

YIT Grant Final Report

MONTH/YEAR VFFCMH July-September 2014

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

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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)</u> for Peer Support Programming across VT: 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 has met with MHTG Peer Support Program sites regarding young adult leadership and engaging the population in general in those specific programs.</p> <ul style="list-style-type: none">• YAC presented a training on engaging young adults to staff of two programs and for the Vermont peer movement in general. This “Lighting the Fire” training was held on May 7, 2014 for twenty-two people in Washington County, on August 8, 2014 for 19 VABIR staff in Randolph, VTA specialized version was designed for the JOBS Program, and presented to them at their annual retreat on September 16, 2014; 22 JOBS workers participated.• Young Adult Initiative Mini-Grant RFPs through VFFCMH.. YAC worked with VFFCMH Executive Director, Kathleen Holsopple, to prepare and disseminating the Youth Initiative Grant application for the coming year. YAC has already supported some brainstorming for this program in the Hartford, Barre, St. Johnsbury, Springfield and Bennington Regions.• YAC continues to support all 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, & Middlebury , as well as, transition team meetings in Morrisville and Springfield.• YAC worked with regions supporting their individual needs this quarter:
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BENNINGTON: YAC participated in monthly planning meetings for the upcoming Bennington Youth Summit.

HARTFORD: YAC continued to meet with Junction Teen Center & YIT staff in White River Junction monthly to further develop their youth leadership group, community connections efforts and guide them in their efforts to reduce stigma.

MIDDLEBURY: YAC continues to meet with the new Middlebury YIT Staff member on a monthly basis, to help orient her to the local system of care, brainstorm with her and help her execute plans for developing young adult leaders & a youth advisory board for the region.

BARRE: YAC continues to provide monthly meeting support for the Washington County YIT staff, with a particular focus on the area's YIT Peer Worker, for technical assistance and support in moving the program forward.

- YAC continues participating in the Governor appointed Children & Family Council of Prevention Programming (CFCPP) and encouraged youth from across the state to apply as members of the council and exert their influence on a statewide level.
- YAC is attending the Suicide Prevention Coalition statewide meetings and is working with this group to integrate youth into both the state level team and the regional suicide prevention efforts this group is leading. The Suicide Prevention Coalition has a concrete plan to integrate youth from all of the 12 regions of the state in leadership development, community organizing and community education efforts around suicide prevention for the coming year. YAC supported the Suicide Prevention Grant staff in meeting with four YIT Advisory Board groups, used as focus groups in the development and design of their upcoming statewide youth training & planning event. This day-long event (November 18, 2014) will kick off and start the planning efforts for the regional community education efforts to be led by local youth with the support of the Suicide Prevention Program.
- YAC has joined the Integrated Recovery Network, led by VAMHAR, and its efforts to bring the mental health and recovery communities together in

collaboration. As a part of this effort YAC has designed a youth engagement & empowerment workshop, as well as, a leadership in group dynamics workshop, to include in the menu of trainings being offered by VAMHAR for the benefit and continued growth of Vermont's peer workforce statewide. The leadership in group dynamics workshop, "Leading From the Side of the Table," was presented at the Integrated Recovery Network's two-day Leadership Institute on September 25, 2014.

- YAC has begun collecting and organizing existing resources and research on youth peer work to compile a guidebook for local agencies on hiring and support youth & young adults as paid Peer Workers in their organizations. This guide will include; agency preparation strategies, stages of development of the Peer Worker Position, orientation & training needs, follow-up & supervision needs, as well as, more advanced trainings for the Peer Workers as they move through the stages of the position. The guidebook should be completed January 2015.
- LFC and two young adults were on a panel presentation at the BI Conference on August 15th with over 40 participants. This panel was a discussion of how having a BI has impacted their lives. It was well received and was requested again for next year.
- Brenda Bean and a young adult leader Heather Houle testified at the Vt House of Human Services Committee public hearing in August requesting the reinstate the sustaining YIT funding into the Governor's budget. Legislature did reinstate.

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

- The LFC and YAC worked with YIT staff, and their families on the empowerment of both the youth and their adult allies. They 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.
- Nationally, the Certified Parent Support Provider Program has gone through some leadership changes. Three VFFCMH employees, including the LFC are currently up for recertification. VFFCMH is weighing the options. One option is to establish a Vermont State Certification. The

VFFCMH is hoping to collaborate with other peers in VT to move towards this end.

- VFFCMH launched its online workshop *Helping your Child Transition to Adulthood*. This interactive training is posted on the VFFCMH website. The target audience is parents of transition -age youth. It gives tips to parents on what is normal adolescent and teen behavior, what behaviors are out of the range, and how to get assistance with challenging behavior.
- VFFCMH is also looking for funding resources to provide Peer Support Providers across the state. VFFCMH has received two grants for regional support in Addison and Chittenden Counties.

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, YAC is now one of a team of seven Vermont service providers who have become certified as TIP Trainers and have begun another training series in the St. Johnsbury region, and a statewide training for the JOBS Program. YAC 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. This implementation team has developed, submitted and received approval for, a training plan for the coming year from their National TIP Training supervisors.
- YAC has 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 is a member of the State level Transition Council that seeks to oversee the services and progress of Vermont's transition aged youth population statewide. YAC is also a member of the Workforce Development & Training Sub Committee of this group which plans to address the training needs for ALL supporters of this population statewide.

YAC advocates for use of the TIP Model in these training conversations.

4: System of Care partners gains cultural & linguistic competence

- 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.

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

- YAC works with regional Youth Advisory Boards, and the Youth Initiative Mini-Grants through VFFCMH, and has recently integrated the community change efforts of the Suicide Prevention Program in partnership with both of these other programs. 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.

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

- YAC continued his regular participation in:
 1. Children & Family Council of Prevention Programming (CFCPP) meetings monthly.
 2. ACT 264 Board
 3. The Advisory Council for the new VAMHAR Training Grant: Integrated Recovery Network
 4. Youth Development Program statewide network
 5. Vermont Department of Health Division of Drug & Alcohol Abuse Youth Treatment Enhancement Program Steering Committee.
 6. VT Suicide Prevention Coalition in support of the operation of VT’s new Suicide Prevention Grant
 7. YAC attended meetings of the state level systems team for transition aged youth in Vermont; the Transition Council, and also

	<p>attends the Workforce Development Sub-committee of this group.</p> <ul style="list-style-type: none"> LFC continued her regular participation as the State Parent Rep for SIT /CRC representing families who are in need of a higher level of care for their child or young adult and may be struggling with the system of care. LFC has supported 25 families in this reporting period. VFFCMH has served a total 106 families this quarter, and 12 individual youth.
<p>Desired outcomes for young adults of transition-age</p>	<p>7: The State supports and sustains regional services for young adults....</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 with 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 certified as a trainer, and is committed to recertification by January 2016. YAC is promoting 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 to create 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. YAC & LFC were two of several YIT Operations Team members who attended the National System of Care Conference in Washington DC from

July 17th-20th, to present the work & outcomes of the YIT grant on another National stage. 29 Young Adults and adult allies/parents attended, 5 of those youth were Young Adult Leadership Award winners. Members of Diversity Rocks and Bennington Teens for change participated in the Youth Leadership Track.

- YAC designed the “Lighting the Fire” training as both an introduction to the TIP Model, and training for service providers on how to engage and motivate young adults who are feeling “stuck.” The training integrates leadership skills & principles, and Nonviolent Communication concepts, with the introduction to the TIP Model philosophies & practices. YAC offers the full three-day TIP training to interested groups during the training. YAC has presented this training on August 8th & September 16th with a total of 41 participants.
- YAC designed the “Leading from the Side of the Table: Leadership in Group Dynamics” training for the Integrated Recovery Network’s Leadership Institute in September. This workshop pulls leadership skills, philosophies, & practices from the Georgetown University’s National Leadership Academy and presents them in a framework for working in groups and building teaming among the members. YAC presented this training on September 25th. 28 Participants. This workshop is also being considered by the YAC to be implemented as part of the Guidebook and orientation of the YIT Peer Workforce across the state.
- YAC also designed and co-facilitated this year’s Annual JOBS Program Retreat with JOBS Coordinator Bart Keinath on September 16th. 22 Participants. A significant amount of information presented that day was an “advanced” version of the “Lighting the Fire” training that added higher-level TIP content than the introductory version, as JOBS Program staff are already certified as TIP Informed staff. This day and training was designed as a “refresher, recharger & re-invigorator.”

Organizational Change:

- 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 supporting 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.

- VFFCMH held a Board and Staff Retreat with guest facilitators from the National Technical Assistance Team. The focus was Board Development and updating our Strategic Plan. One result of this day was the sharing of national resources to create updated Executive Director and Staff Annual Performance Reviews. The VFFCMH Board of Directors is working to refine goals for the next year.

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 state-level Transition Council and its Workforce Development Sub-committee.
- The YIT Grant’s state Operations Team.
- The Vermont Coalition for Practice Improvement (VCPI) Steering Committee meetings.
- The TIP Implementation & Training Team
- 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)
- The Vermont Coalition for Practice Improvement (VCPI)

LFC attends the following statewide meetings representing the Family Voice in the Vermont state system of care: SIT, CRC, IFS Implementation, AOE Special Educational Monitoring, ACT 264 Advisory Board, Hi End Systems of Care, and supports the local LIT parent Reps.

As the YIT SOC Grant funds have ended and the subcontract with Courtney Bridges the YIT Social Marketing and Communications Manager ended, VFFCMH is developed a Social Media and Marketing plan for 2015. This marketing plan will include partnerships with other likeminded agencies

	<p>around planning Children’s Mental Health Day and Week events in May 2015</p> <p>YAC offered technical assistance to all 12 of the YIT Program sites in their work to develop their new program plan for moving forward using state funding. The regional programs asked for varying levels of support in this planning effort and collaboration with their communities."</p> <p>Types/Targets of Practice:</p>
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1. Major Activities and Accomplishments During this Period

- 29 Young Adult Leaders and Adult Allies/Parents attended the Georgetown Institute in July. The YIT Operations Team presented an institute on Vermont System of Care of the success and challenges of the last 5 years of the SOC grant.

This final year, we had the largest number of young adult leaders participate in a national conference. 5 Young Adult Leadership Award Winners also attend and participated in the Youth Track. Also invited were Young Adult Leaders from Diversity Rocks and Bennington Teens for Change.

- Testimony by a Young Adult Leader and YIT Operations Teams at the public hearing reinstated the funding in the Governor’s budget to continue the YIT programming after the end of the grant.
- YAC & LFC supported regions to develop program planning moving forward with state funding.
- Last YIT Grant Operations Team last meeting was on August 20th. This was a recap of lessons learned throughout the years. We celebrated the many successes the team has achieved over the life of the grant. We also shared in the enthusiasm that the State of Vermont recognized the development of a system for Young Adults in Transition and supported the positive outcomes by funding the ongoing initiative with state dollars.

Problems

When supporting the regional future programming as of 10-1-15, regions were given the following four areas to focus on and include in sustaining the system of care built. 1. TIP informed Case Management 2. Regional Transition Teams 3. Fostering Peer Support 4. Young Adult Empowerment and Leadership

This will be a challenge as only 25% of the scope work is fee for service billable work. Fee for Service funding was over half of the state sustained funding for ongoing programming for the remainder of the fiscal year.

2. Significant Findings and Events

- 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. Vermont is hoping to create a stakeholder group to talk direct how Vermont proceeds with peer supports and look at Medicaid as a sustainable resource for the Movement.

3. Dissemination activities

- Youth in Transition Facebook
 - 417 Friends
 - 6 sub-groups
- VFFCMH Facebook (Switched to a public page)
 - 642 followers
- VFFCMH Newsletters- There were 3 newsletter/blasts this final quarter, and 998 recipients per issue.

5. Other Activities

6. Activities Planned for Next Reporting Period