

**Barre Youth in Transition Semi Annual report**

July-December 2013

**Semiannual:**

<p><b>Goals for strengthening the systems of care</b></p>	<p><b>1: Young adult (YA) leadership is developed in VT.</b></p> <p><b>July</b></p> <ul style="list-style-type: none"><li>• Kristen Howell and Heather Houle continue to work as Youth Engagement Specialists, YES. They lead the Teens for change, T4C, Youth Advisory Group in Washington County and plan monthly meetings. One month is a “take” month where they do something that the entire group wants to do for a fun/bonding activity. The next month is a “give” month where they give back to the community as a group. Depending on schedules some months will have both events.</li><li>• T4C met for two days in July and set up a table during the Heritage Festival in Barre, July 26<sup>th</sup> and 27<sup>th</sup>. The group volunteered to help out during the parade with crowd control and clean up around the parade boundaries. Their table had information about Teen 4 Change, (T4C) brochures; pictures of some of their events and a raffle, which helped get new names and contacts for the group to grow. Nine Young Adults volunteered both days.</li></ul> <p><b>August</b></p> <ul style="list-style-type: none"><li>• Kristen Howell stepped down from her position with T4C for numerous reasons. We are sorry to see her leave and hope that she will still be interested in joining the T4C group as a volunteer. She no longer works with VFF for the YIT Grant work.</li><li>• Heather Houle stepped up as the number 1 Y.E.S. Youth Engagement Specialist, for the T4C group in Washington County. There is much to do with the transition from 2 leaders to one, so Cindy Marshall, Amy Lincoln Moore and Matt Wolf will be helping Heather to make this transition easier. We are all in agreement that no T4C meetings will be held this month so that we can get back on track where we need to be. Youth will be notified of the change and asked to wait for September’s meeting where we will have a 2 year Celebration of the T4C group and ask them of what they would like to do to celebrate.</li></ul> <p><b>September</b></p> <ul style="list-style-type: none"><li>• <b>September</b> was Heather Houle’s first month in charge of T4C group and started great. The group celebrated their 2<sup>nd</sup> Anniversary with a Bowling event which was the Youth’s Choice activity to do. Heather got in touch</li></ul>
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with the original group and some of the new members and invited them all to have a day of fun and celebrate the two year anniversary of the group. Thirteen youth attended this event. The highest amount of Youth since the group started. Some Youth brought their children and it really was an amazing event for them to see. They discussed what the next months would look like and how they could help out in the community. They are planning to help out the Humane Society in East Montpelier next, and they all agreed that they would like to participate in that event.

#### October

- This is the first “GIVE” back month for the Washington County T4C group since Heather took over. They volunteered at the East Montpelier Humane Society. They helped out with yard work, and are hoping to help out with more hands-on dog care in the future. They set up an email trail for several months so T4C can help out with what the Humane Society needs. 8 Youth attended this event.
- Heather has ties to this business also through “Chocolates for Change” and is hoping that the Youth Volunteers could potentially be seen as people to employ in the future.

#### November

- This was a Take month for T4C. Heather wanted to say thanks to the Families of the Youth who attend the monthly T4C meetings, and planned a Family dinner. The Youth will cook the meal at the Church and invite their Family members to come. 15 Youth and family members attended the Family Dinner.

#### December

- December is a very busy month for Heather and Chocolates for Change. It’s their busiest season for retail sales and events so there was no T4C meeting this month. She found several gift wrapping events locally held in Barre and alerted her Youth of them so they could volunteer at any of the events and use that as their “give” month activity.
- Heather is planning to attend the YIT Statehouse Day on January 31<sup>st</sup>, 2014 with some of the Youth from T4C.

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

There was no Family Round Table in **July** as it was the off month.

- **August** Family Round Table had 6 signed up. Two professional and 4 family members. The day before the meeting, the 4 family members met with a crisis and couldn't make the meeting. Due to topic, it seemed senseless to have their case managers only come, so we cancelled. The next meeting will be in October.
- **September** is an off month for the Family Round Table, but Cindy Marshall, Joy Prior and Amy Lincoln Moore met to discuss new ways to engage parents. We created a survey to put out to our families to find out what topics that they might like to learn about and will then base our training portions of the meetings on their needs. We put the survey out this month and will see what outcomes happen. **October and November** will hold no meetings as we wait for the survey results, compile responses and plan the next few meetings.
- The SOC did meet this month but numbers are still down. IFS and PCA are the two biggest topics on the agenda with back up YIT updates.
- **December.** Cindy and Amy met at the VFFCMH office to go over the family survey results. We came up with the top 3 choices of trainings that the families wanted and will start these trainings in January of 2014. We plan to distribute the flyers more extensively to all WCMHS buildings as well as the Family Center and CVCAC and build our family contact lists.

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

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

- Washington County has completed a training with Mercedes, and will have another CLC training if there is a request for it.

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

- The Youth Advisory Group continues to wear their shirts at Community events. They plan to order more shirts as our group grows, and talk about sweatshirts with logos for cooler month events.
- They used the Banner that was created for the T4C at the Heritage Festival Table in **July**.

- There was no T4C meeting in **August** with the change over from Kristen to Heather Houle as the new Y.E.S. leader. The whole YIT team (Cindy, Amy, Matt and Courtney) did a lot of supervision with Heather this month to help her feel confident that she could do this role and do it well. We planned out the rest of the year and helped Heather with the steps to make them happen and how to get the T4C youth back involved.
- **September-** Amy met with Lisa Estiville, Choice Academy School Director. They discussed informational topics of YIT Grant and VFF/Kinship Care, to help inform the parents of Choice Academy Students what is available for their families.
- **October-** Discussed getting sweatshirts for the cooler months to wear outdoors with the T4C logo's on them.
- Heather is proving to be a good leader for the T4C group, asking for help when needed and really moving beyond her own comfort zone.
- **November** Heather is making calls to businesses who print sweatshirts and getting prices and collecting sizes from all the Youth.
- **December** Handing out my business cards at all the CSP's and IEP events that I attend. I plan to make more YIT brochures for Washington County to send out to all High Schools in Washington County.

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

- Intake team continues to collect Common Study follow-ups and /or discharge forms on our clients every 6 months, and meets every month to discuss Youth involved in the YIT Grant and their needs.
- Services and Costs are continually in the same situation that they have been in the past. Do not know where Washington County sits with this status. Believe that VCHIP is getting the information from WCMHS and filling in their own data.
- Had no new Youth added to the YIT Common Study in **July**. We had one 12 month follow up and one Discharge in July.
- There were 6 requests for flex funds this month. Three phone cards, 1 client who ordered his own car parts from the internet to fix his own car to get to work, 1 client to get a bike so that they could bike to work, and 1 client to pay for their car registration and inspection so that they could get to their employment.
- No new clients in **August**  
Flex fund requests: 1 to help fix a car for client to get to work, two phone cards and one car loan payment along with Voc-Rehab collaboration.
- We had three Youth age out/Discharges. One of those Youth had additional CIUF (Child Information Update Form) filled out as they had continued with

	<p>the National Common Study?</p> <ul style="list-style-type: none"> <li>• <b>September</b>, We have 1 new client to the YIT Grant, 1six month Follow up on a Client, Two Discharge forms on clients</li> <li>• Five Flex Fund requests: 3 phone cards, one working for Women’s Stipend, 1 purchasing 10 Gas cards for another pilot program.</li> <li>• <b>October</b> Eight Flex Fund requests: 1 Drivers permit, 2 driver’s license, 1 driving lessons(5 sessions), 1 stipend for Women’s for Work, 2 gas cards, 1 phone cards for pilot program.</li> <li>• <b>November</b> No new clients this month, One 6 month Follow up on Client, Thirteen Flex Fund Requests: Three phone card, one gas card, 1 for tools for client’s new job, 1 coffee request for Joy’s training, 1 permit test and permit, 1 to purchase a mattress, box spring and accessories for new client moving into Nelson St., 2 winter clothes and boots, 2 to have clients borrow a car from All State Driving Instruction to get their license, 1 to get drivers lesson’s from same company.</li> <li>• <b>December-</b> No new clients this month. One client discharged this month, 3 flex fund requests: 1 to purchase gas cards for the pilot program, and 1 to purchase a phone and phone card for an existing client.</li> </ul>
<p><b>Desired outcomes for young adults of transition-age</b></p>	<p><b>7: The State supports and sustains regional services for young adults....</b></p> <p><b>1. Decreased number of young adults involved in the corrections.... 0</b></p> <p><b>2. Increased number of young adults who are employed.... 10</b></p> <p><b>3. Increased number young adults participating in (or who completed) educational programs.... 5</b></p> <p><b>4. Increased number of young adults who have access to, and are using, a medical home.... 4</b></p> <p><b>5. Increased number of young adults living in safe and stable housing....6</b></p> <p><b>6. Increased number of young adults who have caring &amp; supportive relationships....6</b></p> <p><b>7. Increase in young adults’ strengths and protective factors....8</b></p> <p><b>8. Improved mental health for young adults. 11</b></p>
<p><b>System of Care Infrastructure Indicators</b>  (for federal TRAC):</p>	<p><b>Workforce Development</b> The interagency professional development plan</p> <p><b>Organizational Change:</b> NA</p> <p><b>Partnership/Collaboration:</b> NA</p> <p><b>Types/Targets of Practice:</b></p>

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## 1. Problems

- Housing remains an issue in this district but we maintain the Nelson St. Apts. in Montpelier that have been good transitional housing for Washington County, limited to 6 apartments. This is an average 12 to 18 month housing opportunity.
- “Works for Women” is still not a program that happens in the summer months and think that our Youth in this District could benefit from that. May be based on the availability of Staff needing to take their vacations during this time.
- Having difficulty getting numbers to our Family Round Table. We didn’t hold the training this month as planned, due to lack of numbers.
- We learned that when we work with Youth who are parents, we need to find out all rules regarding their children if they are going to bring them to our events. When Heather arrived at the Humane Society she was told that her son could not stay, as the state law says minors under 16 couldn’t volunteer, even being a spectator would be looked upon as volunteering, so she had to leave.
- Working with our YES, Heather to Houle to solve email, phone communication glitches. She doesn’t have internet at home and can’t afford to set it up. Cindy and Amy will be discussing what VFF can do to make this happen.
- We no longer need to collect Common Study forms for new clients. Now I no longer know if all those using flex funds are new clients to YIT grant or if they may be those who were already part of grant work but have other need for flex funds. We are still obligated to do 6 month follow-up reports and discharge forms.

## 2. Significant Findings and Events

- Nicole Mondejar and I are working on an application to nominate Heather Houle for the Young Adult Leadership award in the next few months.
- Cindy Marshall, Matt Wolf and Amy Lincoln Moore have worked out a monthly Calendar schedule to be the leads for Supervision for both Kristen and Heather’s Supervision. They will each take a lead Friday, with some involving both Cindy and Amy. Courtney will attend when Marketing assistance is needed.
- There has been a significant change in the T4C leadership. It was time for the change, and we will miss Kristen and hope that she might return as a volunteer.
  - The change is a needed one moving forward with the YIT Grant. We look forward to the success of T4C with Heather Houle in this position and the success of sustainability.
- Cindy Marshall and Amy Lincoln Moore met with Choice Academy’s Lisa Estiville who runs the program, to strategize how we could collaborate with these two groups.

- Emily Chadwick is still teaching her “Life Skills Group” and teaches the same skills that we wanted to have at the Drop in Center. None of the T4C youths are involved in her classes but many of the YIT youth that currently get services from WCMHS are attending these classes.
- System of Care meetings are still meeting every other month. Met this month with the normal small group. IFS updates, YIT updates and DCF updates were on the agenda.
- We are planning to bring/invite the seniors of Choice Academy to the group and see how those interactions work for the T4C group.
- Heather’s attended the NFF Conference this year and learned her even more leadership skills. She gained a lot of knowledge on how to empower the Youth she is working with.
- The Intake team’s Nora Lovelette is changing her position at Youth Service Bureau and will no longer be a part of the Intake team. They will be assigning someone in her place at the Bureau, but that person will not become part of the Intake team for the last year of the Grant.
- Courtney Bridges left the VFFCMH as full time Social Media Consultant and we gave her a going away celebration. She will contract out with VFFCMH to maintain our websites, YIT websites and Facebook.

### **3. Dissemination activities**

- The Website for T4C hadn’t been set up yet for various reasons. VFF had the T4C laptop cleaned of viruses and protected. We will look into setting up the Website for T4C.
- The T4C Banner was used at the Festival and many brochures were handed out at their table.
- New Business cards, CSP brochures and YIT brochures are being made due to the phone Extension change for Amy at Summer Street. She will be sending them out to local schools and agencies as appropriate.
- A poster for VFF training “Navigating the Children’s mental Health Maze for families was created and disseminated.

### **4. Other Activities**

- State YIT team met with the Washington County SOC for annual evaluation on July 9th, 2013 at CFYS building in South Barre.
- Amy set up a meeting with Sara Miller from WCMHS to meet Cindy Marshall from VFFCMH. Sara replaced Cath Burns and they hadn’t had the chance to meet each other surrounding the YIT Grant.
- Strategic planning meeting for the growth of VFFCMH held in Berlin, VT September 10<sup>th</sup> at the Comfort Inn.
- YIT Fall Sharing Day at Lake Morey Resort October 1, 2013
- Amy Lincoln Moore, Cindy Marshall and Evelyn Sawyer did a training for Choice Academy Parents on Family Advocacy and the agencies we work for, and shared how

we might be helpful to those Families whose Children attend Choice Academy.  
Fifteen family members attended.

- Vamhar Conference at the Capital Plaza November 6, 2013.
- How to Strive and Survive Training with Joy Prior at Peoples Bank in Barre VT on November 21<sup>st</sup>, 2013.
- National Federation of Families for Children's Mental Health Conference was November 14<sup>th</sup> through November 17<sup>th</sup>, 2013 in Washington D.C. Amy and Heather attended.