Evaluation of Vermont’s Young Adult in Transition Grant

8 Broad Outcomes

- Corrections involvement
- Mental health symptoms & Substance use
- Employment
- Access to & use of medical home
- Education completion & continued engagement
- Number of young adults in safe & stable housing
- Number of young adults caring & supportive relationships

Evaluation: Report on how we are doing on 6 outcome domains

Evaluation

- 2 Studies
  - 1 Nationally driven
    - Data collected at 6 month intervals over 2 years by UVM staff
  - 1 Vermont based
    - Measures developed by consumers, caregivers, and state input and collected at 6 month intervals over 1 year by UVM staff

Sample

- National study
  - 115 young adults with both baseline and 12 month follow up data
- Vermont study
  - 63 young adults with both baseline and 12 month follow up data
- “Baseline” or “Start of Services” defined as when they began receiving a new YIT-funded service.
- Follow-up interviews were done regardless of whether young adult still receiving services.
Engaging in Criminal Behavior

- Bullied or threatened others: 31% *
- Purposely damaged property: 23%
- Stole from store: 18%
- Made, sold, or distributed drugs: 17%
- Hurt someone badly: 19%
- Bought, sold, possessed stolen goods: 4%

* Start of services
1 Year Later

Criminal Justice Involvement

- Stopped or questioned by police: 29%
- Arrested: 16%
- Told to appear in court: 9%
- Convicted of crime: 14%
- On probation: 20%

* Start of services
1 Year Later

Department of Corrections Involvement

- Young adults (18-24) involved with corrections decreased significantly from 2000 to 2013: 3.93%

10 years before YIT and 3-5 years since shows DOC involvement was:

YIT Involved Young Adults' DOC involvement

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

YIT starts 42 days
1 year later 31 days

25% decrease in the amount of time incarcerated!

Mental Health: Depression

- 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.

Mental Health

- We see decreases in other mental health problems too!
Substance Use

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.

- No change in rates of:
  - Tobacco
  - Alcohol
  - Marijuana
  - Marijuana use among young adults 16 to 22.

Substance Use

Significant decreases in prescription opiate & other illegal drug misuse.

YIT and Employment

What are young adults saying about getting a job?

- "I just wanted money. Didn’t want to live off of mom and dad."
- "Having a job is important to me."

Across both studies, there was a 10% increase in employment (p<.06)

High School Graduation

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

Health Care Access

More YIT Involved Young Adults with mental health & substance use problems reported seeing a doctor over time.
Housing Stability

Among all young adults in the National Study, overall there was a decrease in the average number of different places young adults lived in the previous 6 months, from 1.9 to 1.5 different places they lived.

19.8% decrease in number places lived

Feedback from Consumers: 5 General Themes

- Met basic needs
- Felt heard & supported
- Made connections
- Learned healthy coping skills
- Gave young adults direction

Among our most vulnerable young adults we are seeing...

- Decreases in:
  - Criminal behaviors and involvement
  - Mental health symptoms
  - Prescription opiate and other illicit drug use
- Increases in:
  - Employment
  - Educational attainment
  - Health care access
  - Stability of housing situation

Take Home Message

- Data show that YIT related efforts have:
  - Helped to improve young Vermonter’s functioning, helping them to find and stay on pathways to being prosocial, contributing members of their communities.
  - Decreased their involvement with costly programs such as criminal justice programs and services.
  - Such changes have the potential to impact long-term hidden costs.

Thank You

Questions & Comments
kamonjody@gmail.com