

## YIT PROGRAM PROGRESS REPORT

1. Grant Number: 03150-C6015-FY13-YIT
2. Grantee Name and Address:  
HCRS  
390 River St  
Springfield, VT 05156
3. Telephone Number:  
802-254-7500 x1241
4. Project Title:  
Youth in Transition Project
5. Period of Performance from 7/1/13 through 12/31/13
6. Approved Project Period from 7/1/2012 through 6/30/2014
7. Author's Name and Telephone number:  
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8. Date of report:  
1/30/13
9. Comments (if any):

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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, 2011 (due by January 31, 2012), and
2. one for the period from January 1 – June 30, 2012 (due by July 30, 2012).

### **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.]**

<b>Goals for strengthening the systems of care</b>	<p>1: Young adult (YA) leadership is developed in VT.</p> <p>Making Change is a substance abuse support group for young adults who are considering or committed to recovery. The group is designed for young people who are new to the process. Through techniques similar to motivational interviewing the Making Change experience is designed to get young adults thinking about getting clean and staying clean.</p> <p>One of the largest barriers to staying clean is staying involved with the peer group that is still engaging in risky behaviors. In addition to the intervention aspects, Making Change also offers Young Adults a new, healthy set of peers to engage with.</p> <p>The YIT team has partnered with Youth Services of Windsor County and over the summer offered independent living skills groups, which provided real life training and developing skills over a 6 weeks period.</p> <p>The YIT team also developed a making healthy choice group over the summer for females that ran for 6 week.</p> <p>The YIT team was able to provide a 6 weeks healthy eating training through Hunger Free VT. This group was able to supported 12 young adults.</p> <p>We continue to run our Peer to Peer transition facilitation program. Abbie continues to carry a caseload of 5-8 young adults. She completed the TIPS training.</p>
	<p>2: Family/adult allies support young adults....</p> <p>As part of the intake process to work with the peer outreach workers, young adults must come in for a clinical intake. Young adults work with a clinician to identify their natural support system through genograms and ecomapping . The peer workers then help the young adult leverage this system to accomplish the goals that they have identified. I</p> <p>In addition, during the reporting period we have worked with the Department of Children and Families and the CFS program to support their work around family safety planning.</p>

	<p>3: Workers use caring practices known to be helpful for young adults and families.</p> <p><b>Required activity:</b>  <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>Our regional YIT team continues to meet twice a month to collaborate on client service plans and young adult programming. Each meeting we do case reviews, which lead to productive collaboration to ensure the best possible services. We continue to partner with each other and continue to lead groups and activities among all of the partners.</p> <p>In addition, local YIT and JOBS staff continue to practice TIPS. This practice ensures that each client is an active participant in developing short and long term goals and takes the lead in achieving those goals.</p>
	<p>4: System of Care partners gain cultural &amp; linguistic competence (CLC)....  <i>We will held a cultural linguistic training July 19<sup>th</sup>, 2013.</i></p>
	<p>5: Local communities (including young adults) change their perceptions of young adults and of mental health issues, reducing stigma....</p> <p>The YIT team continues to partners with the Turning point to coordinate events that help to eliminate stigmas. The YIT program now offers therapy and psych services to young adults in a non traditional way. The therapist will go into the community and meet the young adult were they are at.</p>
	<p>6: Effectiveness of the Vermont System of Care for young adults with SED is evaluated.....</p> <p><i>Working with the State Wide evaluation team we have identified areas where our region is being effective and were we have room for improvement.  We continue to follow our young adults that are enrolled in the studies.</i></p>
	<p>7: The State supports and sustains regional services for young adults....  <i>We have one young adult representative on the state-wide young adult advisory board who have benefitted from the programming and guidance of the state wide team.</i></p>
<b>Desired outcomes for young adults of transition-age</b>	<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><b>Required activity:</b>  <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><i>We continue to work with probation officers, Springfield Restorative Justice,</i></p>

	<p>Court Diversion and the local Community High School to identify young adults who are at-risk of offending and re-offending. They have been a solid source of members for our transition case management, peer to peer and Making Change programming.</p> <p>We work closely with probation officers to help young adults transitioning from the corrections system by establishing healthy connections in the community.</p> <p>We continue to work closely with young adult shelters, The Mountain Side Shelter and The House at 20 Mile Stream to provide healthy outcomes for their residents, including participation in Making Change, Young Adult Workshops and general transition facilitation.</p>
	<p>2. Increased number of young adults who are employed....6 young Adults were hired into competitive employment.</p>
	<p>2. Increased number young adults participating in (or who completed) educational programs....3 Young Adults were connected to Vermont Adult Learning for educational supports. 1 Young Adults were supported to stay in High School. 1 young adult was supported at college. 1 Young Adults were connected to Job Corps.</p>
	<p>4. Increased number of young adults who have access to, and are using, a medical home....We continue to support Young Adults to enroll or maintain health insurance. We also continue to assist young adults with assist in finding a primary care physician and help to set up physicals and needed medical appointments.</p>
	<p>5. Increased number of young adults living in safe and stable housing....2 Young Adults was supported in their transition to safe and stable housing.</p>
	<p>6. Increased number of young adults who have caring &amp; supportive relationships...We continue to support Young Adults with developing caring relationships through peer to peer work, several groups offered and developing the Youth Advisory Board.</p>
	<p>7. Increase in young adults' strengths and protective factors.... In addition we continue to foster strengths by implementing the TIPS model. Through this model we allow young adults to explore their strengths in the natural environment.</p>
	<p>8. Improved mental health for young adults. <b>Required activity:</b> <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><i>Work closely with Probation and Parole to provide effective conditions of release that are both restorative to the community and therapeutic to the young adult offender.</i></p> <p>All young adults who are connected with HCRS case management complete an intake at HCRS. During this intake a diagnostic evaluation is completed, which, helps to identify mental health, behavioral or substance concerns. It also allows identifying any other barriers that a young adult has to overcome to reach their goals. If any concerns are identified they are then offered to meet with an outpatient or substance abuse clinician. Some of the young adults then choose to have these additional services.</p> <p>Also, through our community outreach we are doing a better job of reducing the stigma of our local community mental health agency. We have made small strides in this area by having a peer outreach worker or transition facilitator who are seen locally as youth allies, yet are also employees of HCRS as the first line of contact.</p>
<b>System of Care Infrastructure Indicators</b> (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 programs....</p> <p>The Springfield YIT team continues to meet on a regular basis to develop transition programming. This team includes partners from DOL, YDC, VR, JOBS, DOE, and Community mental health.</p> <p>The YIT team continues to improve on and deliver real game curriculum.</p> <p>The YIT team is in the process of developing a group to discuss making healthy choices.</p> <p>HCRS continues to offer ongoing professional development..</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>This reporting period HCRS hires Laura Bryant-Williams as the YIT Clinician. Laura now conducts all intakes/assessments for HCRS. She is able to offer therapy for mental health or substance abuse. If a young adult only wants social service supports she is able to provide the supports to help the young adults with education, employment, housing, etc. All supports that help them remain free from incarceration.</p> <p><u>Partnership/Collaboration:</u> Organizations that entered into formal written</p>

	<p>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>Although no formal arrangements have been made the YIT team continues to collaborate</p> <p>No formal agreements have been made during this reporting period.</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>None at this time.</p>

### 3. 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.

Our main issue is funding. We need to identify additional revenue streams to augment our outreach program and to sustain a teen center.

### 4. 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. HCRS was able to hire Laura Bryant-Williams as the YIT Clinician. This allows the Transition Services to have a young adult friendly approach. It also allows HCRS to continue with services and supports pass the grant period to continue to support the system

### 5. 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.

Through a new partnership with River Valley Tech we are able to advertise on SAPA TV.  
We continue to advertise our programming, ie. Developing a Youth Advisory Board and getting schools to involved to get the word out that we are developing a Youth Lead Voice to make their community more youth friendly.

#### **6. Activities Planned for Next Reporting Period**

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

In the coming months our Youth Advisory board will continue to grow, currently we have several Young adults that meet weekly and participate in activities that they have suggested.

We will continue to move forward with the concept of a Teen Center.

We will develop summer employment workshops/training for young adults to gain employment ready skills and get hands on experience working.