

## 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 **January 1, 2011** through **June 30, 2011**
6. Approved Project Period from **July 1, 2010** through **June 30, 2011**
7. Author's Name and Telephone number: **Renee Thayer 802 295-1311**
8. Date of report: **June 30, 2011**
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**

#### **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.

To date our peer navigator met with 43 young adults and offered services to 19 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. We continue to focus on individual strengths, interests and goals in order to promote engagement and motivation.

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.

This work is informed by best practice and the initial implementation of the “Transition to Independence” (TIP) model. In an ongoing effort to offer quality services, three Clara Martin Center staff attended the statewide TIP training held in Burlington in June of 2011. Current efforts to offer TIP informed services include the Agency’s current review of staff members who may be trained as TIP trainers.

This summer also witnessed the implementation of the first Transitional Age Youth summer program in the Bradford region. This summer intensive takes a strength based approach to supporting Transition Aged Youth by focusing on protective factors such as communication, life skills, coping skills, advocacy and character development. It is our mission in this intensive to honor and support the many learning styles our participants bring including: visual, verbal, experiential, and kinesthetic to help them become better prepared to transition into adult roles within our community.

The summer consists of four main foci: Life Skills (housing, finance management, jobs, interviews, cooking, etc), Life Management (emotion regulation, relational skills, peer support Community Outreach (leadership skills and connectivity to community), and the activity based Social Group (relational skills, self esteem, and self efficacy.). The program runs for eight weeks from (June 28<sup>th</sup> through August 25<sup>th</sup> on Tuesdays and Thursdays from 10:30-3:30.

In addition to our summer program, we are actively developing three TAY forums where youth will feel empowered to participate in discussions around their involvement in the system of care and how the system of care can be expanded to better service young adults in our community. This will be done in collaboration with a youth facilitator in order to have youth voice in this process of facilitating youth forums in Wilder, Bradford and Randolph towards the development of an agency wide youth advisory board.

**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><b>Goals for strengthening the systems of care</b></p>	<p>1: Young adult (YA) leadership is developed in VT.</p> <p><b>Required activity:</b>  <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</p>
---	--

	<p>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 and the Haven.</p> <p>CMC is also actively developing three TAY forums where youth will feel empowered to participate in discussions around their involvement in the system of care and how the system of care can be expanded to better service young adults in our community. This will be done in collaboration with a youth facilitator in order to have youth voice in this process of facilitating youth forums in Wilder, Bradford and Randolph towards the development of an agency wide youth advisory board.</p> <p>The TAY Coordinator has met with key stakeholders in the Hartford area in an effort to increase collaboration and better meet the needs of youth in that area. Focus groups will be conducted in White River, Randolph and Bradford with the aid of youth leaders within each of these communities.</p>
	<p>2: Family/adult allies support young adults....</p> <p>The TAY intensive has added a family support night which aims at sharing the accomplishments of young adults with their families increasing communication and connectedness between youth and their identified supports.</p> <p>The Fresh Start Program which aims at educating underage youths with first time drug offenses also offers a family session aimed at increasing communication and connectedness between youth and their support systems.</p> <p>Our Youth mentor attended the national Youth voice movement in Chicago with her mother and provides a basis family/allies supporting young adults.</p>
	<p>3: Workers use caring practices known to be helpful for young adults and families.</p> <p><b>Required activity:</b>  <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>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, as of late, is in the early stages of implementing Rusty Clark’s Transition to Independence (TIP) model. The Agency is currently evaluating which staff will be trained as TIP trainers.</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</p>

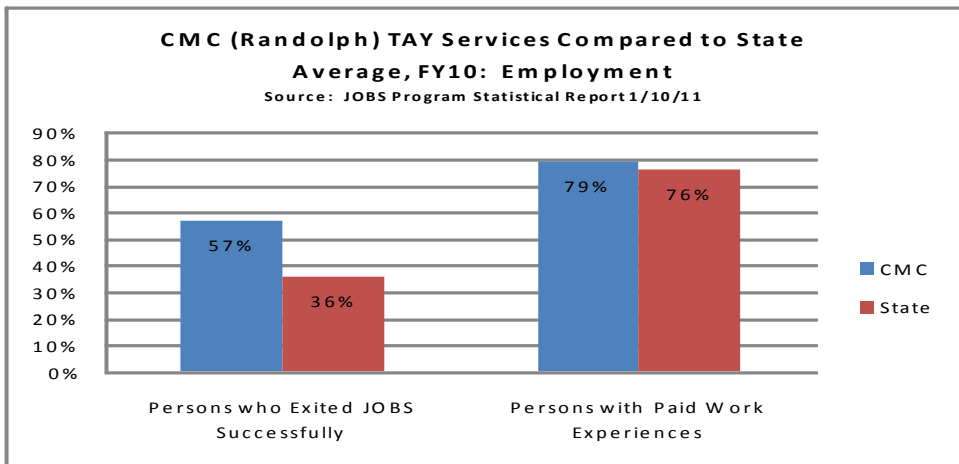
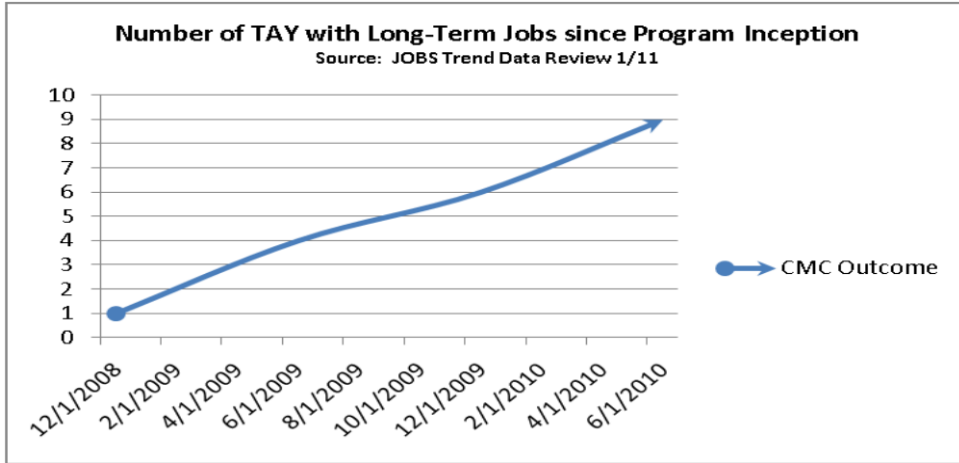
	<p>ways in the “driver’s seat” in developing individual service plans and goals and in planning for short and long term goals.</p> <p>4: System of Care partners gain cultural &amp; linguistic competence (CLC)....  Mark Mitchell, Peer Navigator, has been involved with the CLC work group and provides expertise and insight into Native American cultures.  Cate Beaton, TAY Coordinator provides expertise and insight into Latina Culture and the bicultural experience in America.  The TAY team reaches out to youth in their preferred environments including teen centers, and homeless shelters. The team consistently evaluates and gains input from youth as to where services can be best accessed by youth. 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>5: Local communities (including young adults) change their perceptions of young adults and of mental health issues, reducing stigma....  TAY groups are community based and utilize local business facilitating positive interactions in the community and with community members. The current TAY summer intensive has a community service component which encouraged group members to contribute to the community through volunteerism.  TAY group members are exploring ways in which to share their positive experiences in the system of care with the local community in an effort to reduce stigma.</p> <p>6: Effectiveness of the Vermont System of Care for young adults with SED is evaluated.....  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.  Through qualitative feedback gained through focus groups and open communication with young adults utilizing the system of care.</p> <p>7: The State supports and sustains regional services for young adults....  Other regional services that the state has supported our agency with include —VCRHYP, JOBS mental health and substance abuse services, Health Care Careers, and VtGREEN.</p>
<p><b>Desired outcomes for young adults of transition-age</b></p>	<p>1. Decreased number of young adults involved in the corrections system (including an increase in the number who are free of incarceration).  <b>Required activity:</b>  <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>  By January of 2011, Clara Martin Center Jump on Board for Success</p>

(JOBS) participants reported the following involvement with corrections:

- 18% experienced current or past involvement in corrections.
- 23% experienced current or past involvement in juvenile justice.
- 25% experienced current or past involvement in child protective services.

Of those participants who reported involvement with corrections, 42% re-offended while receiving JOBS services, 17% violated probation and no JOBS participants without prior involvement in the criminal justice system offended.

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



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

Currently we have 14 young adults in the TAY intensive currently enrolled in Green education. Clara Martin with use of VtGREEN funds will be offering a Wilderness first Aid and CPR class to young adults utilizing the system of care.

**Education Status at JOBS Intake**

Source: JOBS Program Statistical Report, 1/10/11

Attending HS	59%
Left HS w/o Finishing	25%
Has GED	2%

Has HSD	14%
Unknown	0%
Was on an IEP	68%

**Education Services for JOBS Participants**

Source: JOBS Program Statistical Report, 1/10/11

Help Staying in HS	71%
Help Returning to HS	7%
Help w/ Alternatives	39%

**Education Outcomes**

Source: JOBS Program Statistical Report, 1/10/11

Furthered HS Education	39%
Earned GED	0%
Earned HSD	29%

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

Clara Martin TAY team members work closely with community medical offices to help youth access medical care and assist youth in obtaining health insurance as needed

5. Increased number of young adults living in safe and stable housing....  
 By January of 2011, 36% of Clara Martin Center JOBS participants reported current or past homelessness at intake. The Agency offered housing services to 92% of young adults who reported current or past homeless and secured stable housing for all 92% of young adults who received housing services. Clara martin has helped 9 young adults find safe and stable housing. Clara Martin continues to evaluate barriers to successful transitional housing for young adults and is currently exploring options in addressing barriers for youth in accessing stable housing

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

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  
 By January of 2011, 9% of Clara Martin Center JOBS participants could not identify a caring relationship. Agency staff supported 33% of all participants to develop caring relationships and, in turn, 30% of young adults secured caring relationships.

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

	<p>factors. TAY programming offers various groups which are strength based and promote youth</p> <hr/> <p>8. Improved mental health for young adults. <b>Required activity:</b> <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>By January of 2011, all Clara Martin Center offered mental health services to all JOBS participants, including the 57% of young adults who reported a history of trauma or abuse at intake. Subsequently, 97% of young adults secured mental health treatment.</p>
<p><b>System of Care Infrastructure Indicators</b> (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"> <li>• Clara Martin Center integrated VtGREEN services for at risk young adults in 2010. VtGREEN is a partnership in collaboration with Central Vermont Community Action Council that prepares Vermonters for careers in the green industry, including training, credentialing and job development services.</li> <li>• Clara Martin Center facilitated the second year of Health Care Careers for Young Adults in partnership with Gifford Medical Center, VocRehab Vermont 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.</li> </ul> <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>The formation of a Transition Age Youth Coordinator position and in</u> order to help quickly engage TAY in all areas of our service region staff time has been reassigned to meet the needs of the community. More specifically Staff with expertise in TAY are now more accessible within our Wilder location</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> <ul style="list-style-type: none"> <li>• Clara Martin Center and the Washington County Youth Service Bureau (under contract with the Central Vermont Community Action Council) sub-contracted for the delivery of VtGREEN services in the Hartford District.</li> <li>• Clara Martin Center and VocRehab Vermont contract for Jump on Board for Success services, including a recent expansion of</li> </ul>

	<p>employment services for at-risk young adults across the Hartford District.</p> <ul style="list-style-type: none"> <li>• 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.</li> <li>• 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.</li> <li>• 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.</li> <li>• The Upper Valley Stewardship Center and Clara Martin Center have partnered in utilizing the Upper Valley in providing adventure based counseling services</li> <li>• Court Diversion</li> <li>• Contracts with local schools</li> <li>• Green Mountain Rock Climbing Center</li> </ul> <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.... N/A</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.

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 2<sup>nd</sup> & 3<sup>rd</sup> shifts has arisen to the forefront.

**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 2<sup>nd</sup> Annual Young Adult Voice Movement / Family Involvement

Ember Rose and her mother “Kat” from Bradford attended the 1<sup>st</sup> Young Adult Voice Movement and together participated in the development, expansion and implementation of the 2<sup>nd</sup> Annual Young adult Voice Movement. Both were invited and will attend a National Youth Adult Conference in Chicago IL in JUL to share this experience with others from Vermont.

### 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.

Young adults throughout the Hartford AHS district continue to receive support to define, achieve and maintain employment goals through the Agency’s Jump on Board for Success (JOBS) and VtGREEN services. The Agency received additional VtGREEN funding in its second year of operation and allocated a portion of that funding to increase the VtGREEN Counselor position to full time in addition to dedicating a full-time staff member to a JOBS Counselor position that links the Bradford and White River Junction communities

Furthermore, the Randolph Transitional Age Youth team is operating its second year of Health Care Careers in partnership with Gifford Medical Center. This collaboration between the Agency, VocRehab Vermont, the Vermont Department of Labor and Gifford Medical Center will provide six young adults with the opportunity to receive paid work experiences within the health care field and two returning young adults with peer leadership opportunities.

### 6. Activities Planned for Next Reporting Period

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

We are building on our current partnerships and creating 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.

A Partnership with the [Upper Valley Stewardship Center](#) has afforded us excellent programming that addresses the four main focuses outlined in our summer intensive.

In developing a peer service position, we are hoping to contract with a youth who has experience with the youth voice movement in Vermont and who would help us facilitate 3 focus groups in with the intention of developing a TAY youth advisory board.

The work of the steering committee continues to meet on a quarterly basis. We continue outreach to maximize group participation with a recent focus on: Law enforcement; local police, state police and sheriff's department, restorative Justice and court diversion, and youth involvement with the committee.

***DMH only:***

*Date received:* \_\_\_\_\_

*Approved by:* \_\_\_\_\_

*Date approved:* \_\_\_\_\_

*Approved by:* \_\_\_\_\_

*Date approved:* \_\_\_\_\_