

YIT PROGRAM PROGRESS REPORT

1. Grant Number: C-YIT-FY-12-VFFCMH
2. Grantee Name and Address:
VFFCMH
600 Blair Park Road, Williston, VT 05495 (PO Box 1577)
3. Telephone Number: 802 876 7021
4. Project Title: Assuring Partnership of Young adult and Family-Driven leadership for VT's Youth in Transition
5. Period of Performance from July 2011 through December 2011
6. Approved Project Period from July 2011 through June 30, 2012
7. Author's Name and Telephone number: Kathleen Holsopple 802 876 7021
8. Date of report: 1/31/2012
9. Comments (if any):

The federal Government Performance and Results Act (GPRA) primarily focuses on demonstrating accountability and achieving meaningful outcomes for all federally funded programs. Please make sure to include information on the outcomes of your project activities and the impact of your project on improving the lives of Youth in Transition and their families in the Program Progress Reports submitted.

1. Major Activities and Accomplishments During this Period

- Courtney and Matt helped support three young adults as they planned, and delivered a workshop at the National System of Care Conference in Chicago. The workshop was about how these youth, and others, designed and implemented the youth driven statewide Young Adult Voice Movement (YAVM) Conference with the goals of educating their Peers about life-skills and working to reduce the stigma associated with young adults (YA) in general.

Three Young Adults and 1 Family Leader were supported to attend the National System of Care Conference along with the YIT Grant State Team.

- Leah Holmes-Bonilla and Brittany Smith, both with the Caring for Every Children's Mental Health Campaign, joined Courtney in hosting a 'Social Marketing 101' event. The event focused on the; who, what, when, why, and where's of social marketing and

social media. The event was carefully planned by Leah, Brittany, and Courtney. Hurricane Irene damaged roads, offices and homes, but the social marketing event was a huge success. Many of the attendees asked Courtney to help their regions begin work branding and/or effectively using social media outlets. The SM101 drew attendees from all regions of the state. There were 28 participants, 9 were YA.

- Cindy, Courtney & Matt were active members on the second annual ‘Fall Sharing Day’ planning group. Courtney’s primary role in the group was to bring the activities of the day to life. Fall Sharing Day 2011 had a road map theme. The primary activity allowed each region to physically map out their System of Care.

In a response to help support some regions with “How to incorporate family leadership” while supporting YA leadership, Cindy facilitated the family/adult ally panel to provide the audience with some successful skills that are being used in Bennington, Chittenden, Hartford and St. Johnsbury.

- Hurricane Irene washing out the Vermont Federation of Families for Children’s Mental Health main office in Waterbury. Upon finding a new space in Williston, Courtney launched a, “We’ve Moved!” temporary marketing campaign. Through social media, new business cards, and other hard materials, VFFCMH was able to start over in strength.
- VFFCMH hosted the National Federation of Families Conference in Washington D.C. Courtney created materials handed out at the conference (in 800 bags) focusing on highlighting Vermont and reducing stigma. VFFCMH sent 11 people: 5 VFF staff, 3 VFF Board Members, 1 Family Leader, 1 Young Adult Peer Outreach Worker, and the YIT Grant Project Director. 5 of the 11 were representing the YIT Grant.
- Matt and Courtney re-designed the structure of the Young Adult Voice Movement Conference Planning Committee(s). The YAVM Conference is in its third year therefore, we believe that the young adults are ready for a more in-depth role. Each region has selected one YA representative that will sit on the statewide Executive Planning Committee. This representative will relay the information to their local group of young adults allowing for more YA voices in the process.

Please report major activities and accomplishments for the following goals and indicators as relevant for the sub-grant

<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"> • Matt chaired the Workforce Development Committee for the new Mental Health Transformation Grant for Peer Support Programming across VT and participated in hiring and supporting the Project Director for that program. Throughout his involvement in these community meetings,
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focus groups, and planning/brainstorming sessions, Matt successfully advocated for the peer work being done in the YIT Grant to be acknowledged by this project and included in its planning moving forward. Matt assisted some of the YIT Grant's peer workers participate in the planning process for the Transformation Grant's programming. Matt continues to advocate for YIT Peers Workers to be included in the "definition" of Peer Workforce across the state of VT.

- Matt supported the development and distribution of this year's Young Adult Mini-Grant RFPs through VFFCMH. He ensured that the regional contacts for the YIT Program knew of this grant opportunity well in advance and has made sure that the regional contacts associated with the YIT Grant in each region received the RFP & application when the paperwork came out. He has also supported six regions in their planning and project development for these youth initiated grants.
- When asked by the Governor's Appointed ACT 264 Advisory Board to make a presentation on youth in transition and what their needs are, Matt highlighted the leadership elements of YIT programming as a strong stated need of this population. From the Peer Support Workers, to the Young Adult Advisory Boards, and including these activities working in conjunction with local teen centers, Matt emphasized the importance of supporting young adult leadership development in helping youth (in general) work toward their independence and be productive members of their communities.
- Matt supported a young adult, to make a similar presentation (above) to the ACT 264 Board on the status and needs of the immigrant (refugee) youth populations in VT. The Board has already discussed their willingness to support this population's needs and have committed to (at a minimum) writing letters of support for any program development associated with supporting this population.
- Matt took lead on the development and implementation of the YIT Grant's new (quarterly) Young Adult Leadership Award. He helped develop the forms and application process, distributed notice of the opportunity statewide, supported the YIT Operations Team in the process for selecting the first quarter's winner, and continues to push the project forward; soliciting nominations from the regions, reminding people of deadlines, and continuing to support the Operations Team's participation in the process.
- Matt led YIT Program orientation and goal planning meetings with new peer workers in the Brattleboro, Hartford, Barre, and Middlebury regions.

He also continues to support these workers in their work toward their goals for their region & position. He held an exit interview with one of the peer workers when she was leaving for college, so that program could learn from her experience and receive honest feedback on how the organization supported a young adult to develop her own peer support program and goals.

- Matt supported young adults who attended national conferences in both Chicago and Washington DC, helping them develop their leadership skills in an “in vivo” style of learning at these events.
- Matt worked with Bob Lauro in the Springfield program and helped him develop his vision for peer workers in that region. Bob now has two and is looking to find funding for two more to make that vision a reality.
- Matt continues to support the St. Albans Program in bringing their youth-led Young Adult Leadership workshop to other regional YIT programs. He is currently working to support the group in bringing the workshop to the Hartford, Burlington & Morrisville regions.
- Matt supported the Morrisville & Hartford regions in bringing local young adults to the St. Albans Youth Summit in November, to inspire those youth in their work in their regional advisory boards.
- Matt assisted in developing the contract for, and is helping to support Katrina Hollis, a peer leader from the Bennington area, to become a statewide technical assistance resource for all of the YIT Programs around the state. He developed organizational & informational materials for her to use in learning all of the regional programs, contacting them, and keeping track of her work with them, and facilitated connections between Katrina and 6 of the 11 regional programs. Matt supported Katrina to attend a YIT Operations Team meeting and supported another young adult, from the Burlington area, to develop a statewide event of his own design. Matt continues to support and promote the idea that Katrina is the first statewide young adult leader and that we, as a state network, are working to develop more.
- Matt attended Young Adult Advisory Board meetings in the Morrisville, Burlington and Hartford regions to support their goal development, inspire the groups to affect change in their communities, and help in the planning for working toward their goals.
- Matt & Courtney continue to support a Burlington YA with his plans to hold a statewide talent show for Vermont’s youth. Matt is supporting this young adult in the development of his vision for the show itself, as well as, promoting other regional talent shows in preparation for the statewide

“finals.”

- Matt supports Linda Li from the Burlington area in her work to maintain a refugee youth group. This group started meeting regularly in large enough numbers (50 at a time) that they began to need further resources in order to continue meeting. The group works to support each other and address broader issues related to the entire refugee/immigrant population in Burlington.. The group 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 potential funding sources and resource information specific to minority and immigrant populations in Vermont.
- Matt is participating in the Vermont 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 assisted three YA’s to talk with the team’s coordinator, although none of those inquiries resulted in applications to the council. Matt will continue to support this effort and has joined a sub-committee of the group to work on developing new avenues (like a youth sub-committee) for getting youth to participate in this (very adult) council.
- Matt started an initiative where he has asked each of the 12 regional programs to tell him what they are best at (giving them examples taken from their own grant reports), so he can compile a “menu” of training subjects that the programs could give each other, as internal program support/education. Similar to the St. Albans Young Adult Leadership workshop, Matt is 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.

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

- Matt chaired the Workforce Development Committee for the new Mental Health Transformation Grant for Peer Support Programming across VT and also participated in hiring and supporting the Project Director for that program. Throughout his involvement in these community meetings, focus groups, and planning/brainstorming sessions, Matt successfully advocated for the family-to-family peer work being done across VT to be acknowledged by this project and included in its planning moving forward. Matt continues to advocate for Family Peer Workers to be included in the “definition” of Peer Workforce across the state of VT.
- Cindy, with the support of the Fall Sharing Day Planning team implemented a family/adult ally panel presentation at Fall Sharing Day. The discussion topics of the family/adult ally where strategies on how to encourage, support, and empower families while serving and empowering

young adult leadership. There were 6 parent leaders in attendance from the regions.

- A Family leader was supported to attend the National System of Care Conference in July, and also at the National Federation of Families Conference in November.
- Family Leadership Roundtables/Trainings continue to happen in Barre, A December family Round Table was held to increase parent voice and input; 16 people attended
- A partnership with VFF, VFN and the VCIL has created training for families and care givers with Young Adults in Transition Age. Cindy participated, explaining the differences in the children and adult mental health system. VFN talked about the Developmental Disability services and VCIL talked about Guardianship, Medicaid with Employment. This training was in Bennington and will have one in Morrisville!
- “Peer Support Work” is the latest topic of interest both statewide and nationally, and Matt continues to advocate for the definition of “peer” to include transition aged youth and family-to-family supports, in addition to the current definition of adults with mental health challenges, in all of the community meetings he attends related to the subject.

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

- Matt is a member of the TIP Implementation Team that developed out of the statewide TIP training last June. He works with the group to determine how to move forward to implement the TIP model in Vermont statewide. The group is looking into site certification and developing a team of Vermont TIP Trainers. Matt is applying to be one.
- Matt attended a Peer Support Conference in Montpelier on September 2nd where he continued to learn about and promote peer support practices across the state.
- Matt has been participating in the Morrisville Steering Committee & Care Team meetings monthly for the last three months, to help stakeholders in that region to gain a better understanding of the Young Adult Voice Movement that the YIT Grant is promoting, as well as, helping them to brainstorm best practices for working with the population within their

local programs.

- Matt & Courtney participated in the planning meetings for the statewide Fall Sharing Day the YIT Grant held in the end of September and helped work to imbed regional needs and suggestions into the structure of the event.
- As chair of the Transformation Grant's Peer Workforce Development Committee Matt helped the group of providers, peers, and stakeholders from around the state, agree on a peer support model to be use by the grant statewide. Matt made reference to the TIP Model several times throughout this process and agreed with the group when they settled on a model that mirrors the TIP model in almost every way. The Transformation Grant has selected a combination of Wellness Recovery Action Planning (WRAP) & Intentional Peer Support (IPS) as their evidence based practice moving the program forward. This combination of models is very similar to the evidence supported practice (TIP Model) that the YIT grant uses in that they are both strength based, client/consumer directed, goal (not deficit) oriented, and work with consumers on planning for their personal futures based on their own stated goals, interests & needs.
- Matt & Courtney co-presented a workshop with the Director of the MH Transformation Grant for Peer Support Services at the Vermont Association for Mental Health & Recovery (VAMHAR) annual conference in October. The workshop consisted of an overview of both programs, how they are both similar in philosophy & strength based approach to delivering services, and also where the differences in the populations being served lie.

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

- Courtney helped brand six regional young adult advisory boards. The branding experience includes, teaching, mentoring, developing, and implementing ideas surrounding, but not limited to, social networking, social media, and promotion of young adult groups. Through this experience, young adults are able to voice their opinions and rally behind a young-adult driven anti-stigma message.
- Matt & Courtney continue 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

	<p>promoting the importance of culturally competent programming across Vermont.</p> <ul style="list-style-type: none"> • Matt supported a Burlington refugee youth and a refugee youth coordinator to make a presentation to the ACT 264 board on the status, strengths and needs of the refugee youth population in Vermont. Many things came out of this presentation and the most significant was the board's commitment to support the needs of the population and their interest in the statistics about immigration which varied countries people are coming from. • Matt is supporting Linda Li from the Burlington area to maintain a refugee youth group that started meeting regularly in large enough numbers (50 at a time) that they began to need further resources in order to continue meeting. The group works to support each other and address broader issues related to the entire refugee/immigrant population in Burlington in general. The group meets twice a month with approximately 50 youth in attendance each time, and Matt has supported the coordinator of the group to connect with potential funding sources and resource information specific to minority and immigrant populations in Vermont.
System of Care Infrastructure Indicators (for federal TRAC):	<u>Workforce Development:</u>
	<u>Organizational Change:</u>
	<u>Partnership/Collaboration:</u>
	<u>Types/Targets of Practice:</u> .

2. Problems

- There is not enough funding for peer support work in general. 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 this funding,, but were able to use the request from the Bennington Program to create the contract agreement between Bennington and the state YIT Grant 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 general, 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, nor any employment options that would inspire a need for continued, or specialized education. 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. The resulting decrease in the help and support that is available for their friends, families, and themselves adds to their already daunting sense of hopelessness. Add to this the recent economic hardships of this country and the chronically increasing costs of consumer goods and life sustaining utilities, these young adults see little hope, or little reason, to dedicate themselves to working hard toward a brighter future and personal wellbeing. They see no developing opportunities for anyone in general, only programs & businesses closing due to funding being cut, or the economic hardships of the people in their communities.

- The impact on Vermont from Hurricane Irene and the flooding of Waterbury has impacted and continues to impact families, service delivery and even mail.

3. Significant Findings and Events

- After over a year of use, it is clear that our Facebook account is a great resource for us. The numbers have grown steadily and show no signs of stopping.
- Young adult involvement and dedication to the project (YIT) is growing.

4. Dissemination activities

5. System of Care National Conference – Chicago
 1. 3 young adults delivered presentation regarding young adult planned events
 2. 1 power point
 3. Young Adult Voice Movement t-shirts and temporary tattoos handed out to the workshop participants.
6. Social Marketing 101 – Randolph, VT
 1. 1 powerpoint
 2. National resources
7. Youth in Transition Fall Sharing Day
 1. 110 Attended with all 12 regions were represented, most of them brought along Young Adult Leaders and 4 regions brought along family adult leaders . Disseminated regional maps, outlining current partnerships they currently have and how strong their relationships are for building a sustaining system of care.
8. Vermont Federation of Families Move
 1. New business cards, brochures, mailing needs, social media/networking poster

9. Vermont Association of Mental Health and Addiction Recovery (VAMHAR)
 1. Top 5 reasons to use social media hand out
10. National Federation of Families Conference
 1. Host T-shirt design – Worn by staff and delivered to Vermont legislatures on Capitol Hill
 2. ‘I <3 my Mental Wellness’ bumper sticker (800)
 3. ‘Vermont is on the Road to Young Adult and Family Driven Care’ postcard (800)
11. Youth in Transition Facebook
 1. 269 Friends
 2. 2 sub-groups
12. Vermont Mental Health Services Cliff Document – Developed for Family Training provided in partnership with VFN and VCIL

5. Other Activities

- To response to a need for easier access to information, Courtney developed what is known as, ‘Bean’s Blog’ to help organize the Youth in Transition Grant Project Manager. Bean’s Blog allows our PM to share resources, announcements, events, etc. in a way that all can access whenever they please.
- The Youth in Transition Facebook is a top source of communication at the state level. The Facebook account has 269 friends, and two sub-groups. Courtney actively checks and updates the Facebook to keep regional partners and other ‘friends’ up to date.
- Courtney is working directly with the YIT Evaluation team to develop a young adult friendly data dashboard. The goal of this project is to engage more young adults into the grant, as well as share the collected information in a way that will sink in with our target population (16-21).
- Courtney was selected to be a part of the Community Recognition Group for the second year in a row. She judged the ECCO awards that were presented at the National System of Care Conference in July. She was also asked to attend the annual meeting in Washington D.C., but was unable to attend.

6. Activities Planned for Next Reporting Period

- Support Executive Committee for the planning of this year’s YAVM Conference and help to develop the group into a statewide advocacy body for young adults to influence the YIT Grant’s programming and the VT system of care in general.

- Young Adult Leadership Award program; disseminating requests for nominations and supporting the YIT Operations Team in their award selection process.
- 3rd Annual YAVM Conference
- Support a Burlington YA in his goal of a statewide youth talent show, by promoting the regional talent shows that will feed the statewide “finals” talent show, and support the youth in holding the statewide event.
- Help the YIT staff prepare the four VT young adults selected to attend the Georgetown National Conference in Florida summer 2012.
- Development of the family training “Surviving Adolescence” for parents and caregivers with young adults with SED.
- Courtney will co-present at the George Town Institutes in July 2012 with Leah Holmes-Bonilla, of the National Caring for Every Childs Mental Health Campaign. The 3 hour institute will be focused on Social Media for Systems of Care.

DMH only:

Date received: _____

Approved by: _____

Date approved: _____

Approved by: _____

Date approved: _____