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Youth in Transition Grant

Bridging gaps for young adults in Vermont

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January 30, 2015

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Dear *Rebecca Buck - for Senate Committee on Appropriations:*

I am attaching for your review the final evaluation results from the Youth in Transition (YIT) Grant, which officially ended on September 29, 2014.

I believe you will find the results to be impressive, as did the Human Services Committee, the Senate Health and Welfare Committee, the House and Senate Appropriations Committees, and the Joint Fiscal Committee last winter and summer.

Thanks to the recommendations of those committees, YIT is now sustained with state funding through the budget of the Department of Mental Health. The Legislature approved $\frac{3}{4}$ of the funding needed to support the YIT program annually starting in State FY2015; the federal grant funded $\frac{1}{4}$ year.

For State FY2016 there is no further federal grant so a full year of state support is needed. **We are now requesting the additional $\frac{1}{4}$ year of funding: \$264,920 in State General Funds.** This investment in young adults is offset by reduced social problems and costs, as demonstrated by the evaluation. Most significantly, YIT reduces young adults':

- involvement with crime and the criminal justice system;
- depression, anxiety, and other mental health problems; and
- use of prescription opiates and other illegal drugs.

I would be happy to answer questions about this request.

Sincerely,

Brenda Bean

Brenda Bean
YIT Program Director

The statewide YOUTH IN TRANSITION (YIT) program IS MAKING A DIFFERENCE

How much did we do and how well did we do it?

A). YIT saves money and young lives: *Conservative, under-estimated, savings from the first year alone* after young people initiated services with YIT: \$908,603.¹ These savings are due to the positive outcomes (summary below) for the 500 young people aged 16-21 served annually through YIT since 2010.

15 FTE well-trained YIT workers provide individualized services using the evidence-supported Transition to Independence Process (TIP) for case management with young adults. TIP emphasizes:

- ***Respecting, listening to, and empowering young adults as the most important factors in achieving their good outcomes!***
- ***As one young adult said, these services and the workers who provide them help give young adults hope for their futures.***

The services teach life skills and connect young adults to the things they want and need to live successfully and independently – e.g., resources for housing, counseling, medical care, employment and education. The case managers continue to work with the young adults after these connections are made to coach them through the changes they are making to improve their lives. Many young adults feel that having such a case manager is vital to their making key decisions and changes.

One example of YIT services: Youth Services, Inc. of Southern Windham County provides intensively supported housing for young adults (and their children) for \$806 per month – e.g., **\$1,054 LESS PER MONTH** than the average cost of a General Assistance hotel voucher with minimal support services (\$1,860 per month).

B). YIT enlivens the human service system of care for youth and young adults: State and regional human service agencies and family and young adult leaders came together to design YIT and continue in partnership to monitor/improve those services and address the needs of this population, including via Integrated Family Services (IFS).

Is anyone better off?

Summary of 1 year longitudinal outcome data: YIT significantly reduces young adults':

- involvement with crime and the criminal justice system;
- depression, anxiety, and other mental health problems; and their
- use of prescription opiates and other illegal drugs.

YIT has increased their access to health care compared with other young people their age in VT.

As expected from enrollment in services to one year later, significantly more young people completed their high school education, entered college, and/or obtained employment. Unexpectedly, YIT helped those who dropped out of school find jobs at nearly the same rate as those with more education.

What are we asking the Legislature to do?

Last winter the Legislature approved sustainable funding for YIT for ¾ of a year to begin, in State FY2015, to replace the federal grant which initially funded YIT. The federal grant ended on Sept. 29, 2014. For State FY2016, the last ¼ of funding must be added to the budget to ensure that YIT services can continue in all 12 regions of Vermont. The Governor's budget does not include the final ¼ year of funding for YIT (\$264,920), which is part of the Department of Mental Health's (DMH) budget. **We are asking the Legislature to add \$264,920 in State General Funds for YIT, FY2016.**

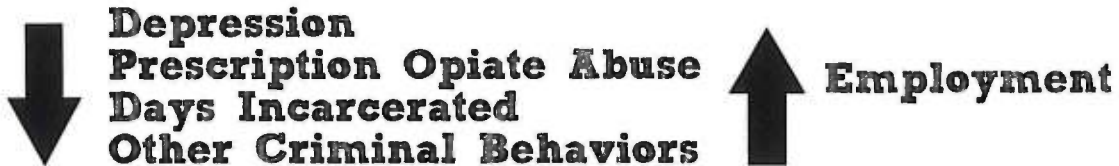
¹ Delaney, T.; Kamon, J.; & Suter, J. (2014). Estimated Short Term Cost Savings [and the other evaluation data]. VCHIP. UVM.



Estimated Short Term Cost Savings for Sustaining the Youth-In-Transition (YIT) Grant in the Governor's Budget

The chart below reflects short-term estimated cost savings in 4 of the 8 YIT outcome domains: incarceration, mental health, substance use and employment. The estimated savings presented here are based on outcomes observed in the first year. An average of 503 young adults enrolled in services annually since services began in April 2010. It is important to recognize that: 1) these savings are over the course of a young adult's first year after initiating services; and 2) only four domains are reflected here while YIT focused on eight outcome domains. Thus, there may be greater, additional long term savings gained as young adults continue to make strides and become more productive, healthy and contributing members of society.

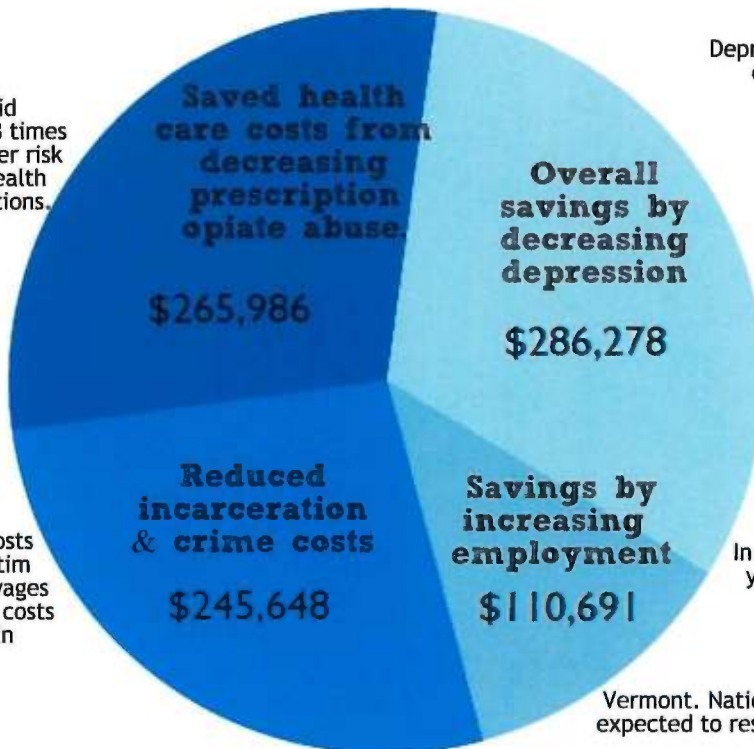
RESULTS



Healthcare costs for opioid abusers range from 3 to 8 times higher as there is a greater risk of co-occurring mental health and chronic health conditions.

Government spends \$373 billion on substance use each year. 96% of those dollars are spent on the collateral damage of substance misuse.

Crimes yield significant costs including those to the victim and justice system, lost wages and taxes, and intangible costs like quality of life and pain and suffering.



Depression is the leading cause of disability costing the U.S. \$43 billion dollars per year.

In U.S., annual indirect economic cost of mental illness is \$79 billion dollars.

If incidence of mental illness were reduced by an average of 10%, annual savings would exceed \$4 billion on direct costs (health and social services care) after 10 years.

In Vermont in 2013, 15% & 9% of young people aged 16-19 & 20-24 respectively were unemployed. These rates are more than double the overall unemployment rates for

Vermont. Nationally, youth unemployment is expected to result in \$20 billion in lost wages over the next 10 years.

TOTAL ESTIMATED SAVINGS IN THE YEAR AFTER YOUNG ADULTS INITIATED SERVICES: \$908,603

Questions? Contact Tom Delaney at Thomas.Delaney@uvm.edu; [802] 656-9192.



YOUNG ADULT INVOLVEMENT WITH JUSTICE SYSTEM

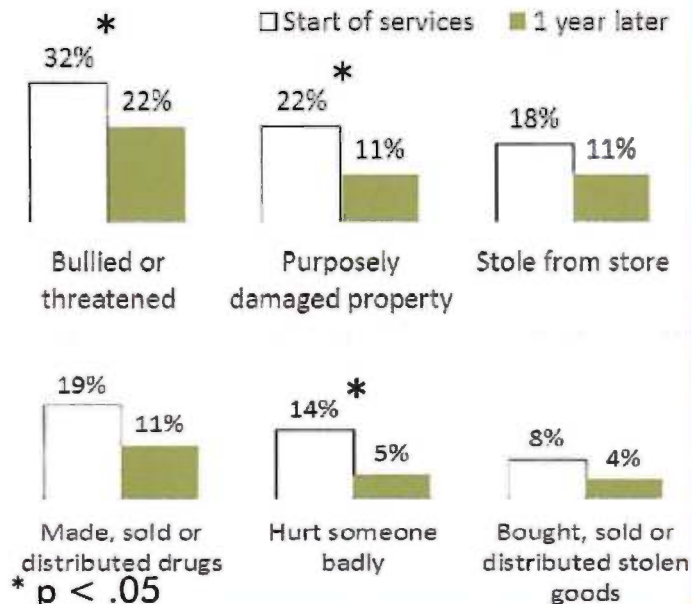


The Youth in Transition Grant (YIT) was a 6-year federally funded grant awarded to Vermont's Department of Mental Health. The mission of the program is to improve the system of care for Vermont young adults, ages 16 through 21.

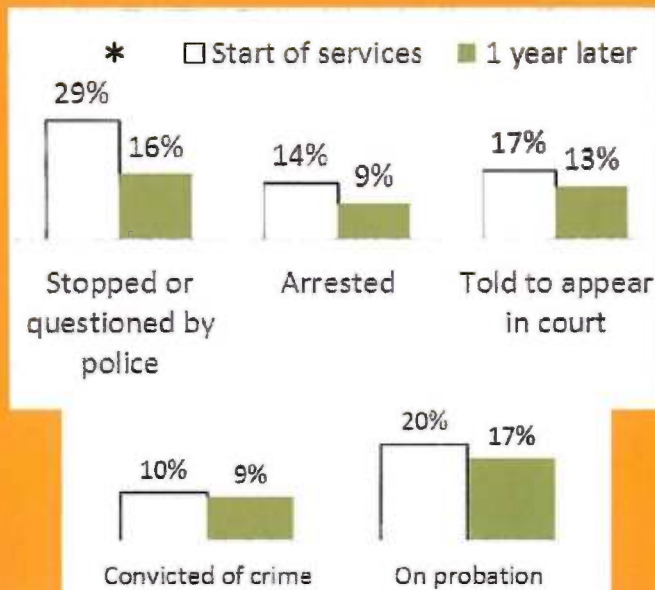
One of the goals of YIT is to decrease the number of youth involved with the justice system.

Interviews with 131 young adults at the start of YIT and one year later revealed significant decreases in illegal behaviors and contact with the justice system.

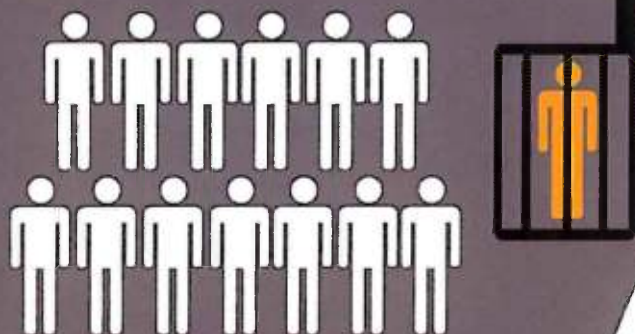
One year after starting YIT, fewer young adults report engaging in illegal behaviors:



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



36% decrease in the amount of time incarcerated!

EDUCATION OF YOUNG ADULTS IN YIT



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

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

How are YIT young adults doing in high school?

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



*statistically significant change

How are YIT young adults doing after high school?



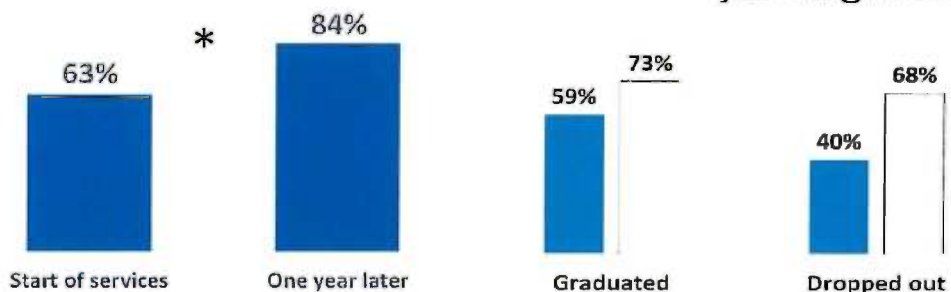
College



Job

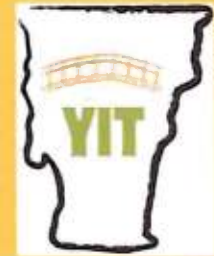
One year after starting YIT, High school dropouts were almost as likely to have a job as graduates

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





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.

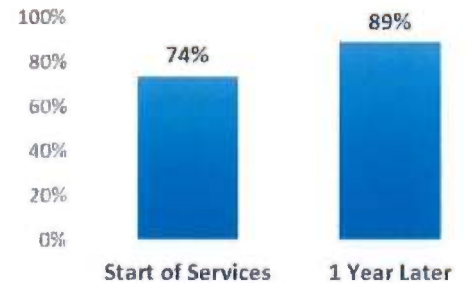
Medical home is defined as a physician or primary care practice identified by the young adult as being their main medical care provider.

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.

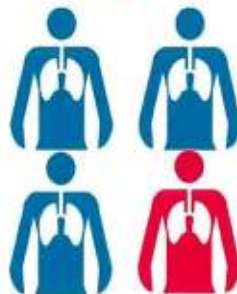
More young adults with mental health & substance use problems reported seeing a physician over time.



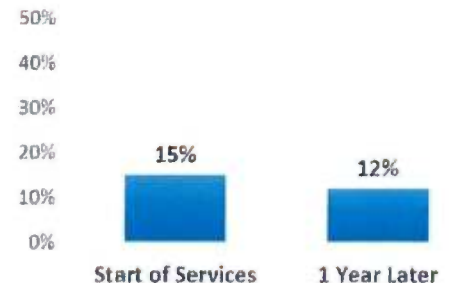
Percent reporting health insurance coverage increased (all YIT clients).



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



Percent with a problem that went untreated dropped slightly.



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."

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."

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."

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 (YIT): Demographics



Findings Based on 2 Studies

National study:

131 young adults

Vermont Study:

63 young adults



Interviews were conducted by UVM researchers at the start of YIT services and 12 months later (for both studies)

Young people recruited from all VT counties.

What is YIT?

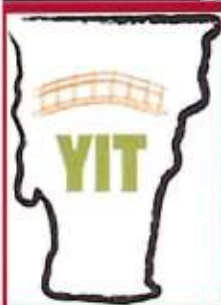
YIT was a 6 year federally funded grant awarded to Vermont's Dept. of Mental Health. The mission of the program is to improve the system of care for young adults ages 16 through 22.

Key Measures	National Study	Vermont Study
Mean number of problems (at start)	3.6	3
Medicaid recipients	75%	73%
Involved with Criminal Justice System	18%	12%
Mean length of time in services	10 months	

Demographic Measures	National Study	Vermont Study
Female	45%	56%
18 to 21 years old (X = 18; 19, SD = 1; 1.5)	77%	85%
Hispanic/Latino	5%	3%
Race		
White	83%	85%
Black/African American	2%	2%
Native American/ Alaskan Native	3%	0%
Asian	1%	3%
Belonging to more than one race	11%	10%



YOUNG ADULT INVOLVEMENT WITH CORRECTIONS



The Youth in Transition Grant (YIT) was a 6-year federally funded grant to Vermont's Department of Mental Health. The mission of the program is to improve the system of care for Vermont young adults, age 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>

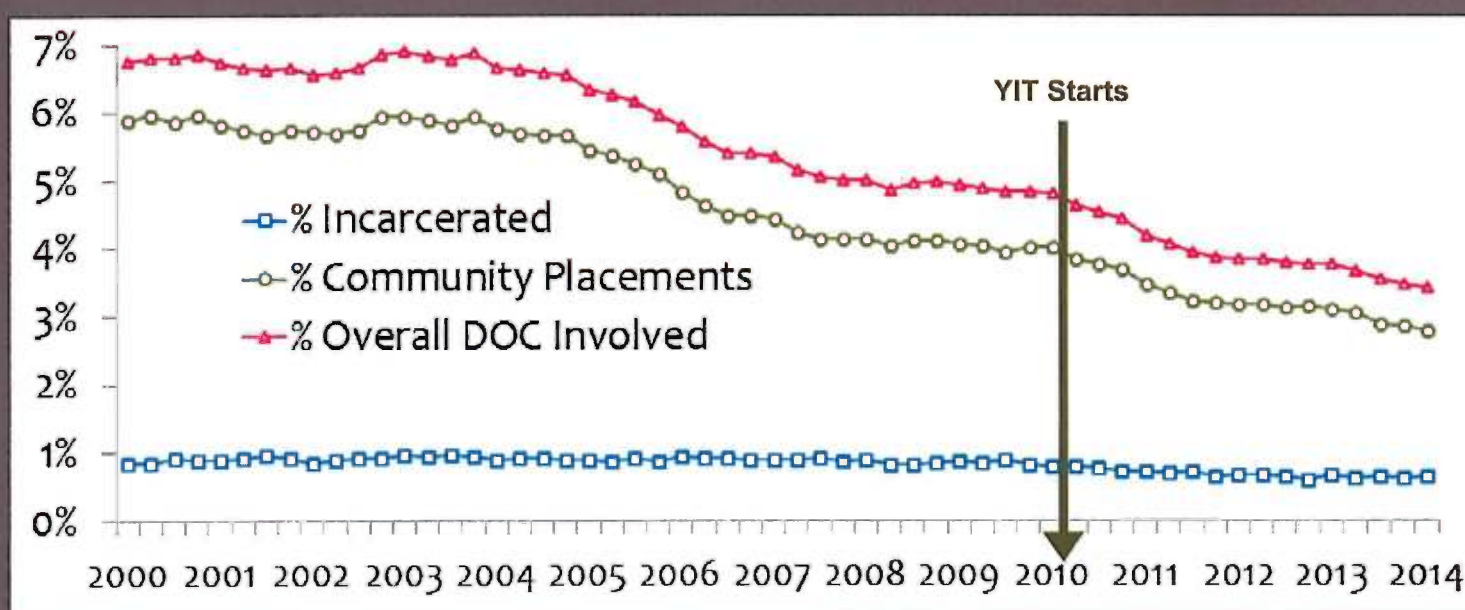


Young adults (18-24) involved with corrections decreased significantly from 2000 to 2014



Updated Jan 24, 2015

This happened during a time when the young adult population in Vermont grew. **66,323** (17% increase from 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 the 4 years after shows DOC involvement was:

significantly lower



dropped more rapidly



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



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

HOW THIS INFO WAS COLLECTED

YIT was a 6-year federally funded grant awarded to Vermont's Department of Mental Health. The goal of the program 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.



Updated on 1/22/15



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

DECREASES OVER TIME

DEPRESSION

80%

Start of Services
1 Year Later

FROM:

Moderate Severity

TO:

Non-clinical

ANXIETY

46%

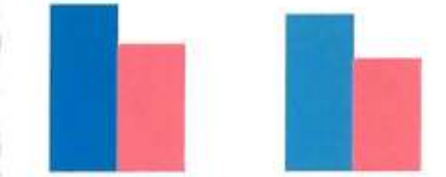
At start, average scores were in the moderate clinical range; 1 year later, scores were in the non-clinical range (statistically significant drop).

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.

70%
60%
50%
40%
30%
20%
10%
0%

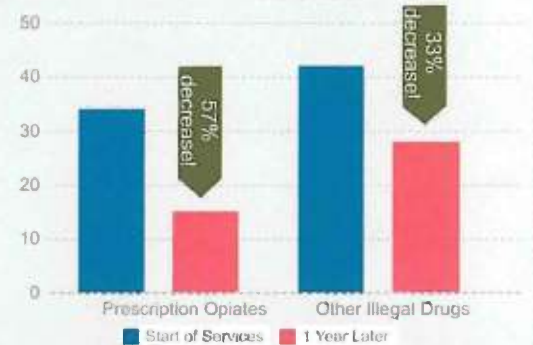


Depression, Anxiety, Withdrawn Behavior
Aggression, Rule Breaking Behavior
Start of Services 1 Year Later

PATTERNS OF SUBSTANCE USE: SOME THINGS CHANGE...

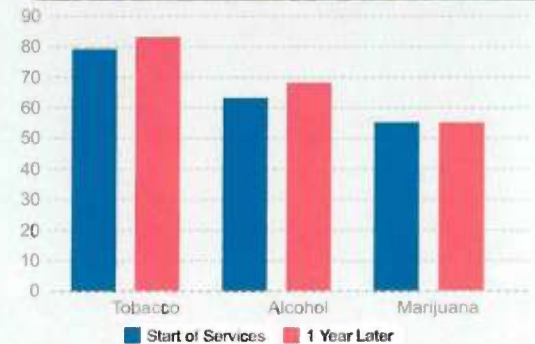
1/3 of young adults had used prescription opiates at least once. almost 1/2 of young adults had used other illegal drugs (not marijuana) at least once.

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.



Contact Thomas Delaney at 802-656-9192 or thomas.delaney@uvm.edu with questions.