

YIT PROGRAM PROGRESS REPORT

1. Grant Number: 03150-7050
2. Grantee Name and Address: Northeast Kingdom Youth Services, Marion Stuart, Executive Director, 24 Bagley Street, St. Johnsbury, VT 05819
3. Telephone Number: (802) 748-8732
4. Project Title: Implementation of the Caledonia/So. Essex Youth in Transition (YIT)
5. Period of Performance from January 1, 2011 through June 30, 2011
6. Approved Project Period from July 1, 2010 through June 30, 2011
7. Author's Name and Telephone number: Tammy Knights (802) 748-8732
8. Date of report: July 28, 2011
9. Comments (if any): Thank you for this great opportunity for our community

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, 2011 (due by January 31, 2012), and
2. one for the period from January 1 – June 30, 2012 (due by July 30, 2012).

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.]*

Goals for	1: Young adult (YA) leadership is developed in VT.
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<p>strengthening the systems of care</p>	<p>Required activity: <i>Operate in accordance with continuing input from key stakeholders (including youth and family members) within the regional systems of care.</i> In this region young adults have been participating in statewide conferences such as the Youth Development Conference held on April 5th, Youth Town Meeting held on April 6th, and the Young Adult Voice Movement held on May 27th. The young adult coordinator at the state level, Matt Wolf has attended the March and May Young Adult Advisory Board Meetings to talk and educate about leadership abilities and characteristics.</p>
	<p>2: Family/adult allies support young adults. In the last 6 months there were 24 young adults opened in the YIT program. All of those young adults could identify at least one family member or adult ally that they feel to be supportive. 17 of those young adults have a family member or adult ally in which they have a solid relationship with and state that they feel this person would support them unconditionally.</p>
	<p>3: Workers use caring practices known to be helpful for young adults and families. Required activity: <i>Provide cross-system case management and individualized service plan development, ensuring that young adults are engaged in planning for their own futures.</i> The YIT facilitator continues to make it the first priority to provide cross-system case management, individualize services for young adults in transition, and ensuring that young adults are engaged in planning for their own futures. The local agencies such as Economic Services, WIC, Gilman Housing, NEKLS, NEKCA, all continue to be helpful to the participants engaged with the YIT program.</p>
	<p>4: System of Care partners gain cultural & linguistic competence (CLC). not addressed at this time.</p>
	<p>5: Local communities (including young adults) change their perceptions of young adults and of mental health issues, reducing stigma. We are in the process of creating an interactive booth that we will take local community events such as fairs and farmer’s markets that will educate the community on stigma of mental health illnesses and how to deliver services to young adults.</p>
	<p>6: Effectiveness of the Vermont System of Care for young adults with SED is evaluated. Most of the information that we receive about the effectiveness of the System of care in this region is reported to us from the young adults. They explain what does/does not work and what changes they would like to see.</p>

	<p>We have discussed most of this at the Young Adult Advisory Board Meetings.</p> <p>7: The State supports and sustains regional services for young adults. This region is in contact with the state team, primarily the social marketing coordinator and the young adult coordinator. These individuals offer help in regards to young adults activities and young adult advisory boards.</p>
<p>Desired outcomes for young adults of transition-age</p>	<p>1. Decreased number of young adults involved in the corrections system (including an increase in the number who are free of incarceration). Required activity: <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> In the previous 6 months the YIT program has had 3 young adults who were involved in the Diversion program, successfully complete their contract requirements. This was a result of the young adults working closely with the YIT facilitator to meet those goals as well as personal motivation.</p> <p>2. Increased number of young adults who are employed. 11 of the 24 young adults enrolled in YIT program in the previous 6 months have had either part-time or full-time employment. 5 of those individuals found employment while working with the YIT program.</p> <p>3. Increased number young adults participating in (or who completed) educational programs. 9 of the 24 young adults were enrolled in an educational program in the previous 6 months. 3 individuals completed high school and 1 completed a vocational/technical certificate (this individual enrolled in and completed the certificate in 3 months).</p> <p>4. Increased number of young adults who have access to, and are using, a medical home. In the previous 6 months 22 of the 24 young adults enrolled had active insurance and had a primary care physician. 5 of those individuals applied/re-applied for insurance while working with the YIT program.</p> <p>5. Increased number of young adults living in safe and stable housing. Of the 24 young adults enrolled in the YIT program, all of them do have housing. The housing types are independent, living with parents, or living with friends. 8 of those individuals have applied for other independent housing. Of those 8 individuals 5 have found their own independent housing.</p> <p>6. Increased number of young adults who have caring & supportive relationships. All of the young adults enrolled in the YIT program can identify at least one person in which they have a caring and supportive relationship with.</p> <p>7. Increase in young adults' strengths and protective factors. All of the young adults enrolled in the YIT program have identifiable strengths and those are</p>

	<p>used to create life plans and future goals. Through working in the YIT program protective factors are discussed and are determined if such are already present or if some should be sought out.</p>
	<p>8. Improved mental health for young adults. Required activity: <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> During the Common Study intake that is administered by the YIT facilitator during the first or second meeting, it is inquired about mental illness and/or if the young adult receives mental health services. Many times the young adult will engage in a conversation in regards to their thoughts on mental health services. Some of the young adults will state not wanting services and some young adults will want assistance re-connecting with or finding a therapist. In the previous 6 months of the 24 young adults enrolled with the YIT program, 6 have been actively trying to find a new therapist and 5 see a therapist on a fairly regular basis. For some of the young adults who are actively looking for an appropriate therapist, they are encountering barriers, such as therapists' availability.</p>
<p>System of Care Infrastructure Indicators (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. The Department of the Labor support young adults in their employment search and increase opportunity of being employed by providing case management and Summer Youth Employment Orientation. DOL also supports young adults with "on the job training" opportunities with selected employers. Vocational Rehabilitation provides young adults who have any type of disability with case management and are able to give monetary support to help with increasing the likelihood of the young adults being employed. Northeast Kingdom Youth Services has a multiple of programs that assist and support young adults with their employment search. NEKYS' case managers provide support to young adults to write resumes, help with filling out application, do mock interviews (In-vivo Teaching), and by providing transportation to interviews.</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. Most of the organizations in this region that serve and deal with young adults have made organizational change to participate in YIT development. For example, Northeast Kingdom Human Services has a substance abuse counselor who spends one afternoon a week in the Living Room (NEKYS' day drop-in center), to make casual contact as a community outreach. Other case managers at NEKYS meet collaboratively with young adults and their therapists as well.</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. The following organizations were present for the YIT planning and creation: Northeast Kingdom Human Services, Northeast Kingdom Youth Services, Department of Corrections Probation and Parole, Department for Children and Families Family Services Division, Vocational Rehabilitation, Community Justice Center, NKHS – JOBS Program , NEKLS – Adult Education, Vt. Federation of Families, Department of Health, Agency of Human Services, and St Johnsbury School. The YIT Facilitator does have contact with a great deal of these organizations to work in collaboration to support young adults in their transition to adulthood.</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. The evidence-based practice that has been adopted by the YIT program is TIPS (Transition to Independence). All of the programs at NEKYS (Transitional Living, Youth Development, Diversion, Parent Education, Family Connections, and BARJ) use many of the practices outline by the TIPS model, mainly because we are so strength-based. The transitional living case manager and the youth development worker (along with the YIT facilitator and the YIT supervisor) went to the two-day training in Burlington for an extensive TIPS training. The NEKHS- JOBS case manager also attended the training.</p>
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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 continue to struggle with the presence of all of the members of the Steering Committee at the monthly LIT (Local Interagency Team) meetings. The only agencies represented at the meetings are Northeast Kingdom Human Services, St. Johnsbury Academy, Department of Children and Families, and Northeast Kingdom Youth Services.

When YIT was initially established and ready for implementation there were a variety of community partners that would be expected to participate in the monthly LIT meetings. The agencies that we have not had the presence of at any of the meetings in at least a year are Vocational Rehabilitation, Community Justice Center, JOBS program, Northeast Kingdom Learning Services, Department of Health. Agency of Human Services, and Department of Corrections.

The YIT facilitator and supervisor, Alexis Proia, brought to the attention of the LIT at the May meeting that we should have a meeting to bring back those missing members of the initial planning for YIT. We were well-received, therefore we planned to have a meeting in June,

and invite those members whom we had not seen in many months. Other agency received the invite well and were excited to attend the June LIT meeting. Unfortunately the day of the meeting it was canceled. This was the second LIT meeting that was canceled in 6 months.

It is crucial to have the community agencies come together to discuss the barriers and gaps in services for young adults in order to move forward with improving the system of care.

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.

We are on track and do not have any changes to report 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.

The Young Adult Advisory Board met weekly in June, because they were developing a project that could be used to educate the community on how to de-stigmatize mental illness and how to deliver services to young adults. The participants decided to create an interactive booth that will be able to be taken from event to event that will educate the community on stigma and how to deliver services to young adults. This booth will be taken to the Danville Fair, Farmer's Markets in St. Johnsbury, Lyndonville, and Lunenburg, and lastly Harvey's Lake. This project was part of a grant application and if our project is approved we will receive \$500.00. The decision of this grant application will be decided in July 2011.

5. Other Activities

Briefly describe other activities undertaken during the reporting period.

The YIT facilitator attended the following trainings/workshops in the past 6 months:

- * "Gender Identity, Harassment and Creating Positive Communities for Youth," on February 17, 2011 in Montpelier, VT
- **"Retooling Youth Programs for Racial Equity," on March 17, 2011

in Montpelier, VT

- * A webinar titled, "Street Based Outreach 101," on April 6, 2011
- * "Class Shouldn't Determine a Youth's Future – Thoughts on Leveling the Playing Field," on April 14, 2011 in Montpelier
- * "Working With Youth Conference," on May 20th in Killington, VT
- * Advanced TIPS training on June 8th and 9th in Burlington, VT

This facilitator also met with the 5 Vermont Homeless Education Liaisons for the Caledonia/So. Essex counties, those schools are Blue Mountain Union, Caledonia Central Supervisory Union, Caledonia North Supervisory Union, Essex Caledonia Supervisory Union, and the St. Johnsbury School District. Through this process we have received more referrals of youth and families needing services. It was also through meeting with the Essex Caledonia Supervisory Union that we discussed the students of Gilman and Lunenburg and how to reach out to those students. The woman I contacted (Peggy-Sue Pomerville) stated that many of those students choose to go to New Hampshire high schools, therefore Concord High School does not see them to know if there are youth in need of services. The YIT facilitator emailed Peggy a flyer about YIT and she was going to distribute to the schools that may have some students that are residents of Gilman and Lunenburg.

This facilitator along with the peer outreach worker have developed and implemented, with participants, weekly activities in the Living Room. We held a couple of meetings in May to brainstorm, discuss, and develop the calendar of activities for the months of June, July, and August. These activities have been going well and there has been good participation from the young adults. We have done tie dye, a nature walk, a pool tournament, and had a movie day.

6. Activities Planned for Next Reporting Period

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

- *Strive to have more members return to the steering committee and give more of commitment of attendance at monthly LIT meetings
- * Respond competently to the religions, cultures, and languages of young adults and their Families/adults allies
- * YIT facilitator will continue to develop an individual life plan (ILP) with each participant enrolled in the program.
- *Be more intentional with involving the family and/or natural support of the young adult in future planning
- *Reach out to the Recovery Center in St. Johnsbury
- *Participate in street outreach more frequently (preferably at least once a month)
- *Reach out to homeless education liaisons again at the end of August (when school begins)
- *Bring young adults to Youth Summit in Newport, VT on July 21, 2011 for life skill workshops