

YIT PROGRAM PROGRESS REPORT

1. Grant Number: **03150-7080**
2. Grantee Name and Address: **Clara Martin Center, PO Box G Randolph VT**
3. Telephone Number: **802-728-4466**
4. Project Title: **Services for Young Adults in Transition in the Orange/No.Windsor region**
5. Period of Performance from **July 1, 2013** through **December 31, 2013**
6. Approved Project Period from **July 1, 2013** through **June 31, 2014**
7. Author's Name and Telephone number: **Tammy Austin 802 728-4466**
8. Date of report: **January 1, 2014**
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, 2012 (due by January 31, 2013), and
2. one for the period from January 1 – June 30, 2013 (due by July 30, 2013).

Report Contents

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.

During this reporting period our peer navigator met with 38 young adults and offered services to 32 clients who are actively enrolled in our Youth in Transition Program. We continue to engage and facilitate young adults in future planning and goal setting across relevant transition domains which include: employment and career, educational opportunities, living situation, personal effectiveness and wellbeing and community life functioning.

Many young adults are often in the survival mode and with a deeper understanding of the challenges; we build upon individual strengths, interests and goals in order to promote engagement and motivation to create opportunities for success.

CMC and our YIT programming focuses on motivating young adults toward healthy behaviors, creating a safe environment for young adults to ask “difficult” questions, offer information and referrals when appropriate, provide access to prevention and resource materials and assist young adults in accessing needed services in the community.

Clara Martin Center also continues to work with young adults who are at risk for dropping out of school by helping to provide and seek alternative educational options while implementing motivational strategies to continue in school until options can be provided.

In this reporting period, CMC continued to work in collaboration with out community partners Specifically, Clara Martin Center has collaborated with The Junction Teen Center and Wilder School Alternative Program in providing initial access to dual diagnosis treatment through individual counseling services and group therapy. This collaboration continues to allow young adults to access the system of care for Substance abuse treatment and employment services. In addition to the collaboration with the Junction, the Clara Martin Center has worked to further develop our relationships with other community partners.

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>The Agency continues to hold quarterly steering committee meetings in which key partners provide input into the program’s operations. Members of the steering committee include: Listen Community Services (“The Junction”), Department for Children and Families, Easter Seals, VocRehab Vermont, Hartford School District, Vermont Department of Health, the Haven, HCRS, and Vermont Adult Learning and Valley Court Diversion Program. The purpose of the steering committee is to share resources and updates of community programs from each agency involved serving youth between the ages of 16 through 22. The steering committee has been recognized by each of the agencies as a beneficial way to understand each of the community programs and what challenges and changes they have faced. This committee has been successful in bridging communication gaps that have existed in the past between</p>
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	<p>agencies.</p> <p>Clara Martin continues to empower young adults through Youth Community Rising (YCR). They are in the process of planning the 3rd Annual Youth Summit for the Orange and North Windsor regions. The Youth Summit will be held at the Listen Community Center with support of the Junction Teen Center. The YCR are currently working on gathering donations, planning entertainment and food for the summit, identifying supporting agencies for the resource fair, and networking with youth in the area to be involved as participants in the summit. The Annual Youth Summit is the largest community program the YCR and Clara Martin organize as part of the YIT grant. This coming fall we are looking to host over 100 youth from a variety of high schools in the upper valley region.</p> <p>Clara Martin has supported YIT youth to participate in the annual Young Adult Voice Movement as well as the NAMI conference. Both conferences have had youth from YCR volunteer to speak on panels in specific forums; the youth discussed their own experiences with mental health and encouraged audience members to support efforts for services for youth.</p> <p>Clara Martin Center continued its Peer Services this year with employing peers in our summer programming. The youth completed a training program and assisted in facilitation of summer programming at the agency at two different sites. We also have encouraged the Peers to maintain involvement throughout the year, with participation in holiday break programming.</p>
	<p>2: Family/adult allies support young adults....</p> <p>As Clara Martin Center continues to empower young adults, we also strive towards integrating family supports. Family support is encouraged for youth participating in counseling services with CMC. Often youth participate in individual counseling as well as family counseling. Our dual diagnosis group for youth often focuses on family dynamics related to youth experiences with substance abuse and mental health concerns. This programming will be expanding to provide services in both Wilder and Bradford.</p> <p>Our summer program offerings through CMC connects with family of youth when identifying services and supports for youth over the summer months.</p> <p>As part of community services activities, the YIT youth participate in a local parade to advertise the services of CMC with family support.</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</i></p>

	<p><i>development, ensuring that young adults are engaged in planning for their own futures....</i></p> <p>Clara Martin Center offers services in alignment with evidence-based practices that are offered in an individualized manner. The Agency founded its Transition Age Youth program upon Bonnie Bernard’s resiliency model and have implemented Rusty Clark’s Transition to Independence (TIP) model. All TAY staff at CMC are now trained in the TIP model and have been successful in implementing its program in working with youth.</p> <p>The day-to-day work of the Transitional Age Youth team includes identifying the individual interests and needs of each young adults and, in turn, providing “bridges” to local resources to meet those needs. Young adults are in many ways in the “driver’s seat” in developing individual service plans and goals and in planning for short and long term goals.</p> <p>The Agency’s Vocational Services team continues a motivational exercise for job seekers, families and service providers this fiscal year. Each month, the Agency’s Vocational Services meets with one job seeker along with his or her family members, supports, and service providers in order to identify the candidate’s assets, careers options and local employers relevant to the job seekers career interests. In addition to creating specific, actionable employment plans, participants provided feedback that they felt motivated to continue their job search and supported in the job search process.</p>
	<p>4: System of Care partners gain cultural & linguistic competence (CLC)....</p> <p>The TAY team reaches out to youth in their preferred environments including teen centers, schools, local businesses, and homeless shelters. The team consistently evaluates and gains input from youth as to where services can be best accessed by youth.</p> <p>Youth are also encouraged to share their culture in a safe environment free of judgment and staff is encouraged to ask youth questions around their language and culture.</p> <p>The agency tried to participate in a CLC training however; it was unfortunately cancelled due to low numbers. We will look to participate in the spring if it is rescheduled.</p>
	<p>5: Local communities (including young adults) change their perceptions of young adults and of mental health issues, reducing stigma....</p> <p>TAY groups are community based and utilize local business facilitating positive interactions in the community and with community members. The TAY summer intensive has a community service component which encouraged group members to contribute to the community through volunteerism. For example the summer program will participate in community service volunteering with the Listen Center, the Haven, and the local Humane Society.</p> <p>TAY group members continue to explore ways in which to share their positive experiences in the system of care with the local community in an</p>

	<p>effort to reduce stigma. The largest efforts to do this is with the execution of the annual Youth Summit and continuing community programs offered through the YCR. This has proven to have tremendous impact and success in engaging local communities and engaging them in a supportive process of understanding and de-stigmatizing our youth.</p> <p>Furthermore, the Agency’s JOBS and Supported Employment team continue to offer community-based services in alignment with evidence-based practices. The Agency tracks the percentage of time each Vocational Services staff member offers services community-based services each quarter and strategizes about how to increase that time in individual and group supervision.</p>
	<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. .</p>
	<p>7: The State supports and sustains regional services for young adults....</p> <p>The State supports and sustains regional services for young adults in both formal, contractual relationships and less formal means. Whether it is collaborating for Jump on Board for Success services, participating in the local Creative Workforce Solutions and job developer coalition meetings, participating in young adult employment groups, and collaborating for a variety of other community-based services to address homelessness, mental health and substance abuse issues .</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). <i>Required activity:</i> <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>The TAY program works with The Junction to intercept young adults who are out of school and engage them in productive activities and work towards gaining employment, participating in Mental Health Treatment and Substance Abuse Treatment and maintaining or securing safe and stable housing. The TAY program has also been working with Vermont Adult Learning to support at risk youth who have dropped out of high school. This agency connection has been successful in supporting youth to complete their GED or high school completion program and receive a diploma.</p> <p>2. Increased number of young adults who are employed....</p>

	<p>On average, the Agency continues to steadily increase the number of young adults it assists with securing a paid work experience and long-term paid positions. Currently, the Agency is on track to meet its goal set forth by Voc. Rehab to assist more than nine young adults to secure long-term paid positions across the Hartford Agency of Human Services District.</p>
	<p>3. Increased number young adults participating in (or who completed) educational programs....</p> <p>The Agency has an established record of assisting at risk young adults to further their education. As reported in the most recent report, Clara Martin Center assisted approximately 60% of its JOBS participants to further their education and earn a high school diploma.</p>
	<p>4. Increased number of young adults who have access to, and are using, a medical home....</p> <p>Clara Martin TAY team members work closely with community medical offices to help youth access medical care as demonstrated by our collaboration with Little Rivers Health Care and our implementation of a Care Coordinator in both the Randolph and Bradford regions. Clara Martin also actively assists youth in obtaining health insurance as needed and this is done in the White River area through our collaboration with the Junction Teen Center, HCRS, Haven, and DCF.</p> <p>The Agency's JOBS program also has a history of increasing the number of young adults who secure health insurance year over year and who access a primary care provider. According to the most recent report, 98% of JOBS participants had health insurance and that 100% accessed a primary care provider.</p>
	<p>5. Increased number of young adults living in safe and stable housing....</p> <p>Clara Martin Center's last report from VocRehab Vermont reveals that it assisted 60% of its participants to secure stable housing who acknowledged having a housing issue at the time of intake.</p>
	<p>6. Increased number of young adults who have caring & supportive relationships....</p> <p>TAY programming assists young adults in exploring supports in their life and encourages young adults to widen their support systems to include community members and clinicians in the system of care</p> <p>During its last report from VocRehab Vermont, the Agency's JOBS program assisted 23% of participants to connect to a caring relationship.</p> <p>As an integral part of the TAY programming, Young adults and their parents</p>

	<p>are encouraged to work together in both mental health and substance abuse counseling. CMC's Summer programming even includes groups that parents can attend with their young adults.</p> <p>7. Increase in young adults' strengths and protective factors.... The Clara Martin Center approaches treatment with young adults through the Resiliency Model, which focuses on increasing strengths and protective factors. TAY programming offers various groups which are strength based and promote youth leadership skill development, social skill development, as well as coping skills and emotional regulation.</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> The TAY program works collaboratively with Diversion, as well as Probation and Parole to partner around supporting the young adults. Youth participate in mental health and substance abuse counseling as well as the dual diagnosis group with the referral source of diversion and probation. Within this last reporting period referrals from both diversion and probation and parole have increased significantly.</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> <ul style="list-style-type: none"> • Clara Martin Center developed a Peer Specialist Training Program and subsequently provided peers with employment during the summer, and 1 of those continued on with paid employment throughout the year. <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> <ul style="list-style-type: none"> • In this past reporting period, no organizational changes have been made. However since there had been a new Children's Director and TAY Coordinator in place during the previous reporting period, our focus has been continuing to develop the TAY program and improve the management structure. <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 Listen Community Services ("The Junction)

	<p>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.</p> <ul style="list-style-type: none"> • 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. • The Upper Valley Stewardship Center and Clara Martin Center have partnered in utilizing the Upper Valley in providing adventure based counseling services • Court Diversion and Probation and Parole • Contracts with local schools • Green Mountain Rock Climbing Center • Collaboration around services with the Sparrow Project out of HCRS <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>N/A</p>
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4. 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.

Stable Housing for young adults continues to be identified as a barrier for success. Resources are limited for affordable housing and housing options in the rural communities. Increase of emergency housing during the winter months. Limited options required the use and expense of local motels as a winter short term temporary shelter.

Limited transportation continues to be an area of concern, however in helping young adults seek employment opportunities transportation during 2nd & 3rd shifts has arisen to the forefront.

5. 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.

6. 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.

TAY program began by working to re-engage youth, build individual caseloads, develop community programming, and network with local agencies to re-establish referral sources as well as introduce the new TAY program and people involved. The TAY program has been successful in the above mentioned tasks and is actively working with local agencies, area schools, and businesses within the Bradford and Hartford area. CMC TAY services have been broadly publicized and networking continues to form to support the outreach of services for youth impacted. The TAY program is offering all support groups, counseling services, and community programs it did in the past and hopes to include further such services in the future based on youth's needs.

6. Activities Planned for Next Reporting Period

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

We continue to build upon our current partnership with the Junction and other community partners. We hope to build on our current partnerships and create new ones. In collaboration with The Junction, we are hoping to offer group addiction services at the teen center. It is our hope that by making ourselves more accessible in the community, youth will have better access to the resources they need. With these partnerships, referrals can be made and youth will feel more supported in our communities.

The YIT Steering Committee will be relooking at the original mission and goals and try to determine a plan to access and serve the youth in region in the best way possible.

With the Junction, the TAY Program planned the Annual Youth Summit that took place in September 2014, as well as worked to further develop group programming. Adventure Programming with youth involvement continued. The dual diagnosis group continues to provide youth a way to share their experiences with mental health and substance use and discuss development of coping skills. The YCR continues to involve youth in community service programming as well as the development of individual leadership skills. The TAY summer

program continues to have youth participate in a variety of activities encouraging and challenging youth to express emotional regulation and build upon social and coping skills. The TAY program through YIT support continues to address youth needs and be vigilant and empathetic of listening to youth to identify what those needs are and how to best address them.

DMH only:

Date received: _____

Approved by: _____

Date approved: _____

Approved by: _____

Date approved: _____