

## YIT PROGRAM PROGRESS REPORT

1. Grant Number:
2. Grantee Name and Address:  
HCRS  
390 River St  
Springfield, VT 05156
3. Telephone Number:  
802-886-4567 x2530
4. Project Title:  
Youth in Transition Project
5. Period of Performance from 7/1/12 through 12/30/12
6. Approved Project Period from July 1, 2012 through June 30, 2013
7. Author's Name and Telephone number:  
Bob Lauro  
802-886-4567 x.2530
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.]**

<p><b>Goals for strengthening the systems of care</b></p>	<p>1: Young adult (YA) leadership is developed in VT.</p> <p>The Springfield Youth Advisory Board has begun to meet each Monday afternoon at the Parks Street School in Springfield. Initially we are working on team building exercises such as planning for upcoming community service projects and taking part in healthy activities.</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>Making Change has spread into a twice weekly group that meets each Tuesday and Friday.</p> <p>The YIT coordinator has partnered with the Community High School and Vermont Adult Learning to conduct al la cart employment workshops. Each work shop has a different topic. Thus far we have done 3 workshops.</p> <p>Two YIT grant involved young adults continue to serve as full board members of the Springfield Prevention Coalition.</p> <p>We continue to run our Peer to Peer transition facilitation program. Abbie continues to carry a caseload of 5 young adults. She has made great strides since coming on board. It is our hope to enroll her in TIPS training in the next go around.</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.</p> <p>Our regional YIT team will begin to run the next generation of the Real Game beginning in early 2013. With guidance from previous young adult participants and members of the Youth Advisory board we have revamped the curriculum to better fit the needs of the local young adult population.</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)....  We will hold a cultural linguistic training in the Spring of 2013.</p>
	<p>5: Local communities (including young adults) change their perceptions of young adults and of mental health issues, reducing stigma....</p> <p>Making Change and the YITP continue to partner with the Springfield Prevention coalition to coordinate events that focus on giving back to the community. This partnership continues to hold Free Movie Nights for young adults and their families.</p> <p>The Making Change group and the fledgling Youth Advisory board are laying the ground work to put on a spring dance for young adults.</p>
	<p>6: Effectiveness of the Vermont System of Care for young adults with SED is evaluated.....</p> <p>Working with the State Wide evaluation team we have identified areas where our region is being effective and where we have room for improvement.  During this reporting period we have refocused our efforts to enroll young</p>

	<p>adults into the state wide evaluation. During this reporting period we have enrolled 10 new young adults into the Common Study.</p> <p>7: The State supports and sustains regional services for young adults....  We have two young adult representatives on the state-wide young adult advisory board who have benefitted from the programming and guidance of the state wide team. Our region participated in the 2012 Sharing Day at Lake Morey. Each member who attended commented that the breakout forums where a great way to learn from other regions. We all came back energized.</p>
<p><b>Desired outcomes for young adults of transition-age</b></p>	<p>1. Decreased number of young adults involved in the corrections system (including an increase in the number who are free of incarceration).  <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>We continue to work with probation officers, Springfield Restorative Justice, 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. As mentioned above the Youth and Transition Coordinator has worked with the Community High School to conduct Employment Workshops.</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....4 young Adults were hired into competitive employment.</p> <p>2. Increased number young adults participating in (or who completed) educational programs....4 Young Adults were connected to Vermont Adult Learning for educational supports. 5 Young Adults were supported to stay in High School. 5 Young Adults were connected to Community College of Vermont. 2 Young Adults were connected to Job Corps as a result of our monthly tours of regional job corps tours.</p> <p>4. Increased number of young adults who have access to, and are using, a medical home....5 Young Adults were enrolled into a Vermont Health Care product. 4 young adults were assisted in finding a primary care physician</p>

	<p>and were encouraged to get physicals.</p> <p>5. Increased number of young adults living in safe and stable housing....4 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...13 Young Adults were supported to develop caring relationships through peer to peer work, Making Change group and the Real Game.</p> <p>7. Increase in young adults' strengths and protective factors.... 13 Young Adults were supported to develop their strength and protective factors through our Making Change group and through the Real Game. 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> <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> Young adults who are going to work with our peer outreach workers needs to complete an intake at HCRS. During this intake an assessment of needs is performed. Most are identified as having a need for treatment of some mental disorder. At that time they are offered to meet with an outpatient clinician. 1 Young Adult has agreed to do 1 to 1 therapy and 5 Young Adults participate in the Making Change group.  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 are 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>
<p><b>System of Care Infrastructure Indicators</b> (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.... The Youth In Transition grant continues to support the Making Change group.  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>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 promoted Lydia Barnes to head all transition services within the agency. This effectively ties together the efforts of our Brattleboro, Springfield and Hartford youth in transition efforts. We look forward to its benefits in the area of youth programming.</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>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 peer 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. [There have been no significant findings or events over this time period.](#)

## **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. Real Game, Making Change group, Youth Employment Workshops, Thursday Community Movie nights and other activities via young adult word of mouth and through traditional advertising methods. In addition we have formed a new partnership with River Valley Technical Center to host the Real Game and utilize the local television station for advertising purposes.](#)

## **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 begin to take community action. We will continue to move forward with the concept of a Teen Center. We will be culturally competent.](#)