

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 January 1st 2013 through June 30th 2013
6. Approved Project Period from through
7. Author's Name and Telephone number: Kathy Metras (802) 334-7316
8. Date of report:
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.
------------------	---

<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> <ul style="list-style-type: none"> • The coordinators are still actively engaging with the youth in the Teen Drop-in Center. Youth obtain a voice in the community by being leaders on the Youth Advisory Board. Because of this board, Newport has collaborated with NEKCA Youth Services and the Newport Recreation Center to design and build a new family skate park for children and adults of all ages.
	<p>2: Family/adult allies support young adults....</p> <ul style="list-style-type: none"> • 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. • Out of the 18 youth enrolled, 11 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. • A 6 week parenting class for both the youth and their parents was conducted to provide extra support and education for various issues and concerns that may arise. The class was designed to educate parents on how to become an ally for their teenage child/children.
	<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> <ul style="list-style-type: none"> • 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. • 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 receiving services from multiple agencies in the area as well as having the ability to access all youth workers within our agency due to all youth programs being located within the same building.

	<ul style="list-style-type: none"> • Our youth also have access to Life Skills and Sex Education classes on site at NEKCA. • Our NEKCA Teen Center has Jody Phillips, Substance Abuse Counselor from NEKHS, present at least on a weekly basis. <p>4: System of Care partners gain cultural & linguistic competence (CLC)....</p> <ul style="list-style-type: none"> • Still needing the training for staff and the YAB. <p>5: Local communities (including young adults) change their perceptions of young adults and of mental health issues, reducing stigma....</p> <ul style="list-style-type: none"> • 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. • Jody Phillip, Substance Abuse Counselor from NEKHS, attends the NEKCA Teen Center to help encourage substance abuse awareness and meet with our teens individually and as a group. • Newport organized a speaker to come and present to youth and adults about brain development, mental health awareness, and how drugs and alcohol affect brain development which NEKCA Youth Service Staff, Youth Service Families, and NEKCA Youth attended. • Youth Service Case Managers attended The Male Box training, Resource Fair at North Country Career Center, Learning Together Conference, Sexual Behavior Training, Learning and Sharing Day, and Working with Youth Conference. <p>6: Effectiveness of the Vermont System of Care for young adults with SED is evaluated.....</p> <ul style="list-style-type: none"> • 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>7: The State supports and sustains regional services for young adults....</p> <ul style="list-style-type: none"> • Our region feels supported by the state.
<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).</p> <p>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"> • The YIT coordinators have enrolled four additional youth in YIT. Out of the 18 youth currently enrolled only 1 youth is involved with the correctional system through Diversion. 1 youth has refused to participate in Diversion and another youth has received additional charges. So only a total of 3 youth are currently involved in the corrections system. • The Coordinators continue to work closely with Diversion and other

	<p>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> <ul style="list-style-type: none"> • The coordinators are still attending monthly Child Protection Team Meetings and weekly Resource Team Meetings at DCF.
	<p>2. Increased number of young adults who are employed....</p> <ul style="list-style-type: none"> • 4 youth are currently employed at this time and have maintained their employment for the last few months. • 5 youth are currently actively seeking employment in the area. 4 youth are employed and working within some form of an employment program such as the Jobs Program through Northeast Kingdom Human Services and the Youth Employment Specialist through VABIR. The Youth Employment Specialist not only collaborates with NEKCA Youth Service, but is also housed at NEKCA. • 1 youth has joined the service and has gone on to boot camp 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. • The coordinators utilize the TIP System Modules to assist the youth with various employment skills such as resumes, interviews, job seeking, and professional attire. • The monthly core transition team meetings have ended but will be starting back up in the fall.
	<p>3. Increased number young adults participating in (or who completed) educational programs....</p> <ul style="list-style-type: none"> • All 18 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 such as through NEKLS or the Parent Child Center. • This past year 4 youth have graduated from high school and 1 has gone on to join the military. • There are currently 8 youth still enrolled and attending high school. 3 youth have gone on to pursue other avenues after having graduated from high school within the past 3 years. • The coordinators are assisting the remaining 3 youth with enrolling in high school and encourage them to continue to pursue their education. • The coordinators assist all the young adults with identifying a future plan that either includes continued education or employment.
	<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. However, every youth/young adult that is enrolled in our program we ensure they have medical insurance or we help

	<p>them apply for health insurance. We also have some extra funding that allows us to help pay for co-pays or some dental care if it isn't covered under state insurance.</p> <ul style="list-style-type: none"> • NEKCA ensured that 1 youth not only was set up with dental care, but also paid for the emergency dental work that needed to be done while her dental coverage was going through the approval process. <p>5. Increased number of young adults living in safe and stable housing....</p> <ul style="list-style-type: none"> • All 18 youth have some form of housing and are not homeless at this time. <p>6. Increased number of young adults who have caring & supportive relationships...</p> <ul style="list-style-type: none"> • All 18 of the youths have a caring and supportive relationship however a few of the youth have difficulty engaging with their support system due to a difference of opinions. All the youths continue to need assistance with improving their communication with their support system and 3 are working on rekindling with their support network. <p>7. Increase in young adults' strengths and protective factors...</p> <ul style="list-style-type: none"> • CM's continue to assist the youth with identifying their strengths. CM assist the youth with creating goals for their future and achieving their futures plan. 6 of the youth continue to need adequate help with improving their protective factors. <p>8. Improved mental health for young adults.</p> <ul style="list-style-type: none"> • All 18 of the youth aware of mental health services in the area and the coordinators continue to provide referrals to the various agencies in the area. The 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>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"> • The Youth Employment Specialist through VABIR, housed with NEKCA Youth Services, provides our youth with the knowledge and experience required to enter and continue within the workforce. • Jody Phillips a member of Northeast Kingdom Human Services interacts with the youth on a weekly basis in the Teen Drop-In Center providing support and education on mental health/substance abuse. <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</p>

	<p>agreements....Northeast Kingdom Human Services attends our teen center weekly and provides substance abuse counseling where our youth and young adults feel comfortable. We also have a collaboration with the Newport City Recreation Department that youth and young adults are working together on a committee to rebuild a newer and safer skate park.</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.... We use the TIP evidence –based practices</p>

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:
 - Resource Fair at North Country Career Center February 4, 2013
 - Mock Car Crash at North Country Union High School March 27, 2013
 - Learning Together Conference March 29, 2013
 - Sexual Behavior Training April 19, 2013
 - Learning and Sharing Day April 24, 2013
 - Male Box Training May 23, 2013
 - Working for Youth Conference May 24, 2013

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.

- The Facilitators and Teen Center Coordinator organized a Valentine’s Party, St. Patrick’s Day Party, Easter Party, Pizza Party, and Ice Cream Social for the youth in the Teen Center.

- The Calendars are being emailed to various agencies in the area to inform them of monthly activities.

5. Other Activities

Briefly describe other activities undertaken during the reporting period.

**Attached Calendar of activities for the past quarter

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.

DMH only:

Date received: _____

Approved by: _____

Date approved: _____

Approved by: _____

Date approved: _____