to be able to increase our capacity in order to meet the needs of the region.

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.

At the end of the Fiscal Year, the position of Peer Navigator formerly held by Mark Mitchell, turned over. We have since hired Katie O'Day. In her attached resume, you can see that she was employed by The Junction, and has great qualifications for this position.

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.

N/A

5. Other Activities

Briefly describe other activities undertaken during the reporting period.

Clara Martin Center continues to build upon its family oriented collaborations through additional TAY family programming involving parents in honoring and supporting members of New Horizons, their initiative, and other community based activities that include: family activities and family based therapeutic groups.

In addition, Clara Martin's youth advisory board facilitated its first upper Valley Summit for young adults which required them to apply for and receive grant funding, reach out to community partners, organize and plan the event as well as execute the event.

A second successful year of Bradford's TAY summer community based intensive was executed.

The implementation of a summer intensive in Winer in collaboration with the Junction Teen Center was completed.

The Implementation of CMC's Adventure Based Counseling program was executed in Bradford and Randolph saw another successful year both culminating in a Solo Trip for qualified young adults.

6. Activities Planned for Next Reporting Period

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

CMC's TAY population is excited to again participate in Bradford's Midnight Madness as well as explore collaborations with the Bradford Teen Center, the Junction Teen Center and local high schools.

CMC intends to explore how to best utilize our Peer Specialists in Future TAY programming.

