

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 1/1/12 through 6/30/12
6. Approved Project Period from through
7. Author's Name and Telephone number:
Bob Lauro
802-886-4567 x.2530
8. Date of report:
7/30/12
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, 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.]

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| <p>Goals for strengthening the systems of care</p> | <p>1: Young adult (YA) leadership is developed in VT.</p> <p>While the Springfield Teens for Change group remains inactive we have formed a youth group around our weekly Making Change group.</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. The group has laid plans to begin to meet twice a week with the additional day dedicated to community service projects, youth centered activities and fundraising events. We have a small core group that we have to grow through our collaboration with community partners.</p> <p>We can continue to incorporate former students as co-facilitators in our Youth Employment Workshops.</p> <p>Two YIT grant involved young adults continue to serve as full board members of the Springfield Prevention Coalition.</p> <p>Recently the Springfield community was rocked when a shooting occurred on Main St. The Springfield Select board encouraged community members to attend the next select board meeting to discuss the issues- drugs, gangs, etc- which led to this unfortunate incident. During this meeting community members were encouraged to voice there solutions to these growing problems. We are proud to say that a young adult got up and spoke to this problem eloquently and with purpose. It was the young adult's recommendation that the Springfield Police engage young adults more regularly in a non punitive context to build relationships that may bare fruit that would enable the police to intervene before such a traumatic incident occurs.</p> <p>The Making Change group plans to address the issue of "nothing to do in Springfield" at its upcoming meetings and report back to the Select Board.</p> <p>We continue to run our Peer to Peer transition facilitation program. Abbie continues to carry a caseload of 7 young adults. She is making great inroads with this population as demonstrated by our lack of decrease in our measurable goals even with Bob Lauro out on FMLA for almost 2 months. See</p> |
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| | <p>employment, medical, education, housing and caring relationship categories for expanded detail.</p> <p>In addition, we were able to find funding for our Peer to Peer worker to do 5 hours a week of traditional peer outreach. The peer worker spends time speaking with young adults in places where they gather, such as Shaw's plaza, Mountain Side Shelter, 20 Mile Shelter, and our Making Change group.</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. During this 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.</p> <p>At the suggestion of Matt Wolf we have reached out to the Hartford Region to gain perspective on the great work they are doing around families. A meeting has not been set but this author and Gina Watson, the Children's Outpatient supervisor plan to meet with the Hartford staff and begin to build a system that brings family supports to the fore front of our work with the young adult population.</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.</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 & linguistic competence (CLC)....</p> <p>We have not been able to schedule a time for a C and L training with Mercedes. There was some talk last year, but very little movement during this reporting period.</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</p> |

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| | <p>community. This partnership continues to hold Free Movie Nights for young adults and their families.</p> <p>In the wake of the recent shooting in downtown Springfield Making Change and SPC have redoubled their efforts to provide Young Adults with safe and healthy activities. Through this effort our group has attended the local Farmers Market each Saturday to hand out information about healthy living. This effort has provided a platform for young adults to display there hard work as stakeholders in our local community.</p> <p>In the coming months the Making Change group plans to take on a Photovoice project. Photovoice is a method mostly used in the field of community development, public health, and education_which combines photography with grassroots social action. Participants are asked to represent their community or point of view by taking photographs, discussing them together, developing narratives to go with their photos, and conducting outreach or other action. It is our hope that this project will lead the community to have a better perspective of the life of a young adult.</p> <p>6: Effectiveness of the Vermont System of Care for young adults with SED is evaluated..... Working with the State Wide evaluation team we have identified areas where our region is being effective and were we have room for improvement. One area of growth in our program is to get more young adults enrolled in the Vermont Evaluation. We have developed our relationship with Windsor County Youth Services and the young adult homeless shelters they run. We have entered 3 of the Young Adults into the state wide evaluation.</p> <p>7: The State supports and sustains regional services for young adults.... We have not been able to properly utilize the resources available to the state-wide team. In particular the social marketing resources that are available. The Making Change group hopes to enlist this great resource in the upcoming reporting period.</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>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 Making Change group.</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</p> |

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| | <p>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....5 Young Adults were hired into competitive employment.</p> <p>3. Increased number young adults participating in (or who completed) educational programs....2 Young Adults were connected to Vermont Adult Learning for educational supports. 6 Young Adults were supported to stay in High School. 2 Young Adults were connected to Community College of Vermont.</p> <p>4. Increased number of young adults who have access to, and are using, a medical home....6 Young Adults were enrolled in Medicaid and were supported to find primary care physicians.</p> <p>5. Increased number of young adults living in safe and stable housing....3 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...10 Young Adults were supported to develop caring relationships. This number can be attributed directly to our peer to peer program.</p> <p>7. Increase in young adults' strengths and protective factors.... 11 Young Adults were supported to develop their strength and protective factors through our Making Change group and through the Real Game.</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> As mentioned earlier, any young adult who is 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.</p> |
| <p>System of Care Infrastructure Indicators</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> |

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| <p>(for federal TRAC):</p> | <p>The Youth In Transition grant continues to support the Making Change group which is helping develop strategies to prevent incidents like the shooting that occurred in Springfield.</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 ran the first of what we hope to be many Real Game lessons. The lesson took place over and 8 week period. The lesson was well attended. Ahead of the November lesson, we will the group that participated in the first round to get their input into how we can make the Real Game even more successful.</p> <p>In addition, the YIT staff traveled to Bellows Falls to train the staff to implement the Real Game in their local community.</p> <p>HCRS continues to offer ongoing professional development. HCRS hosted the Making Change model training this past spring which Bob Lauro attended.</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>As mentioned before HCRS has funded our peer outreach worker to do 5 hours a week of traditional peer outreach. In addition, Abbie and the Making Change group are developing Young Adult friendly material to raise awareness of programs that support young adults.</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> |

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.

We have augmented our original proposal by adding the peer to peer transition facilitation worker.

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

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. There have been no significant findings or events over this time period.

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.

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 the Making Change group plans to take on a Photovoice project. We will continue to move forward with the concept of a Teen Center. Real Game second round is schedule to take place in early November.