

## YIT PROGRAM PROGRESS REPORT

1. Grant Number: 03150-C6014-FY13-YIT
2. Grantee Name and Address: **Youth Services, Inc.**; 32 Walnut Street; Brattleboro, VT 05301
3. Telephone Number: (802) 257-0361
4. Project Title: YIT Housing Project--Brattleboro
5. Period of Performance from July 1, 2012 through December 31, 2012
6. Approved Project Period from July 1, 2012 through June 30, 2013
7. Author's Name and Telephone Number: Alysa Vallender (802) 257-0361 x125
8. Date of report: January 15, 2013
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.

### **Two Program Progress Reports must be submitted for this sub-grant:**

1. one for the time period from July 1 – December 31, 2012 (due by January 31, 2013), and
2. one for the period from January 1 – June 30, 2013 (due by July 31, 2013).

### **Report Contents**

#### **1. Major Activities and Accomplishments During this Period**

Report both quantifiable and non-quantifiable accomplishments for the General Expectations and Regional Goals listed in Attachment A (see pages 3-5 of the grant award):

- Quantifiable accomplishments include numbers of youth/families served, people trained, support groups established, etc.
- Non-quantifiable accomplishments should be listed in chronological order. Describe any draft/final products in this section.

**Please report major activities and accomplishments for the following goals, outcomes, and indicators as relevant for the sub-grant. *[This section of the report may be entered directly into the table below.]***

<b>Goals for</b>	1: Young adult (YA) leadership is developed in VT.
------------------	--

**strengthening  
the systems  
of care**

***Required activity:***

*Operate in accordance with continuing input from key stakeholders (including youth and family members) within the regional systems of care....*

During this period, Youth Services continued with the Voc Rehab collaboration to pay Peer Outreach Workers a stipend for their work experience. The Peer Outreach Workers shop for, cook, and serve weekly dinners for young adults at “Drop In” which is hosted at the Boys & Girls Club every Tuesday evening. Peer Outreach Workers are encouraged to help design programming for “Drop In”. Peer Outreach Workers also do street outreach in the community to bring awareness about services in the community. Peer Outreach Workers talk to other young adults about services in the community and help them to gain access to those services. Additionally, Peer Outreach Workers talk to local businesses to request donations for events that are being organized in the community for young adults. Youth Services had to decrease the amount of Peer Outreach Workers this period because of funding cuts, but 3 or 4 are still able to receive Voc Rehab work stipends, with one long-term Peer Outreach Worker continuing to work approximately 5-7 hours/week at a regular wage.

One of the ways the Peer Outreach Workers took a leadership role this period was when they identified that there needed to be more supports for young moms in our community. The Peer Outreach Workers helped plan a Young Moms Focus Group in October 2012 to ask young moms what type of support group they would want to see. This helped Youth Services and Children’s Integrated Services to collaborate on providing a monthly support for young moms in our community. The monthly meetings will include dinner and childcare so young moms can get together and learn about topics that they choose. The group is driven by the voices of the young moms. The first gathering was held in December 2012. For their first meeting, young moms discussed guidelines and expectations that they had for each other and for the program and brainstormed topic ideas for future meetings.

Another leadership role the Peer Outreach Workers had this period was when they initiated a clothing donation drive through November and December to help gather items for youth and young adults and their families who come to the weekly Drop In nights. Peer Outreach Workers went to eight businesses to ask employees and patrons to bring in donations and leave them at designated drop boxes. Peer Outreach Workers then collected the items and set up a donation room at the Boys & Girls Club so their peers could stop by and get clothing items that they need.

A third way young adult leadership has been developed this period was in planning our Kickball Tournament Fundraiser “Kickin’ It Home”. We had two young adult volunteers help us record a PSA at the radio station and distribute information about the tournament to other young adults. The two volunteers gathered enough players to enter a team into the tournament. It was great to see a young adult team come out for the fundraiser.

Lastly we had two young adults represent our community at the Youth In Transition Day of Sharing. Both young adults had a great experience, were able to connect with other young adults, provide information about our community, and gain ideas from other communities.

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

During the intake process, Youth Services case managers help young adults identify their support system through genograms and sociograms. The support system can include family, friends, co-workers, school supports, significant others, individuals in the community, etc. Furthermore, case managers examine with the young adults how their support system has been helpful in the past and how they can be helpful in their current situation. Case managers help young adults utilize their support systems when needed by inviting support systems to team meetings or inviting them to regular weekly meetings. Contact with family members and adult allies also occur as needed with the informed consent of clients. Aftercare Plans include the identification of family and adult allies that will continue to be a support to the young adult as they transition out of programs and/or the system of care.

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

**Required activity:**

*Provide cross-system case management and individualized service plan development, ensuring that young adults are engaged in planning for their own futures....*

Case managers focus on creating a positive relationship with young adults in order to build trust from the beginning. This is done by setting up weekly meetings to create a consistent presence in the young adults' lives. Through regular contact, young adults begin to understand that their case manager is someone that they can rely on for support. A variety of TIP strategies are used in our approach including strengths- based focus, In-vivo teaching, and support in identifying and evaluating options.

Young adults are engaged in their service plan from the initial intake. Youth Services utilizes the Plan of Care to help young adults identify their goals. The following questions also help the young adults explore their goals further:

- “Strengths of yours that will help you accomplish this goal”
- “Steps you need to take to accomplish this goal”
- “How will you know when you are making progress”
- “Strengths or assets you are building”
- “Potential barriers to your progress and plans to address these barriers”

Each young adult reexamines their Plan of Care every six months in order to make changes, update goals, and reflect on their progress. Case Managers are able to take clients out to lunch or on special trips occasionally to celebrate their successes and achievements.

Cross-system case management most frequently occurs with agencies such as Health Care Rehabilitation Services, Voc Rehab, Reach Up, Early Education Services, and Children Integrated Services. Team meetings for young adults can occur at anytime and can be called by any team member including the young adult. During this period, Youth Services hosted five Provider Meetings where system of care providers discuss common cases in

	<p>order to update other team members on young adults' progress or to trouble shoot challenges in the young adults' lives.</p>
	<p>4: System of Care partners gain cultural &amp; linguistic competence (CLC).... No activity for this period</p>
	<p>5: Local communities (including young adults) change their perceptions of young adults and of mental health issues, reducing stigma....</p> <p>Youth Services has continued to run our pilot program with Windham Windsor Housing Trust (WWHT) to house young adults in a Single Room Occupancy (SRO) building. We have found ourselves working with more young families, so there have not been many applications submitted for the SRO during this period (only individuals can reside in the SRO). Two young adults remain living in the SRO, but our partnership with WWHT has really flourished to help house the young families that we work with as well. To date, WWHT is renting seven apartments to young moms, young couples, or individuals outside of the SRO. Common problems young adults are faced with when applying for housing are prior landlord references and credit checks. This partnership with WWHT allows young adults to gain housing with references from Youth Services case managers and other local area service providers. The YIT Housing Coordinator attends monthly or twice monthly meetings with WWHT to support the clients who are housed with WWHT. During these meetings liaisons discuss the waiting list, move ins, move outs, and any challenges or outstanding bills occurring with clients of Youth Services. All these supports have created a positive relationship among young adults, Youth Services, and WWHT for this partnership.</p> <p>The second collaboration that has brought awareness to the needs of young adults in our community is the partnership with Morningside Shelter to house Youth Services clients in an offsite apartment to serve as shelter space. Often times the homeless shelter is full and people that are homeless have to call on a daily basis for weeks or months to get access to the homeless shelter. Young adults have a hard time getting into the homeless shelter because of this process and end up couch surfing for a long time until their options run out. Morningside Shelter has been renting a four bedroom apartment in the community since June 27, 2012. Morningside Shelter has allowed Youth Services to manage the apartment and select appropriate clients to reside in the apartment. Youth Services clients are required to meet weekly with their case manager and attend weekly housing meetings with the YIT Housing Coordinator. Additionally, they are required to complete weekly productive time and make progress on their goals. During this period, Youth Services has had 12 clients and 2 children living in the offsite apartment. In October 2012, the shelter space had a resident manager move in to one of the bedrooms. This has given the young adults more support in the shelter environment.</p> <p>Lastly, the work done by Peer Outreach Workers in the community help to change the perceptions of young adults with mental health issues in the community. Peer Outreach Workers interface often with various community members for their work.</p>
	<p>6: Effectiveness of the Vermont System of Care for young adults with SED is</p>

	<p>evaluated.....</p> <p>Assistant Director of Youth Development attends weekly Coordination of Care Meetings locally. This helps to bring awareness to the need of young adults in our community that are homeless. During these meetings Youth Services is able to network with Agency of Human Services Field Director. In the last six months these meetings have helped one young family receive a Family Unification Vouchers in order to afford housing. Additionally Youth Services staff attends regular state-wide meetings for Vermont Coalition for Runaway and Homeless Youth Program, local Shelter Plus Care meetings (to house chronically homeless individuals with persistent mental illness), and local Transitions to Housing meetings (to house homeless families). During the last six months, we have had five families receive Transitions to Housing Vouchers.</p> <p>7: The State supports and sustains regional services for young adults....</p> <p>During this reporting period, the state continues to support several of our young adults through housing vouchers: five young families are housed through the Transitions to Housing Vouchers, 2 families are housed through a Family Unification Voucher, and 1 household has received a VT Rental Subsidy grant.</p>
<p><b>Desired outcomes for young adults of transition-age</b></p>	<p>1. Decreased number of young adults involved in the corrections system (including an increase in the number who are free of incarceration).</p> <p><b>Required activity:</b></p> <p><i>Reach out to young adults with SED who are out-of-school at least through teen centers, recovery centers, homeless youth programs, and by intercepting them at critical intervention points with the juvenile and criminal justice systems....</i></p> <p>Youth Services continues to run a weekly free meal (“Drop In”) at the Boys &amp; Girls Club. Many of the young adults that attend are already accessing services through Youth Services either through our homeless youth programs, Diversion, Balanced and Restorative Justice (BARJ) and/or Peer Outreach Program. The out of school youth who are accessing services usually have a goal to go back to school. Youth Services case managers help the young adults fulfill this goal by either connecting them to Vermont Adult Learning, Community High School, or the local high school. If clients are currently involved in the juvenile or criminal justice systems, then case managers support them through diversion, meeting with their probation officers, attending court with them or helping them identify community service opportunities.</p> <p>Youth Services also has an excellent relationship with the local Community High School, with referrals made between the two entities on a regular basis. Because Youth Services also holds grants with the BARJ and Diversion Programs, regular collaboration also occurs between YIT, BARJ and Diversion staff in order to provide services and healthy, substance-free options and opportunities to young adults at-risk of involvement with the corrections system.</p>

	<p>2. Increased number of young adults who are employed....</p> <p>Case managers support young adults with their employment goals through job search, application process, resume writing, interviewing techniques, and transportation to local businesses to apply for jobs. The YIT Oversight Committee, which includes Voc Rehab, Children’s Integrated Services and JOBS program staff, discussed ways to gather job postings in one location for young adults to access. Voc Rehab continues to distribute the “Job Line” to system of care providers each week. Providers then review the job listings with clients to help young adults seek employment.</p>
	<p>3. Increased number young adults participating in (or who completed) educational programs....</p> <p>Case Managers regularly help young adults to enroll in Vermont Adult Learning or Community High School to complete their high school diplomas or to earn their GEDs. Once clients have completed their high school equivalent, case managers move to helping young adults explore secondary education. This can include connecting with VSAC, applying for financial aid and grants or scholarships, touring colleges, and applying to colleges. Often, clients are interested in taking a couple classes at Community College of Vermont while they work to take care of their living expenses. This period, the YIT Housing Coordinator has been working with two clients who are interested in attending a four year college to earn their bachelor’s degrees</p>
	<p>4. Increased number of young adults who have access to, and are using, a medical home....</p> <p>One of the first things that case managers do with clients is to help them sign up for health insurance. Once health insurance comes through, case managers help clients identify a primary care physician, complete new patient paperwork, and set up an appointment.</p>
	<p>5. Increased number of young adults living in safe and stable housing....</p> <p>One of the biggest goals for young adults that case managers work with is finding stable housing. Case managers help young adults apply for housing vouchers, complete a budget to assess affordability of housing options, complete housing searches, view apartments, and coordinate with landlords. We have several collaborations that we are working on as mentioned above. During this reporting period, we have a total of 2 young adults who have continued to live in the Cobblestone (a Single Room Occupancy building) through the collaboration with WWHT. Additionally, we have housed 12 young adults and two children in the shelter apartment run by the Morningside Shelter/Youth Services Collaboration. Youth Services provided housing subsidies for independent living to 12 young adults in the TLP program. Youth Services provided 729 nights housed to young adults in this reporting period (that does not include the children of the youth served).</p>
	<p>6. Increased number of young adults who have caring &amp; supportive relationships....</p> <p>Case Managers complete a Plan of Care every six months with young adults.</p>

	<p>During this time, young adults are able to evaluate and add to the support system they have in their lives. Additionally, case managers and Youth Services' outreach workers become a supportive caring adult in the lives of the young adults.</p>
	<p>7. Increase in young adults' strengths and protective factors.... Youth Services case managers utilize a strengths-based approach to working with young adults.</p>
	<p>8. Improved mental health for young adults. <b>Required activity:</b> <i>Improve access to mental health services for the young adults most at risk for poor outcomes and use the power of the courts to increase their likelihood of use of those services....</i></p> <p>Youth Services case managers help young adults access therapy and psychiatry if it is a goal of the young adult. Youth Services invites many local therapists to Clinical meetings to discuss the therapist's approach and techniques. This allows case managers to make appropriate recommendations to young adults when helping them find a therapist. Case Managers also provide rides to therapy appointments to help clients access services easier.</p>
<p><b>System of Care Infrastructure Indicators</b> (for federal TRAC):</p>	<p><u>Workforce Development:</u> Organizations or communities implementing mental health-related training programs as a result of the grant. Please enter the number of organizations or communities and briefly describe the training programs....</p>
	<p><u>Organizational Change:</u> Organizational changes made to support improvement of mental health-related practices/activities that are consistent with the goals of the grant. Please enter the number of changes and briefly describe them....</p>
	<p><u>Partnership/Collaboration:</u> Organizations that entered into formal written inter/intra-organizational agreements (e.g., MOUs/MOAs) to improve mental health-related practices/activities that are consistent with the goals of the grant. Please enter the number of organizations and briefly describe the agreements....</p> <p>Current active MOUs include: Morningside Shelter for master leasing to extend shelter space for Youth Services clients and Brattleboro Housing Authority for the Transitions to Housing and Shelter Plus Care Programs.</p>
	<p><u>Types/Targets of Practice:</u> Programs/organizations/communities that implemented evidence-based mental health-related practices/activities as a result of the grant. Please enter the number of programs/organizations/communities and briefly describe the evidence-based practices....</p> <p>The TIP model is used by both Youth Services and the HCRS JOBS Program.</p>

## **2. Problems**

Describe any deviations or departures from the original project plan including actual/anticipated slippage in task completion dates, and special problems encountered or expected. Use this section to describe barriers to accomplishment, actions taken to overcome difficulties, and to advise DMH of any needs for assistance.

We have not heard of any more updates from St. Michael's Catholic Church regarding the potential housing vouchers through Vermont State Housing at this point. The current tenants (Brattleboro Music Center) are still occupying the building space to be utilized by this collaboration.

The pilot program with the Windham & Windsor Housing Trust is stable and functioning successfully. Plans to expand have not been discussed this period.

## **3. Significant Findings and Events**

For special notice to Principal Investigator, State Outreach Team for Youth in Transition, Federal Project Officer, etc. This should include any changes in staffing, including of persons, time spent, and/or responsibilities. Attach resumes and qualifications of new staff.

None at this time

## **4. Dissemination Activities**

Briefly describe project related inquiries and information dissemination activities carried out over the reporting period. Itemize and include a copy of any newspaper, newsletter, and magazine articles or other published materials considered relevant to project activities, or used for project information or public relations purposes.

Press releases for activities happening at Youth Services are attached.

## **5. Other Activities**

Briefly describe other activities undertaken during the reporting period.

The Youth Development staff at Youth Services held a kickball tournament in September 2012 to raise funds for our program and awareness of homeless youth and young adults in our community. We were able to raise almost \$3000 for our program. The planning process and the activities during the day included young adult input and participation (see above-Young Adult Leadership).

## **6. Activities Planned for Next Reporting Period**

Briefly describe the project activities planned for the next reporting period.

Youth Services and Morningside will continue with the shelter collaboration and be looking towards future funding for the project. As always, we will be adapting any program rules or processes to adapt to the needs of young adults in the program. We will also continue to



implement educational/life skills programs at Drop-In and continue the monthly young moms' group.

***DMH only:***

*Date received:* \_\_\_\_\_ *Approved by:* \_\_\_\_\_ *Date approved:* \_\_\_\_\_  
\_\_\_\_\_