

Youth in Transition (YIT) Grant

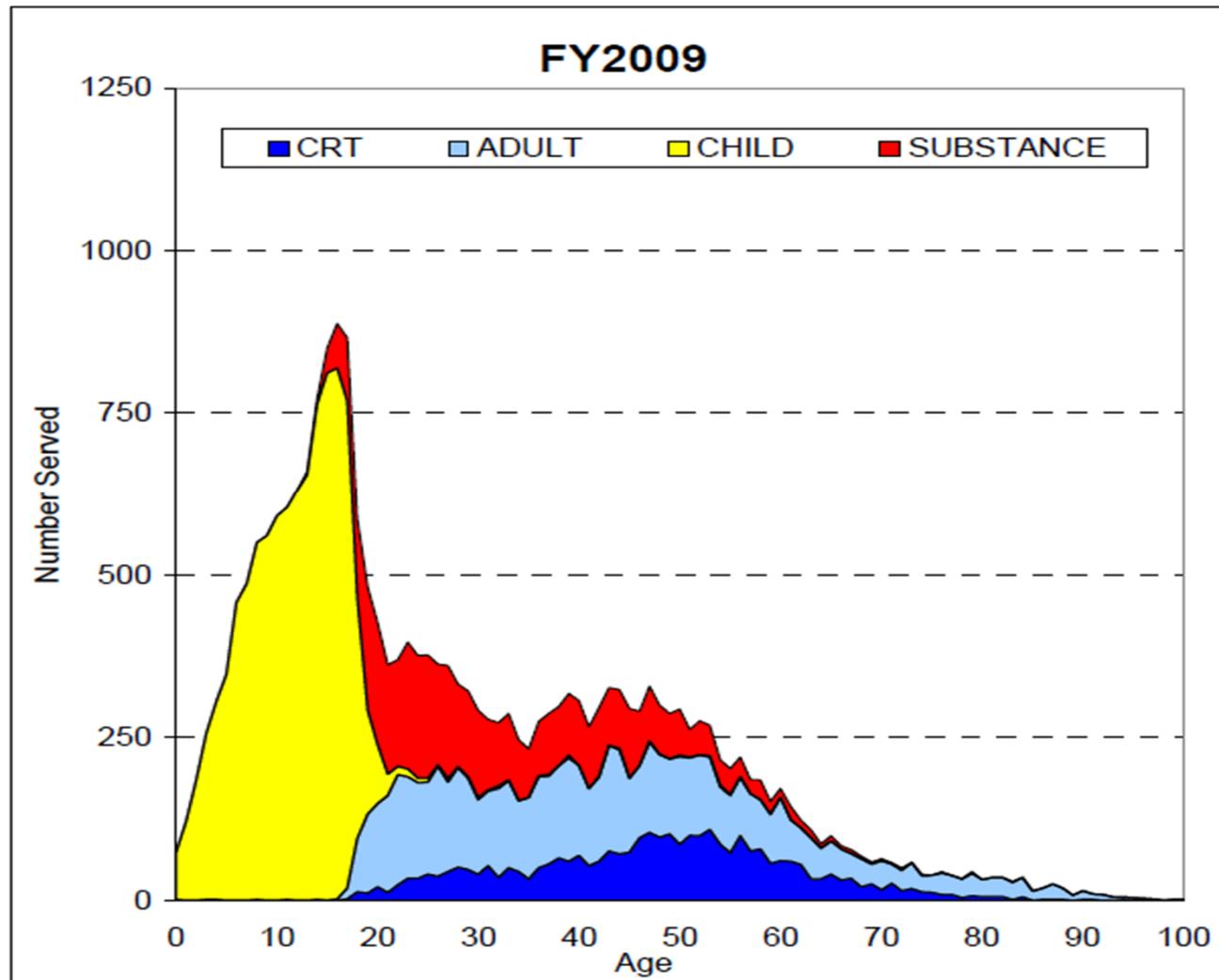
Overview

Why Department of Mental Health applied
for the SAMHSA grant

What Agency of Human Services wanted
to accomplish with it

Vision and Mission as developed with
partners statewide

The “Cliff”



Broad 8 Outcomes

1. Decreased number of young adults involved in the corrections system.
2. Increased number of young adults who are employed.
3. Increased number young adults participating in (or who completed) educational programs.
4. Increased number of young adults who have access to, and are using, a medical home.
5. Increased number of young adults living in safe & stable housing.
6. Increased number of young adults who have caring & supportive relationships.
7. Increase in young adults' strengths.
8. Increase in young adults' competence & decreases in mental health symptomatology and related problems.

Our Vision

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



Our Mission

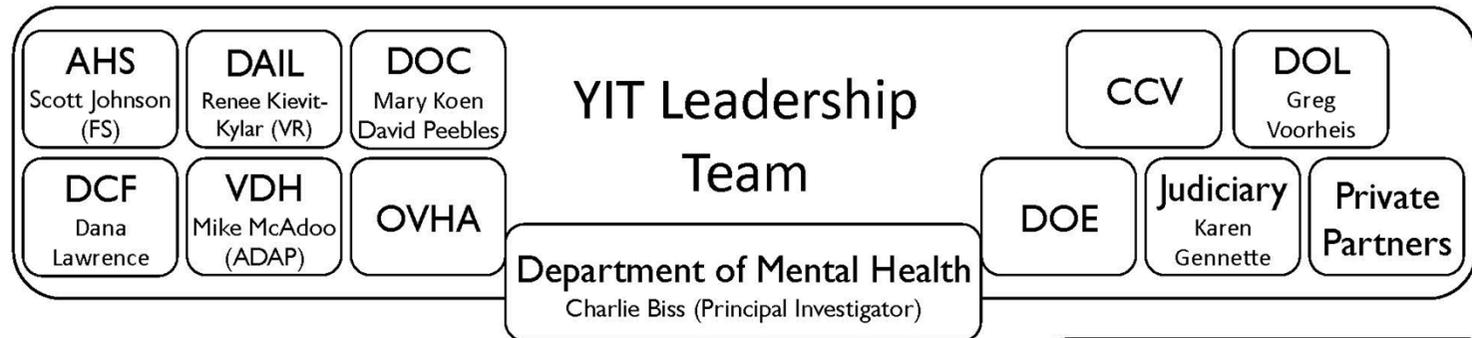
Young adults, families/adult allies and community partners collaborate to develop a system of care to support transition to adulthood. The system builds upon the strengths of young adults and creates an array of specialized mental health and related services to meet their unique and changing needs. The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

Three Main Areas for Attention

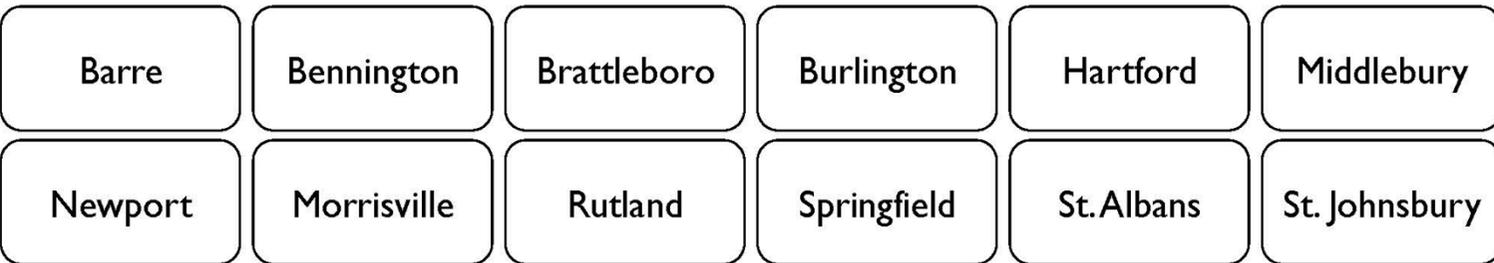
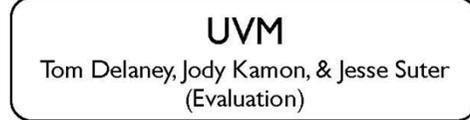
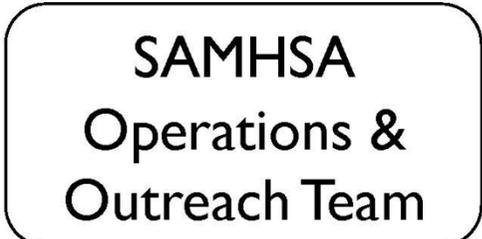
- *Respecting and listening to youth and young adults + creating opportunities for involvement with them*
- *Strengthening the System of Care for youth and young adults*
- *Expanding services and use of evidence-supported practices with/for them*

System of Care – statewide and regional

At both statewide and regional levels, service providers for transition-aged youth and young adults have come together to share information and resources, brainstorm solutions to problems for individuals and groups, and develop more effective policies and procedures – thereby strengthening the system of care for this population. [Diagram of SOC on next slide.]



Version 7/27/09



Services and Evidence-Supported Practices

FY2009 sub-grants of \$10,000 given to each of 12 regions for development of strategic plans in line with funding formula allocations (\$865,000 yearly).

By April 1, 2010, all regions began implementing approved plans plus required evaluation activities – hiring 15 FTE case managers plus part-time peer workers.

In 7 regions, the fiscal agent chosen by the interagency YIT Steering Committee overseeing the plan is a Designated Mental Health Agency (DA); in 3 a Runaway and Homeless Youth Program (RHYP); in 1 a Community Action Agency (CAA); in 1 a Federally Qualified Health Center (FQHC).

The 12 YIT Grant regional programs have provided meaningful individualized services to over 600 young people in Vermont plus outreach, community engagement and leadership activities for hundreds more.



Regional Programming: “Transition providers need to know ‘everything about everything’ in both the children’s and adult systems.” [*Matt Wolf, YIT Young Adult Coordinator*]

Case managers use a strength-based, youth-driven approach. They have been trained in use of the Transition to Independence Process (TIP), an evidence-supported model which incorporates and adapts Motivational Interviewing and other techniques for working with young people. To date, 235 Vermont service providers have been trained in TIP.

Through YIT, the case managers and over 700 other providers have also been trained about cultural and linguistic competence. (*You will hear more about this later.*)

Young Adult Involvement

The YIT case managers provide support and guidance to youth-leadership and community activism efforts in each region.

- **Support Peer Workers & a Peer Outreach effort.**
- **Support Youth Leadership Development & Community Activism; Advisory Boards.** (These consist mainly of youth from the community with adult allies as support & guidance for making youths' ideas a reality. *You will hear from some of them later.*)

YIT at the statewide and regional levels has learned about using social marketing and social networking to work with young people. Social Networking sites such as Facebook and Twitter are the number one means of communication for people ages 14-26. [Example on next slide.]



 **Courtney Bridges**
View my profile page

643 TWEETS	977 FOLLOWING	244 FOLLOWERS
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- Timeline
- About
- Photos 641
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Mental Health Always Matters : Children's PSA

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Now that you know what YIT has been doing, we will hear results from the Evaluation Team.