



a public-private partnership expanding and improving substance abuse and related mental health treatment for Vermont's teens, young adults, and their families

The Vermont Youth Treatment Enhancement Program (VYTEP) is a new initiative building on existing resources and talents within Vermont's youth and family service system. With initial funding through a four-year grant from the Federal Substance Abuse & Mental Health Services Administration (SAMHSA), VYTEP has a focus on state policy, on system infrastructure improvements, and on expansion of counseling supports designed to meet the needs of Vermont's youth, young adults, and their families.

Policy and infrastructure improvements are designed to ensure better access to treatment and to improve coordination of the many systems that serve Vermont's youth. This 'systems level' initiative is facilitated through the *Youth Service System Enhancement Council*, co-chaired by AHS Director of Systems Integration Floyd Nease and VDH Deputy Commissioner (ADAP) Barbara Cimaglio.

And for Vermont's young people and their families, new and expanded services are available in creative and responsive ways. Within Chittenden County and Northwestern Vermont, Centerpoint Adolescent Treatment Services is expanding their current service array and will offer new models of treatment. The Washington County Youth Service Bureau (WCYSB) is leading similar expansions within Central Vermont.

Responsive Services: What's Needed, When It's Needed, with Ease of Access

Through Centerpoint, VYTEP initiatives are focused on:

- Improving access to care, with expanded community-based and co-located services
- Reducing obstacles to care, with services that offer immediate response
- Enhancing existing services and adding options for care, with new models of evidence-based practice
- Strengthening current partnerships and developing new collaborative relationships

Improving Quality of Life: Evidence-Based Practices with a Youth and Family-Centered Focus

During year one of the grant funded initiatives, VYTEP direct services are primarily focused on the adolescent/under 18 population. These services include implementation of 2 evidence based practices:

- An assessment methodology known as the **Comprehensive Adolescent Severity Inventory (CASI)**: http://pubs.niaaa.nih.gov/publications/AssessingAlcohol/InstrumentPDFs/21_CASI.pdf

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The Vermont Youth Treatment Enhancement Program

www.HealthVermont.gov

www.CenterpointServices.org

www.WCYSB.org

www.AdCareME.org

www.UVM.edu/medicine/VCHIP

- **Seven Challenges®**, a treatment model designed specifically to engage adolescents in decision making and commitment to change - and to support success in implementing the desired changes. **Seven Challenges®** concurrently helps young people address their drug problems and related life skill limitations, situational (peer, familial, environmental) challenges, and co-occurring mental health issues. <http://sevenchallenges.com>

Beginning in 2015, the VYTEP focus will expand to serve the Young Adult population (18-25 year olds). This expansion will also include the implementation of an additional developmentally and stage matched evidence-based practice:

- **Seeking Safety®** is a treatment model that addresses substance misuse, abuse, and addiction in the context of underlying trauma, with an outcome-oriented focus on health and well-being in all domains of a person's life. <http://www.seekingsafety.org/>

Seeking Safety® is well established in other service areas and sectors within Vermont, which will allow for easier statewide adoption and integration. Additionally, the Young Adult focus beginning in grant year 2 will be implemented in tandem with the VT Department of Health's SBIRT project (Screening, Brief Intervention, and Referral to Treatment). This project has a similar specialty focus with the 18-25 year old population and will support a 'seamless bridge' from referral to treatment engagement.

Building on Existing Services, Growing in Community-Based Sites

Centerpoint currently provides a full array of counseling services and supports on-site at local schools, community centers, health centers, and youth service organizations within Chittenden and Franklin counties. During year one of this program, community-based sites partnering with these expanded services include:

- Winooski Middle-High School
- Colchester High School
- On-Top/Horizons Program (Burlington School District)
- Burlington High School

In addition to these community sites, VYTEP services will be provided through the clinic-based individual, family, and group services offered by **Centerpoint's Substance Abuse & Mental Health Services** – and – will be integrated within the special education and therapeutic programming at the **Centerpoint School**.

For more Information

VYTEP's Implementation Team is available to provide additional information. Interested in...

Statewide Policy and System of Care Development? Contact **Sarah Chesbrough**: AdCare, **802-863-7628**

VDH ADAP Youth and Family Services? Contact **Amy Danielson**: VDH, **802-651-1557**

Chittenden County VYTEP Services for Youth and Families? Contact **Mitch Barron**: Centerpoint, **802-488-7721**

Washington County VYTEP Services for Youth and Families? Contact **Bert Klavens**: WCYSB, **802-229-9151**

VYTEP Program Evaluation and Research? Contact **Tom Delaney**: VCHIP, **802-656-9192**

SAMHSA Grant Related Issues and Deliverables? Contact **Neill Miner**: AdCare, **207-632-4663**

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