

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, 2013 through June 30, 2013
6. Approved Project Period from July 1, 2012 through June 30, 2013
7. Author's Name and Telephone Number: Alysa Vallender (802) 257-0361 x125
8. Date of report: July 15, 2013
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, 2012 (due by January 31, 2013),
and
2. one for the period from January 1 – June 30, 2013 (due by July 31, 2013).

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.]

<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>In January 2013, a local young adult was nominated and chosen to receive the Youth In Transition Young Adult Leadership Award. This young adult was nominated because she has been representing young adults from the Brattleboro community at the YIT Days of Sharing, committed to volunteering at our weekly Drop In Nights when it doesn't conflict with her work schedule and helping young adults access services in the community. In June 2013, we were able to celebrate the young adult by taking her bowling with her family and close friends. It was a fun event for all who attended.</p> <p>During this period, Youth Services continued with the Voc Rehab collaboration to pay Peer Outreach Workers a stipend for their work experience. The Peer Outreach Workers shop for, 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 are encouraged to 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. Youth Services had to continue to decrease the amount of Peer Outreach Workers this period because of funding cuts, but two were able to receive Voc Rehab work stipends. One of the ways the Peer Outreach Workers took a leadership role this period was when they identified there was a need for health and hygiene items among young adults in the community. In February 2013 the Peer Outreach Workers held a drive to collect new or lightly used health and hygiene items to distribute at Drop In Night. They were able to collect items such as shampoo, conditioner, toothpaste, soaps, nail and hair products, deodorant, etc. At the weekly Drop In Night, Peer Outreach Workers set up a table of the free items so young adults could take what they needed.</p> <p>Also in February 2013, several young adults from the Brattleboro community wrote letters of support to Governor Peter Shumlin, Vermont legislators and local newspapers urging the state to keep The Community High School campuses open. This was particularly important to young adults in our community because the Brattleboro Community High School has opened its doors to other young adults regardless of their involvement with Probation and Parole. This has been a huge asset to our community for young adults who find that non-traditional school settings work better for them. The Community High School has a flexible schedule and allows students to complete school work at their own pace. This has been specifically helpful to many young moms in our community. The Brattleboro Reformer covered the story about pending</p>
---	---

Community High School closures and featured experiences from three young adults. In March 2013, our community was excited to learn that the state decided to keep The Community High School campuses open.

During this period, we have also gotten our monthly Young Moms Group up and running. This group is driven by the young moms who attend. The young moms decide what topics they want to learn about and which location best suits their needs. 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 finding a location to hold the monthly meetings, setting up speakers or presentations, organizing a free meal for the meeting and coordinating childcare so the young moms can bring their children. We are in the process of exploring a partnership with Brattleboro's Early Education Services to utilize their expertise, location, and childcare options.

In April 2013, we had two young adults represent our community at the Youth In Transition Spring Day of Sharing. Both young adults had a positive experience, were able to connect with other young adults, provide information about our community, and gain ideas from other communities.

In May 2013, two young adults from Brattleboro nominated and were able to award Ricky Davidson for Youth Worker of the Year at the annual Working with Youth Conference. Ricky has been serving as our Resident Manager is our youth shelter apartment since October 2012. He has been a huge asset to our program. The young adults who nominated him, noted his dedication to youth in the community through his work at the Boys & Girls Club and his essential role at the youth shelter.

In June 2013, our two Peer Outreach Workers attended the Young Adult Voice Movement Conference. Although we were unable to provide transportation for more youth from our area, the Peer Outreach Workers had an empowering experience attending the annual conference.

2: Family/adult allies support young adults....

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. 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.

Additionally, when we celebrated, our local winner of the Young Adult Leadership Award, it was important for her to include her family in the celebration. She was very excited to have her family attend the bowling celebration. Her parents and sister were very proud of her.

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.

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 young adults' lives.

During this period, Youth Services hosted three day long trainings on the

	<p>Transition to Independence Process System for providers in our community. This included employees from Morningside Shelter, Turning Point, The Drop In Center, Diversion, and Teen Alcohol Safety Program (TASP). At this time, four of our case managers have completed three days of training in TIPS.</p>
	<p>4: System of Care partners gain cultural & linguistic competence (CLC).... No activity for 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>Youth Services has continued to run our pilot program with Windham Windsor Housing Trust (WWHT) to house young adults in a Single Room Occupancy (SRO) building. We have found ourselves working with more young families, so there have not been many applications submitted for the SRO during this period (only individuals can reside in the SRO). In April 2013, one more young adult moved into the SRO. As of June 2013, two young adults remain living in the SRO, but our partnership with WWHT has really flourished to help house the young families that we work with as well. During this period, WWHT is still renting seven apartments to young moms, young couples, or individuals. Common problems young adults are faced with when applying for housing are prior landlord references and credit checks. This partnership with WWHT allows young adults to gain housing with references from Youth Services case managers and other local area service providers. The YIT Housing Coordinator attends monthly or twice monthly meetings with WWHT to support the clients who are housed with WWHT. During these meetings liaisons discuss the waiting list, move ins, move outs, and any challenges or outstanding bills occurring with clients of Youth Services. All these supports have created a positive relationship among young adults, Youth Services, and WWHT for this partnership.</p> <p>The second collaboration that has brought awareness to the needs of young adults in our community is the partnership with Morningside Shelter to house Youth Services clients in an offsite apartment to serve as shelter space. Often times the homeless shelter is full and people that are homeless have to call on a daily basis for weeks or months to get access to the homeless shelter. Young adults have a hard time getting into the homeless shelter because of this process and end up couch surfing for a long time until their options run out. Morningside Shelter has been renting a four bedroom apartment in the community since June 27, 2012. Morningside Shelter has allowed Youth Services to manage the apartment and select appropriate clients to reside in the apartment. Youth Services clients are required to meet weekly with their case manager and attend weekly housing meetings with the YIT Housing Coordinator. Additionally, they are required to complete weekly productive time and make progress on their goals. During this period, Youth Services has had nine clients and three children living in the offsite apartment. We are happy to report that everything is working smoothly with the Resident Manager living on-site. The YIT Housing Coordinator and Assistant Director of Youth Development meet biweekly with the Resident Manager to discuss the status of</p>

	<p>residents, move ins or move outs, and any other updates regarding the apartment.</p> <p>Additionally, 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.</p> <p>Lastly, hosting the TIPS training in our community for Youth Services staff and other service providers helped to change perceptions of young adults in the community. It was really motivating to see providers at the training who work with all ages of adults learn some great techniques to work specifically with young adults.</p> <hr/> <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 monthly Housing Review Team meetings. 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> <hr/> <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: six young families are housed through the Transitions to Housing Vouchers, two families are housed through a Family Unification Voucher, and one household has received a VT Rental Subsidy grant.</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</p>

	<p>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>Youth Services also has an excellent relationship with the local Community High School, with referrals made between the two entities on a regular basis. 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. The YIT Oversight Committee discussed ways to gather job postings in one location for young adults to access. Voc Rehab continues to distribute the "Job Line" to system of care providers each week. Providers then review the job listings with clients to help young adults seek employment.</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. This period, the YIT Housing Coordinator has been working with one client who got accepted to a four year college and moved out of state to attend college, two other clients are continuing work on their associate's degree, and four clients are working on their high school diploma or GED.</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. Once health insurance comes through, case managers help clients identify a primary care physician, complete new patient paperwork, and set up an appointment.</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. During this reporting period, we have a total of three young adults who have lived in the Cobblestone (a Single Room Occupancy building) through the collaboration with WWHT. Additionally, we have housed nine clients and three children in the shelter apartment run by the Morningside Shelter/Youth Services Collaboration. Youth Services provided 850 Nights Housed and 1,298 Nights Brokered to young adults in this reporting period (these numbers do not include the children of the youth served). Note: Nights Housed includes young adults that we help financially support in housing. Nights Brokered includes young adults that need case management as a part of their housing requirements i.e. for specific housing vouchers.</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>
<p>System of Care</p>	<p><u>Workforce Development</u>: Organizations or communities implementing mental</p>

<p>Infrastructure Indicators (for federal TRAC):</p>	<p>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> <p>During this period, Youth Services hosted three day long trainings on the Transition to Independence Process System for providers in our community. This included employees from Morningside Shelter, Turning Point, The Drop In Center, Diversion, and Teen Alcohol Safety Program (TASP). At this time, four of our case managers have completed three days of training in TIPS. The YIT Housing Coordinator attended the Power of Mindsets training in April 2013, the Male Box Training and Working With Youth Conference in May 2013.</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>None at this time.</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: Morningside Shelter for master leasing to extend shelter space for Youth Services clients and Brattleboro Housing Authority for the Transitions to Housing and Shelter Plus Care Programs are 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 practices....</p> <p>The TIP model is used by both Youth Services and the HCRS JOBS Program. During this period, Youth Services hosted three day long trainings on the Transition to Independence Process System for providers in our community. This included employees from Morningside Shelter, Turning Point, The Drop In Center, Diversion, and Teen Alcohol Safety Program (TASP). At this time, four of our case managers have completed three days of training in TIPS. Youth Services utilizes Motivational Interviewing and refer young adults to mental health services that use Cognitive Behavioral Therapy.</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.

Youth Services reapplied for United Way funding to continue funding our shelter program in collaboration with Morningside Shelter. Unfortunately, we only received \$14,000 out of \$20,000. In order to continue renting an apartment for our shelter program we collaborated with Southeastern Vermont Community Action and Morningside Shelter for the Community Housing Grant. Morningside was awarded \$10,000 to make up the difference in funding lost from United Way for the youth shelter apartment.

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.

None at this time

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.

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.

5. Other Activities

Briefly describe other activities undertaken during the reporting period.

Youth Services collaborated with Orchard Hill Bakery to raise money for our Youth Development Program. We were able to bring awareness to the community about young adults who are homeless or at risk of being homeless. Orchard Hill hosted a Build Your Own Wood Fire Pizza event at their bakery. A portion of the proceeds went to benefit Youth Services.

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.

In September 2013, Youth Services will be holding their second annual Kickin' It Home kickball tournament to raise funds for our Youth Development Program and to bring awareness of young adult homelessness in our community.

DMH only:

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