

## YIT PROGRAM PROGRESS REPORT

1. Grant Number: 03150
2. Grantee Name and Address: WCMHS 174 Hospital Loop, Berlin, VT
3. Telephone Number: 802 229 1399
4. Project Title: YIT Strategic Planning for Washington Region
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: Amy Lincoln Moore 802 244 1955
8. Date of report: July 31, 2011
9. Comments (if any): none

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

<b>Goals for strengthening the systems of care</b>	<p><b>1: Young adult (YA) leadership is developed in VT.</b></p> <p>We had a few possible candidates for the Youth Engagement Specialist (YES) position, and chose Kristen Howell as our new Youth Engagement Specialist, YES, for the YIT Grant. She will be working with Amy Lincoln Moore, System of Care Team Leader, (SOCTL) and Matt Wolf, Young Adult Coordinator to build a Youth Advisory Group. Kristen grew up receiving Services both in Washington and Chittenden Counties, so she has a good grasp of available services, problems with services, and great ideas of how we can better the System of Care in our region and develop youth leadership.</p>
	<p><b>2: Family/adult allies support young adults....</b></p> <p>We held a "Family Roundtable" discussion/meal event for Washington County families in April. This 1<sup>st</sup> meeting's topic was "Secondary Transition in Special Education" presented by John Spinney, of the Dept. of Education. Fifteen family members attended, and all thought the presentation was helpful. They have requested more</p>

	<p>trainings and Amy will continue this format quarterly with these training topics the families have requested;</p> <ol style="list-style-type: none"> <li>1) System of Care, what services are available beyond school?</li> <li>2) Guardianship Issues, what to do, when is it appropriate, and how to determine?</li> <li>3) Voc Rehab Services: What are they and how do I get them for my Young Adult?</li> </ol> <p>Our goal for these roundtable discussions is to empower family members to support their young adults and to assist in creating Family and Youth advisory capacity for the YIT grant.</p>
	<p><b>3: Workers use caring practices known to be helpful for young adults and families.</b></p> <p>Case managers often “share” clients in true wrap around fashion. The majority of the team participated in the TIPS conference in June. All have or are becoming familiar with this model in order to replicate it as close as possible in our region.</p>
	<p><b>4: System of Care partners gains cultural &amp; linguistic competence (CLC)....</b></p> <p>Regional CLC training is Planned for October 2011</p>
	<p><b>5: Local communities (including young adults) change their perceptions of young adults and of mental health issues, reducing stigma....</b></p> <p><b>The West program</b> has hit a few bumps in the road. The three schools that signed up to participate with the WEST program have had trouble getting administrative staff support. The concept of WEST is not the problem. The timing and schedule of the Pilot and the staffing of the program within the schools has been a struggle. After discussion, the program will be re-designed to be implemented statewide within the YIT communities. Matt Wolf was hired to be the Young Adult Coordinator for the YIT Grant and Courtney Bridges’ title is now the Marketing Manager for the YIT Grant. Both will work with Amy to implement the new WEST Program for the Washington County region.</p>
	<p><b>6: Effectiveness of the Vermont System of Care for young adults with SED</b></p> <p>We met with the evaluation team from VCHIP (UVM) at our System of care team meeting in May 2011 and were told the number of Young Adults involved in our YIT Grant was the lowest of the state. The Washington County SOC had been able to serve these Young Adults, so the YIT Flex Funds hadn’t been needed. We were told that those Young Adults currently receiving services were still be able to be enrolled into the YIT Grant whether they needed Flex Funds from the YIT Grant or not. We went to work to sign up all eligible clients being served through Mental Health services, SED services, and DS services. This also opened doors to help individuals who were on their parents’ private insurance, not on Medicaid, and those still in School, but diagnosed with SED or at risk of SED.</p>

	<p>The procedure to get Flex Funds through the YIT Grant is still the same. A PVR (payment voucher request) form is completed by the SOCTL when funds are needed and approval is signed off by Michael Curtis, WCMHS. During this Grant reporting period vouchers were used for Gym memberships, cell phones and cards, clothes for employment, and maternity clothes. We also had a unique collaborative opportunity to partner with Voc-Rehab to support LNA training for a Young Adult.</p> <p>Outreach: SOCTL introduced herself to several agencies also working with this age group, and gave them pamphlets about the YIT Grant and the SOCTL role within the Grant and the Washington County Community. UVM changed the “Consent Form” for the evaluation part of the study. Five referrals were received through this outreach. These five Young Adults have Mental Health diagnoses but are not necessarily getting services through local Mental health agencies. They are either on their Parents private insurance or have Medicaid from SSI and were unaware of the YIT Grant. Outreach to other agencies allowed them to become part of the work of the YIT Grant.</p> <p>Since our rise in numbers of Young Adults enrolled in the YIT Grant Common Study, our YIT intake team no longer needs SOCTL’s assistance with the paperwork to complete the Common Study with their clients. The protocol is still to send her the originals so o that data and statistics can be kept on: money paid out, 6/12/18/ month follow-up, any disclosure paperwork for those that age out or move from Washington County, and quarterly service and cost evaluation paperwork for those enrolled into the National Study with VCHIP.</p> <p>There is constant work with the Evaluation team from VCHIP, and things are working well as we are increasing the enrollment of Young Adults in the three evaluations.</p>
	<p><b>7: The State supports and sustains regional services for young adults....</b></p>
<p><b>Desired outcomes for young adults of transition-age</b></p>	<p><b>1.Decreased number of young adults involved in the corrections</b>  System of Care Team Leader has done outreach to youth/young adults through contacting and visiting schools, teen centers and AHS agencies.  To the best of our knowledge no youth who have participated in the YIT activities has been incarcerated.  0- we currently have none involved with Corrections</p> <p><b>2. Increased number of young adults who are employed....</b>  5</p> <p><b>3. Increased number young adults participating in (or who completed) educational programs....</b>  4</p>

	<p><b>4. Increased number of young adults who have access to, and are using, a medical home....</b> 2</p>
	<p><b>5. Increased number of young adults living in safe and stable housing....</b> 9</p>
	<p><b>6. Increased number of young adults who have caring &amp; supportive relationships....</b> 8</p>
	<p><b>7. Increase in young adults' strengths and protective factors....</b> 8</p>
	<p><b>8. Improved mental health for young adults.</b> 9 <i>In supporting all the Young Adults with wrap around services mentioned in the above questions we have improved the Mental Health of the Youth and Young Adults enrolled in the YIT Grant.</i></p>
<p><b>System of Care Infrastructure Indicators</b> (for federal TRAC):</p>	<p><b>Workforce Development</b> The interagency development plan was created and distributed in this Grant reporting period. Implementation of this plan will be let by SOCTL.  <ol style="list-style-type: none"> <li>1. This plan is being used by Youth serving agencies.</li> <li>2. The plan does offer training outcomes.</li> <li>3. We found and are working with the Youth Empowerment Specialist, YES, person in June 2011</li> <li>4. Family Round Table in May 2011 to continue quarterly.</li> <li>5. Inter-Agency Support team training on Parent Rep. Role in June 2011</li> </ol> This years' over night Young Adult Voice Movement Conference was held at UVM in May 2011. All regions were represented there, 11 participants from the Barre Region were there.</p>
	<p><b>Organizational Change:</b> NA</p>
	<p><b>Partnership/Collaboration:</b> NA</p>
	<p><b>Types/Targets of Practice:</b> The JOBS program is based on the TIPS model and fidelity to that model was the focus of Vermont's June TIPS training.</p>

## 2. Problems

WCMH, YSB, Jobs case managers and the SOCTL still have challenges figuring out ways to find adequate and safe housing for Youth and Young Adults through their existing agencies and services.

Extensive efforts to procure a bankrupt motel have been unsuccessful and we have exhausted the funds available for the housing consultant. Our process ran afoul of local politics which precluded both a partnership with the local non-profit land trust and the ability of the Agency to move forward on its own as the property developer.

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

Kristen Howell was chosen as our new Youth Engagement Specialist, YES, for the YIT Grant and will be working with the SOCTL and Young Adult Coordinator to build a Youth Advisory Group. Kristen grew up in the Mental Health Services both in Washington and Chittenden County so she has a good grasp of available services problems with services, and great ideas of how we can better the System of Care in our region.

### **4. Dissemination activities**

A Washington County YIT brochure was created in as a tool for outreach to young adults, system of care partners, and community members

A flyer was created and disseminated to youth and families to announce and invite folks to attend the family roundtable discussion.

### **5. Other Activities**

The Intake Team still meets once a month at the JOBS location building in Barre.

This reporting period we started with only 2 Young Adults enrolled in the YIT Grant. This past 6 months Washington County has increased the numbers of Young Adults enrolled in the YIT Grant to 25. The Intake Team now enrolls Youth and Young Adults into the evaluation of the Common Study. Once they have completed the forms, copies are made and sent to VCHIP. Currently we have 6 Young Adults enrolled in the National Study which requires comprehensive Services and Costs Reports due quarterly. We currently have 23 Young Adults enrolled in the YIT Grant. One Young Adult move out of State and one aged out of services. These are the collective services the YIT Grant is using to serve these Young Adults:

- All Young Adults complete all data Forms.
- Paying mentor to help with independent living skills
- Process in completing high school diploma
- Maintaining summer job
- Currently housed
- Collaborative Partnership with other Mental Health Agencies.
- Gym memberships to encourage healthier living and reduce stress.
- Is currently receiving mental health service.
- Continuing to use the Cell Phone we purchase to help have contacts with hopeful employers and landlords.
- 6 month follow-up form as well as Disclosure form for one Young Adult who aged out of Services.

Our cell phone program continues. We have given out 1 cell phone and 3 cards allowing 1000 minutes and 1000 texts. Some Young Adults already owned the same type of cell phone, so we just purchase a card for them. Each Young Adult has been able to get contacts with potential employers for a job. Those young adults who requested and received cell phone assistance last reporting period are able to purchase their own this reporting period. The Young Adults are staying in touch with their case-managers on a regular basis. Some have received jobs and are now paying that utility themselves. This program has shown to be the most successful, and we will continue to use YIT Flex Funds to purchase phones and cards when needed. Common Study participation is still required in order to receive the cell phone service.

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

- To continually increase our numbers of Youth and Young Adults enrolled in the YIT Grant in our Region.
- Continue with our Youth Engagement Specialist,(YES) Kristen Howell's orientation and continue to work with her to build a Youth Advisory Board collaborating with VFFCMH and their Youth Initiative grant to start activities.
- Continue to work with Courtney Bridges, Matt Wolf and Kristen to implement the new WEST program within the community and statewide.
- Continue the Family Round Tables quarterly in hopes to create a Family Advisory board and assist families to support their young adult.
- Continue outreach to inform local Agencies, community and schools on the YIT Grant and its outcomes.
- Continue to bring Youth and Young Adults to more leadership opportunities.
- Continue as a regional team to participate in State YIT Grant trainings
- Continue to implement the Interagency Professional Development Plan.

# Free Italian pasta and chicken dinner



**Please join us for dinner and conversation at the Barre Elks Club on Wednesday May 11<sup>th</sup> from 5:30- 7:30 PM**

This is an opportunity to meet with other parents, network, find out how your voice can make a difference in what services are available for our kids and youth, and learn something new.

Special Guest: John Spinney from the Department of Education. John will be presenting information on creating successful plans for our youth who will be transitioning to adult life and answering our questions.



Sponsored by the Vermont Federation of Families and the Washington County Youth In Transition Grant R.S.V.P. to Amy Lincoln-Moore at 802-229-0591 Ext. 225 please leave a message or 800-639-6071 by May 9th