

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.