

YIT PROGRAM PROGRESS REPORT

1. Grant Number: C-YIT-FY12-NCSS
2. Grantee Name and Address: Northwestern Counseling and Support Services
107 Fisher Pond Road
St. Albans, VT 05478
3. Telephone Number: (802) 524-6554
4. Project Title: Implementation of the Franklin-Grand Isle Youth in Transition (YIT) Plan
5. Period of Performance from July 1, 2011 through December 31, 2011
6. Approved Project Period from July 1, 2011 through July 30, 2012
7. Author's Name and Telephone number: Ebony Nyoni 393-6571; Kayla Tatro 393-6570
8. Date of report: January 28, 2011
9. Comments (if any):

The federal Government Performance and Results Act (GPRA) primarily focus 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.]

<p>Goals for strengthening the systems of care</p>	<p>1: Young adult (YA) leadership is developed in VT.</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></p> <p>The Youth Leadership Team met to plan various events affecting youth in our community during this period including:</p> <p>YIT TRANSITION CEREMONY</p> <ul style="list-style-type: none"> ➤ The first Annual transition ceremony was held for youth who completed the leadership group successfully. The accomplishments of the youth were celebrated at this ceremony including the fact that many of the youth were moving on to post secondary venues including Castleton College, and Job Corps. Each youth had the opportunity to speak about their experience as a youth in transition and parents helped provide transportation for the youth that day as well as assisted with set-up and food for the event. Ted Mable (Executive Director of Northwest Counseling and Support Services) shook hands with the youth and wish them all the best and each youth was presented a gift basket filled with school supplies and care items. <p>CARECARDS</p> <ul style="list-style-type: none"> ➤ Youth leaders met in the summer and fall months to design, develop, and establish CareCards. CareCards are greeting cards developed by youth for youth. The overarching theme is to address the issues that youth face on a daily basis like homelessness, substance abuse, poverty, abuse, and hopelessness in a way that's supportive and inspiring. The cards will be available for purchase in the community such as schools, local businesses, and other places youth dwell. <p>REGIONAL ANNUAL YIT CONFERENCE</p> <ul style="list-style-type: none"> ➤ Youth leaders participated in the planning and promotion of the second annual regional YIT conference. During this time youth met to plan for the conference. Youth chose the topics that should be represented, as well as the themes and food. Youth help develop the design for the conference banner, flyers, and sweat-shirts. During the conference, a youth panel of current and former youth in DCF custody spoke to participants about what it was like to grow up in Vermont's foster care system. The keynote speaker was a mother who published photos of youth in transition throughout Vermont.
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	<p>2: Family/adult allies support young adults....</p> <p>Parents exhibit support in the various fashions during this period including:</p> <ul style="list-style-type: none"> ➤ Parents participated at various meetings representing youth in their community, such as our YIT/ Juvenile justice forums, and Community center endeavors. ➤ Parents also participated in YIT programming through providing transportation and support around set-up and logistics for various events including the transition ceremony.
	<p>3: Workers use caring practices known to be helpful for young adults and families.</p> <p>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></p> <p>During this period the regional YIT team implemented the TIPS model as a sure and measurable way to provide each youth entering and exiting our system of care the greatest opportunity to transition successfully. All youth referred to F/GI Youth in Transition have an initial meeting with the youth coordinator which allows the youth and coordinator to work on goals related to getting their primary needs met before joining the leadership group. This assessment period allows appropriate referrals to be made to other services. As a result many youth also participate in JOBS, TLP or other youth-based services to for extra support in areas of transition. The following are examples of ways that the providers have worked to support youth and meet them “where they are at” in order to make accessing services possible:</p> <ul style="list-style-type: none"> ➤ Many youth do not have any means of transportation and live in very rural communities beyond public transportation opportunities, the youth coordinator assist youth on a daily basis access appointments, and resources they need from the various services in the community. ➤ Many times youth are in difficult situations and are too ashamed to access such services as Planned Parenthood, Economic Services, local emergency shelters, Hospital, and/ or substance abuse support groups. However, YIT system of care assists youth by attending these services right alongside them.
	<p>4: System of Care partners meet regularly to discuss ways of strengthening supports for youth in the community</p> <p>One initiative that the community is behind is developing a youth space in our area. Since the closing of the previous youth space two years ago, there has not been a designated neutral safe space in the community where youth can go to get their basic needs met. Many youth find themselves couch surfing, chemically dependent, hungry, and without support. Many community partners</p>

	<p>are participating in the movement to house a place where multiple organization can come together collaboratively to equip youth, young adults and families with the tools to transition successfully which would help strengthen the system of care for youth in our community.</p>
	<p>5: Local communities (including young adults) change their perceptions of young adults and of mental health issues, reducing stigma....</p> <p>Through the active participation of youth at community meetings, panel discussions, and peers sharing with peers, such mental health topics as suicide, substance abuse, eating disorders, self-harm/cutting, and depression become a consistent part of general discourse. In addition the CareCards Project attempts to reduce stigma surrounding these issues by acknowledging these topics in everyday interactions. Community Dances are also an avenue used to help reduce stigma about youth participating in mental health services. Youth have had the opportunity to vocalize their needs and wants in several ways in our community including:</p> <ul style="list-style-type: none"> ➤ Local institutions such as BFA, DCF, and Spectrum have invited Youth Leaders to participate in meetings as experts on what youth want and need. ➤ One youth was invited to speak to high school students during alcohol prevention week. ➤ Youth are a welcomed part of YIT/Juvenile Justice meetings.
	<p>6: Effectiveness of the Vermont System of Care for young adults with SED is evaluated.....</p> <p>Internal measures such as 90 day progress reviews and six month follow-ups help us gauge the progress and needs for each youth who comes through our doors. Treatment Team Meetings which include youth and system of care providers are used to determine whether individual goals are being met and the right services are being accessed. In addition through participation in meetings, panels, and focus group, youth in our area have been given a voice to express there needs and views on current services. The UVM evaluation team has also been instrumental in obtaining valuable information that can later be used to inform us on our system of care's effectiveness as well as opportunities for improvement.</p>
	<p>7: The State supports and sustains regional services for young adults....</p> <p>The state team has been wonderful in responding to the needs of our region. For example, Matt Wolf has provided overwhelming support to members of our youth group and community. Matt has helped with providing support and referrals to appropriate resources for the project to create a youth space in our community. Jodi Kamon supported our agency in developing a questionnaire for the YIT Regional Conference so we could collect data relevant to our programming. Brenda Bean supports us with emails informing us of new and current statistical information as well as a series of professional development opportunities. Finally, by</p>

	<p>offering opportunities to be trained in the TIPS model, the state team has helped support our delivery of services on a daily basis.</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></p> <p>A high percentage of the youth we service have been or are currently a part of the criminal justice system. F/GI YIT has partnered with the community justice center as part of the one shop stop initiative. This entails making available all the services one would need as they transition out of corrections. YIT is contacted before a youth or young adult's release date. This allows the youth coordinator to meet with the youth while in prison to determine the needs of the individual upon being released. The quarterly YIT/ Juvenile Justice Meeting provides opportunity for service providers to be educated, informed, and united on best practices and alternative solutions for youth transitioning out of systems of care such as Corrections, DCF, Adolescent Services, Secondary Education, and Pediatric care. Such preventative programs as YIT Leadership group, JOBS, and substance abuse rehabilitative treatment services are designed to help keep youth and young adults out of the Correction's system by helping them obtain the resources they need to transition into adulthood successfully. Court Diversion is also a successful program in this region designed to keep youth out of jail.</p> <p>2. Increased number of young adults who are employed....</p> <p>Through our division's design, we are able to work closely with the JOBS program helping youth get jobs. In addition, youth have been referred to other employment services including VocRehab, Vermont DOL, and the small business bureau. Employment is promoted as a part of transition work while participating in the YIT system of care.</p> <p>3. Increased number young adults participating in (or who completed) educational programs....</p> <p>More than half of youth in transition entering our system of care are in an education, or training program. This year Community College of Vermont participated in the Regional Conference, as well as Vermont Adult Learning to offer post secondary traditional and nontraditional opportunities. Our community is rich with post-secondary opportunities for youth who decide to take a nontraditional track. For example, Northwest Career and Technical Education Center, Vermont Adult Learning, JOB Corps, and more. Our youth have many opportunities to explore local resources.</p>

	<p>4. Increased number of young adults who have access to, and are using, a medical home....</p> <p>More young adults are beginning to access a medical home practice, this is made evidence with some of our community partner physicians treating youth for addiction, providing counseling and supporting youth to participate in support groups related to mental health well being. The YIT coordinator has accompanied youth to medical appointments and on several occasions the youth coordinator facilitated the obtainment of medical care for STDs. In addition the YIT coordinator has supported several youth in accessing counseling services.</p>
	<p>5. Increased number of young adults living in safe and stable housing....</p> <p>Through our division's design, we are able to work closely with the Transitional Living Program (TLP). Through the collaborative efforts of YIT, TLP, DCF, Samaritan House, Covered Bridges and other community transitional housing supports, at least 13 of our youth have found placements. As when possible, youth are reconnected to family members with the necessary resources and support.</p>
	<p>6. Increased number of young adults who have caring & supportive relationships....</p> <p>The Youth Leadership group is successful because of the family like environment that is produced as a result of trust, intimacy, reliability, and friendship. Some young adults participating in the program said that they never had peers that they could truly consider friends until after they joined the leadership group. In addition, YIT encourages parent and family participation as a way to build and develop relationships.</p>
	<p>7. Increase in young adults' strengths and protective factors....</p> <p>YIT is informed by TIPS which includes a strengths-based philosophy. In the day-to-day interactions with Youth, staff work to acknowledge and build upon youth strengths to assist with transition. The youth leadership group has been a positive environment for youth to learn about themselves, take positive risks, develop leadership skills and increased self-esteem.</p>
	<p>8. Improved mental health for young adults.</p> <p>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></p>

	<p>YIT initiatives are ongoing in an effort to help youth access the resources they need while not having stigma serve as a hindrance. This is made evident by our panel discussions, community participation, community events, and media publications that are marketed to all youth vs. “certain” youth with traditional mental health characteristics. The CardCare Project speaks and supports this mission.</p>
<p>System of Care Infrastructure Indicators (for federal TRAC):</p>	<p><u><i>Workforce Development:</i></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>Six staff members participated in the TIPS training hosted by YIT in June. Justin Philie has expressed interest in becoming a local trainer which would allow the community to continue to be informed about this model. In addition members of the NCSS Adolescent Services Team will be involved in the process of our becoming TIPS Informed.</p> <p><u><i>Organizational Change:</i></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>Through YIT, NCSS has developed collaboratives with community partners that are non-traditional to Mental Health Field such as local business owners, city council members, American Legion, members of faith community; youth center advocates, AA, and other organizations such as the Boys and Girls club, Voltage team, and local citizens. We have also developed such publications like the brochure that attempt to appeal to today’s youth with various backgrounds and abilities. We’ve hosted community dances, and meetings in the hopes that more youth would have opportunity to know about YIT’s services and supports. The addition of the CareCards Project will hopefully make NCSS and the efforts of the youth leadership group more visible in our community.</p> <p><u><i>Partnership/Collaboration:</i></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>Many organizations have partnered with the YIT Program to support events as the Regional F/GI YIT conference. Topics affecting youth’s mental health were the main focus of these events. Community Partners that have collaborated with YIT include: Mouse Trapp Pediatrics, Caring Communities, NFI, BFA, FCSU, Department of Corrections, City Council members, Senator Leahy’s office, DCF, VT Works for Women, Covered Bridge, St. Albans Police Department, Outright Vermont, Spectrum, Community Justice, Department of health, business partners and more.</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>TIPS is becoming recognized as an effective evidence-based practice in which other community organizations such as the St. Albans Community Justice Center are beginning to put into practice. Six staff members from NCSS participated in the TIPS training hosted by YIT in June. The NCSS adolescent services team will be participated in the steps to become TIPS Informed and Justin Philie as expressed interest in becoming a local trainer for our area.</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.

Transportation continues to serve as a hindrance to those who live in the more rural areas of Franklin and Grand Isle County. There are hundreds of youth that could potentially benefit from services, but only a few volunteers available to help with transport. Most youth attending youth leadership group do not qualify for Medicaid cab, or public transportation.

Social media is a very ingrained part of our society’s method of communication especially for youth; however our agency is currently trying to balance how to implement this newer technology alongside Mental Health confidentiality laws.

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.

There has been no change in staffing since the last quarter. Ebony Nyoni is still the Youth In Transition Grant Coordinator for Franklin and Grand Isle Counties.

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.

YIT TRANSITION CEREMONY

The most recent publications include:

- Program from the YIT Regional Conference 2011 which includes a copy of the new YIT Logo for this region (Attachment A).
- A copy of a newspaper article in the St. Albans Messenger advertising the YIT Conference (Attachment B).
- Advertisement for the January Episode of “NCSS: Here For You” which was broadcast on our local public access television channel about the YIT Regional Conference (Attachment C).
- A photocopy of the sweatshirts which were designed as part of the give away from the YIT regional Conference (Attachment D).

5. Other Activities

Briefly describe other activities undertaken during the reporting period.

Ebony continues to enroll youth in the UVM Study. Other activities include the following:

- Hosted Regional YIT Conference on 11/11/11.
- Development of committee to discuss Project Youth Space – youth center in the community.
- Promoted CareCard Project in the community.
- Hosted a community dance to bring youth together and recruit new YIT participants.

6. Activities Planned for Next Reporting Period

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

- Develop proposal for project Youth Space (Youth Center)
- Plan/host Annual Franklin/GI Regional Conference 2012
- Strengthen Youth Advisory Board/recruit new members
- Distribute CareCards more widely throughout the community
- Explore possibility of a YIT public access show

DMH only:

Date received: _____

Approved by: _____

Date approved: _____

Approved by: _____

Date approved: _____