

YIT Grant Data collection

Include events and numbers

MONTH/YEAR VFFCMH July-December 2012-

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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">• YAC is part of the Mental Health Transformation Grant (MHTG) for Peer Support Programming across VT. YAC also 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 in attending YIT trainings as well. YAC is 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.• Young Adult Initiated Mini-Grant RFPs through VFFCMH. YAC supported 6 regions to apply and report out in a timely manner. Also, supported one region throughout the planning & application process.• YIT Grant’s quarterly Young Adult Leadership Award program has regions nominating local young adults whose leadership skills are emerging for recognition. The four winners of the past year were invited to the Georgetown Institute in July 2012.• YAC supported an orientation and goal planning meetings with new peer workers in the Hartford, and Chittenden regions. He also 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 & Chittenden Regions.
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- YAC is working with each region supporting their individual needs in this quarter:

BURLINGTON: support Linda Le in her work to maintain a refugee youth group. Had 50 young adults meeting and began to need further resources in order to continue meeting and supporting these youth in their lives in general. The group works to support each other and address broader issues related to the entire refugee/immigrant population in Burlington in general, and meets twice a month with approximately 50 youth in attendance each time, and Matt has worked to support the coordinator of the group to connect with and apply to potential funding sources and resource information specific to minority and immigrant populations in Vermont.

BENNINGTON: Supporting a peer leader to be a statewide technical assistance resource for all of the YIT Programs around the state. Supporting the connection with regions that were interested in her knowledge and support. Peer Leader has contacted with 8 of the 11 regional programs that she is starting to work with.

CHITTENDEN: YAC attended three 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.

HARTFORD: Supported Junction Teen Center in White River Junction to help them in their development of a youth leadership group for that program, as well as, guide them in their efforts to reduce the stigma associated with that particular program and the youth it serves. YAC attends the youth advisory board meetings, meets with YIT staff monthly, and the successes that resulted from it at the Clara Martin Center's annual staff recognition dinner.

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

- YAC supported students from Castleton State College in connecting with YIT Regional Program staff, youth, & peer workers, in the student's

efforts to develop & film a documentary about bullying in Vermont. YIT staff and youth participated in the filming and development of this documentary with is currently in the editing phase of production, for distribution all over Vermont in the near future.

- 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. Matt continued his support of this effort and led a sub-committee of the group to develop new avenues (like a youth sub-committee) for getting youth to participate in this (very adult) council.
- Guided ten youth/young adult leaders from YIT regional programs in designing & developing how these youth were going to co-facilitate the statewide Fall Sharing Day event this year. These youth developed plans for facilitating larger group discussions about youth leadership and youth driven principles in the regions, as well as, helped the regional representatives to develop a plan for how they were going to further develop these principles and efforts moving forward.
- 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.
- Supported four young adult leaders to attend the Georgetown Institutes Conference in Florida this year.
- Supported three young adult leaders to attend the National Federation of Families annual conference in Washington DC this year.

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

- The LFC and YAC developed a workshop on Family and Young Adult Driven Principles. This workshop was presented at 2012 annual Vermont Association of Mental Health & Addiction Recovery (VAMHAR) Conference. In addition to the regional work these two did with YIT staff & the families associated with the youth being served, they also worked together around peer movements.
- 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.

- Who is in the Driver's Seat? Family Driven Principals in Vermont was the title of the VFFCMH Conference at the Lake Morey Resort in September 2012. We had national guest speakers who are parents which spoke about using humor as a resiliency factor when raising transition age youth with complex challenges. We offered three leadership workshops for families and systems partners. Many parents of transition aged youth were in attendance.

Who is taking care of you? Caring for the caregiver

Family Driven, Family Centered and Family Voice: What's the Difference

The Many paths to a Career in Peer Support

- VFFCMH has developed a training program for families. We are suggesting that each Children's Director support providing two trainings in their region per year.

How to Survive and Thrive in the Children's Mental Health Maze: Navigating Systems

Partnering with families

Families Disability & Culture

Families, Leadership & Advocacy

CSP Planning for Children with Complex needs and their families.

Trainings in Development: Family Driven Care & Helping you Child Transition to Adulthood

- LFC supported one parent and one adult ally at Georgetown Institute in July 2012, and 5 VFF Staff (family leaders), 4 Young Adult Leaders and 1 Community Partner attended the National Federation of Families Conference in November 2012.
- The LFC, and 2 other VFF staff , Kathy Holsopple and Joy Prior, are Vermont's first 3 parents Nationally Certified as Parent Support Providers through the FFCMH Certification Commission for Family Support. This is an independent program of the National Federation of

Families for Children's Mental Health.

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 how to move forward in implementing 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 that is in the process of becoming certified as TIP Trainers and has participated in facilitating the second series of trainings in this certification process. 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. This team has also started connecting with regional agencies & organizations to plan for bringing this training to them in their own areas and in a way that is designed to fit their needs/availability for the training.
- The LFC, SMCM, and YAC attended the Georgetown Institutes Conference in Florida this year and attended workshops on youth leadership, Family Leadership, empowerment and safely sharing your story.
- The LFC, SMCM, and YAC attended the National Federation of Families Conference this year and
- LFC & YAC are compiling a framework where they can bring together youth leaders from all over Vermont to help develop a Vermont training for youth on how to safely share their story with the input co-facilitation of the young adults.

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 in general.
- YAC continued to support Linda Li from the Burlington area in her efforts to maintain a refugee youth group. Details above in # 1

- YAC worked diligently to collaborate with the VT Dept. of Health’s Office of Minority Health, in the review and implementation of their role in the Young Adult Initiative Grants project statewide. Working with both the review committee and the regional programs applying for the funding in their work to include and represent minority populations in the various areas of VT.

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 as well as VFFCMH. Some of the conferences include VAMHAR and YIT Fall Sharing Day. This presentation has proven to draw more people than other prior presentation displays.
- SMCM continue to work in partnership with VFFCMH, the University of Vermont, the Me2 Orchestra, and other statewide organizations to create and disseminate two public service announcements (PSA). One PSA focuses on child and family mental health and the other targets reducing stigma. This project took up and will be promoted for 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 photos will air at the end of each PSA being released on Children’s Mental Health Awareness Day 2013.
- SMCM has begun a new Mental Health Awareness Campaign, “Going Green for Mental Health”. This campaign will be executed during basketball and hockey seasons in Vermont high schools. Players will wear green socks and students will pass our green ribbons and information regarding mental health. The Vermont Association of Athletic Directors and the Vermont Principals Association are 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 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 suggested to be around ending stigma, along with 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.

- YAC attended Young Adult Advisory Team (YAAT) meetings and supported them in their work statewide to educate people about the state of Vermont's youth in relation to substance abuse and how to effectively treat these substance abuse issues through empowerment, training and peer support.
- YAC attended several meetings with the Bradford Teen Association (BTA) and its youth leaders to help them plan for how to address some struggles they were having with the local Parks & Recreation Association. The BTA is housed under the auspices of the Bradford Parks & Rec. which was questioning the value of the BTA program and whether to continue to fund it, or even allow it to continue to exist. After attending planning meetings with BTA staff and youth, Matt assisted them in attending a meeting of the Parks & Rec. Council (with Bradford Select Board members in attendance) to present the value of the program and keeping it going. The YAC was valuable to help smooth out some of the communication & interpersonal struggles that were occurring between members of the two groups and was able to get them working in a collaborative way during meetings. .

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

- YAC had continued his regular participation in the Children & Family Council of Prevention Programming (CFCPP) meetings monthly. At the group's request he joined a sub-committee of the group to help them work on developing new avenues for getting youth to participate in council meetings and become active members of the council.
- YAC is a member of the ACT 264 Board and regularly addresses issues with the Vermont state system of care. Matt is viewed as "representing" the voice of the young adults of Vermont in these conversations and solicits specific feedback from young adults for the group when requested/needed. This Governor's appointed board is including the idea of "formalizing" the system of care for transition aged youth in their recommendations to the governor and legislature this year. They are also including support for the Peer Navigator family support program.

- YAC has continued his work with the new Statewide Coordinator for the Vermont Coalition of Teen Centers on partnering together in their efforts statewide. Matt has suggested that given, the research on the effectiveness of teen centers in helping youth in this age range in general, and the interest & impact that peer work & advisory boards have across the state/nation, that bringing all of these together in mutual support & benefit seems to be an ideal goal in moving forward.
- At the heart of the YIT Grant's work and that of the Transformation Grant, is the notion of peer support staff and using consumer voice in the design & implementation of services and of the system of care in general. Matt continues to work toward including family-to-family and transition aged youth in his work with the Transformation Grant, to begin to pave the way for formalizing these types of strength based approaches and unifying these different efforts under one philosophical umbrella for mutual support and benefit. Matt continues to be involved with the Transformation Grant State Advisory Council meetings and in planning with members of its operations team to move forward with these shared beliefs/visions for a unified peer movement statewide. Matt has also worked with the Chittenden Turning Point staff & members of the Wellness Co-op on youth engagement and empowerment principles on an individual program basis as well.
- At their request, the YAC attended a meeting of the Vermont State Program Standing Committee to assist the group in planning ways to engage youth in their meetings and as members of their committee. This is a group of family members and service providers who advise the Governor and state's mental health system and how it functions, with a particular emphasis on consumer voice. After consulting with this group, Matt moved forward in collaboration with AmeriCorps Vista staff working with the state's Youth Development Program (YDP), to develop a list of what Vermont youth feel this committee should discuss with them. The intention is that the committee will prioritize and select from the list of discussion topics provided by the youth and then invite them to start having those conversations to inform the committee at future meetings. Matt finalized the document and presented the report to the State Standing Committee for their review during this reporting period.
- YAC started a routine of meeting with the Guardian ad litem (GAL's) of the White River Junction & Chelsea Courthouses to educate them about how to work with and empower youth in transition as they move through

	<p>the court and foster care system. The first group felt the meeting was so beneficial that they are encouraging GALs from the surrounding areas to have similar meetings with Matt. Matt also informed these groups about the TIP Model training offered through the YIT Grant and offered that GAL's be involved in future trainings.</p> <ul style="list-style-type: none"> • YAC worked with Alice Maynard from the VT Department of Mental Health on her Agency Improvement Model (AIM) project to refine and improve the recruiting and functioning of members of the ACT 264 Advisory Board. This project was completed and presented at a Quality Assurance Fair during this reporting period. • Matt attended meetings of the Youth Development Program statewide network, as well as, individual meetings with their statewide coordinator to improve connection and collaboration with that program statewide. • YAC participated in meetings with the 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. It appears that an RFP process will be coming out of these meetings and that the Dept. of Health wants to ensure youth involvement and effectiveness of this new programming for the youth of Vermont. There will be on final meeting of this group in the coming reporting period. • YAC participated in the National study of what youth/young adult peer support work looks like at the ground level. He participated in phone interviews and surveys with Portland State University staff to give Vermont's input into what works best for peer support workers for this population and what VT peer support programs look like in action.
	<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</p>

	relationships....8
	7. Increase in young adults’ strengths and protective factors....
	8. Improved mental health for young adults.
System of Care Infrastructure Indicators (for federal TRAC):	<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 he is building statewide, 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 being certified as a trainer. • TAC & SMCM are also working to promote 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, he 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. This Executive Board will plan the Youn Another intention of this effort is the possibility of having this Executive Board, decide to develop into applying to be a Vermont chapter of Youth MOVE National. • g Adult Voice Movement Conference 2013 as one of their agenda items. <p>Organizational Change:</p> <ul style="list-style-type: none"> • YAC is working in all of the service systems and community meetings he is involved in to help promote the concept of peer support services being a formalized part of the Vermont System of Care. He is 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. <p>Partnership/Collaboration:</p> <p>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:</p> <ul style="list-style-type: none"> • 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.

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)
- Project Harmony International; working together to develop a social media internet resource for accessing & utilizing various services related to life-skills specific to each region of the state of VT.
- The Vermont Coalition of Teen Centers (VCTC); Matt is working with the Statewide Coordinator to assist the regional YIT programs in the development of teen centers across the state. They are also working together to establish centers for both early teens (the “traditional” definition of teen center) and transition age youth, that require more of a life-skills & resource center. These are two very different sets of needs for two very different populations that need to be addressed and supported. This relationship and collaboration is working towards being formalized in writing for the coming year.
- 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.
- YAC & SMCM are working with a collaboration of service providers (JOBS, YIT, VR) in the Barre region on growing and developing their Drop-In Center hours at the Choice Academy school, while also working with the long-term plan of having that develop into a more formal teen center for the Barre youth.
- AmeriCorps Vista workers associated with the Youth Development Program to guide and support the Children & Family Council of Prevention Programming (CFCPP) to both have more youth/young adults involved as council members, but also to continue to move forward the project of soliciting feedback from the minority youth population of VT regarding their experiences, struggles and needs for support.
- SMCM is collaborating with Vermont Association of Mental Health and Recovery to make a team for promotional purposes and share

	<p>resources. This partnership is based with their Marketing Manager, Dan Osman who is also the president of Camp Daybreak.</p> <p>LFC attends the following statewide meetings representing the Family Voice in the Vermont state system of care:</p> <ul style="list-style-type: none"> • 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.
	<p>Types/Targets of Practice:</p>

1. Major Activities and Accomplishments During this Period

- July 2012, SMCM joined two national social media experts with the ‘Caring for Every Child’s Mental Health’ Campaign to co-present at the Georgetown Training Institutes in Orlando Florida. The three hour institute was given to over 50 attendees and was focused on how to effectively utilize social media platforms.
- Attended Georgetown Institute in July 2012 with 4 Young Adult Leadership Award Recipients, with 1 Family Leader and 1 Adult Ally Leader.
- Young Adults Participating and Attending the Fall Sharing this year has increased. Young adults were supported to facilitate portions of the day’s activities and workshops. Young Adults had their own evening training the evening before.
- 3rd Annual Fall Sharing Day- Attendance was at its highest ever, and much more young adult involvement. This event received the most positive evaluations. This year’s Fall Sharing Day was designed and executed to meet the desires from last year’s evaluations. The structure was less formal and workshops were all encouraged to be a conversational format. We modeled successful Young Adult Involvement and incorporated affinity groups of peers as requested.
- 85% of the filming for the two ‘Vermont Wellness Project’ Campaign PSAs has been completed. Influential Vermont leaders as well as families are the faces in each PSA. The completed two will air on Children’s Mental Health Awareness Day 2013.
- November 2012, SMCM, and the Young Adult Peer Leader joined two national social media experts with the ‘Caring for Every Child’s Mental Health’ Campaign

to co-present at the National Federation of Families for Children's Mental Health Conference in Washington, DC. The YA Peer spoke specifically about her Vermont community and the importance of social media connecting with her target audience.

- SMCM was appointed by Governor Peter Shumlins office to be the Lead Artist for the state of Vermont for the National Park Foundation. National Tree ornament creation. We ask Each U.S. state/territory is asked to make 24 ornaments. 23 will go on your state tree and one will hang on the tree in the White House Visitor Center. Courtney selected the Youth in Transition Executive Board, which is made up of five young adults whom have showed exemplary dedication to leadership in their communities, to be the ones to execute the ornaments. All 24 of the ornaments were different, and displayed Vermont through images of snow, log cabins, maple sugar, and more.

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2. Problems

- There is not enough funding for peer support work in general across 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 this in general, but were able to use the request from the Bennington Program to create the contract agreement where their (very exceptional) peer worker contracted with the YIT Grant to provide technical assistance to all of the YIT programs statewide.
- The Vermont system of care in general, including the YIT Grant staff statewide, are combatting a pervasive sense of hopelessness in Vermont's young adults in general. 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, let alone any 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.

3. Significant Findings and Events

- It is evident that our Facebook account(s) continue to be a great platform for us. The numbers have grown steadily and show no signs of stopping. Our audience has been engaging daily.

- The Twitter account, that is both VFFCMH and the YIT grant, has taken off in the last 6 months. 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.

4. Dissemination activities

- Youth in Transition Facebook
 - 335 Friends
 - 6 sub-groups
- Twitter
 - 132 followers. Including Peter Shumlin, Governor of Vermont, and Gary Blau.

5. Other Activities

A candlelight vigil for Newtown CT- Partnership with VAMHAR and NAMI, VFF planned a Candlelight Vigil at that statehouse on Dec 21 as a show of support the families affected by the tragic loss of 27 people in the Newtown CT shooting. Despite the bitter weather that evening, many Vermonters were in attendance. Guest speakers were Jeb Spaulding, Armondo Vilaseca, Tracy Dolan and Reverence Mark Pitton. The Montpelier Community Chorus attended and sang two beautiful songs.

6. Activities Planned for Next Reporting Period

- Planning & execution of 3rd annual Young Adult Voice Movement.
- Attending and bringing along 4 Young Adult Leaders Award receiptents & family leaders to the SOC Conference in Atlanta, GA July 2013
- Children's Mental Health Day Activities 2013 – PSA's go public
- Getting New YIT Website redesign
- Going Green Campaign