Evaluation of Vermont's Young Adult in Transition Grant

Thank You

- Legislators, State officials, and members of the press for taking the time to attend today and learn about the Youth in Transition work.
- Young adult leaders and the many service providers and program directors for all the work they do every day.

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Disclaimer

This presentation is based on the work of the Young Adult in Transition program evaluators: Jody Kamon, Jesse Suter and Tom Delaney.

The evaluators are employed by the University of Vermont, but this presentation does not express any positions of UVM.

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Collaborators:

VERMONT
Department of
Mental Health

A Life in the Community for Everyone
SAMHSA
Substance Abuse and Mental Health Services Administration
U.S Department of Health and Human Services

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8 Broad Outcomes

- ↓ Corrections involvement
- ↓ Mental health symptoms & Substance use

- ↑ Employment
- ↑ Access to & use of medical home
- ↑ Number of young adults' strengths
- ↑ Education completion & continued engagement
- ↑ Number of young adults in safe & stable housing
- ↑ Number of young adults caring & supportive relationships

Evaluation: Report on how we are doing on 6 outcome domains

Evaluation

- 2 Studies
  - 1 Nationally driven
    - Data collected at 6 month intervals over 2 years by UVM staff
  - 1 Vermont based
    - Measures developed by consumers, caregivers, and state input and collected at 6 month intervals over 1 year by UVM staff

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Sample

- National study
  - 115 young adults with both baseline and 12 month follow up data
- Vermont study
  - 63 young adults with both baseline and 12 month follow up data
- "Baseline" or "Start of Services" defined as when they began receiving a new YIT-funded service.
- Follow-up interviews were done regardless of whether young adult still receiving services.

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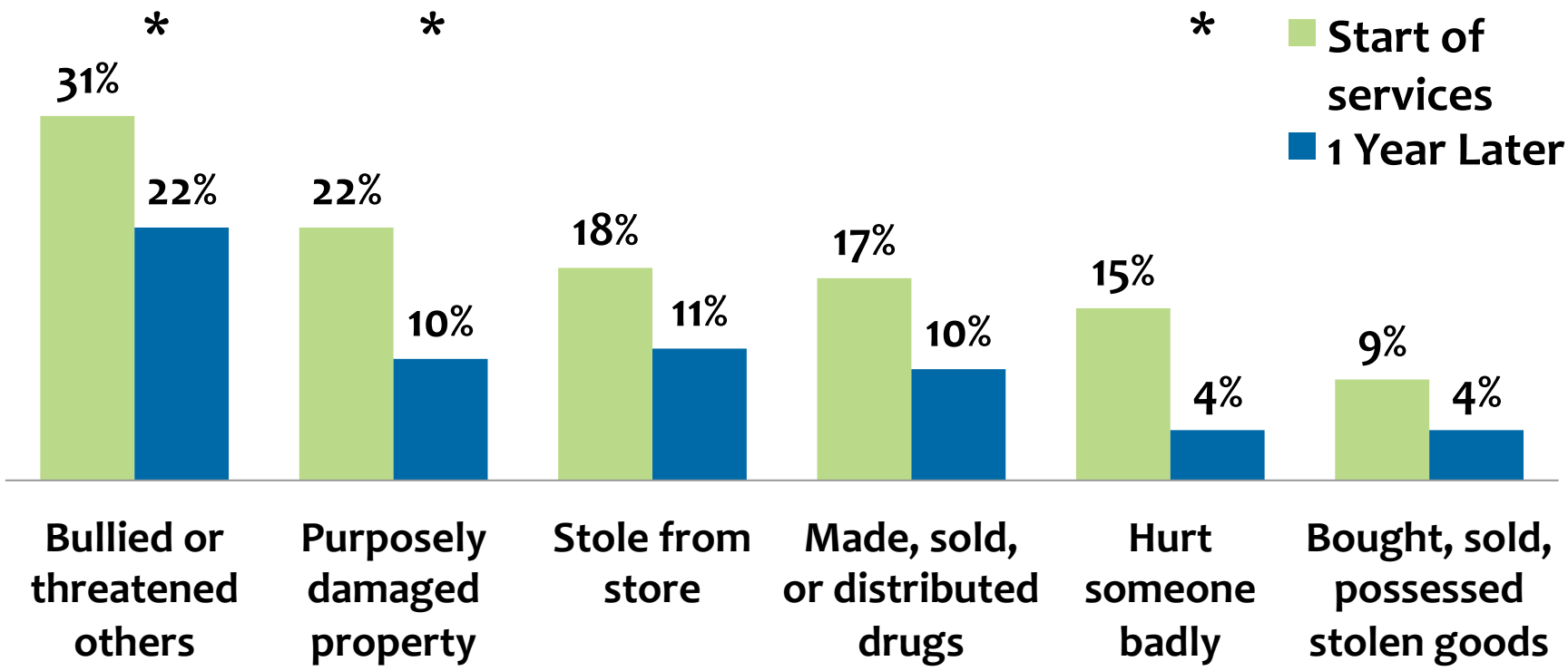
Engaging in Criminal Behavior



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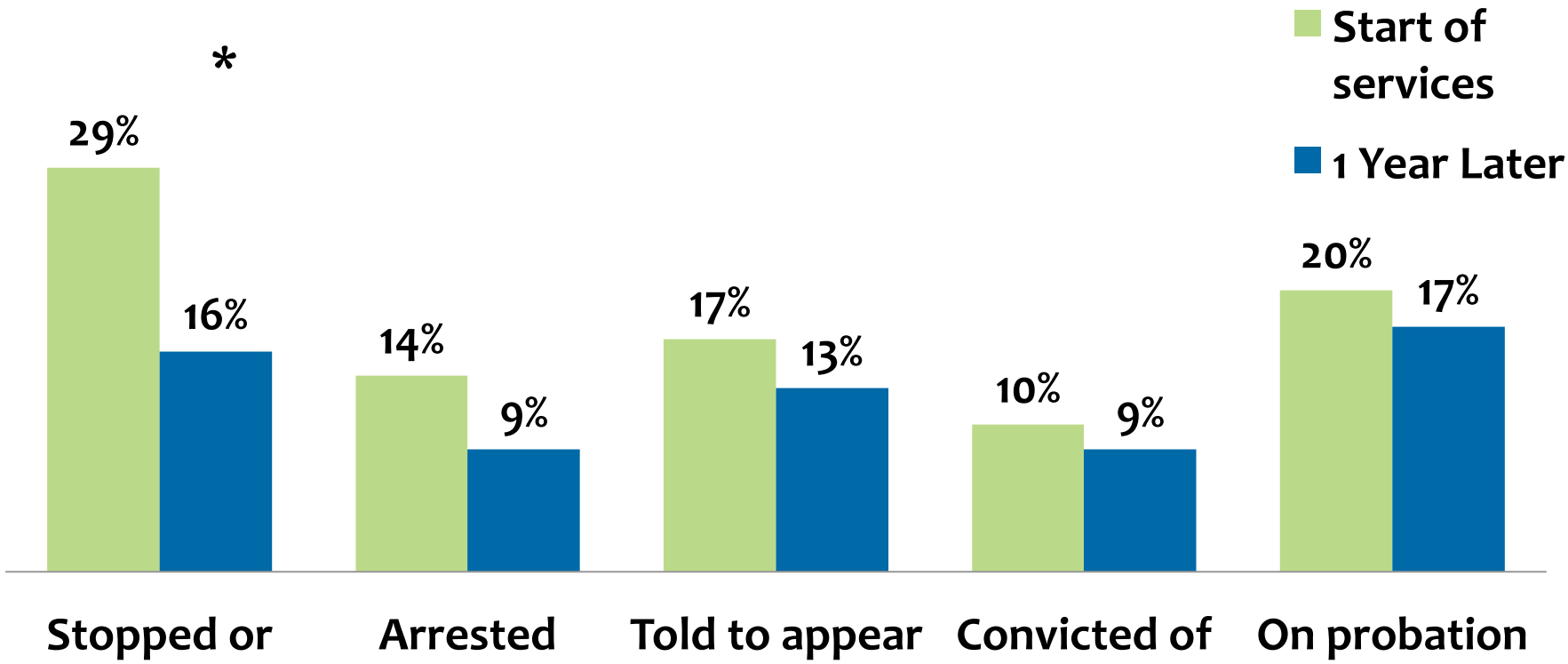
Criminal Justice Involvement



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Department of Corrections Involvement

Young adults (18-24) involved with corrections decreased significantly from 2000 to 2013

3,828

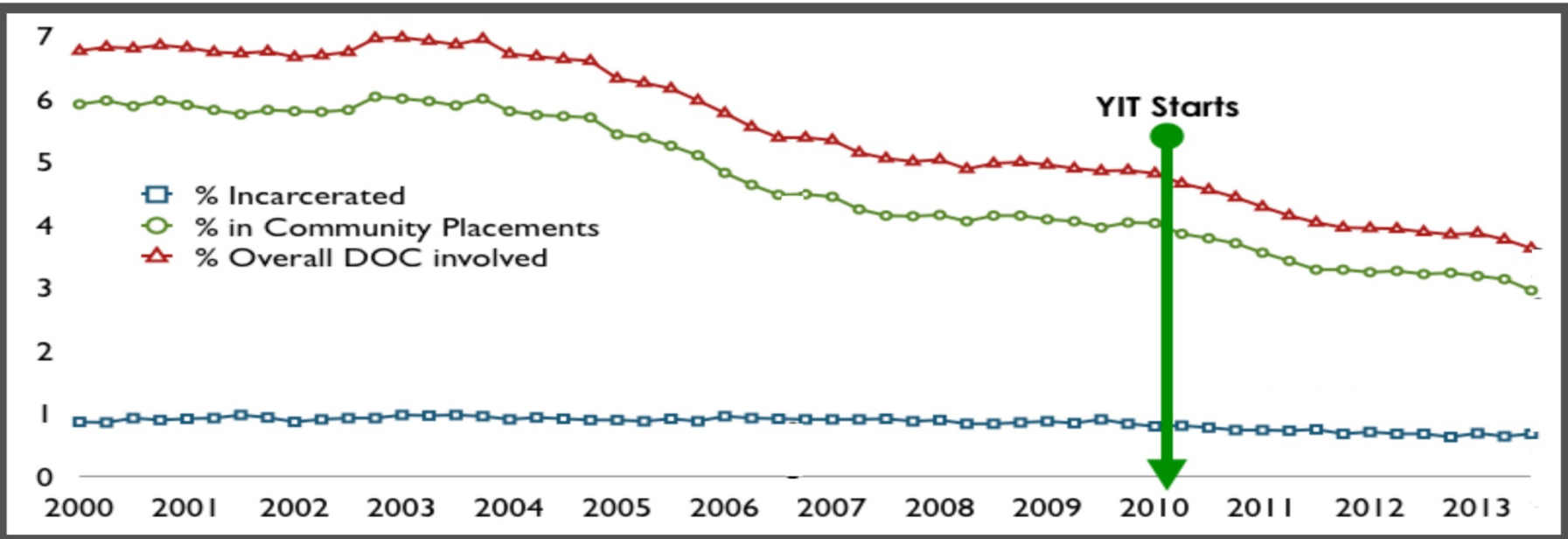
39%

2,351

This happened during a time when the young adult population in Vermont grew.

64,972

56,586



Data provided by Vermont DOC quarterly census of placement on the last day of each quarter, including young adults (18-24 years) incarcerated and in community settings. % from U.S. Census population estimates.

Comparing the 10+ years before YIT and 3.5 years since shows DOC involvement was:

significantly lower

dropped more rapidly

YIT was not the sole reason for this decrease, but we believe it contributed along with other Vermont efforts.

YIT Involved Young Adults' DOC involvement

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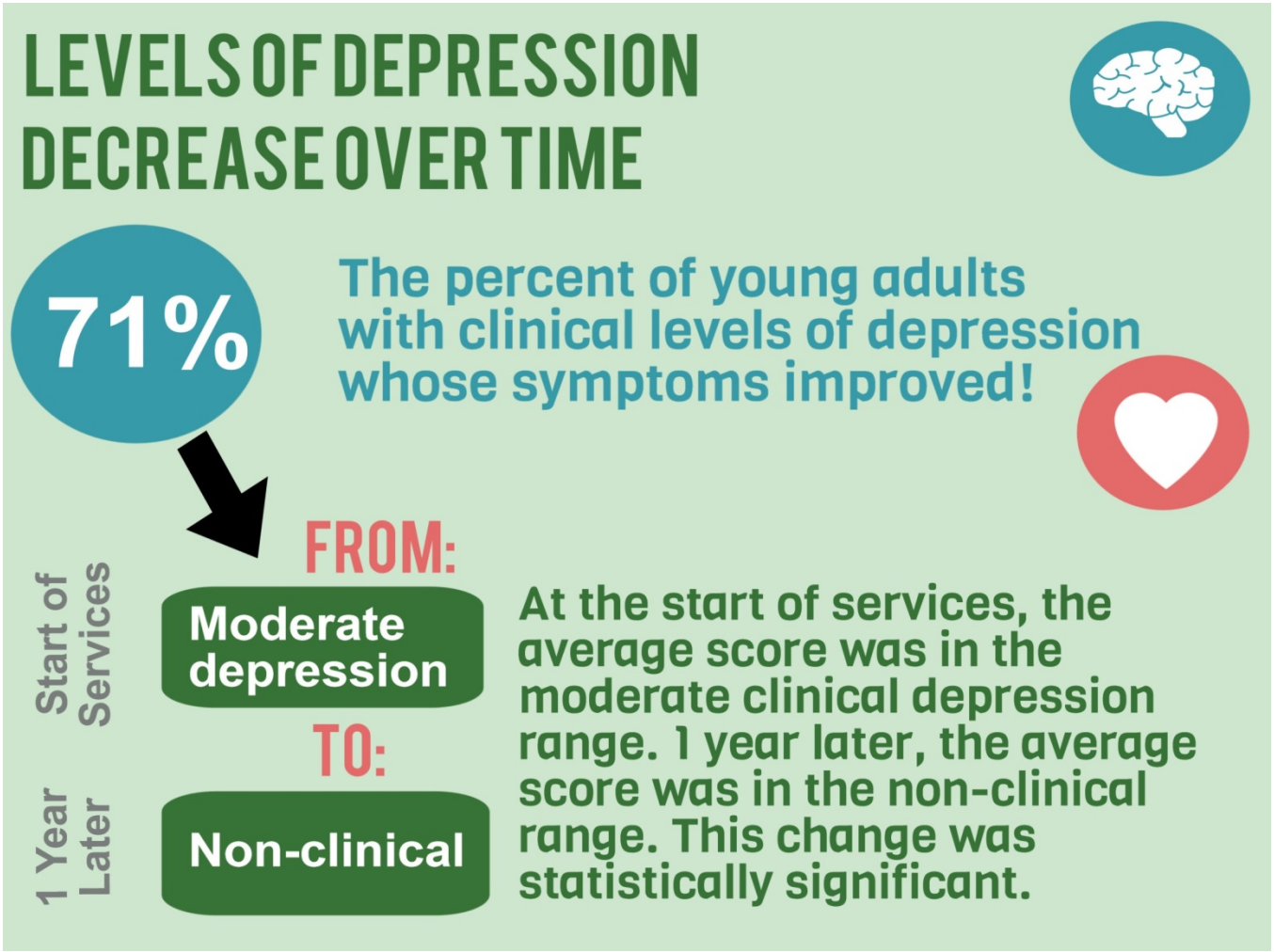
Mental Health: Depression



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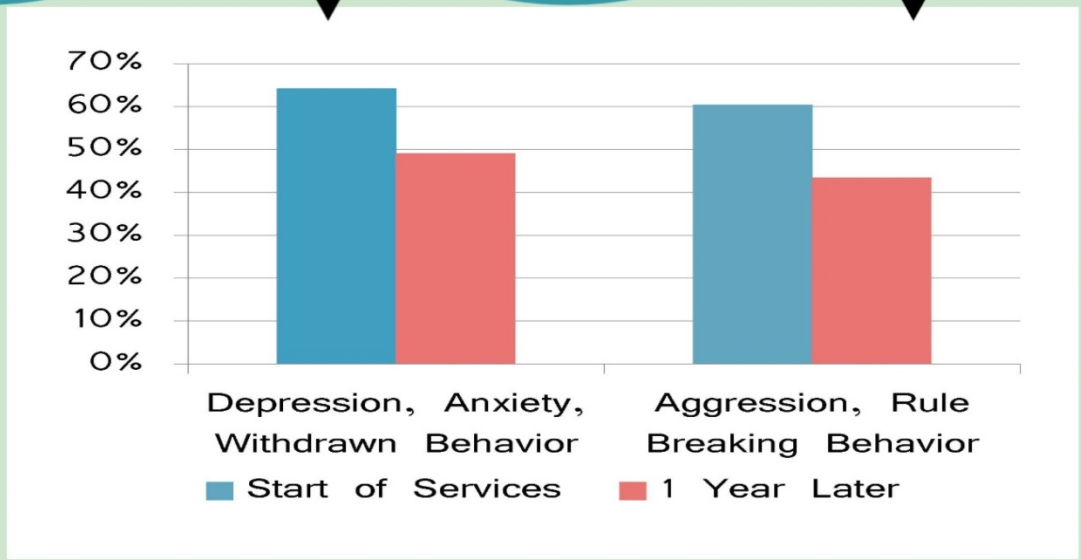
Mental Health

WE SEE DECREASES IN OTHER MENTAL HEALTH PROBLEMS TOO!

A 24% improvement among youth with clinical levels of these problems.

A 28% improvement among youth with clinical levels of these problems.



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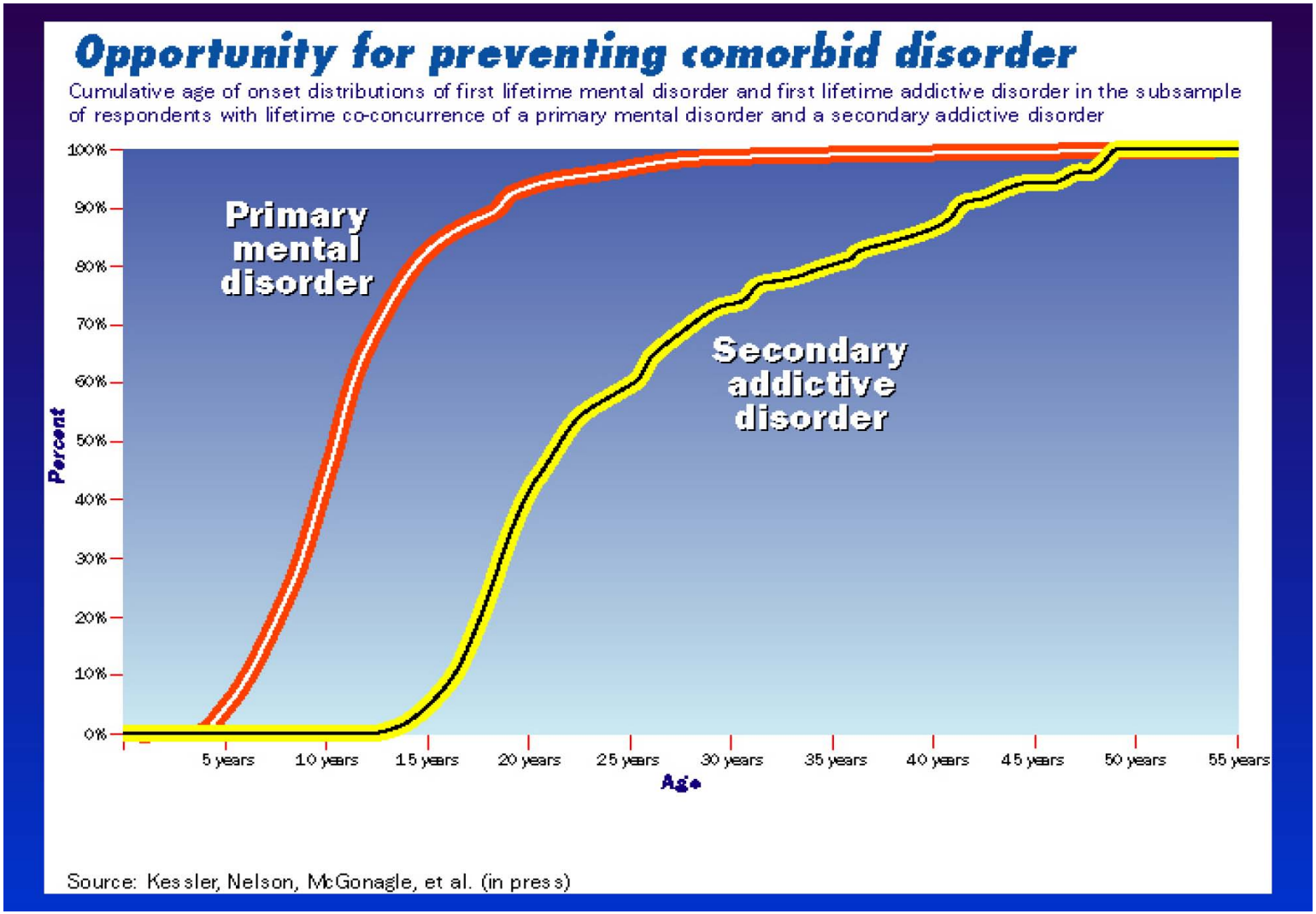
Mental Health



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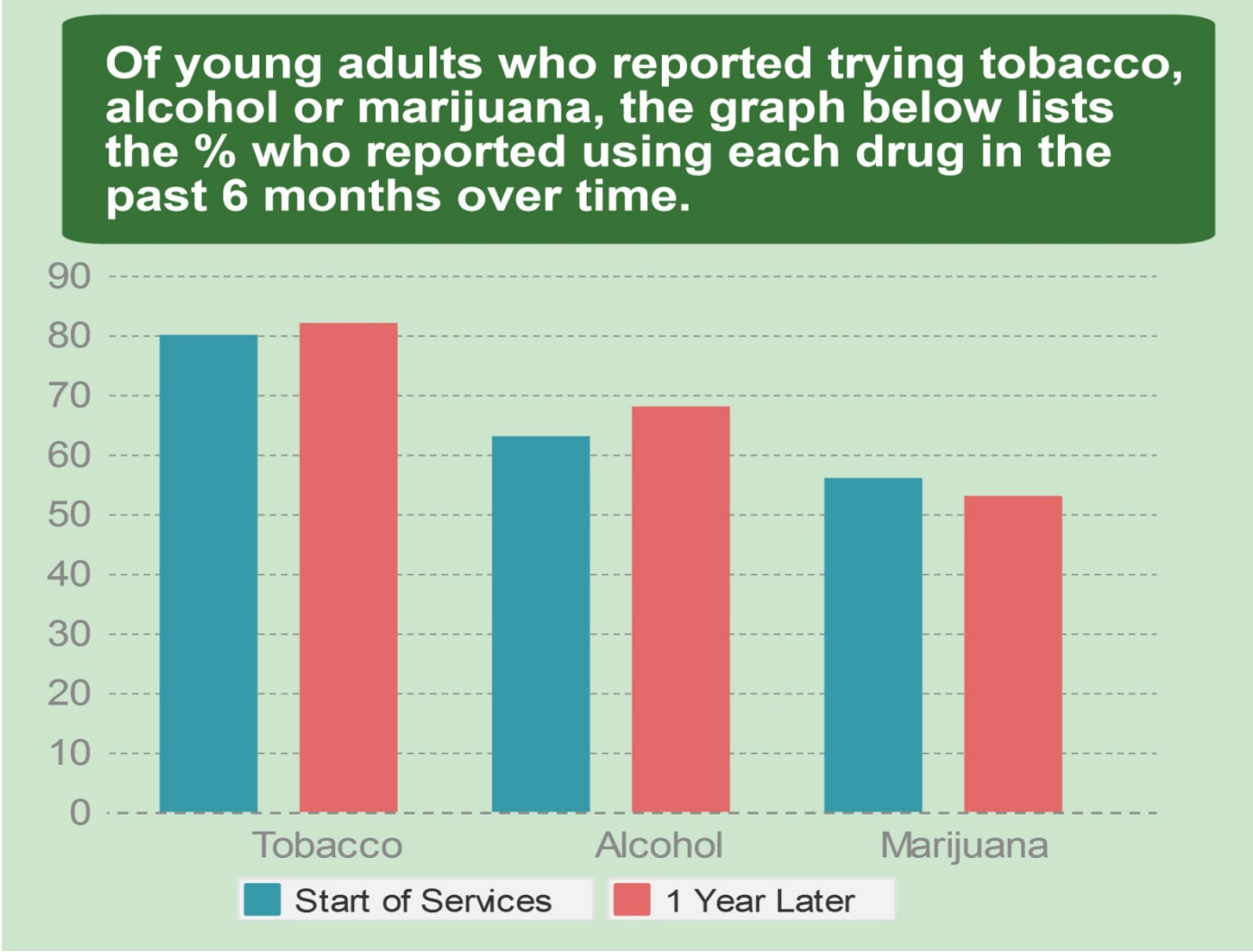
Substance Use



No change in rates of:

- Tobacco
- Alcohol
- Marijuana

use among young adults 16 to 22.

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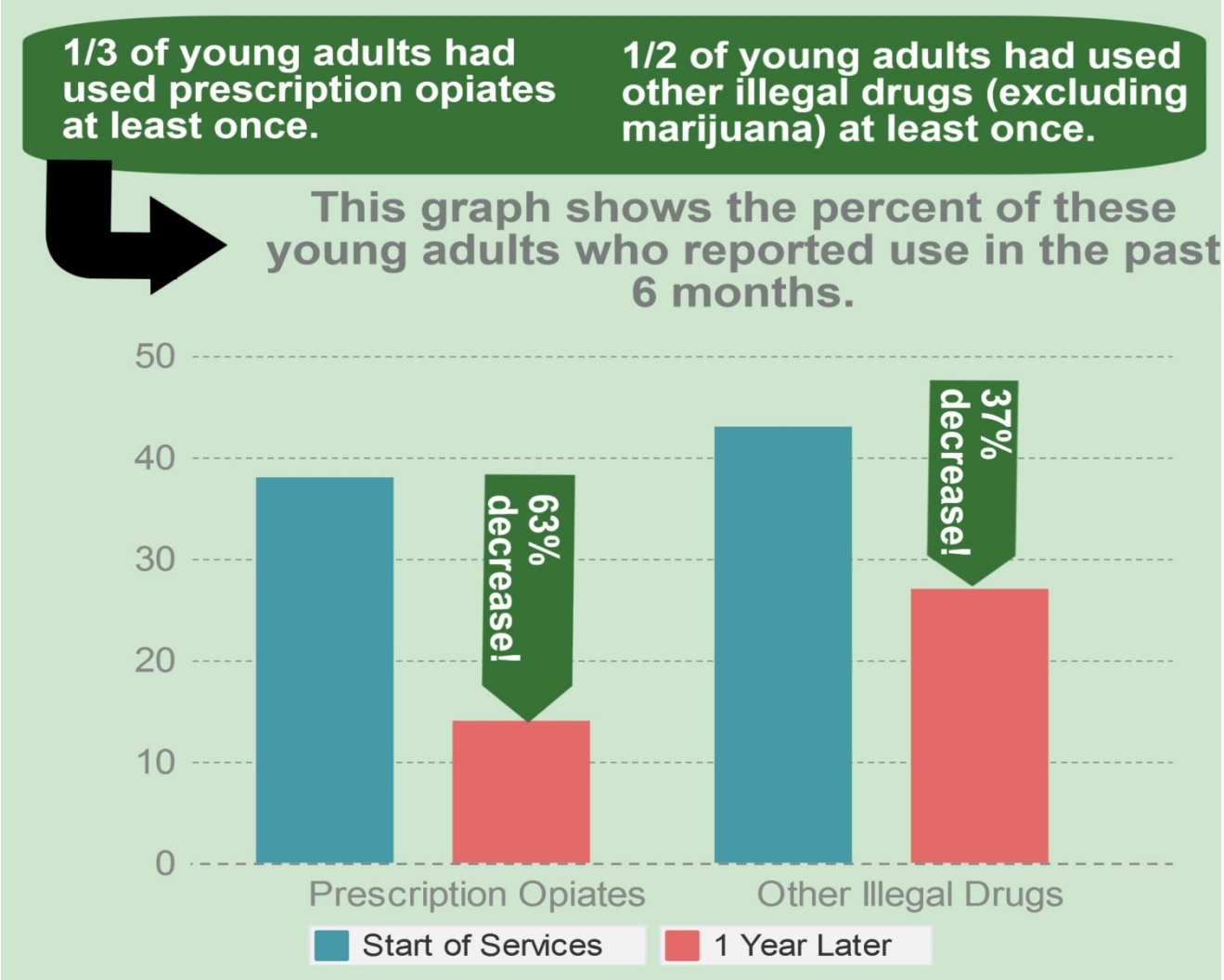
Substance Use



Significant decreases in prescription opiate & other illegal drug misuse.

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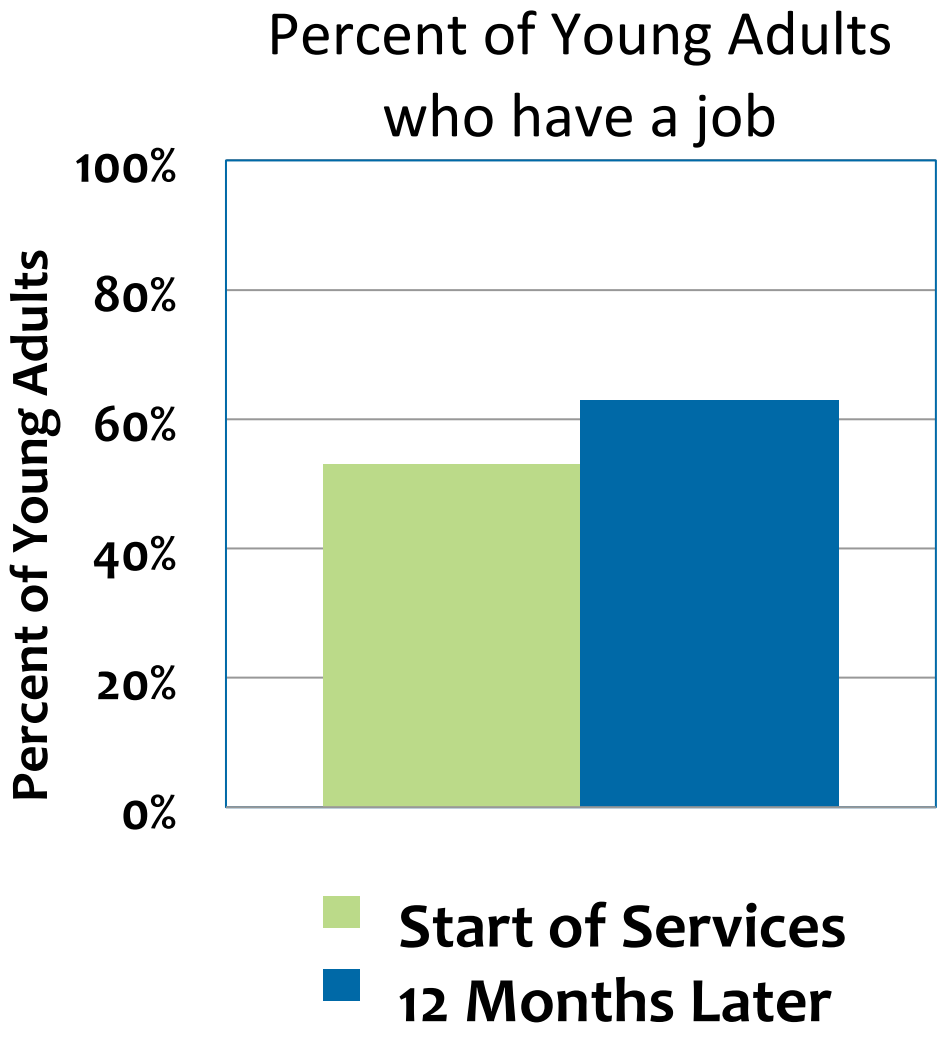
YIT and Employment



What are young adults saying about getting a job?

- *"I just wanted money. Didn't want to live off of mom and dad."*
- *"Having a job is important to me."*

Across both studies, there was a 10% increase in employment ($p<.06$)

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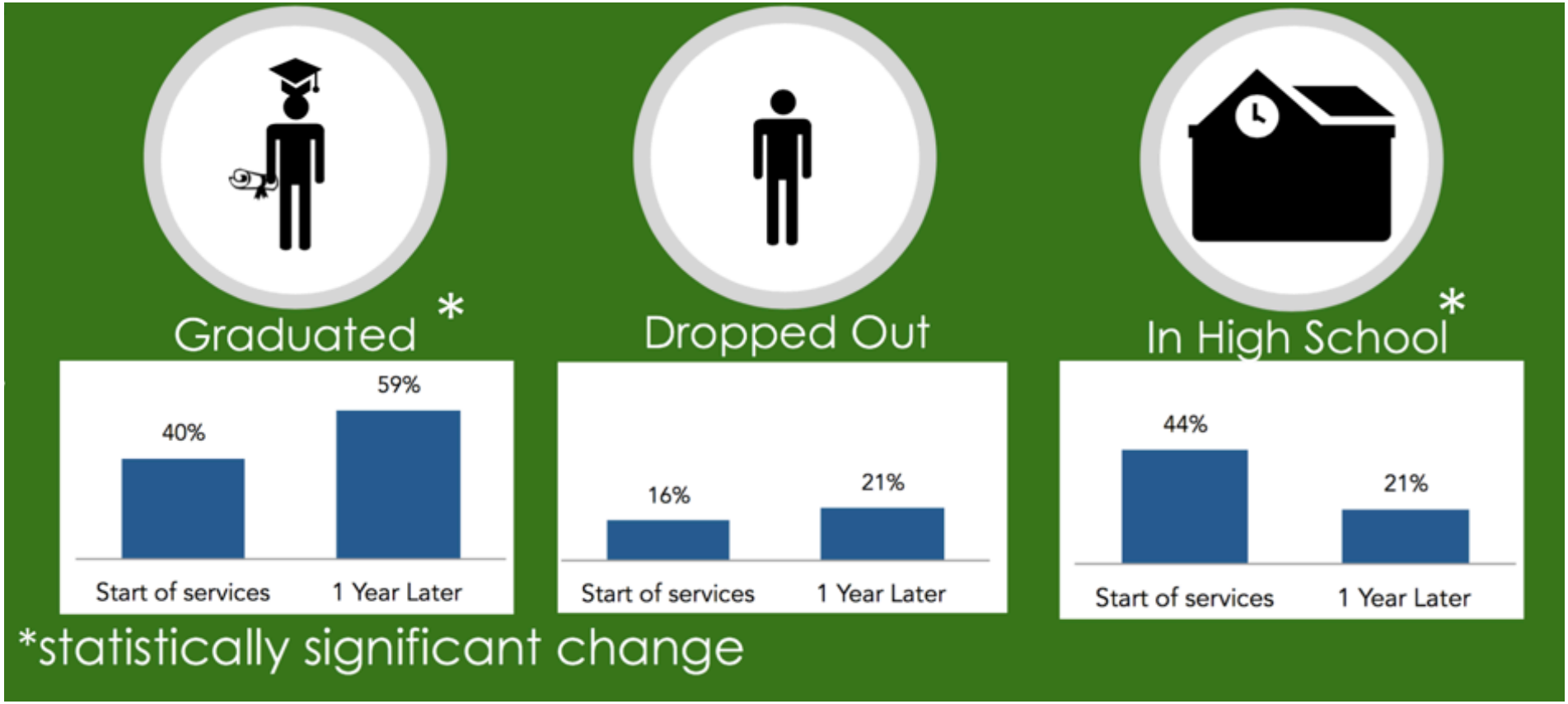
High School Graduation



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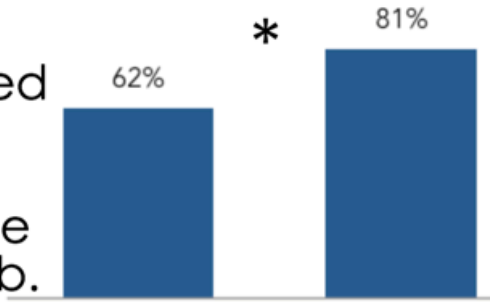
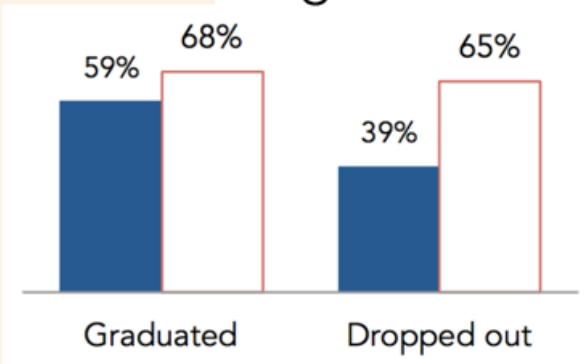
Post-Secondary Ed & Jobs

How are YIT young adults doing after high school?

One year after starting YIT, high school dropouts were almost as likely to have a job as graduates.

High school graduates showed a significant increase in attending college or obtaining a job.





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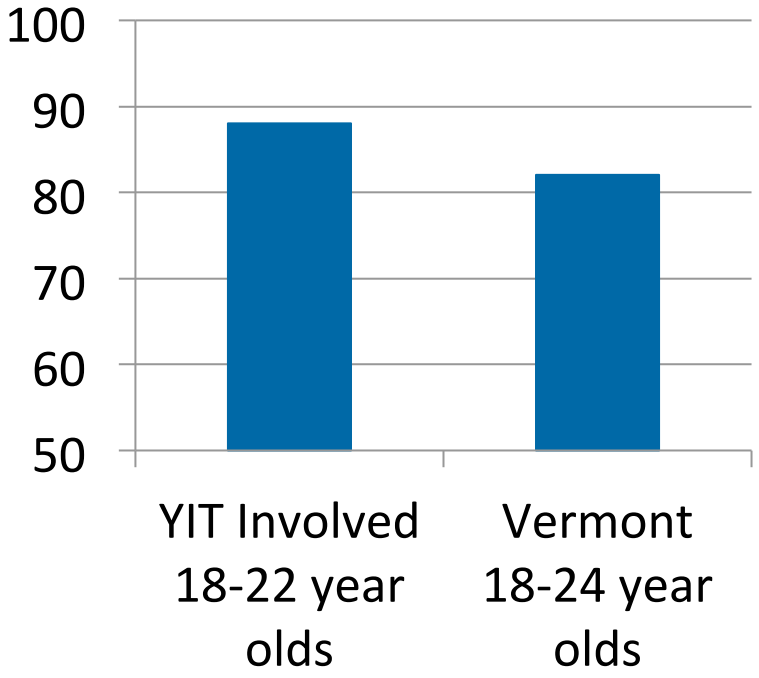
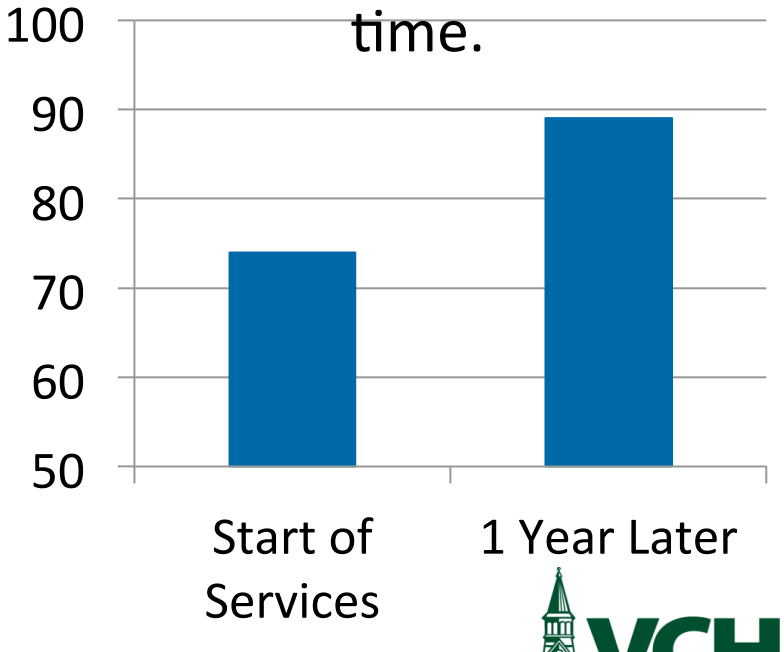
Health Care Access

More YIT Involved Young Adults have health coverage compared to young adults across Vermont.



More YIT Involved Young Adults with mental health & substance use problems reported seeing a doctor over time.



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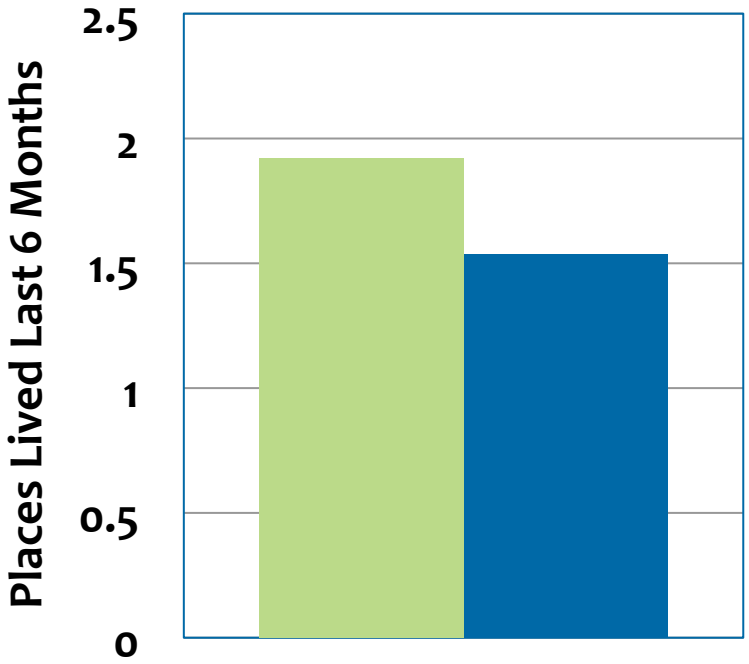
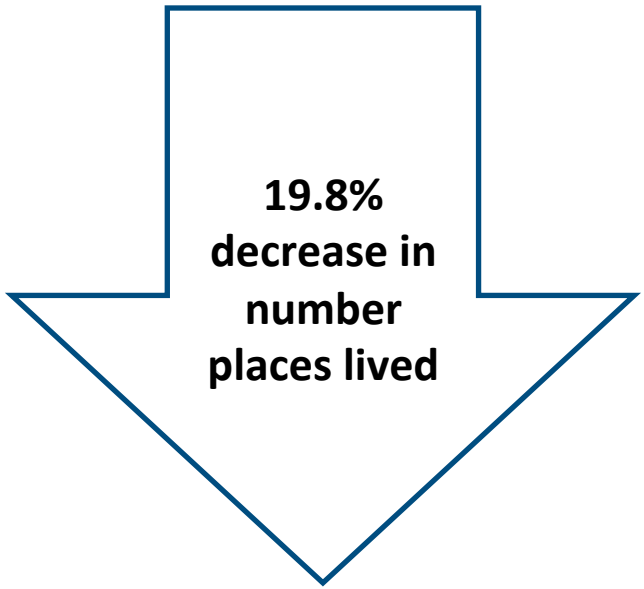
Housing Stability

Among <u>all</u> young adults in the National Study, overall there was a decrease in the average number of different places young adults lived in the previous 6 months, from 1.9 to 1.5 different places they lived.





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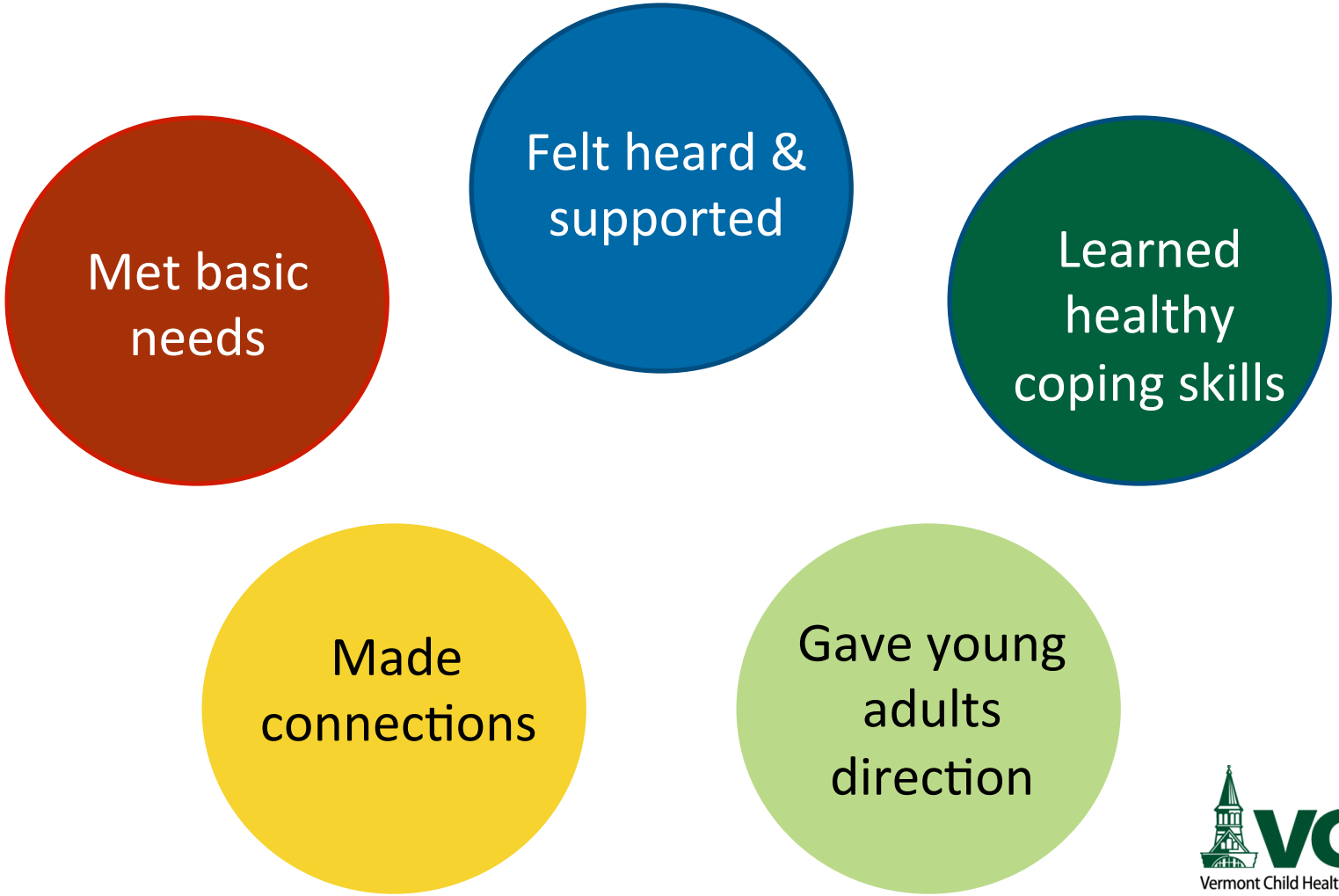
Feedback from Consumers: 5 General Themes



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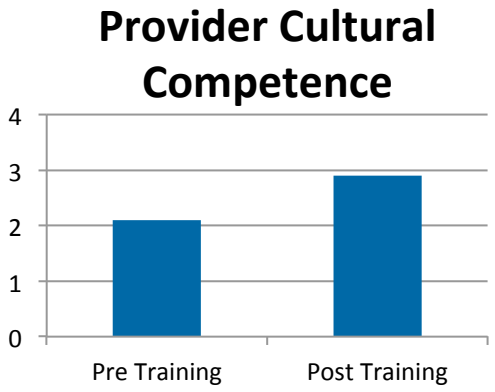
Evaluation: Cultural & Linguistic Competency (CALC) Development

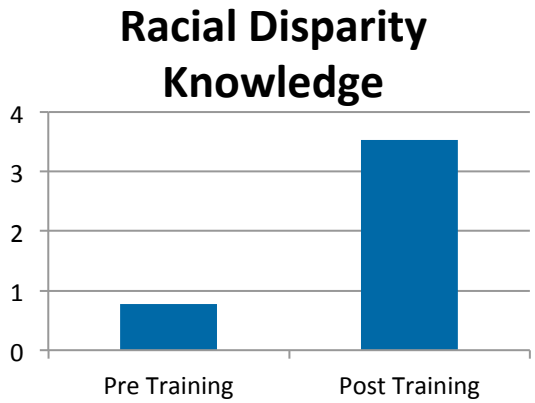
Cultural & Linguistic Competency Emphasis (CALC)

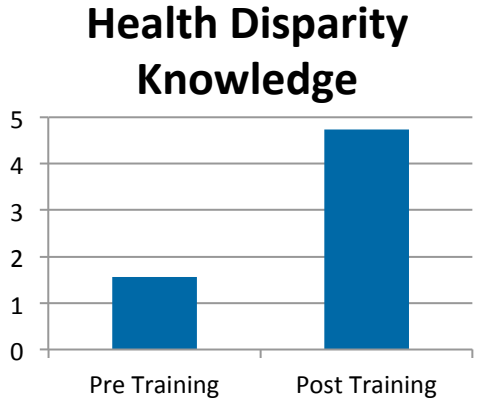
- Critical to end health disparities
- Improve health providers' knowledge & their attitudes and skills
- Identified under Strategy I.C of the HHS Action Plan to Reduce Racial and Ethnic Health Disparities (2011) as one of the actions to improve the quality of care; and "the ability of the healthcare workforce to address disparities will depend on its future cultural competence and diversity" (p.17, IC.1).

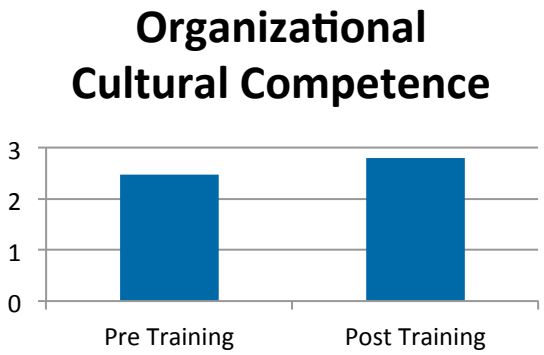
CALC Trainings in Vermont

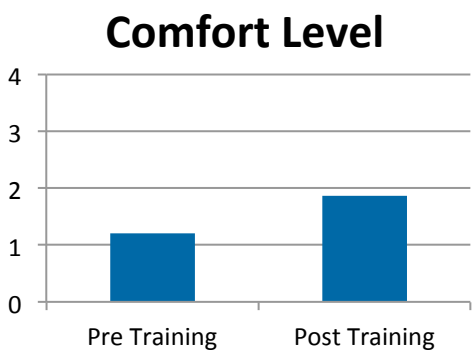
- 34 trainings from October 2010 to August 2013 in 10 AHS regions; 639 participants
- Pre and Post-Test collected at every training (n=569)











All of these increases were statistically significant.

Summary

Among our most vulnerable young adults we are seeing…

- Decreases in:
  - Criminal behaviors and involvement
  - Mental health symptoms
  - Prescription opiate and other illicit drug use
- Increases in:
  - Employment
  - Educational attainment
  - Health care access
  - Stability of housing situation

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Take Home Message

- Data show that YIT related efforts have:
  - Helped to improve young Vermonter's functioning, helping them to find and stay on pathways to being prosocial, contributing members of their communities.
  - Decreased their involvement with costly programs such as criminal justice programs and services.
  - Such changes have the potential to impact long-term hidden costs.

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Thank You

Questions & Comments

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