

Vermont Department of Mental Health

PROGRAM PROGRESS REPORT

COVER SHEET

1. Grant Number: 03150-7061
2. Grantee Name and Address: Youth Services, Inc.  
32 Walnut Street; PO BOX 6008 Brattleboro, VT 05302-6008
3. Telephone Number: 802-257-0361
4. Project Title: Youth in Transition Plan Implementation for the South Windham Region
5. Period of Performance: 1-1-2011 thru 6-30-2011
6. Approved Project Period: 7-1-2010 thru 6-30-2011
7. Period Covered by Report: 1-1-2011 to 12-31-2011
8. Author's Name and Telephone number: Michelle Bos-Lun 802-257-0361 EXT160
9. Date of report: 7-20-2011
10. 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><b>Required activity:</b>  <i>Operate in accordance with continuing input from key stakeholders (including youth and family members) within the regional systems of care....</i></p> <p><i>Youth from Windham County participated in multiple leadership opportunities throughout the state including attending statewide Cultural and Linguistic Competency Committee meetings in Burlington (Winter 2010/2011), planning meetings for the Youth Voice Movement Conference in Waterbury (Spring 2011), and attending the Youth in Transition Youth Conference in St Albans in December 2010. We also have seven Peer Outreach Workers employed in our county who receive regular leadership training along with other skill building training opportunities. Two Peer Outreach Workers attended the YAVM conference. Three Youth from Windham County participated in the statewide Best Practices committee in March 2011- we were the only agency with youth represented at the committee. We also brought two youth to participate in the exploration committee regarding the Mental Health Transformation Grant. Youth Services hosted a focus group in June 2011 which 13 youth participated in to give feedback to YIT evaluators about the local system of care.</i></p>
	<p>2: Family/adult allies support young adults....</p> <p>Staff from Youth Services drove youth to attend the statewide opportunities listed in #1. Family and adult allies are included in team meetings whenever possible. A genogram and sociogram are included in our intake process to identify potential adult allies. Our on-call crisis team supports youth in identifying adult allies who might be able to support them in a more natural support model.</p>
	<p>3: Workers use caring practices known to be helpful for young adults and families.</p> <p><b>Required activity:</b>  <i>We 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><i>All youth in case management undergo a thorough intake process which includes multiple meetings, conversations and assessments including a psycho-social assessment. Youth who are eligible for services from more than one agency are referred appropriately and as needed inter-agency meetings are held to collaborate on planning and care with agencies such as Voc Rehab, Health Care and Rehabilitation Services, and the Department of Labor attending along with Youth Services. A variety of TIP strategies are used in our approach including strengths- based focus, In-vivo teaching, support in identifying and evaluating options.</i></p>

	<p>4: System of Care partners gain cultural &amp; linguistic competence (CLC).... Youth from Windham County attended CLC statewide planning meetings. Youth Services coordinated an all-staff training day for CLC to be implemented in July 2011.</p> <p>5: Local communities (including young adults) change their perceptions of young adults and of mental health issues, reducing stigma.... Our Drop-In night hosted a suicide prevention information session. Many of our peer outreach workers and staff also attended suicide prevention training in this reporting period.</p> <p>6: Effectiveness of the Vermont System of Care for young adults with SED is evaluated..... A focus group was held on June 23, 2011 to help evaluate the system of care. As mentioned above, youth participated in the Best Practices committee for VCRHYP.</p> <p>7: The State supports and sustains regional services for young adults....</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> <i>Youth Services hosts a weekly Drop-In night at the local Boys and Girls Club and at a city park. Peer Outreach Workers staff the event along with Youth Services Case Management staff. When youth in case management cross-paths with the juvenile and criminal justice systems Staff and youth work together with the youth's legal representatives and/or probation officers to plan for the best future for the youth. Peer Outreach workers do street outreach on a weekly basis except in winter. We work closely with the Community High School and local probation officers to identify youth who are in need of case management services. We reach out to Sarah Dreyer, the police social worker who also works for HCRS and she is aware of the youth we serve. This spring we began a monthly music night for youth that is substance free and provides a safe space for youth to gather and engage constructively.</i></p> <p>2. Increased number of young adults who are employed.... All case management staff support youth in seeking, applying for and retaining employment as a regular part of our work. We meet monthly to do case reviews with JOBS case management staff. We often collaborate with VocRehab and one of our case management staff runs the Vermont Green Program to help youth secure jobs and training in the green economy. We work collaboratively with the Department of Labor both in helping youth development job readiness</p>

	<p>and employment skills and in providing referrals for programs such as the Youth Agriculture Program. (Four Youth Services clients are engaged in the YAP work and learn agricultural program this year).</p>
	<p>3. Increased number young adults participating in (or who completed) educational programs....</p> <p>All case management staff support youth we work with in case management in seeking, applying for and successfully completing the next possible stage in their education whether secondary, vocational or college. We help Youth schedule and prepare for GED tests, alternative high school completion routes as well as applying for financial aid to help with college or training programs.</p>
	<p>4. Increased number of young adults who have access to, and are using, a medical home....</p>
	<p>5. Increased number of young adults living in safe and stable housing....</p> <p>The first goal we work on with most youth in case management is seeking safe and stable housing. Concurrent with this we help them find employment to be able to support their desired living situation.</p> <p>During this time period, we moved three youth into the Cobblestone (the pilot project of the YIT grant), we have housed five young adults and five of their children in our new transitional housing program with Morningside Shelter, and we provided housing subsidies for independent living to 19 youth in the TLP program. Youth Services provided 2,425 bed nights to young adults in this reporting period (that does not include the children of the youth served).</p>
	<p>6. Increased number of young adults who have caring &amp; supportive relationships....</p> <p>All case management staff work with youth to help them nurture, support, and develop caring and supportive relationships with both service providers and family members.</p>
	<p>7. Increase in young adults' strengths and protective factors....</p>
	<p>8. Improved mental health for young adults.</p> <p><b>Required activity:</b></p> <p><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>A recent example of this occurred with a young woman who is in our transitional living program who is recipient of a Shelter Plus Care voucher. She did not want to seek mental health supports but as a requirement of maintaining her voucher she agreed to visit and apply to the local mental health agency.</i></p> <p><i>Youth Services works closely with Otter Creek and Matrix Health Associates, HCRS, the Retreat and local mental health providers to provide</i></p>

	<i>referrals and support for our clients and to improve the system of care.</i>
<b>System of Care Infrastructure Indicators</b> (for federal TRAC):	<u><i>Workforce Development:</i></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 Housing Coordinator who is funded by the YIT grant twice provided all-staff trainings to Youth Services staff about mental health issues and their impact on young adults during the spring 2011.
	<u><i>Organizational Change:</i></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....
	<u><i>Partnership/Collaboration:</i></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....  Youth Services and the Brattleboro Housing Authority entered into a MOU that allowed Youth Services to be a case management option for youth who are both homeless and mentally ill and who wish to apply for Shelter Plus Care Vouchers in Windham County. We also entered a MOU with Morningside Shelter to provide emergency housing in a two bedroom apartment associated with the shelter. We have three clients who are served with a Pathways voucher that is possible through an MOU with Brattleboro Housing Authority. Our weekly Drop In night is possible due to an MOU with the Boys and Girls Club.
	<u><i>Types/Targets of Practice:</i></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....

### 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 continue to operate a pilot project with Windham Housing Trust with four designated youth rooms in a mostly-adult resident SRO. We have our eye on a new collaboration for an all-youth SRO in a building owned by the local Catholic diocese. An existing building next-door to Youth Services would undergo major renovations and then be funded partially

through project based Vouchers from The Vermont Housing Authority or Brattleboro Housing Authority. This would not be operational for about two years. This means would need to run our pilot program with a shared youth/adult program a lot longer than we were hoping, but pieces are falling into place well for the Catholic Church collaboration. Brattleboro Housing Authority would serve as the house property managers for the new project and we have been in frequent consultation with them as well. We need more flexibility with state and federal funding (ie project based vouchers) for our house project to be successful and need flexibility in the requirements of one year leases for vouchers.

#### **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.

Youth Services acquired a new Youth Development worker in May 2011, Angela Fish. Youth Services acquired a new Youth Development Director, Kari Fletcher in January 2011. Youth Services got a new Executive Director who started the first week in July 2011, but was hired in June, 2011. Resumes will be sent separately for these three new hires.

#### **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.

See hard copies of new releases and publicity related to programming for Youth in Transition in Brattleboro.

#### **5. Other Activities**

Briefly describe other activities undertaken during the reporting period.

We began a collaboration with the Morningside Shelter in the spring 2011 which enabled us to house short term up to two couples in a two bedroom shared apartment. This is the first short-term housing option that we have had at our discretion and is a great asset in aiding homeless youth as they transition to more stable housing.

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

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

We continue to consult with the local Catholic church, Brattleboro Housing Authority and the state housing authority on a regular basis to pursue the possible collaboration of those three entities for an all-youth SRO. Due to the need for shorter- term housing options and the success of our collaboration with the Morningside Shelter we are also looking into further collaborations between Youth Services and the Shelter which might make another apartment (or house with multiple apartments) available to meet transitional housing needs. Two supervisors for the case management staff have been meeting with board and community members in preparation for a trip to DC to pursue possible federal funding for youth housing under a “field based experimental model”

**DMH only:**

*Date received:* \_\_\_\_\_

*Approved by:* \_\_\_\_\_

*Date approved:* \_\_\_\_\_

*Approved by:* \_\_\_\_\_

*Date approved:* \_\_\_\_\_