

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 January 1, 2014 through June 30, 2014
6. Approved Project Period from _____ through _____
7. Author's Name and Telephone Number: Fred Kapinos (802) 257-0361 x125
8. Date of report: July 25th, 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>On January 31st, two case managers, a client and her daughter traveled to the state house in Montpelier to help raise awareness of the importance of YIT programs for state legislators. During the day, we heard testimony from Vermont youth expressing the positive impact YIT programs have had statewide. We also had the opportunity to sit down with local representatives to express our concerns about issues facing our community.</p> <p>In April, Youth Services hosted a dance party to raise awareness for childhood hunger. Our Peer-Outreach Assistant, Lashaunda Alley, applied for a grant through Sodexo and received \$500 to host the party.</p> <p>In May, one client attended a Youth Summit organized by VCHRYP and local photographer, Ned Castle. Ned wanted to create a new art project based on input gathered from local youth. The summit brought together young adults from across Vermont to brainstorm ideas for the project.</p> <p>Youth Services also partnered with a local art school to provide free art classes for clients both at the school and at the weekly drop-in night.</p> <p>Our Peer Outreach Workers and young adult volunteers continue to 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>During this period, our monthly Young Moms Group has continued very successfully. We continue to partner 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>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</p>

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 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 case manager and young adult. 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.

	<p>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 young adults' lives.</p>
	<p>4: System of Care partners gain cultural & linguistic competence (CLC).... No activity this period.</p>
	<p>5: Local communities (including young adults) change their perceptions of young adults and of mental health issues, reducing stigma....</p> <p>One of the goals of the Youth Summit with Ned Castle was to draw attention to how local communities perceive young adults and express what they find significant through different mediums of art. Some of the issues that arose centered on stigma, mental health problems, and substance abuse.</p> <p>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.</p>
	<p>6: Effectiveness of the Vermont System of Care for young adults with SED is evaluated.....</p> <p>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....</p> <p>During this reporting period, the state continues to support several of our young adults through housing vouchers however the number of available vouchers</p>

	<p>and/or subsidies became much more limited during this time period.</p> <p>Our Morningside/Youth Services shelter collaboration receives \$10,000 from the State Community Housing Grant through Southeast Vermont Community Action.</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> <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> <hr/> <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>Several case managers attended the annual Working with Youth Conference in Burlington and participated in workshops centered on helping youth find and maintain employment.</p> <p>Case managers also assisted youth in applying for the Department of Labor Summer Employment Program.</p> <hr/> <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>During this period, clients advocated for continued access to Community High School.</p>
	<p>4. Increased number of young adults who have access to, and are using, a 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>Case managers also refer clients to trained health insurance navigators, who help determine eligibility and apply for health insurance.</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 twelve clients and eight children in the shelter apartment run by the Morningside Shelter/Youth Services Collaboration this period.</p> <p>Youth Services also partnered with several other agencies to develop the Creative Community Housing Program, where clients can apply for additional funding for housing related costs.</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> <hr/> <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>
<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 program...</p> <hr/> <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>Youth Services is currently in the process of restructuring and will be hiring a licensed clinician to oversee our YDP/BARJ/IFBS. This staff member will also consult with YIT case management to help improve understanding of mental health issues. Please look forward to more details next reporting period.</p> <hr/> <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: Youth Services took over the lease for the Brattleboro Transitional Living space and the MOU for the Bellows Falls space is still active.</p> <hr/> <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</p>

	<p>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>
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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 are still awaiting news on the finalized YIT budget.

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.

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. Press releases for activities happening at Youth Services are attached.

Lashaunda's Sodexo Grant press release is attached. (Please see section 1.)

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.

We will continue to implement educational/life skills programs at Drop-In and continue the monthly young moms' group. However funding will affect these activities for next period.

DMH only:

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



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WINDHAM COUNTY'S AWARD-WINNING, INDEPENDENT SOURCE FOR NEWS AND VIEWS

Alley receives Sodexo grant to fight childhood hunger

B R A T T L E B O R O — Lashaunda Alley, a local 23-year-old, has been awarded a Sodexo Foundation Youth Grant through YSA (Youth Service America).

The grant supports Alley and her fellow peer outreach workers at Youth Services in leading a community service project to address the issue of childhood hunger.

Service activities will take place on Global Youth Service Day, the world's largest volunteer and service event, on Friday, April 11.

Alley and her Youth Services colleagues have coordinated a substance-free dance party at the Headroom Stages in Brattleboro on April 11 from 7 to 10 p.m., open to all ages.

Attendees are encouraged to bring a non-perishable food item to benefit local food shelves, or make a cash donation to their

outreach efforts. Facts, artwork, and information on ending childhood hunger will be on display at Headroom Stages during the dance.

According to Alley, ending childhood hunger is important to her "because hunger affects everyone. Last summer, Brattleboro saw a 100 percent jump in the number of children needing to participate in the summer lunch program. There were a total of 800 children and youth fed. Childhood hunger is real, and this is one of many ways for people in the community to help."

YSA said in a press release that Alley's grant is one of 100 grants of up to \$500 Sodexo Foundation awarded to youth-led projects aimed at reducing childhood hunger in communities nationwide.

"Grantees educate and mobilize their peers around the



COURTESY PHOTO

Lashaunda Alley, a peer outreach worker at Youth Services in Brattleboro, received a grant for her community service project that took on the problem of childhood hunger in Brattleboro.

the well-being and quality of life for their generation," organizers said.

Now in its 27th year, Global Youth Service Day recognizes the positive impact that young people have on their communities 365 days a year. Global Youth Service Day is celebrated in all 50 states and in more than 135 countries.

issue, creating solutions to end childhood hunger. Sodexo Foundation Youth Grants empower young people as problem-solvers working to improve



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WINDHAM COUNTY'S AWARD-WINNING, INDEPENDENT SOURCE FOR NEWS AND VIEWPOINTS

Dance to raise childhood-hunger awareness

BRATTLEBORO—The public is invited to attend Youth Services' substance-free dance party at the Headroom Stages in Brattleboro on Friday, April 11, from 7 to 10 p.m.

The event, open to all, celebrates Global Youth Service Day by raising awareness about childhood hunger. Organizers promise a rockin' evening featuring a variety of danceable music hosted by DJ Manhole Cover. Local youth have helped

organize the event, created flyers, posters, and artwork, and are preparing refreshments.

This dance is part of Youth Services' efforts to provide safe and fun places for youth to gather, a need identified in the year-long qualitative research study spearheaded by the agency's Listening Project.

Partial funding comes from a grant from Youth Service America.

The idea of a fun event to

raise awareness about childhood hunger is the brainchild of Youth Services' Outreach staff Lashaunda Alley, Katarina Rayno, and Rachel Forrett, who help give voice to young people's issues and concerns. The three are informal liaisons between diverse youth populations and the primarily adult service provider community.

The Youth Services program is one of several statewide to creatively address the

needs of runaway or homeless youth and those living in difficult circumstances.

Admission is, by donation. Bring a non-perishable food item to benefit local food shelves, or a cash donation to benefit Youth Services' outreach program.

For more information, call Youth Services at 802-257-0361 or visit www.youthservicesinc.org.

THE DEERFIELD VALLEY NEWS

Substance-free dance party

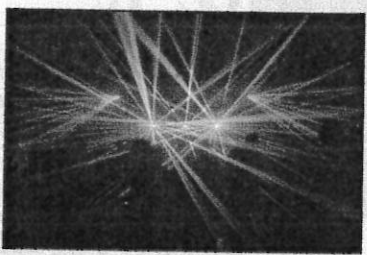
BRATTLEBORO- The public is invited to attend Youth Services' substance-free dance party at the Headroom Stages on April 11 from 7 to 10 pm.

The event, open to all ages, celebrates Global Youth Service Day by raising awareness about childhood hunger. According to organizers, it promises to be a rockin' evening featuring a variety of danceable music hosted by DJ Manhole Cover. Local youth have helped organize the event; created flyers, posters, and artwork; and are preparing the refreshments for the event.

This dance is part of Youth Services' efforts to provide safe and fun places for youth to gather, a need identified in the yearlong qualitative research study spearheaded by the agency several years ago, the Listening Project. Partial funding for the dance comes from a grant from Youth Ser-

vice America.

The idea of a fun event to raise awareness about childhood hunger is the brainchild of Youth Services' Outreach staff Lashaunda Alley, Katarina Rayno, and Rachel Forrett. They help give voice to young people's issues and concerns, acting as liaisons between diverse youth populations and the primarily adult service



provider community. The Youth Services program is one of several around the state that address in creative

ways the needs of runaway or homeless youth and those living in difficult circumstances.

Admission is by donation. Bring a nonperishable food item to benefit local food shelves or a cash donation to benefit Youth Services.

For more information contact Youth Services at (802) 257-0361 or visit www.youthservicesinc.org.