

## YIT PROGRAM PROGRESS REPORT

1. Grant Number: #03150-7075
2. Grantee Name and Address: Vermont Federation of Families for Children's Mental Health, 95 Main Street, PO Box 507, Waterbury, VT 05676-0507
3. Telephone Number: 802-244-1955
4. Project Title: Partnership for youth/young adult and family-driven leadership for YIT
5. Period of Performance from January 1, 2011 through June 30, 2011
6. Approved Project Period from July 1, 2011 through June 30, 2011
7. Author's Name and Telephone number: Executive Director Kathy Holsopple, 802-244-1955
8. Date of report: August 1, 2011
9. Comments (if any): All VFFCMH YIT staff contributed to the writing of this report.

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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.

### **Report Contents**

#### **Youth in Transition Vision**

Young adults in Vermont are empowered, healthy, valued, and engaged in their communities

#### **Mission**

Young adults, families/adult allies and community partners collaborate to develop a system of care to support transition to adulthood. The system builds upon the strengths of young adults and creates an array of specialized mental health and related services to meet their unique and changing needs. The system also fosters young adult leadership.

#### **VFF YIT Staff**

Cindy Marshall, Assistant Director VFFCMH & Lead Family Contact

Courtney Bridges, Social Marketing & Communications Manager

Matt Wolf, Young Adult Coordinator, **hired January 2011**

Kathy Holsopple, Executive Director VFFCMH

## 1. Major Activities and Accomplishments During this Period

- Prior to hiring Matt Wolf, we reorganized the job duties for the work of the Young Adult Coordinator, Social Marketing, Technical Assistance, and the Lead Family Contact. All four roles of the grant will be incorporated into the three full time positions; Cindy Marshall, Courtney Bridges, and Matt Wolf. See Attachment A – A detailed report of the scope of the work performed.
- Matt started his new position by meeting with each of the 12 regional programs and discussing their strengths, needs, how things are going, what support they are interested in having, etc. Building relationships with YIT direct service providers, Young Adult peer outreach workers, and visited all young adult advisory boards who are currently up and running. He supported the peer worker programs across the state and followed up on the peer worker supervisors meeting.
- As a team, we visited each region (with the YIT Operations Team), and discussed each region's strengths and challenges. We also offered support (in our prospective roles Technical Assistance, Social Marketing, Family and Young Adult Leadership) within the three targeted focus areas: Young Adult Involvement in Governance and Program Development, building a Young Adult System of Care, and unique outreach and engagement to young adults who are not and will not utilize current services.
- Planning and Preparing for sending 4 Vermont young adults leaders, and 1 family member to the 2011 System of Care Community's Training in Chicago, IL.
- Matt & Courtney supported young adults in designing and facilitating two workshops on young adult leadership and empowerment.

**"If YOUth Build it, They will Come"** – This workshop was presented by three young adults who were on the YAVM Conference Planning Committee. This fun-filled workshop will illustrate the "how to" of planning a Youth Driven Conference, which was inclusive of and driven by the ideas of young people. They will share strategies used to create an environment in which youth and young adults can accomplish this work. They will also highlight innovative collaborative strategies discovered in the process of having young adults and the system of care work together and lessons learned. Participants will come away with concrete tools for planning their own conference that is authentically youth driven.

**"YIT Youth Leadership Development Workshop: Recruiting young adults as leaders"** - This workshop was designed and presented by the young adults from the Franklin/Grand Isle region, and reflected the unique subtleties of developing leadership in individual young adults. The presenting youth told pieces of their life stories, describing their rise from adversity and development into young leaders through involvement with the YIT program and Advisory Board. The workshop itself was designed to mimic the structure these young adults use in running their local Youth Advisory Board meetings and also included a "Leadership Bingo" game that the group uses as an ice breaker on occasion. This game, played similarly to traditional Bingo, uses common everyday events and activities, like doing laundry, participating in sports teams, having a job, etc. and breaks down the leadership skills and qualities inherent in each of these "mundane" activities. The idea being to reflect that the development of leadership in Young Adults is not a direct teaching process, per se, but more of a process of pointing out, to the

young adult, the strengths, skills and qualities, that they already possess as a leader and helping them to refine and develop those skills intentionally.

**March 14-** VFFCMH Staff & Board Members participated in the CLC Training, by Mercedes Avila. This workshop was successful in bringing a new edge to how racism was created in the US. The evaluation (pre/post) indicated that all of us learned new information and benefited from the experience.

### **May 3rd- Children's Mental Health Day**

VFFCMH, directed by Courtney Bridges, followed this year's suggested theme of early Childhood Trauma by SAMHSA's "Caring for Every Child's Mental Health Campaign." VFFCMH partnered with the Vermont Child Trauma Collaborative (VCTC) produced a 20" X 14" a poster and matching bookmark on "Building Resiliency". These (200) posters and (2400) bookmarks were distributed to various public service agencies. We suggested displaying them in public lobby areas of each regional: Parent Child Center, Community Action Councils, AHS Field Service Offices, DCF Economic Services Offices, and Each DMH Child, Adolescent and Family Unit, and the Vt Department of Education. We also shared them our various Advocacy Partners: Vermont Association for Mental Health, Vt National Alliance for Mental Health, and the Vt. Council for Developmental and Mental Health Services. These materials were so popular, we needed to have more produced so all that asked could have a copy.

We also produced the 2nd Annual "Celebrate Children's Mental Health Week" Post Card (200) with a "Children's Mental Health Matters" Green Ribbon attached to the Vermont Legislature.

### **May 27 & 28 - 2<sup>nd</sup> Annual YAVM – Young Adult Voice Movement Conference**

The 2nd Annual Young Adult Voice Movement Conference was a great success. This year the event was primarily planned by young adults for young adults. The planning committee was composed of young adults, many of them of diverse minority background or at risk young adults. The theme of the conference was "Diversity Rocks". This year we tried a different venue and format. Our event was held at UVM and was an overnight, 2 day conference. 72% of those attending were youth/young adults. 42% were Female, 58% were Male

- Friday Evening 114 Young Adults Attended, Saturday 75 Young Adults Attended

The overall structure of the day was developed with three primary goals;

1. Networking opportunities for young people from a variety of diverse backgrounds and regions of Vermont
2. Various opportunities for young adult leadership and teambuilding skills
3. Fun

For detailed information on the YAVM, please see the YAVM Conference Report Attached.

### **1<sup>st</sup> Young Adult Leadership Award created and given to Katrina Hollis**

At the Friday Evening portion of the YAVM Conference, Courtney presented the award to Katrina on behalf of the YIT Grant Operations Team. This award program, inspired by her dedication and leadership in her community, will be open for nomination, to all of the transition aged youth/young adults in the state of VT who exhibit exemplary leadership and initiative in their own lives and positively affect the lives of others around them. We believe in honoring

these community activists for their efforts, hard work, and dedication to improving the lives of themselves, other young adults and their communities in general. Yearly, four young adult leaders will be given awards and will be asked to join the YIT State Team at a national conference as a young adult leader.

**June 8 & 9- TIPS Fidelity Training**

Matt fully participated in readiness modules and in the 2 day training as a group facilitator. He has signed up to be a certified TIP Trainer for Vermont, as the YIT Grant Staff, develop that opportunity. Courtney also provided technical support and administrative support for the 2 day conference.

<p><b>Goals for strengthening the systems of care</b></p>	<p>1: Young adult (YA) leadership is developed in VT.</p> <ul style="list-style-type: none"> <li>• Matt &amp; Courtney are supporting all regions when asked, in regards to how to build and sustain young adult advisory boards. There are currently 10 regional advisory boards up and running. Matt has assisted young adult board meetings, with some training components and support around youth leadership, for the St. Johnsbury, Springfield, and St. Albans boards.</li> <li>• Matt is supporting young adults to mentor other regions. Ex. Bennington and Springfield, for such things as building hope and ideas of how to inspire other young adults to take action.</li> <li>• Matt &amp; Courtney supported young adults in designing and facilitating two workshops on young adult leadership and empowerment.             <ol style="list-style-type: none"> <li>1. A leadership development workshop for service providers to learn about empowering young adults and supporting youth activism. This workshop was presented at both the Working with Youth Conference and the Young Adult Voice Movement (YAVM) Conference by young adult leaders from the Franklin/Grand Isle region.</li> <li>2. A young adult leadership &amp; engagement workshop where youth leaders from the YAVM Conference Planning Team presented, at a national conference, to other young adults on their design, planning &amp; implementation of a statewide youth conference.</li> </ol> </li> <li>• Matt is supporting the role of the Peer Outreach Workers in 10 regions. He has worked with individual peer workers on brainstorming, planning, and supporting what actions they intend to take in their position as Peer worker, has supported agencies in their advertising &amp; recruitment of peer workers, and met with each of the peer workers statewide to get their input in developing an orientation &amp; training guide, specific to working with young adult peer workers, for the hiring agencies to use as they develop their peer work force.</li> <li>• Within the process of developing the Life Book resource specific to a given region, Matt is supporting young adults to take action in the development of this resource in their region. Of the six regions working on this project, five of these efforts are being led by young adults from that area. The Rutland Region has completed their Life Book and has been using it in their work with youth/young adults.</li> <li>• Matt is participating in the design &amp; development stages of the new</li> </ul>
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	<p>Mental Health Transformation Grant awarded to Vermont for the development of a peer support work force for adults 18-35 with mental illnesses. Matt is the chair of the Peer Workforce Development Subcommittee which is composed of the peers both providing and needing such supports. He was also a member of the interview team for the Project Director of this new program.</p> <ul style="list-style-type: none"> <li>• Matt has started attending meetings of the Counsel of Prevention Programs and is strongly supporting young adults to apply to be members of this council and fulfill its requirements for youth membership.</li> </ul>
	<p>2: Family/adult allies support young adults....</p> <ul style="list-style-type: none"> <li>• VFFCMH is in the process of developing a “Surviving the Transition to Adulthood” for parents and caregivers, this training will be developed by parents for parents.</li> <li>• Cindy and Kathy participated in the IFS Implementation process. We supported family involvement, family and young adult driven practices during EFS</li> </ul>
	<p>3: Workers use caring practices known to be helpful for young adults and families.</p> <ul style="list-style-type: none"> <li>• Matt has fully participated in the TIPS pre training modules</li> </ul>
	<p>5: Local communities (including young adults) change their perceptions of young adults and of mental health issues, reducing stigma....</p> <ul style="list-style-type: none"> <li>• Relaunching the WEST program, and the opportunity for funding for Young Adult Driven Projects to reduce stigma, and create leadership, through the VFFCMH Youth Initiative awards grants</li> </ul>
<p><b>System of Care Infrastructure Indicators</b> (for federal TRAC):</p>	<p><u>Workforce Development:</u> NA</p> <hr/> <p><u>Organizational Change:</u> NA</p> <hr/> <p><u>Partnership/Collaboration:</u> NA</p> <hr/> <p><u>Types/Targets of Practice:</u> NA</p>

**2. Problems**

- Developing a statewide voice for the young adults and YIT program staff is going to be difficult to plan & execute, given that statewide meetings cost money in meeting space, food because of the time commitment involved, mileage to get there and the possibility of stipends for young adult participation. This is not practical in general, but certainly not practical in terms of sustainability. More technology based possibilities are starting to be

explored to resolve this issue, but that comes with its own set of potential concerns; effectiveness of meeting & communication among participants, availability & functionality of the technology required for such meetings, participants' openness to discussing sensitive issues in such an impersonal format, etc.

- Matt's engagement and involvement with the regional programs has been based on the regions stated needs regarding the information & support they need to move forward. While this has worked well for those programs asking, Matt is not as involved with the other programs around the state, regardless of how helpful he could be to their program function. As team, we are working on "how" do we offer more technical assistance with the programs that aren't soliciting his assistance/presence?
- There is the continued challenge to support the regions to encourage family leadership within the context of the YIT Grant. Chittenden County and Washington County has Family Leadership goals in their regional plans and has hired family members as systems service providers. Chittenden has taken the LIFE BOOK as a resource to design their resource website. Washington County has held "a family roundtable" information night for families of young adults in transition. Washington County plans to continue them quarterly as a means to build the family and young adult advisory team.
- The WEST (We Eliminate Stigma Together) Program Pilot in Washington County 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 with a wider focus on young adult stigma, rather than specifically mental health. This small grant funding opportunity for each of the 12 regions can be used to support an activity or project that is Young Adult Driven.
- 2<sup>nd</sup> Annual YAVM was a great success. We have heard from regions that we might have had a higher number of young adult and YIT direct services staff attend if it wasn't a 2 day overnight conference, and if it wasn't on a holiday weekend. Next year's planning will take into account these challenges to increase statewide participation.

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

- The 12 regional programs really appreciate the direct contact/support Matt provides them as a contact from the state team. They report valuing his knowledge, understanding & perspective from years of experience in the field of transition and as a conduit to the state level planning & action. Almost every regional program cites housing as the most significant issue in their work with transition aged youth. A statewide solution needs to be explored.
- Second to housing, employment is the next most common issue reported by the regional programs around the state. This has recently inspired efforts to explore more entrepreneurial information & activities across the state that will take some time to develop and implement statewide. It was for this reason that an entrepreneurial workshop was included in this year's Youth Adult Voice Movement Conference.
- The next most common concern expressed by all of the regional programs in the state, aside from funding for community programming in general, is the issue of transportation for transition aged young adults in this very rural and widespread state. While a variety of solutions to this problem have been discussed and are being explored in different regions, a "universal" solution that would be functional & productive to resolve this issue

statewide has not been identified to date. This issue is also related to funding and youth employment

- At the TIPS Training on June 8 & 9, the regions identified that they would like more support in developing young adult leadership, family engagement and in fostering leadership and authentic involvement in developing a transitional System of Care. This feedback gives us a great opportunity to share our tools on the subject in the upcoming 2<sup>nd</sup> Annual Fall Sharing Day.

#### **4. Dissemination activities**

- Matt researched particular needs programs had asked for support with and then distributed the information to any of the regions requesting that support. That information included: Leadership Curricula, Leadership building activities, Self-knowledge curriculum (not career or religious oriented), How to start and fund a teen center (drop-in center), as well as, actual funding resources for doing so.
- Courtney has been using Facebook as a mechanism to communicate with young adults, showcase events, and become networked with organizations around the state. As of August 1<sup>st</sup> the YIT Facebook page has 211 “friends,” and the YAVM group has 97 members. Both pages are updated at least once a week.

#### **May 3rd- Children’s Mental Health Day**

- "Building Resiliency". These (200) posters and (2400) bookmarks
- 2nd Annual "Celebrate Children's Mental Health Week" Post Card (200) with a "Children's Mental Health Matters" Green Ribbon attached to the Vermont Legislature.

#### **5. Other Activities**

- Cindy and Kathy have ongoing participation in the EFS/IFS Implementation Planning – encouraging Family Driven and Young Adult Driven Practices as a new system is in the planning process. As a member of the Act 264 Advisory Board, Matt has also been participating in the EFS/IFS planning & feedback process. VFFCMH is in full support of AHS requesting a planning grant from SAMHSA to prepare for this EFS Transformation.
- Cindy and Matt are participating in the Mental Health Transformation Grant state meetings on the design of their grant and Matt has recently been voted to chair their Peer Workforce Development Subcommittee for the grant; this group is learning about peer support models from around the country and is charged with developing the model VT will use in implementing this peer mentor development grant.
- Courtney is beginning to work with young adult groups & advisory boards to build social networking sites and help to brand their group for recruitment & marketing purposes.
- Matt also used his research to determine what strengths each area has that can be used to support other areas with specific needs and then worked to pair programs based on one area helping another with a stated need. For example; Bennington is helping Springfield develop their Youth Board and “brand” the group in a way that draws more youth in and inspires more activity. Rutland is helping St. Albans develop their proposal for opening a teen center using Rutland’s knowledge and experience from having a teen center for years.

### **April 5<sup>th</sup>, Youth Town Meeting Day**

Courtney and Matt participated in a Youth Town Meeting day presentation for junior high & high school students at Lyndon State College. They had a display table with information and some activities to engage the students.

### **March 9<sup>th</sup>, Mental Health Awareness Day**

VFFCMH participated in a shared mental health advocacy day at the statehouse on March 9th. Almost 1000 people attended. We were instrumental in getting a children's mental health priority on the list of shared priorities. Cindy Marshall testified to the joint appropriations Committee about the effects of budget cuts on families. We also participated in Recovery Day at the Statehouse.

**YAAT Movie.** The Young Adult Advisory Team (YAAT), a group composed of young people who have dealt with substance use and abuse, put together a 1.15 hour documentary regarding the truth about using as a young adult. The video is excessively popular and has been shown at 4 large conferences, including the YAVM.

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

- **SUMMER 2011 System of Care Community Training – Chicago**  
The YIT Operations Team, along with 3 young adults and 1 family leader attended the mandatory System of Care Training. The 3 young adults, and Courtney presented the “If YOUth Build it, They will come” describing how to plan and execute a Young Adult Statewide Event.
- **2<sup>nd</sup> Annual Fall Sharing – September 30<sup>th</sup>**  
As the Training and Technical Assistance Team, we will continue to plan the event with Brenda Bean with a focus on TIPS practices, Young Adult Leadership, and Family Engagement and Leadership in the context on Transition Age Youth.
- **Implementing the Young Adult Leadership Award Program –**  
Matt is taking the lead on development and implementation of the NEW quarterly Young Adult Leadership Award. This award program will be open nomination, to all of the transition aged youth/young adults in the state of VT that exhibit exemplary leadership and initiative in their own lives and affecting the lives of others around them. We believe in honoring these community activists for their efforts, hard work, and dedication to improving the lives of themselves, other young adults and their communities in general. Yearly, four young adult leaders will be given awards and will be asked to join the YIT State Team at a national conference as a young adult leader.
- **Living Book – Website Project –**  
Matt also brings with him a transition services resource, The Living Book. He has presented this as a resource & opportunity for interested programs, as well as, a means to engage young adults and support advisory board attendance/longevity. Six of the 12 regional programs are actively working with this resource that helps to map a community's services and outline how to work with each service for mutual benefit and efficiency. Matt is also starting work with Project Harmony, an organization that provides internet tools & support to non-profit & service agencies, to partner in working toward making the Living Book an on-line resource & tool for transition aged youth in every area

of the state. VFFCMH is strongly supporting Matt in his effort to launch this website and is working with him on utilizing small state & national grants as funding resources for the collaboration with Project Harmony.

- **Community Resource Group (CRG), September 14th**  
Courtney will be attending the CRG meeting for the second year in Washington DC for her work on the ECCO Program.
- **FFCMH Conference, Washington DC, November 18, 19, 20**  
All VFFCMH staff plan to attend the yearly FFCMH National Conference: Trauma Informed Care: Children, Youth and Families Shaping Best Practice . Vermont was the 1<sup>st</sup> chapter nationally, and we are proud to be the host this year, and celebrate our service to Vermont for over 20 years.
- **Expanding the WEST Program to all 12 regions**  
Courtney will take the lead in redesigning the program to be implemented statewide within the YIT Communities with a wider focus on young adult stigma. Discussions about combing this campaign with the VFFCMH Young Adult Leadership Grant Awards to that each region receiving additional funding to create and sustain Young Adult Leadership Advisory Groups.
- **Development of a training for Families of Adolescent Children on “How to Survive the Transitions to Adulthood”**  
This training is in the development stage, and will be designed by family members for family members.

**ATTACHMENTS:**

- CMH Day Poster
- CMH Day Bookmark
- CMH Day Post card
- YAVM Conference Report
- Attachment A- Scope of work to be preformed

**DMH only:**

Date received: \_\_\_\_\_

Approved by: \_\_\_\_\_

Date approved: \_\_\_\_\_

Approved by: \_\_\_\_\_

Date approved: \_\_\_\_\_