

YIT PROGRAM PROGRESS REPORT

1. Grant Number: 03150-C6015-FY13-YIT
2. Grantee Name and Address:
HCRS
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Springfield, VT 05156
3. Telephone Number:
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4. Project Title:
Youth in Transition Project
5. Period of Performance from 1/1/14 through 6/30/14
6. Approved Project Period from 1/1/14 through 6/30/14
7. Author's Name and Telephone number:
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8. Date of report:
7/25/14
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.

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>The YIT team had partnered with Youth Services of Windsor County and North Eastern Family Institute and Springfield School District's Non-Traditional Classroom since the Fall of 2013 to the present and offered independent living skills groups. These have encompassed areas such as providing a 6 weeks healthy eating training through Hunger Free VT, The Learning Kitchen. This group was able to support 10-12 young adults.</p> <p>From this collaboration the YIT team continued to provide skill based groups and presentations for youth. There were presentations by counselors from Vocational Rehabilitation and from Department of Labor. There was a presentation on establishing credit and using a bank account. There was also a presentation on healthy eating by a person from the hospital which enabled participants to get a pass at the Edgar May Center. The group did community service on Green Up Day, at Plymouth State Park and at College Of St Joseph's as part of a tour to expose youth to the STEPS program.</p> <p>In addition the YIT team organized a Summer Invitational for youth in the Windham County, Bennington County and Windsor County. The purpose of this was to create a fun, socially interactive day at Plymouth State Park to connect youth to each other and common experiences. Feedback from youth and providers was very positive.</p> <p>The Springfield Area Community Center was used for many of the groups. The center has been somewhat under used in the past on teen days.</p> <p>A group of youth attended a day at the Vermont State House to advocate the continuation of the YIT grant initiatives. At least one youth from the Springfield area testified how YIT program had benefited her.</p> <p>One youth from the Springfield area and 1 youth was also transported from Mountainside House attended the Youth Leadership training in Randolph, VT.</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 casemanagers then help the young adult leverage this system to accomplish the goals that they have identified.</p>

	<p>1 youth was helped by a mentor in the community to access services in the community for job finding.</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>Required activity: <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. See above System of Care block.</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>The Youth Advisory Board Group established respectful guidelines for behavior during meetings and community functions and activities.</p>
	<p>4: System of Care partners gain cultural & linguistic competence (CLC)....</p> <p>Members of the YIT team attended the YIT annual conference and The Working With Youth Conference for training on youth specific concerns</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 part of events that help to eliminate stigmas. During the Turning Point fundraiser in the Spring, youth helped out with set up, selling food, and sold water bottles with an anti drug slogan to raise money for their local youth group.</p> <p>The YIT program now offers therapy services to young adults in a non traditional way. The therapist will go into the community and meet the young adult were they live or meet with them at the HCRS office or Family Center.</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. We continue to follow our young adults that are enrolled in the studies.</p>
	<p>7: The State supports and sustains regional services for young adults.... We have collaborated with YIT state representatives to maintain connection to workshops, training and opportunities for youth to advocate for youth services.</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> 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 We work closely with probation officers to help young adults transitioning from the corrections system by establishing healthy connections in the community. 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 a weekly group for boys at Mountain Side House that ran for 3 months, Young Adult Workshops (see above System of Care block) and general transition facilitation.</p> <p>2. Increased number of young adults who are employed.... 4 hired into competitive employment.</p> <p>2. Increased number young adults participating in (or who completed) educational programs...2. Young Adults were connected to Vermont Adult Learning for educational supports. 7 young Adults were supported to stay in High School. 0 young adult was supported at college. 1 Young Adults were connected to Job Corps but did not attend.</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...._1_</p>

	<p>young adults was supported in their transition to safe and stable housing.</p> <p>6. Increased number of young adults who have caring & supportive relationships...We continue to support young adults with developing caring relationships through peer to peer connections weekly through the development of the Youth Advisory Board Group and creation of the Summer Invitational event. We continue to provide support to family as a primary source of support and engagement.</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. 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> <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 abuse concerns. It also allows for 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 and increasing connections to our local community mental health agency. Four young adults participated in a 6 week work program paid for by Department of Labor but supervised by HCRS behaviorally trained staff.</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 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 independent living skills activities for youth.</p> <p>The YIT team is in the process of developing and presenting in the month of July and August a Wellness Recovery Action Plan series for 5 weeks.</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>No changes during the reporting period.</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 on a weekly basis.</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.

We need to identify additional revenue streams to augment our outreach program and to sustain the on-going activities of a teen group. The Springfield Area youth advisory board group has gelled as a group, however it's members seem to change with moderate to high frequency and establishing leadership and fundraising has been difficult. We were pleased to feel that our voices were heard in Montpelier at the State House for continued state funding. We plan to make greater efforts in the coming year for fundraising and youth involvement.

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. The peer outreach worker left her position during the late winter of 2014.

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.

We continue to reach out through email and flyers to advertise our programming, ie. ongoing Youth Advisory Board participation to the local schools and YIT partners, and Rec Department to attempt to reach those youth who may need extra supports and connection to safe and sober activities.

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 for self development, healthy living, independent living skills, and vocational development and community involvement.

We will continue to use the Springfield Community Center for our groups on their designated teen days.

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

We will partner with community businesses for mutual benefit and reduction of stigma through collaborative efforts.