

YIT PROGRAM PROGRESS REPORT

1. Grant Number: 03150-5247
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 1, 2013 through December 31st 2013
6. Approved Project Period from July 1, 2012 through June 30, 2014
7. Author's Name and Telephone number: Kathy Metras (802) 334-7316
8. Date of report: 01/10/2014
9. Comments (if any):
 - 1) Calendars of activities for the past quarter

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:

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	1: Young adult (YA) leadership is developed in VT.
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<p>strengthening the systems of care</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>Actively participated in the planning and building of the skate park</p>
	<p>2: Family/adult allies support young adults....</p> <p>We are continuing to utilize a genogram or family connections map to help the youth understand how different individuals can support them throughout their transition 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>of the young adults have a supportive family member or adult ally that would support them unconditionally where as the remainder of the youth can name a supportive individual whom they have difficulty engaging with.</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>The YIT facilitators' complete 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. This allows the youth to see what action steps are needed to reach each objective and a target date to reflect back to, like a check list.</p> <p>The YIT facilitators provide cross-system case management by engaging with various local agencies in the community in order to assist the youth in coordinating their own care and ensuring the youth are engaged in their own planning. Many of our youth are also receiving services from multiple agencies in the area.</p>
	<p>4: System of Care partners gain cultural & linguistic competence (CLC)....</p> <p>A CLC Training was scheduled for December 6th but had to be rescheduled to this Spring 2014.</p>
	<p>5: Local communities (including young adults) change their perceptions of young adults and of mental health issues, reducing stigma....</p> <p>The Teen Center Coordinator and YIT coordinators are outreaching to various agencies in the area to gain much needed donations for the Teen Center and young adults in the area.</p> <p>Both Youth Support Workers continue to do outreach in the community by providing information about the various programs offered and about the various activities the youth are engaged in and working towards.</p> <p>We are also lucky to have a substance abuse counselor in our Teen Center 2 or 3 times a week.</p>

	<p>6: Effectiveness of the Vermont System of Care for young adults with SED is evaluated..... The YIT Coordinators, Dept. Manager and the Local Interagency Team evaluates the effectiveness of the Vermont System of Care for young adults with SED.</p> <p>7: The State supports and sustains regional services for young adults.... Our region feels supported by the state.</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> <ul style="list-style-type: none"> • YIT coordinators have enrolled 8 additional youth in YIT. • Out of the 25 youth enrolled during that period only 1 youth is still involved with the correctional system through Diversion. • 1 youth is still actively working on his probation with his probation officer. <p>The Coordinators continue to work closely with Diversion and other members of the Correctional System to intercept youth at critical points in order to keep them from or help them transition into the community. The monthly truancy meeting, which includes members of Diversion, Probation, Schools, DCF, and police officers, has concluded for the summer but will start back up once school starts in August.</p> <p>The coordinators are still attending monthly Child Protection Team Meetings and weekly Resource Team Meetings at DCF.</p> <p>2. Increased number of young adults who are employed....</p> <ul style="list-style-type: none"> • 5 youth are currently employed at this time and have maintained their employment for the last few months. • 13 youth have been employed at point time during the past 6 months. • 1 youth is currently actively enrolled in the military. • 7 youth are currently actively seeking employment in the area. • 6 out of the 7 youth are working with some form of employment program such as the Youth Employment Specialist through VABIR or the Department of Labor. • 3 out of the 13 previously enrolled are attending school full time and not pursuing employment until this summer. The young adults who are not currently employed as a profession are attending some form of educational program to obtain their high school diploma. <p>The coordinators utilize the TIP System Modules to assist the youth with various employment skills such as resumes, interviews, job seeking, and professional attire.</p> <p>The monthly core transition team meetings have ended but will be starting</p>

<p>back up in the fall.</p>	<p>3. Increased number young adults participating in (or who completed) educational programs....</p> <ul style="list-style-type: none"> • 24 out of 25 youth have either graduated from high school or are seeking their high school education either by attending high school full-time or completing some form of high school completion program. • 11 of the 25 youth are graduates of high school or some form of high school completion program. • 10 of the 25 youth are currently enrolled in high school at this time. • 2 youth are currently enrolled in college to continue their education. • 1 youth is active in the military and will be continuing her education through the military. • Only 1 youth has dropped out of high school and refuses to obtain their GED. <p>The coordinators assist all the young adults with identifying a future plan that either includes continued education or employment.</p>
	<p>4. Increased number of young adults who have access to, and are using, a medical home....</p> <ul style="list-style-type: none"> • We have not accessed or increased the number of youth/young adults using medical home. • Coordinators ensure that every youth/young adult has medical insurance or the coordinators help the youth apply for health insurance. • Coordinators assist with co-pays or some dental care if it isn't covered under state insurance when needed. • Coordinators continue to bring youths to the emergency room if they are in need of emergency medical care.
	<p>5. Increased number of young adults living in safe and stable housing....</p> <ul style="list-style-type: none"> • All 25 youth have some form of housing and are not homeless at this time. • 1 out of the 25 has housing that isn't stable but the youth is over the age of 18.
	<p>6. Increased number of young adults who have caring & supportive relationships...</p> <ul style="list-style-type: none"> • All 25 of the youths have a caring and supportive relationship but few still have difficulty with their support system due to a difference of opinions. • All the youths continue to needed assistance with improving their communication with their support system.
	<p>7. Increase in young adults' strengths and protective factors...</p> <ul style="list-style-type: none"> • Coordinators continue to assist the youth with identifying their strengths. • Coordinators assist the youths with creating goals for their future and achieving their futures plan.

	<p>8. Improved mental health for young adults.</p> <ul style="list-style-type: none"> • All 25 of the youth are aware of mental health services in the area and the coordinators continue to provide referrals to the various agencies in the area. • 7 of the 25 youth are enrolled in some form of mental health service. • Coordinator was able to get 1 more youth actively enrolled in some form of mental health service through the local Human Services Agency. <p>Coordinators continue to use rationales and In Vivo teaching to assist the youth with following through and using the various mental health systems in the area.</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"> - Jody Phillips a member of Northeast Kingdom Human Services continues to interact with the youth on a weekly basis in the Teen Drop-In Center providing support and education on mental health/substance abuse. Jody is also part of our Life Skills and sex education classes that happen weekly to help with the connection to mental health services. - We also have our very own Youth Employment Specialist employed by VABIR to help our youth in transition access a progressive employment program. <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 Parent Child Center has moved to the same location as Youth Services which will help our participants with a one stop shop and a more holistic approach.</p> <p>We also finished the remodeling of our Teen Center☺ We have updated appliances and a new open space.</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"> - Northeast Kingdom Human Services attends our teen center weekly and provides substance abuse counseling where our youth and young adults feel comfortable. - Collaborated with the Newport City Recreation Department and the

	<p>local youth/young adults. They were able to work together and build a newer and safer skate park which opened on October 12th.</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> <ul style="list-style-type: none"> - We use the TIP evidence –based practices

2. 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.

3. 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 YIT Coordinators have participated and completed a number of Trainings and a Conference during the past 6 months. Below you will find a list of trainings/conferences the coordinators have attended:

- TIP Training September 11th, 25th 2013 & October 9th 2013.
- WholeSome Bodies Training September 23-24, 2013.
- Learning and Sharing Day October 1st, 2013.
- NCUHS Open house on October 10th 2013.
- LGBTQ Training October 25th, 2013.
- Runaway and Homeless Youth Conference November 12th-14th in Atlanta, GA.

4. 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.

Most importantly we have started the release of our PSA's ☺ We have two youth that participated in a video to help us spread the word of the need that the kingdom is faced with.

The Facilitators and Teen Center Coordinator organized a Halloween Party, Thanksgiving Party, and a Christmas Party for the Teens in the Teen Center. The Calendars continue to

be emailed to various agencies in the area to inform them of monthly activities. Staff participated in Santa Festival in Newport, VT.

5. Other Activities

Briefly describe other activities undertaken during the reporting period.

****Attached Calendar of activities for the past quarter**
November 2013 and December 2013 calendars were not completed due the Teen Center Coordinator being unsure of closing days due to renovations NEKCA Teen Center was and still is undergoing.

6. Activities Planned for Next Reporting Period

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

The coordinators are still continuing talks about forming a support group for youth/young adults.

We are also very worried about losing funding so the next few months we will be focusing on spreading the word of what we do.

DMH only:

Date received: _____

Approved by: _____ *Date approved:* _____

Approved by: _____ *Date approved:* _____