

## YIT PROGRAM PROGRESS REPORT

1. Grant Number: 03150 - 7049
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 January 1, 2011 through June 30, 2011
6. Approved Project Period from January 1, 2011 through June 30, 2011
7. Author's Name and Telephone number: Ebony Nyoni 393-6571; Kayla Tatro 393-6570
8. Date of report: June 28, 2011
9. Comments (if any):

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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.]

<p><b>Goals for strengthening the systems of care</b></p>	<p>1: Young adult (YA) leadership is developed in VT.</p> <p><b>Required activity:</b>  <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 weekly between June 2010 and June 2011. During this time, the youth leadership group discussed topics that address leadership, present situations, and future goals. They also used the meeting times to plan for future events as well as acquire new leadership skills, and abilities.</p> <ul style="list-style-type: none"> <li>➤ The Youth Leadership Team participated in a number of public speaking events such as <i>Alcohol Prevention Awareness Day</i> and <i>Mental Health Advocacy Day</i>.</li> <li>➤ The members of the Youth Leadership group participated in such trainings as Cultural and Linguistic Competency, Peace Jam Peer Advisors, and Illegal Substances and Detection.</li> <li>➤ Members of the Youth Leadership Team participated in planning of the Annual Youth Voice Conference in addition to participating on a panel for a Leadership workshop at Annual Youth Voice, and Youth Workers Conference.</li> <li>➤ Youth Leaders participated in community meetings designed to solicit feedback from the community regarding youth/community center in St. Albans.</li> <li>➤ Youth Leadership Team promoted a positive image by hosting community dances that were substance and violence free zones. These events reached out to approximately 101 youth.</li> <li>➤ Youth Leaders also exhibited leadership through their own individual projects such as:             <ol style="list-style-type: none"> <li>1. Volunteering with community services to protect animals.</li> <li>2. Speaking to high school students about the dangers of addiction and suicide prevention.</li> <li>3. Leading a mental health self advocacy activist group.</li> <li>4. Advocating to local town clerk for more support for youth in rural areas.</li> </ol> </li> </ul>
	<p>2: Family/adult allies support young adults....</p> <p>At least 14 parents consciously supported Youth In Transition efforts in Franklin/ GI. Support included:</p> <ul style="list-style-type: none"> <li>➤ Chaperone support (Valentine’s Day Dance and other event)</li> <li>➤ Assistance with transportation during the weekly meetings</li> <li>➤ Participation in the research study</li> </ul>

	<ul style="list-style-type: none"> <li>➤ Providing permission for youth to attend public events</li> <li>➤ Providing encouragement to youth to continue to attend weekly meetings.</li> </ul>
	<p>3: Workers use caring practices known to be helpful for young adults and families.</p> <p><b>Required activity:</b>  <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"> <li>➤ Many youth do not have any means of transportation and live in very rural communities beyond public transportation. The youth coordinator assist youth on a daily basis with accessing appointments and resources they need from the various services in the community.</li> <li>➤ Many times youth are in difficult situations and are too ashamed to access services such as Planned Parenthood, Economic Services, local emergency shelters, Hospital, and/ or substance abuse support groups. YIT system of care assists youth by attending these services right alongside them.</li> <li>➤ During this last period we had 2 youth experience sexual assaults; the system of care made itself available in the way of resources, advocacy support, education, and seeking out support groups in the community that could offer wrap around care for the youth overcoming such an experience.</li> <li>➤ On several occasions the youth coordinator facilitated the obtainment of medical care for STDs, and provided education to the Youth Leadership Team about safe sex, and STDs</li> <li>➤ One youth suffered from domestic abuse and homelessness. This individual was being stalked and abused. We connected the youth to a local women’s agency that provides services to women who are being harassed and/ or abused by former partners. Currently this youth has a place to live as well as gainful employment and is doing very well because of the system of care made available during the time of need.</li> </ul>

	<p>4: System of Care partners gain cultural &amp; linguistic competence (CLC)....</p> <p>On May 19, 2011 NCSS hosted two CLC trainings, one for NCSS staff and one for YIT community partners. Overall the participants totaled 40+. Community partners including: St. Albans police, social service agencies, Caring Communities, high school staff, Community Justice Center, Vermont Family Network, and other youth and women’s advocacy groups.</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. A total of 5 participants from YIT participated in a rally at the statehouse to speak out about cutting mental health programs.</p> <ul style="list-style-type: none"> <li>➤ Local institutions such as BFA, DCF, and Spectrum have invited Youth Leaders to participate in meetings as experts on what youth need.</li> <li>➤ Youth are a welcomed as part of YIT/Juvenile Justice meetings</li> <li>➤ Youth have also been a welcomed part of the NCSS environment, as contracted employees, volunteers, and interns, making youth voice a readily acceptable reality for our Mental Health Community.</li> </ul> <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 the regions. For example, Mercedes Avila provided CLC trainings for multiple Franklin/ GI communities within the span of one day. She provided much needed educational resources and support. Matt Wolf has provided overwhelming support to members of our youth group and community. Courtney Bridges designs conferences with the pulse of youth community, and Brenda Bean supports us with daily emails informing us</p>
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	<p>of new and current statistical information and news that help to inform the work we do.</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).  <b>Required activity:</b>  <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. Having a proactive response for our system's youth who age out has proven effective as our county's numbers of youth entering into Department of Correction Systems has decreased. 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 and out of 13 youth leaders who begin without jobs, 7 were able to obtain employment while participating in the YIT system of care.</p> <p>3. Increased number young adults participating in (or who completed) educational programs....</p> <p>This year about a third of YIT participants have transition into post-secondary endeavors. Such institutions include Job Corp Programs in Vermont and Maine; Community College of Vermont; and Castleton College. Lifelong learning is encouraged as part of a youth's development and a number of education programs support the system of care such as local high schools, Community High School, and Vermont Adult Learning. One youth participated in the Learning Together Program which assists</p>

	<p>teen moms with completing the course work needed to graduate from high school while also offering parenting and transitional supports. Recently YIT hosted a transition ceremony for several youth who were moving away to further educational opportunities. Ted Mable (Agency Director) greeted them and wished them well on their endeavors.</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 the collaborative efforts of YIT and community transitional housing supports, 5 youth have found placement with the Samaritan house (temporary shelter), extended family members' homes, and transitional living homes. Many youth are able to reconnect with family members with the necessary resources and support.</p>
	<p>6. Increased number of young adults who have caring &amp; 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><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>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.</p>
<p><b>System of Care Infrastructure Indicators</b> (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. At least one staff member from the area has expressed interest in becoming a local trainer which would allow the community to continue to be informed about this model. In addition several local trainings were held in Franklin/GI county during this period including a substance abuse training presented by Lieutenant Ronald Hoague from the St. Albans Police department. Twenty five separate agencies, community partners, and youth participated in this training YIT also hosted CLC trainings that were well attended by 40+ individuals.</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 mental health abilities. We’ve hosted community dances, and Eat and Blog in the hopes that more youth would have opportunity to know about mental health services and supports.</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: MouseTrap Pediatrics, Caring Communities, NFI, area high schools and school districts, Department of Corrections, City Council members, Senator Leahy’s office, DCF, VT Works for Women, Covered</p>

	Bridge, St. Albans Police Department, Spectrum, Community Justice, Department of health, business partners and more.
	<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. At least one staff member from the area has expressed interest in becoming a local trainer which would allow the community to continue to be informed about this model.</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.

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.

The most recent publication is an advertisement for the CLC training that was held in May. The other publication is for the Valentine’s Day Dance that took place on February 12<sup>th</sup> at the Historical Museum. Please see both publications were are attached. We are in the process of designing t-shirts for the conference, and revising our brochure.

**5. Other Activities**

Briefly describe other activities undertaken during the reporting period.

Ebony continues to enroll youth in the UVM Study. This quarter has added Cost Data Tracking, Six month/Year follow ups, and interviews. Other activities include the following:

- Research for community youth center feasibility and attainment.
- Development of revised youth center proposal with sustainability.
- Participated in the National Systems of Care Conference.
- Participated in Peace Jam training for Youth Leaders.

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

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

- We will implement the “Care Card” project which entails 300-500 youth receiving and distributing cards created by youth to encourage, and highlight youth supports in the community
- Our Newsletter is designed to showcase youth in our community who overcome serious situations with the help of our community resources
- Host Annual Franklin/GI Regional Conference
- Host Eat and Blog in the Islands
- Continue with weekly Leadership Group
- Plan a YIT Community Service Day
- Organize Annual YIT Summit and Retreat

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