

YIT PROGRAM PROGRESS REPORT

1. Grant Number: C-YIT-FY12-YS
2. Grantee Name and Address: **Youth Services, Inc.**; 32 Walnut Street; Brattleboro, VT 05301
3. Telephone Number: (802) 257-0361
4. Project Title: YIT Housing Project--Brattleboro
5. Period of Performance from July 1, 2013 through December 31, 2013.
6. Approved Project Period from through
7. Author's Name and Telephone Number: Fred Kapinos (802) 257-0361 x125
8. Date of report: January 20th, 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:

one for the time period from July 1 – December 31, 2013 (due by January 31, 2014), and one for the period from January 1 – June 30, 2014 (due by July 31, 2014).

Report Contents

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>Our Peer Outreach Workers and young adult volunteers cook and serve weekly dinners for young adults at Drop In Night which is hosted at the Boys & Girls Club every Tuesday evening. Peer Outreach Workers help design programming for Drop In Night. Peer Outreach Workers also do street outreach in the community during the warmer months to bring awareness about services in the community. Peer Outreach Workers talk to other young adults about services in the community and help them to gain access to those services. Additionally, Peer Outreach Workers talk to local businesses to request donations for events that are being organized in the community for young adults. One of the ways the Peer Outreach Workers took a leadership role this period was when they identified there was a need for diapers among young adults with infants in the community.</p> <p>Youth Services also hired a former client as a Youth Outreach Assistant to help plan events and activities, provide rides for clients without transportation, and coordinate with the Peer Outreach Workers to help bring awareness to the various programs Youth Services provides.</p> <p>During this period, our monthly Young Moms Group has continued very successfully. We have partnered with Brattleboro's Early Education Services to utilize their expertise, location, and childcare options. The group is driven by the young moms who attend as they decide what topics they want to learn about. Topics that have been chosen have included potty training, bedtime routines, healthy relationships, and attachment and modeling for your child. Staff supports the young moms in setting up speakers or presentations and exchanging donated items.</p> <p>As a follow up to the last progress report, a press release is attached for the young woman who was awarded the Young Adult Leadership Award by the Vermont Youth in Transition State Team. Please see attached.</p>
	<p>2: Family/adult allies support young adults....</p> <p>During the intake process, Youth Services case managers help young adults identify their support system through genograms and sociograms. The support system can include family, friends, co-workers, school supports, significant others, individuals in the community, etc. We have also added additional intake fields such as a timeline of significant events, which gives the case manager a frame of reference for how the client came to be who they are. Furthermore, case managers examine with the young adults how their support system has been helpful in the past and how they can be helpful in their current situation. Case managers help young adults utilize their support systems when needed by inviting support systems to team meetings or inviting them to regular weekly meetings. Contact with family members and adult allies also occur as needed with the informed consent of clients. Aftercare Plans include the identification of family and adult allies that will continue to be a support to the young adult as</p>

they transition out of programs and/or the system of care.

During this period we have had several young adults enter the system of care who are under the age of 18. We have had close working relationships with their parents. Many of their parents have attended team meetings and met individually with the Case Manager and client. At times, when appropriate the Case Manager has been able to provide referrals for the parent to get support as well.

3: Workers use caring practices known to be helpful for young adults and families.

Required activity:

Provide cross-system case management and individualized service plan development, ensuring that young adults are engaged in planning for their own futures....

Case managers focus on creating a positive relationship with young adults in order to build trust from the beginning. This is done by setting up weekly meetings to create a consistent presence in the young adults' lives. Through regular contact, young adults begin to understand that their case manager is someone that they can rely on for support. A variety of TIP strategies are used in our approach including strengths- based focus, In-vivo teaching, and support in identifying and evaluating options. Case Managers are also trained in motivational interviewing.

Young adults are engaged in their service plan from the initial intake. Youth Services utilizes the Plan of Care to help young adults identify their goals. The following questions also help the young adults explore their goals further:

"Strengths of yours that will help you accomplish this goal"

"Steps you need to take to accomplish this goal"

"How will you know when you are making progress"

"Strengths or assets you are building"

"Potential barriers to your progress and plans to address these barriers"

Each young adult reexamines their Plan of Care every six months in order to make changes, update goals, and reflect on their progress. Case Managers are able to take clients out to lunch or on special trips occasionally to celebrate their successes and achievements.

Cross-system case management most frequently occurs with agencies such as Health Care Rehabilitation Services, Voc Rehab, Reach Up, Early Education Services, and Children Integrated Services. Team meetings for young adults can occur at anytime and can be called by any team member including the young adult. During this period, Youth Services hosted six Provider Meetings where system of care providers discuss common cases in order to update other team members on young adults' progress or to trouble shoot challenges in the

	<p>young adults' lives.</p> <p>4: System of Care partners gain cultural & linguistic competence (CLC).... During this period, several Case Managers attended a training at Kurn Hattin Homes to gain a better understanding of attachment issues for youth who have experienced trauma.</p> <p>5: Local communities (including young adults) change their perceptions of young adults and of mental health issues, reducing stigma.... The work done by Peer Outreach Workers in the community help to change the perceptions of young adults with mental health issues in the community. Peer Outreach Workers interface often with various community members for their work. The community at large is exposed to these issues from the flyers the Peer Outreach Workers distribute for events at our Drop-In nights. Two clients were also interviewed for our annual report. Their stories reflect their own personal struggle and how Youth Services helped them reach their goals.</p> <p>6: Effectiveness of the Vermont System of Care for young adults with SED is evaluated..... Assistant Director of Youth Development attends monthly Continuum of Care Meetings, and twice monthly Housing Review Team meetings. She also attends a monthly advocacy meeting, which is a subcommittee of the Continuum of Care. This helps to bring awareness of the needs of young adults in our community that are homeless. Additionally Youth Services staff attends regular state-wide meetings for Vermont Coalition for Runaway and Homeless Youth Program and local Transitions to Housing meetings (to house homeless families, young adults aging out of foster care or formerly incarcerated women). Youth Services hosted six monthly Provider Meetings where system of care providers meet to discuss common cases in order to update other team members on young adults' progress or to trouble shoot challenges in the young adults' lives.</p> <p>7: The State supports and sustains regional services for young adults.... During this reporting period, the state continues to support several of our young adults through housing vouchers however the number of available vouchers and/or subsidies became much more limited during this time period. Our Morningside/Youth Services shelter collaboration receives \$10,000 from the State Community Housing Grant through Southeast Vermont Community Action.</p>
Desired outcomes for	1. Decreased number of young adults involved in the corrections system (including an increase in the number who are free of incarceration).

<p>young adults of transition-age</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> <p>Youth Services continues to run a weekly free meal called Drop In Night at the Boys & Girls Club. Many of the young adults that attend are already accessing services through Youth Services either through our homeless youth program and/or Peer Outreach Program. The out of school youth who are accessing services usually have a goal to go back to school. Youth Services case managers help the young adults fulfill this goal by either connecting them to Vermont Adult Learning, Community High School, or the local high school. If clients are currently involved in the juvenile or criminal justice systems, then case managers support them through diversion, meeting with their probation officers, attending court with them or helping them identify community service opportunities.</p> <p>Because Youth Services also holds grants with the Balanced and Restorative Justice (BARJ) and Diversion Programs, regular collaboration also occurs between YIT, BARJ and Diversion staff in order to provide services and healthy, substance-free options and opportunities to young adults at-risk of involvement with the corrections system.</p>
	<p>2. Increased number of young adults who are employed....</p> <p>Case managers support young adults with their employment goals through job search, application process, resume writing, interviewing techniques, and transportation to local businesses to apply for jobs. Case managers also work in close relationship with Voc Rehab, HCRS Jobs Program, VT Dept. of Labor, and VABIR Youth Employment Specialists.</p> <p>At our weekly Drop in Night at the Boys and Girls Club, we hosted three employment workshop sessions in partnership with HCRS which focused on interview techniques, resume writing, and job search skills.</p>
	<p>3. Increased number young adults participating in (or who completed) educational programs....</p> <p>Case Managers regularly help young adults to enroll in Vermont Adult Learning or Community High School to complete their high school diplomas or to earn their GEDs. Once clients have completed their high school education, case managers move to helping young adults explore secondary education. This can include connecting with VSAC, applying for financial aid and grants or scholarships, touring colleges, and applying to colleges. Often, clients are interested in taking a couple classes at Community College of Vermont while they work to take care of their living expenses.</p>
	<p>4. Increased number of young adults who have access to, and are using, a</p>

	<p>medical home....</p> <p>One of the first things that case managers do with clients is to help them sign up for health insurance if they don't already have it. Once health insurance comes through, case managers help clients identify a primary care physician, complete new patient paperwork, and set up an appointment. Case Managers then support clients in getting to appointments, making lists of questions for their doctors, and attending appointments with them.</p>
	<p>5. Increased number of young adults living in safe and stable housing....</p> <p>One of the biggest goals for young adults that case managers work with is finding stable housing. Case managers help young adults apply for housing vouchers, complete a budget to assess affordability of housing options, complete housing searches, view apartments, and coordinate with landlords. We have several collaborations that we are working on as mentioned above. We have housed nine clients and four children in the shelter apartment run by the Morningside Shelter/Youth Services Collaboration.</p>
	<p>6. Increased number of young adults who have caring & supportive relationships....</p> <p>Case Managers complete a Plan of Care every six months with young adults. During this time, young adults are able to evaluate and add to the support system they have in their lives. Additionally, case managers and Youth Services' outreach workers become a supportive caring adult in the lives of the young adults.</p>
	<p>7. Increase in young adults' strengths and protective factors....</p> <p>Youth Services case managers utilize a strengths-based approach to working with young adults. See Number 3 in Section 1 for specific examples of how case managers help young adults identify their strengths.</p>
	<p>8. Improved mental health for young adults.</p> <p>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 Services case managers help young adults access therapy and psychiatry if it is a goal of the young adult. Youth Services invites many local therapists to Clinical meetings to discuss the therapist's approach and techniques. This allows case managers to make appropriate recommendations to young adults when helping them find a therapist. Case Managers also provide rides to therapy appointments to help clients access services easier.</p>

System of Care Infrastructure Indicators (for federal TRAC):	<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 program...</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><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> <p>Current active MOUs include: Morningside Shelter for master leasing to extend shelter space for Youth Services clients and Brattleboro Housing Authority for the Transitions to Housing Program is still active.</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> <p>The TIP model is used by both Youth Services and the HCRS JOBS Program. Youth Services utilizes Motivational Interviewing and refer young adults to mental health services that use Cognitive Behavioral Therapy.</p>

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.

We received news during this period that the YIT Grant would not be funded after September 2014 due to government sequestration.

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.

During this period, we hired two new staff members. One of whom replaced the YIT Housing Coordinator, the other filled a brand new position as a Youth Outreach Assistant. They are Fred Kapinos and Lashaunda Alley-Perry respectively. Their resumes are attached.

We also received a grant to fund a youth shelter in Bellows Falls which models the one here in Brattleboro.

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.

Peer Outreach Workers, Drop In Nights, and meetings with other organizations are the main methods to disseminate information about programs and services for young adults. A press release for our annual kickball tournament is attached.

5. Other Activities

Briefly describe other activities undertaken during the reporting period.

6. Activities Planned for Next Reporting Period

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

Youth Services and Morningside will continue with the shelter collaboration and be looking towards future funding for the project. As always, we will be adapting any program rules or processes to adapt to the needs of young adults in the program. We will also continue to implement educational/life skills programs at Drop-In and continue the monthly young moms' group.

DMH only:

Date received: _____ *Approved by:* _____ *Date approved:* _____