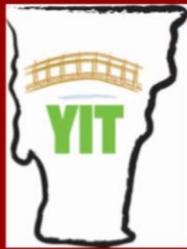


YOUNG ADULT INVOLVEMENT WITH CORRECTIONS



The Youth in Transition Grant (YIT) is a 6-year federally funded grant awarded to Vermont's Department of Mental Health. The mission of the grant is to improve the system of care for Vermont young adults, ages 16 through 21.

YIT GOAL

Decrease the number of youth involved with the justice system. This data brief uses Vermont Department of Corrections (DOC) data to examine trends in corrections involvement overtime.



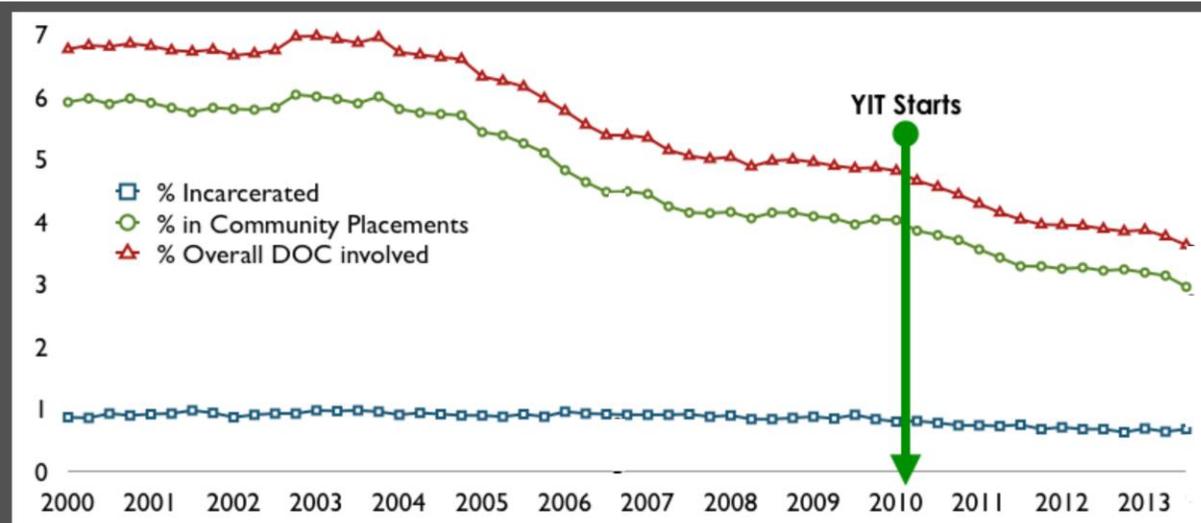
If you have any questions about this data brief, contact Tom Delaney: thomas.delaney@med.uvm.edu
To learn more about YIT visit: <http://www.youth-in-transition-grant.org>



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



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:



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

When asked, how Vermont's System of Care for young adults helped them, young adults said...

Feel heard & supported!

"Ability to talk - people will listen to what I have to say."
"Just being able to talk to someone, ... who can give me positive feedback & advice."
"They don't criticize or judge me."
"Honestly, it's just keeping me having a positive outlook on things and having hope. They give me a lot of hope."

Got good coping skills!

"I'm able to word how I think better. My words aren't always jumbled. I'm able to express when things aren't going the way I want them to."
"Learning coping skills & stress & tension relief."
"They help me with my drug use & controlling my anger, using coping skills for my anger."

Made connections

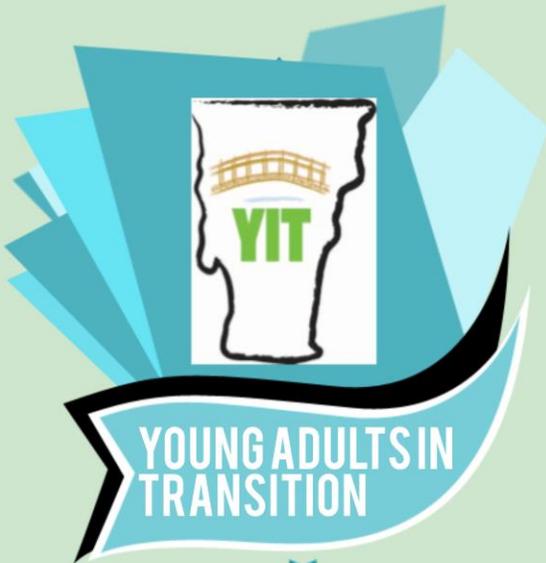
"Getting rides to different employment opportunities & help finding a job."
"[Case Manager's name] & my probation officer - helping me get into Job Corps where I want to be."
"She helped me through DCF with my child because they were going to take my child from me."

Met basic needs...

"Getting a job."
"Help me keep my apartment."
"It's helped me have the money I need for my baby."
"Helped pay part of fuel debt."
"Help getting food from the food shelf."
"We called medicaid...figuring out insurance."
"Getting a doctor...."
"She helped me save money & quit smoking."

Gave young adults direction

"Probably that I've figured out what I want to do in my life; what I want to be. I never really thought of myself as a leader, but now I do. It's made me realize a lot of things about my strengths."
"Knowing that I have the opportunity to finish school the right way & get my high school diploma....It's keeping me out of trouble and teaching me there's better things for me out there to do."



YOUNG ADULTS IN TRANSITION

OUR VISION: THAT YOUNG ADULTS IN VERMONT ARE EMPOWERED, HEALTHY, VALUED, & ENGAGED IN THEIR COMMUNITIES

HOW THIS INFO WAS COLLECTED

YIT is a 6-year federally funded grant awarded to Vermont's Department of Mental Health. The goal of the grant is to improve the system of care for Vermont young adults, ages 16 through 21.

Information provided is based on reports from 155 young adults across Vermont receiving mental health & related services in their communities. Young adults were interviewed by researchers at the University of Vermont at the start of services and again 1 year later.



Created on 1/21/14



Contact: Thomas Delaney at 802-656-9192 with questions.

GOAL: YOUNG ADULTS EXPERIENCE DECREASES IN MENTAL HEALTH SYMPTOMS & RELATED PROBLEMS.

LEVELS OF DEPRESSION DECREASE OVER TIME

71% The percent of young adults with clinical levels of depression whose symptoms improved!

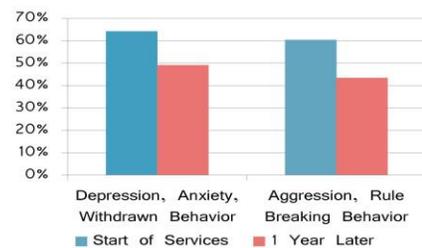
FROM: Moderate depression
TO: Non-clinical

At the start of services, the average score was in the moderate clinical depression range. 1 year later, the average score was in the non-clinical range. This change was statistically significant.

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.



PATTERNS OF SUBSTANCE USE: SOME THINGS CHANGE...

1/3 of young adults had used prescription opiates at least once.
1/2 of young adults had used other illegal drugs (excluding marijuana) at least once.

This graph shows the percent of these young adults who reported use in the past 6 months.



SOME REMAIN THE SAME...

Of young adults who reported trying tobacco, alcohol or marijuana, the graph below lists the % who reported using each drug in the past 6 months over time.



YOUNG ADULT INVOLVEMENT WITH JUSTICE SYSTEM



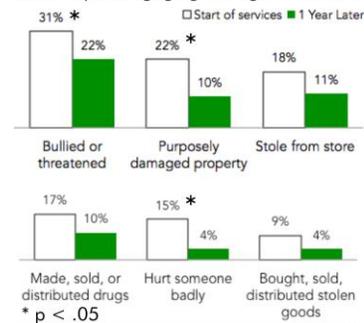
The Youth in Transition Grant (YIT) is a 6-year federally funded grant awarded to Vermont's Department of Mental Health. The mission of the grant is to improve the system of care for Vermont young adults, ages 16 through 21.

One of the goals of YIT is to decrease the number of youth involved with the justice system.

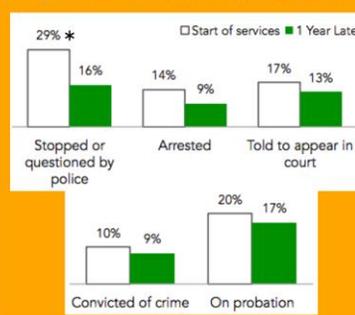


Interviews with 115 young adults at the start of YIT and one year later revealed significant decreases in illegal behaviors and contact with the justice system.

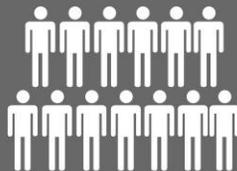
One year after starting YIT, fewer young adults report engaging in illegal behaviors:



There were also a decrease in reports of young adult contact with the justice system:



1 in 14



YIT involved young adults report being incarcerated

Of those incarcerated, the average days spent incarcerated decreased along with estimated costs

Start of YIT



1 year later



25% decrease in the amount of time incarcerated!



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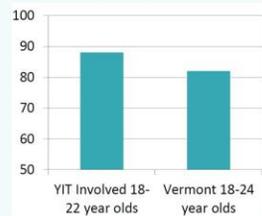
Young Adult's Health:



GOAL OF YIT GRANT: INCREASE YOUNG ADULT'S ACCESS TO HEALTH CARE, USE OF A MEDICAL HOME AND RECEIVING NEEDED HEALTH CARE SERVICES.

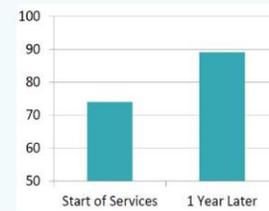
YIT stands for Young adults In Transition
Medical home is defined as a physician or primary care practice identified by young adult as being main medical care provider.

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

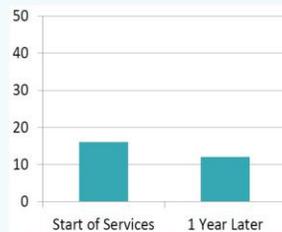


TAKE HOME:
Larger percent of young adults have health care coverage, accessing routine care, & getting care they need.

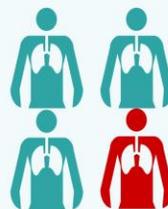
More young adults with mental health & substance use problems reported seeing a physician over time.



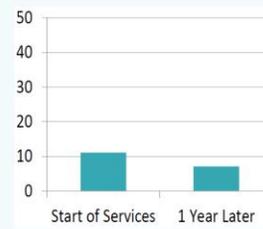
Percent with a problem that went untreated dropped slightly.



3 out of 4 seek out routine care & this stays the same over time.



Percent seeking usual care at an Emergency Room decreased.



EDUCATION OF YOUNG ADULTS IN YIT



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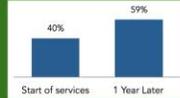
GOAL
Increase young adults participating in (or completing) educational programs.

How are YIT young adults doing in high school?

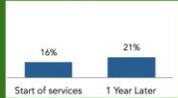
113 young adults were interviewed when they started YIT and 1 year later



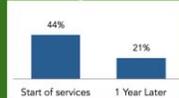
Graduated*



Dropped Out



In High School*



*statistically significant change

How are YIT young adults doing after high school?



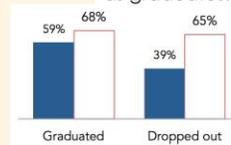
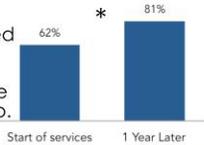
College



Job

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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