

Washington Youth in Transition Semi Annual report

July – December 2012

Semiannual:

<p>Goals for strengthening the systems of care</p>	<p>1: Young adult (YA) leadership is developed in VT.</p> <p>Kristen Howell and Heather Houle, our Youth Engagement specialists, (YES) still lead the Youth Advisory Group for the YIT Grant which meets at the Congregational Church in Barre most months. The numbers continue to range around 10 members who come to the events when their schedules permit.</p> <p>Activities:</p> <ul style="list-style-type: none">• Lasagna Dinner and a Movie for July. Kristen had attended the Federal Federation in 2011, and showed a video of a skit presented by youth about Youth, mental health issues and bullying. They then had a brief discussion about what they saw and how they felt about it• August- a picnic at Hubbard Park celebrating 1 year anniversary of when the group first met.• September was spent by leadership evaluating progress thus far with the group, also discussion of what VFF leadership and YIT staff could do to support growth of this Youth advisory group.• October- Two meetings were held this month. Oct. 13th to go over the calendar and to discuss possible attending the Castleton Bullying Event. None could attend but several said that they would go onto the Facebook page and post their thoughts. Second meeting Oct. 28th to carve pumpkins to put into the local Barre contest at the newest Pub in Barre”Cornerstone Pub”. The building is owned by the Mayor of Barre. Church paid for the entrance fee, so that’s our first donation. Will discuss if possible to put a picture of the church on the back of their t-shirts.• November- Kristen Howell and Heather Houle attended the National Federation of Families for Children’s Mental Health annual Conference in Washington DC which gave the two ladies a huge opportunity to see what other States were doing with their Youth Advisory Groups. They learned a lot from the workshops that they attended. No local group activity this month.• December-VFF worked with Kristen and Heather to set up a regular supervision/support schedule to help them stay on top of planning for the Young Adult Advisory group events and calendars and to help them work more proactively together for the group. Weekly Friday supervisions will be held with the two YES at a local Coffee shop. Kristen and Heather met privately to discuss the new Calendar. Planning for Jan. and Feb. months
---	--

was finalized.

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

- No meeting in July as summer break is a hard time to get people to attend. We plan to hold another training in August for the Co-Occurrence Substance Abuse as Mays numbers weren't there.
- August- We found the time of day made it difficult to get parents to attend. We discussed having the Family Round Table at a different time of day (early evening) and maybe changing the venue as well .
- September- Cindy and Amy talked with Joy Prior, VFF Training Coordinator, about creating a calendar for bringing VFF trainings on Family Leadership to this group. For the Oct. meeting it was decided to bring a Pre/Post vention Suicide training at night at Vamhar conference room.
- October- Dianne Bouchard did the training this month on Prevention/Postvention Suicide at the Vamhar Conference room. 6 attended this meeting.
- December was another planning month. It was decided to bring VFF's training on Coordinated Services Planning at the Vamhar Conference room Jan. 31, 2013 at 5:30 – 7:30. I will meet with Cindy in the beginning of January to update Barre Family computer list to send out invites as well as sending to Heads of WCMHS to download to their staff and case-managers working with schools that could benefit from this training.

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

4: System of Care partners gains cultural & linguistic competence

(CLC)...CLC training was June 22, 2012 at Beckley Hill 3rd floor conference room. Twelve attended

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

- The Youth Advisory team is wearing Teens 4 Change t-shirts to all community events. Some of the Young Adults wear the t-shirts to the events at the church as well.
- Kristen and Heather are still looking into the Banner for T4C. There is budget for this.
- There has been discussion of getting the T4C logo up on Facebook, and building their own webpage. Courtney began placing the T4C logo and mission on the Facebook page or the VFF Web.
- The Youth Advisory Group meets usually at the Congregational Church in

Barre. The church has their own Youth Group and have talked to Kristen about getting both groups together for a few meetings and then join together to reach out into the community and volunteering. The Church has really taking an interest in our group and was willing to support and pay for our pumpkins to be entered into a community contest.

- The FFFCMH conference opened the YES ladies to amazing ideas and opportunities that their group hadn't done yet, but could totally take on. They came back excited to move forward with this group, and to get the group to move forward to peer outreach for the group and to the community.
- Both YES young adults met and made a calendar that they want to have for 2013. They want a "take" month where the group gets together and just has a fun event bonding and getting closer. Then they want the following month to be a "give" month where they give back to the community. They met to discuss all this and to set up January as the "take" month making chocolates with Chocolate's for Change, and then February as the "give" month to give those Chocolate's that they made back to the community. They will decide who they give the chocolate's two at their January meeting in 2013.

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

- One client was brought into the YIT Grant in July.
- Drop in Center isn't working as we had hoped. Will take the next few weeks to think about a change.
- Intake team continues to collect Common Study follow-ups and /or discharge forms on our clients every 6 months.
- Services and Costs are still a challenge to code for VCHIP data chart.
- July had 10 requests to use Flex Funds for current clients. 3 phone cards, 2 gas cards, clothes for interviews, mentorship, car seat, household products for our homeless client in the new apt, and continual GMTA transportation for family therapy in Brattleboro.
- Drop in Center has become more of a pizza party, so at the Aug. Intake meeting we discuss how we can make it a definite training with specific topics, registration (as well as walk in's), to make it more concrete with a calendar of what we're teaching and who's doing that. This will take some time to plan and get some results. Maria has agreed to take this on and will come back with idea's in September Intake meeting.
- 1 new client into the YIT Common Study, 1 client discharged because hadn't seen for over 90 days to get services, 1 - 6 month follow up study.
- 7 requests's for using Flex Funds, 2 phone cards, a background screening payment to get homeless client into an apartment, Maternity clothes, driver's permit, Pizza for drop in Center, balance to storage bin to get belongings out for homeless client get their furniture for new apartment, and continue

	<p>GMTA transportation for family therapy</p> <ul style="list-style-type: none"> September-7 requests for the use of the YIT Flex Funds. 2 phone cards, books for newer client wanting to further their education at CCV, 2 gas cards to mentor helping client with independent living skills, GMTA travel continues, bought the next round of 10 gas cards for Gas Program. October- 7 requests this month for the use of the YIT Flex Funds. 1 stipend for incentive for attending “Works for Women Program”, Art supplies for Art Therapy, baby things for new mom, 1 phone card, resume template for Drop in Center, One 3-month gym membership, and continue to do GMTA travel to Brattleboro November and December- 12 requests this month for the use of the YIT Flex Funds. 4 Stipends for incentive for attending “Works for Women Program”, 3 gas cards, 2 phone cards, Winter clothes and boots for client that has no transportation to walk to their appointments and for interviews, collaborated with Voc-Rehab to help pay car insurance for client who needed to get their car back in running to make interviews and employment, and continue to do GMTA travel to Brattleboro.
	<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 0</p> <p>2. Increased number of young adults who are employed.... 7</p> <p>3. Increased number young adults participating in (or who completed) educational programs.... 8</p> <p>4. Increased number of young adults who have access to, and are using, a medical home.... 2</p> <p>5. Increased number of young adults living in safe and stable housing....7</p> <p>6. Increased number of young adults who have caring & supportive relationships....8</p> <p>7. Increase in young adults’ strengths and protective factors.... 8</p> <p>8. Improved mental health for young adults. 9</p> <p>Organizational Change: NA</p> <p>Partnership/Collaboration: NA</p> <p>Types/Targets of Practice:</p>

1. Problems

- Housing continues to be an issue for this region. Nelson St. Apts. in Montpelier has been a good transitional housing for Washington County but limited apts, so can only house 6.
- Homeless client was placed into an apartment through an adoption agency but they didn't take into consideration that their reach up money is over a \$100.00 short of the rental amount so the client will always be behind in rent and leaving the client with no extra money for things that Food-stamps can't purchase.
- Still finding that these Young Adults in this age range, especially if they are parents struggle with completing all the things that they need to do for Reach up benefits and that they are often "Sanctioned"(less money on their account) until they do complete everything, making it harder for them to live off what money they have coming in Month to Month.
- Drop in center is still not running the way that we had hope. Seems to be more of a come and chat session than a training session. The intake team will discuss changes that need to be made and what that looks like at their next meeting in August. We had to stop the "Drop in Center" at August end as it wasn't working as we had hoped. We have discussed possible changes that need to be made but will need to take some time to figure out what needs to happen and how. We will be closing the center until further notice. Maria Noyes and Emily Pryme will look into changes. Maria Noyes and Emily found that the room for the "Drop in Center" will not be available to us every week. Found that it didn't make sense to start something that wasn't starting out consistent, so we will need to wait until Choice Academy moves to the new facility before starting back up. Tentative timeline for Choice Academy to leave their place on Summer St. now looks like possibly February 2013 which means Drop in Center may not happen until then.
- The SOC team meets bimonthly, but finding less people are attending.
- Summer vacations for staff make having a full attended Intake difficult when only 3 are available for them. Would be interested in perhaps adding more staff to the intake team but not sure if that is feasible or at least try to invite other staff from other mental health agencies to our meetings.
- VCHIP still sends out their collection of data needed around the 6 month follow up and those clients that have followed up with them for the National Study now have to have the CIUF form filled out by the original case-managers. We are finding that some of these YA haven't been in touch with their case-managers in sometime so it's difficult to complete this particular form..
- Still having problems matching our client ID#'s up to the Service and Cost reports. Jesse Suter is still working on this through VCHIP.

2. Significant Findings and Events

- Cindy Marshall is maintaining with the supervision with YES young adults but timing is somewhat a problem getting all together at the same time. Will be looking into this as we forward.
 - Getting 6-month follow-ups have been more difficult this month because it's the summer months and clients are not staying in touch with case-managers
 - Heather Houle was hired by WCMHS for 20 hours a week working with the Chocolate's for Change Program with Nicole Mondejar. This position has potential to become a full time job somewhere down the road. Time hasn't been specified.
 - Intake team is becoming more efficient at filling out the 6 month Follow up/discharge forms. The form clearly states that you can fill out the first 2 pages and if you can get an interview with them by the time the form needs to be completed then you stop at that point and do not continue but state that you couldn't conduct the interview because there was no current contact with the client. Then send in to VCHIP as is.
 - Changing the Family Round tables to a later time in the day (5:30-7:30) helped a lot with attendance. The location is still working and we will continue to hold our trainings at this time and see what kind of consistency we get or not get before changing venues.
 - Maria Noyes and Emily Prime brought to the Intake Team the plan to follow Emily's trainings that she already has in place for her own youth in Transition program through WCMHS. We bought a Resume Template to be used in the 4 computers that we have at the JOBS building and this will be our first training when the Drop in Center re-opens.
 - The stipends for our Young Women clients to be an incentive to attend the "Works for Women Program" has been very beneficial to help them complete the program as well as having them more prepared to go out and look for work after they have completed the program.
3. Dissemination activities
- Family Round table posters.
4. Other Activities
- TIPS training in South Burlington July 11th and 12th 2012.
 - The VFF took the staff members and the board members out for a Holiday luncheon at the Single Pebble. It was a great time, well attended and very appreciated. We don't often get time to really get to know each other (staff to board members) and this was a nice way to meet each other or see each other again.
- TIPS part two training again in South Burlington at the Holiday Inn. This training got into the beef of the concepts and really helped me think about how to help the most difficult "family situations" and have more understanding of how to help them advocate for themselves.