

YIT Grant Data collection

Include events and numbers

MONTH/YEAR VFFCMH January-June 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)

<p>Goals for strengthening the systems of care</p>	<p>1: Young adult (YA) leadership is developed in VT.</p> <ul style="list-style-type: none">• <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. • 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. Three Family Leaders will also be invited to attend attend. • YAC continues to support all of the peer workers statewide in their work toward their goals for their region & position. YAC attended monthly
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meetings (at their request) with the peer workers in the Barre, Hartford & Springfield Regions.

- 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.

YAC attended two of the Chittenden Region YIT Steering Committee meetings to further develop of their peer worker position, as well as, the development of their regional Young Adult Advisory Board and the functioning of their program.

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 9 of the 11 regional programs.

HARTFORD: Met with Junction Teen Center in White River Junction to help them in their development of a youth leadership group, and guide them in their efforts to reduce the stigma associated with the program and the youth it serves. YAC attended two of the youth advisory board meetings, met with YIT staff monthly. He has also supported the youth committee planning the Hartford Regional Youth Summit by attending two meetings to help brainstorm and work through the planning of their event scheduled for this Fall.

YAC continued to meet with the Bradford Teen Center (BTA) staff to solicit input from the community about what is needed for programming for local youth, and looking for grant funding to further develop the BTA program.

ST. ALBANS: YAC attended a youth advisory board meeting to support

the planning of their 3rd Annual Regional Youth Summit and attended the summit event as a presenter/facilitator.

- YAC has continued participating in the Governor’s 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 & SMCM supported a team of 10 youth from around the state in their planning & execution of this year’s two-day YAVM Conference in May 2013.
- YAC is meeting every three weeks 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.

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 together unifying 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 has provided- *Surviving and Thriving in the Mental Health Maze* in Springfield and Bennington this quarter.
- 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 is also looking at funding resources supporting Peer Support Providers for Addison County region as the working pilot of IFS.
- LFC is working to support 2- Regional LIT Parent Reps to be nationally certified as Parent Support Providers in Vermont.

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

- YAC is a member of the TIP Implementation Team which developed out of the statewide TIP training in June 2011 and works with the group to determine how to move forward to implement the TIP model in Vermont statewide. In working toward this group's goals, Matt has become one of a team of seven Vermont service providers who are in the process of becoming certified as TIP Trainers and has facilitated the second series of trainings in this certification process. The training team has presented this three-day training in its entirety to three regions in the current reporting period and is scheduled to start in two more regions in the Fall. Matt continues to participate in the Implementation Team's conversations about planning and implementing the TIP model statewide across a larger group of professional disciplines in order to develop a common language, culture and practice for Vermont's youth in transition. They continue to reach out to regional agencies & organizations to plan to bring this training to other areas in a way that is designed to fit their needs/availability.
- YAC and one other member of the TIP training team designed a one hour introductory workshop to the TIP model which they presented twice during a day-long conference for the Parent/Child Center's Learning Together Program statewide.
- YAC attended a day-long training on group facilitation to support youth and case managers from three of the regional YIT programs to attend the training and plan for bringing the information back to their regions. This

was provided by the Mental Health Transformation Grant.

4: System of Care partners gains 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.
- Matt 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. 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.

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

- SMCM has traveled to several large conferences to promote the YIT Grant, mental health, and VFFCMH. Some of the conferences include VAMHAR and YIT Fall Sharing Day. This presentation has proven to draw more people than other presentation displays prior.
- SMCM continued to work in partnership with the University of Vermont, the Me2 Orchestra, and other statewide organizations to execute two public service announcements (PSA). One PSA focuses on children’s mental health and the other targets reducing stigma. This project was unveiled on Children’s Mental Health Awareness day 2013.
- With support from the ‘Vermont Wellness Project’ PSA’s, the ‘Yes Campaign’ has taken off. Audiences at events are asked the question, “Are you ready to end stigma”. If they answer yes, they are able to create their own sign and have a photo taken. These will be used to promote an anti stigma campaign.
- SMCM has begun a new Mental Health Awareness Campaign, “Go

Green for Mental Health”. The campaign was premiered during basketball and hockey seasons in Vermont high schools. 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.

- 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 types of activities will change a community’s perception of its youth. Five regions were awarded this quarter.

6: Effectiveness of the Vermont System of Care for young adults with SED

- YAC had continued his regular participation in:
 1. Children & Family Council of Prevention Programming (CFCPP) meetings monthly.
 2. ACT 264 Board
 3. Court Diversion Enhancement Program’s Advisory Council
 4. BRSS-TACS grant.
 5. the Guardian ad litem (GAL’s)
 6. Youth Development Program statewide network
 7. 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

	<p>8. VT Suicide Prevention Coalition in support of the operation of VT's new Suicide Prevention Grant</p>
	<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>
	<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. Matt is working to become certified as a trainer. • 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 be included as Vermont moves forward with Integrated Family Systems. The VFFCMH is also looking at funding resources supporting Peer Support Providers for Addison County region as the working pilot of IFS. • LFC is working to support 2- Regional LIT Parent Reps to be nationally certified as Parent Support Providers in Vermont • VFFCMH developed and provided Parent Trainings – Surviving and

Thriving in the Mental Health Maze in Springfield and Bennington.

Organizational Change:

- YAC attended a How to Work with Your Legislator training and created a document that gives guidelines to the regional programs on how they can 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 all of the service systems and community meetings involved in to help 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.
- YAC is working to promote & support the development of all 12 of the regional Young Adult Advisory Boards, working to help them grow to a point where they can advise both the local & state system of care. As a part of this effort they have 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 of this effort is the possibility of having this Executive Board develop into a Vermont chapter of Youth MOVE National.
- LFC participated heavily in the strategic planning of VFFCMH – developing a 2 year plan with the following goals to strengthen the infrastructure and be ready for future growth.

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 by December 2014
4. Strengthen collaboration with system of care and partners – with a

focus on VFN and BBF by December 2013

5. Identify and develop methods and processes for measuring outcomes for continuous improvement and to support funding efforts by December 2014.

One result of this work was an office manager was hired at the VFFCMH

Partnership/Collaboration:

YAC attends the following statewide meetings of service providers and service recipients in order to learn from and influence/inform the Vermont state system of care:

- The Children & Family Council of Prevention Programming (CFCPP) & 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.

YAC has formed formal, project specific, working relationships with the following service programs in Vermont:

- 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.

SMCM has furthered a working relationship with Marketing Coordinator at the VAMHAR. This relationship has strengthened the ability to share social networking and social networking social media platforms to new audiences.

LFC attends the following statewide meetings representing the Family Voice in the Vermont state system of care:

- SIT, CRC, IFS Implantation, AOE Special Educational Monitoring, ACT 264 Advisory Board, Hi End Systems of Care, and does support the local LIT parent Reps.

Types/Targets of Practice:

1. Major Activities and Accomplishments During this Period

Spring Sharing – April 2013- 25 in Attendance, 8 out of 12 regions were represented. YAC was the lead, supported by LFC & SMCM, on the design and implementation of the first Spring Sharing Day. This day was provided at the request of regional staff due to their excitement about the previous Fall Sharing Day. The Spring Sharing Day was designed for regional workers at the case management level, and provided them with information and practices for working with youth that they requested. This event was the first public dissemination of materials for the 4th Annual Young Adult Voice Movement Conference & Sustainability Materials developed by YAC.

YAVM – 4th Annual Young Adult Voice Movement Conference - May 31-June 1st at the University of Vermont Campus.

The Young Adult Voice Movement Conference gives young adults, ages 16-21, the opportunity to meet people their age and let their voice be heard. The event offers social networking opportunities, workshops, leadership and team building events, and empowerment activities. 163 young adults participated. The YAVM is planned by young adults, for young adults. This year, there were 6 workshops, and each was planned and delivered by a young adult from different regions of the state. *Transforming Stigma / Drum Up your Feelings / Sexual Health for Young Adults / Vermont Chocolates for Change / Culture & Leadership / Who you are. Expression Using Art How to Help: Yourself and Your Community*

57% of the young adult participants indicated they were from a racial/ethnic minority.

Mental Health Awareness Month / Day – Mental Health Awareness Month (May) was a huge success. VFFCMH partnered with the University of Vermont and the Me2 Orchestra to create two Public Service Announcements. Production took a year, and the PSAs were launched May 6th. As of June 1, the Family PSA had 211 views, and the Children’s PSA had 251 views. The analytics from both videos show that they have been viewed in 31 states and 10 countries. Both PSAs were given to state media outlets such as WPTZ, WCAX, and Fox44. The stations donated free air time whenever they had room.

On May 9th 2013 staff from the Federation of Families, Youth in Transition Grant, and Department of Health celebrated Children’s Mental Health Awareness Day on Church Street in Burlington. From 11:00a.m.-1:00p.m., hundreds of stickers, pencils, pens, informational materials, and resources were handed out to passers-by. The table was covered with green balloons, green ribbons, and shirts designed by the SMCM specifically for the day. Two news stations, WCAX and WPTZ, attended the event with a camera crew. Interviews were conducted and aired on the nightly news that evening.

Going Green for Mental Health Campaign- Going Green for Mental Health was represented by four high school basketball events. The athletes wore green socks to represent while the SMCM set up the

Federation and Youth in Transition Grant informational booth handing out information and resources about mental health awareness and wellness.

New YIT Website - The SMC has direct contact and face to face meetings with the web developers at Burlington Bytes to make sure both the VFFCMH and YIT sites are up to date and functioning well. The website has driven many new connections to both the Facebook accounts, and the Twitter account. The Youth in Transition Analytics Report for May 1- May 31 2013 indicates the following: 243 visits. 109 new visits to the Young Adult Voice Movement Conference page. 35% of visits are direct, 34.6% are from Google, 9.5% are from the Facebook, etc. The VT Federation of Families Analytics Report for May 1-May 31 2013 indicates the following: 185 visits. 49 new visitors went to the 'About Us' page. 55.1% were organic, 18.9% were referral, 22.9% were direct, etc.

2. Problems

- There is not enough funding for peer support work in Vermont. A couple of districts have asked for assistance with funding to increase their peer support workforce or their current workers' time in the field. The YIT Grant staff have 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.
- 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 have 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.

3. Significant Findings and Events

- Social Media continues to increase. Facebook and Twitter continue to be a platform which people are using. The Twitter account, that is both VFFCMH and the YIT grant, continues to increase dramatically. 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.

4. Dissemination activities

- Youth in Transition Facebook
 - 381 Friends, increased 46
 - 6 sub-groups
- Twitter
 - 239 followers, increased 107. Including Sandra Spencer, of FFCMH, Mental Health America and Live Strong
- Monthly Newsletters- Sent monthly to over 840 recipients. The last email newsletter was about President Obama’s public stance on Mental Wellness, which had 20% open rate and 16% click rate.
- SMCM attended 5 statewide events with the table top booth to provide information and resources to attendees. Over 300 brochures, 300 pens, and numerous other informational supplies were dispersed.

5. Other Activities

6. Activities Planned for Next Reporting Period

- Planning & execution of 4th Annual Fall Sharing, including a youth leadership component. Theme is sustainability.
- Attending and bringing along 4 Young Adult Leaders Award recipients & family leaders to the National Federation of Families for Children’s Mental Health Conference 11/15-17
- Planning Youth Leadership Academy, possibly May of 2014
- Planning 2nd Annual Going Green Campaign
- LCF & YAC attending Georgetown Leadership Academy in Santa Fe, NM
- Completing the Regional Site Visits, theme is sustainability.