

YIT Grant Data Collection

Include events and numbers

MONTH/YEAR VFFCMH June-December 2013

Vermont Federation of Families for Children’s Mental Health (VFFCMH)

Cindy Marshall, Lead Family Contact (LFC)

Courtney Bridges, Social Marketing & Communications Manager (SMCM)

Matt Wolf, Young Adult Coordinator (YAC)

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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><u>Mental Health Transformation Grant (MHTG) for Peer Support Programming across VT</u> YAC has been able to support some of the YIT Grant’s peer workers to participate in trainings offered by the Transformation Grant’s programming. YAC continues to advocate for YIT Peer Workers to be included in the “definition” of Peer Workforce across the state of VT and is supporting Transformation Grant staff to attend YIT trainings. YAC is also a member of the MHTG’s Statewide Advisory Council, attending monthly planning meetings, and has met with two MHTG Peer Support Program sites regarding young adult leadership and engaging the population in general in those specific programs. YAC is on the sustainability subcommittee of the MHTG Advisory Council.</p> <ul style="list-style-type: none">• Young Adult Initiative Mini-Grant RFPs through VFFCMH and WEST-We Eliminate Stigma Together. YAC supported 6 regions to apply and report out in a timely manner. Also, supported one region throughout the planning & application process. YAC has facilitated the grant proposal approval committee which consists of at least 50% young adults.• The quarterly Young Adult Leadership Award program had regions nominate local young adults whose leadership skills are emerging for recognition. The four winners of the past year were invited to the National Federation of Families Conference in November 2013.• YAC continues to support all of the peer workers statewide in their work toward their goals for their region & position. YAC attended monthly meetings (at their request) with the peer workers in the Barre, Hartford & Springfield Regions, and the Chittenden Steering Committee. |
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- YAC has worked with all regions supporting their individual needs this quarter:

BURLINGTON: Supported regional staff in their work to support and maintain a refugee youth group that started meeting regularly in large numbers, 50 at a time. They began to need further resources in order to continue meeting and supporting these youth and the meetings. The group works to support each other and address broader issues related to the entire refugee/immigrant population in Burlington, and meets twice a month with approximately 50 youth in attendance each time. YAC has consistently advocated for the specific needs of this population.

BENNINGTON: Supporting a peer leader to be a statewide technical assistance resource for all of the YIT Programs. Supporting the connection with regions that were interested in her knowledge and support. Peer Leader has had contact with all 11 of the regional programs, as well as, participating in some of the YIT Operations Team's monthly meetings and annual site visits to the regions.

HARTFORD: YAC continued to meet with Junction Teen Center in White River Junction to further develop their youth leadership group, and guide them in their efforts to reduce the stigma associated with the program and the youth it serves. YAC met with YIT staff monthly and also supported the youth committee in planning this year's Hartford Regional Youth Summit; YAC attended the summit on 9-27-2013.

- YAC continues participating in the Governor' appointed Children & Family Council of Prevention Programming (CFCPP) and encouraged youth from across the state to apply to become members of the council and exert their influence on a statewide level.
- Continued the development list of what each of the 12 regional programs "are best at" so we formally support the regional programs in training and supporting each other. We are encouraging the regions to include youth as co-facilitators and trainers in these efforts to further build youth leadership in all of the regional programs at the same time, as demonstrated in Fall Sharing Day.
- YAC met every three weeks through the summer with the AHS Secretary's Office about the structure YIT is proposing for the system of care for transition aged youth. Also requesting that youth/young adults be

members of the statewide YIT team in charge of governing & overseeing this newly developing system.

- YAC is attending the Suicide Prevention Coalition statewide meetings and working with this group on integrating youth into both the state level team and the regional suicide prevention efforts this group is leading.
- YAC is also a member of the BRSS TACS Grant Advisory Team to develop a peer workforce in Vermont and explore the possibility of billing medical insurance companies for the service.
- LFC & YAC attended the Georgetown Institute’s National Leadership Academy in August to further develop their leadership skills and bring the information back to the young adult leaders involved with the YIT Program statewide.

2: Family/adult allies support young adults....

- The LFC and YAC worked with YIT staff, and the families associated with the youth served, on the empowerment of both the youth and their adult allies. These two also continue their work to unify the various peer movements into one, cohesive and mutually supportive peer movement including; family-to-family, youth, adult mental health, and the recovery community. Since “Peer Support Work” is the latest topic of interest both statewide and nationally, we continue to advocate for the definition of “peer” to include transition aged youth and family-to-family supports.
- Both the LFC & YAC are members of the advisory body for VT’s new BRSS-TACS grant that is seeking to solidify funding to support all peer services, while also advocating for the movement within state government. This group meets twice a month and is starting with a focus on working with both private and state medical insurance programs to get peer support as a billable service under medical insurance.
- VFFCMH training Coordinator has facilitated, *Surviving and Thriving in the Mental Health Maze*, in 5 regions this grant period with a total of 25 parents attending . VFFCMH Trainings in Development: *Family Driven Care & Helping your Child Transition to Adulthood*
- LFC is working with IFS Implementation Team advocating for Family to Family and Young Adult Peer supports to be included as Vermont moves forward with Integrated Family Services. VFFCMH has secured funding for a Parent Support Provider for Addison County region as the working pilot of IFS. We are currently recruiting for this position. This position will ensure that family voice is part of the IFS implementation.

3: Workers use caring practices known to be helpful for young adults and families.

- YAC is a member of the TIP Implementation Team developed out of the statewide TIP training in June 2011, and works with the group to determine next steps to move statewide implementation forward. YAC, as one of seven Vermont service providers, has become certified as a TIP Trainer. Two more training series were held in the Bennington and Newport Regions. YAC, as part of the Implementation Team met with a larger group of professional disciplines in order to develop a common language, culture and practice for Vermont's youth in transition. He continues to reach out to regional agencies & organizations to plan and bring this training to other areas in a way that is designed to fit their needs/availability. This implementation team has developed and submitted a training plan for the coming year to their National TIP Training supervisors.
- YAC connected the Bennington Region's Children's Mental Health Director with the trainer of the day-long training on group facilitation provided by the Mental Health Transformation Grant in the previous reporting period, to facilitate bringing that training to the Bennington Region.
- YAC continued to support the distribution and use of a Bullying Documentary created by Castleton State College students to bring awareness to our communities about the dangers of bullying. YAC supported two YIT advisory boards to view this resource.
- YAC started meeting with the Training Coordinator for the Vermont Association of Mental Health & Addiction Recovery (VAMHAR) to support and develop a series of trainings for Vermont's peer workforce. YAC is also on the advisory group for this new training grant.

4: System of Care partners gain cultural & linguistic competence (CLC)....

- The team continues to promote Mercedes Avila's CLC training throughout the state, encouraging regions to utilize the training opportunity, helping them connect with Mercedes for scheduling, and promoting the importance of culturally competent programming across Vermont.
- YAC supported regional staff in their work to support and maintain a

refugee youth group that started meeting regularly in large numbers, 50 at a time. They began to need further resources in order to continue meeting and supporting these youth and the meetings. The group works to support each other and address broader issues related to the entire refugee/immigrant population in Burlington, and meets twice a month .YAC has consistently advocated for the specific needs of this population. He has worked to support the coordinator of the group to connect with potential funding sources and resource information specific to minority and immigrant populations in Vermont.

- VFFCMH hired a Parent Support Provider to serve Chittenden County with SAMHSA LAUNCH grant funding. Maleka will serve families of young children with a focus on reducing disparities in health and mental health services. She also will be outreaching to New American Families in the County.

5: Local communities (including young adults) change their perceptions of young adults and of mental health issues, reducing stigma....

- SMCM traveled to several large conferences to promote the YIT Grant, mental health, and VFFCMH. Some of the conferences include VAMHAR, FFCMH and YIT Fall Sharing Day. Recent presentations have proven to draw more people than in prior grant periods.
- SMCM has continued the Mental Health Awareness Campaign, “Go Green for Mental Health”. The campaign was premiered during basketball and hockey seasons in Vermont high schools last winter/spring. Players wore green socks and students passed out green ribbons and information regarding mental health. The Vermont Association of Athletic Directors and the Vermont Principals Association were involved and enthusiastic to help these events happen statewide. So far, there are over 6 teams booked this 2nd year.
- All of the SMCM social marketing and social media work focuses on reducing Stigma. Courtney has tailored messages to not only reduce stigma regarding mental health, but also stigma young adults face about being a teenager. She visits regional team meetings, designing materials for regional, state, and national events, and keeps eyes and ears open for new opportunities to share the YIT Social Marketing anti-stigma campaigns.
- YAC works with regional Youth Advisory Boards, and the Youth Initiative Mini-Grants through VFFCMH. These grant opportunities are focused on ending stigma, promoting activism and community action with the young adults across the state emphasizing how these

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| | <p>types of activities will change a community’s perception of its youth. Six regions held activities over the past year.</p> |
| | <p>6: Effectiveness of the Vermont System of Care for young adults with SED</p> <ul style="list-style-type: none"> • YAC had continued his regular participation in: <ol style="list-style-type: none"> 1. Children & Family Council of Prevention Programming (CFCPP) meetings monthly. 2. ACT 264 Board 3. The Mental Health Transformation Grant Advisory Council 4. The Advisory Council for the new VAMHAR Training Grant 5. Court Diversion Enhancement Program’s Advisory Council 6. BRSS-TACS grant. 7. Youth Development Program statewide network 8. Vermont Department of Health Division of Drug & Alcohol Abuse and other invited stakeholders to give input into their process for improving how substance abuse services are delivered to young adults 18-25 by getting input from them on what works best for them. 9. VT Suicide Prevention Coalition in support of the operation of VT’s new Suicide Prevention Grant 10. YAC attended meetings with staff from the office of the Secretary of the Agency of Human Services to support and plan the reconvening of the state level systems team for transition aged youth in Vermont. |
| | <p>7: The State supports and sustains regional services for young adults....</p> |
| <p>Desired outcomes for young adults of transition-age</p> | <p>1. Decreased number of young adults involved in the corrections</p> |
| | <p>2. Increased number of young adults who are employed....</p> |
| | <p>3. Increased number young adults participating in (or who completed) educational programs....</p> |
| | <p>4. Increased number of young adults who have access to, and are using, a medical home....</p> |

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| | <p>5. Increased number of young adults living in safe and stable housing....</p> |
| | <p>6. Increased number of young adults who have caring & supportive relationships...</p> |
| | <p>7. Increase in young adults’ strengths and protective factors....</p> |
| | <p>8. Improved mental health for young adults.</p> |
| <p>System of Care Infrastructure Indicators (for federal TRAC):</p> | <p>Workforce Development The interagency professional development plan</p> <ul style="list-style-type: none"> • YAC is working with all of the service system and community connections to locate funding streams to increase the peer support workforce in the state of Vermont and support those positions to provide workers with a livable wage. • YAC is working on the Vermont state TIP Implementation Team to support the certification of Vermont as a TIP-Informed site with its own team of TIP Trainers. • YAC & SMCM are working to promote the development of the 12 regional Young Adult Advisory Boards, assisting them to grow and become an advisory team for local & state system of care. As a part of this effort Matt is working toward having a statewide “Executive” Board, with representation from each of the 12 regional boards, to serve as a state-level entity for youth voice in the Vermont System of Care. • LFC is working with IFS Implementation Team advocating for Family to Family and Young Adult Peer supports to be included as Vermont moves forward with Integrated Family Systems. The VFFCMH is moving forward with a Peer Support Provider for Addison County region as the working pilot of IFS. • VFFCMH developed and provided Parent Training, <i>Surviving and Thriving in the Mental Health Maze</i> in St Albans, Burlington, Barre, Rutland and Bellows Falls this grant period. <p>Organizational Change:</p> <ul style="list-style-type: none"> • YAC attended, <i>How to Work with Your Legislator</i> training and created a document giving guidelines to the regional programs to educate their legislators in support of sustaining the work of the YIT grant. He designed tools for the regional programs to use to describe their programs and services, and is working with the AHS Secretary’s Office to develop a presentation of the design of the system of care for youth in transition, with the understanding that this design is a model that can be used and replicated in their statewide Integrated Family Services (IFS) efforts. • YAC & LFC are working in many of the service systems and community |

meetings to promote the concept of peer support services as a formal part of the Vermont System of Care. We are ensuring that the definition of “peer” involve transition age youth, family-to-family supports, and the adult mental health & recovery populations, in this advocacy effort. Pooling informational resources from all three of these groups into a statewide co-op database of resources and support is being considered as part of this effort as well.

- LFC & YAC attended the Georgetown Institute’s National Leadership Academy in August to further develop their leadership skills, and bring the information back to the young adult leaders at the planned VT Leadership Academy for Young Adults in 2014. LFC & YAC developed a 2 hour workshop on leadership and shared with the VFFCMH staff from this experience.
- YAC is working to promote & support the development of all 12 of the regional Young Adult Advisory Boards, working to help them grow to advise both the local & state system of care. As a part of this effort, they developed a statewide “Executive” Board, with representation from each of the 12 regional boards, to serve as a state-level entity for youth voice in the Vermont System of Care. The board designed and implemented this year’s Young Adult Voice Movement (YAVM) conference. The plan is to work with them to advise the state, the YIT Operations Team and the Vermont System of Care as a whole. Another intention is to have this Executive Board develop into a Vermont chapter of Youth MOVE National.
 - LFC focused on implementation of the VFFCMH 2 year plan strategic Plan:

Our 5 goals for 2013-14

1. Restore peer navigation (certified parent support providers) program
 2. Develop sustainable leadership and agency infrastructure that supports “lived experience” of employees
 3. Build capacity in family development activities including leadership trainings
 4. Strengthen collaboration with system of care and partners – with a focus on VFN and BBF
 5. Identify and develop methods and processes for measuring outcomes for continuous improvement and to support funding efforts
- LFC supervised the implementation and development of the 5 Trainings that VFFCMH now offers. This will continue to be a focus for the remainder of the grant.

Partnership/Collaboration:

YAC attends the following statewide meetings of service providers and service

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| | <p>recipients in order to learn from and influence/inform the Vermont state system of care:</p> <ul style="list-style-type: none"> • The Children & Family Council of Prevention Programming (CF CPP) & the youth voice & minority youth sub-committees associated with that. • The Governor’s Appointed ACT 264 Advisory Board. • The YIT Grant’s state Operations Team. • The TIP Implementation & Training Team • The Diversion Enhancement Assessment Plan (DEAP) Advisory Committee. • MHTG Statewide Advisory Council and Sustainability Sub-committee. • The Suicide Prevention Coalition/grant advisory board. <p>YAC has formed formal, project specific, working relationships with the following service programs in Vermont:</p> <ul style="list-style-type: none"> • The MH Transformation Grant for Peer Support Programming in VT (Dept. of Mental Health) • Matt has worked with the Steering Committee of the Chittenden YIT Grant Program to help them develop and strengthen their vision for and implementation of peer support & Young Adult Advisory Boards in their area. <p>LFC and other VFFCMH staff and board members attend the following statewide meetings representing the Family Voice in the Vermont state system of care:</p> <p>SIT, CRC, IFS Implantation, AOE Special Educational Monitoring, ACT 264 Advisory Board, State Children’s mental health standing committee, Hi End Systems of Care, and supports the local LIT parent Reps.</p> |
| | Types/Targets of Practice: |

1. Major Activities and Accomplishments During this Period

Georgetown Leadership Academy:

YAC & the LFC attended this life changing weeklong conference. Each came home with “ah ha” moments that made important impact on each of their roles. They participated in a peer and self-assessment of their own personal leadership journey, identified their strengths and areas to improve in order to be the change agents they want to be in the System of Care.

National Federation of Families Conference November 2013:

SMCM co-presented with national SM lead, Jane Tobler, on the importance and education of social media use. Over 30 people from around the country attended the workshop which featured a case study of the way Vermont uses and executes their social media platforms.

Four Young Adult Leadership Award recipients also attend the FFCMH. The young adults participating in the YOUTH Track and learned skills around leadership, organizing and building a young adult managed non-profit, and networking with other Young Adults from across the Nation.

VAMHAR Conference: SMCM and ED of the Federation of Families presented at the 24th annual VAMHAR Conference. They spoke about the progression of the non-profit, how social media has played a part in their development, and showed the 2 public service announcements created for Children's Mental Health week May 2013

National ChristmasTree Ornament Design: SMCM was selected by the Governor's office, for the second year in a row, to design 25 ornaments for the National Christmas Tree. The ornaments reflected Vermont through the seasons. SMCM attended the tree lighting in Washington D.C. which was lit by the first family and had performances by celebrities such as Aretha Franklin. Ornaments can be found here: <http://thenationaltree.org/christmas-pathway-of-peace-gallery/#>

4th Annual Fall Sharing: The theme of Fall Sharing was "sustainability" and continued the momentum from Spring Sharing Day and the regional site visits. Each region identified where their strengths and challenges were in the main focuses of the grant, and produced a tri-fold and elevator speech regarding the message of why the Young Adult SOC needs to be sustained. A major accomplishment of this event was the highest number of young adults participated in this day and were a vital part of planning, and preparing the "message" and branding of the message. These products can be used at the YIT Day at the Vermont Statehouse. The young adults also participated in a YA Leadership Track facilitated by Jessie L and the SMCM on how to safely & effectively share your story with purpose.

2. Problems

- There is not enough funding for peer support work in Vermont. Some regions asked for assistance with funding to increase their peer support workforce or their current workers' time in the field. The YIT Grant staff has been unable to help these programs with funding, but were able to use the request from the Bennington Program to create the contract agreement with their (very exceptional) peer worker, to provide technical assistance to all of the YIT programs statewide.
- The Vermont system of care, including the YIT Grant staff statewide, are combating a pervasive sense of hopelessness in Vermont's young adults. These youth report

seeing no sense in excelling in school or continuing their education after high school because there are no job opportunities in their local areas in general, and no employment options that would inspire a need for continued, or specialized, education. In the midst of this, these young adults are also seeing decreases in funding for the services and supports that are currently available to them in the human service system. So, despite the impact we are making as shown in the evaluation, young adults are feeling that there are little options for them in Vermont.

- Regions that have supported young peer workers in the past seemed to have lost their commitment to the movement and the development of the peer staff as the grant is coming to an end. We learned from experience that the peer work force struggles when housed within the mental health agency, where lived experience is not valued as much as education to support those who receive services.
- As we move towards the end of this 6 years grant, we are helping the regions look at successes and sustainability. Some regions are losing front line staff to other opportunities and then not filling those positions for the remainder of the grant. They fear the SOC for Youth in Transition will not be sustained in the future. As these vacancies increase statewide or turnover happens, we are losing some sense of history, purpose and passion for the grant and its goals.

3. Significant Findings and Events

- Social Media continues to increase. Facebook and Twitter continue to be a platform which people are using. Many national organizations have recognized, retweeted, and direct messaged us looking for more information about our programs.
- Young adult involvement and dedication to the project (YIT) is growing. Each region has a young adult group of leaders.
- Peer Supports and the Peer Movement is gaining momentum in Vermont, we are moving closer to having peers supports as part of the Vermont System of Care. Many Peer Support organizations are having conversations together. Since “Peer Support Work” is the latest topic of interest both statewide and nationally, we continue to advocate for the definition of “peer” to include transition aged youth and family-to-family supports.
- Courtney Bridges the SMCM gave her resignation as of December 31st, 2013. She has taken a new position with the VT Lottery. This is a big loss to the momentum created using many platforms of social media in the mental health or human services field, at the VFFCMH and within the YIT grant. She has agreed to contract with VFFCMH on certain projects, as available, in areas still needing her expertise. Her accomplishments and social marketing campaigns have been very successful over the years and her creativity will be missed.

4 Dissemination activities

- Youth in Transition Facebook
 - 381 Friends, increased 13
 - 6 sub-groups
- VFFCMH Facebook (Switched to a public page)
 - 607 followers
- Twitter
 - 239 followers, increased 44. Including Dr. Gary Blau.
- Monthly Newsletters- Sent monthly to over 992 recipients, an increase of 152. We are averaging a 22% open rate.
- SMCM attended statewide events with the table top booth to provide information and resources to attendees. Over 300 brochures, 200 pens, and numerous other informational supplies were dispersed.

5 Other Activities

6. Activities Planned for Next Reporting Period

- Implementation of the 2nd Annual Going Green Campaign
- Implementation of the YIT Day at the Vermont Statehouse on January 31, 2014
- Planning & execution of Youth Leadership Academy, likely May of 2014
- Planning and preparing to bring 4 Young Adult Leaders Award recipients & family leaders to the Georgetown Institute in July 2014
- Planning collaborative efforts and partners for Children's Mental Health Day
- Completing the development of the Family Training on Transitioning your child to adulthood, for parents of children with emotional/behavioral challenges. This will include strategies for parents to "let go" in a healthy way.
- Implementation of a family training on Services Available in Transition Age Young Adults in January 2014, this in collaboration with VFN & the AOE.