

Basic Needs + Housing

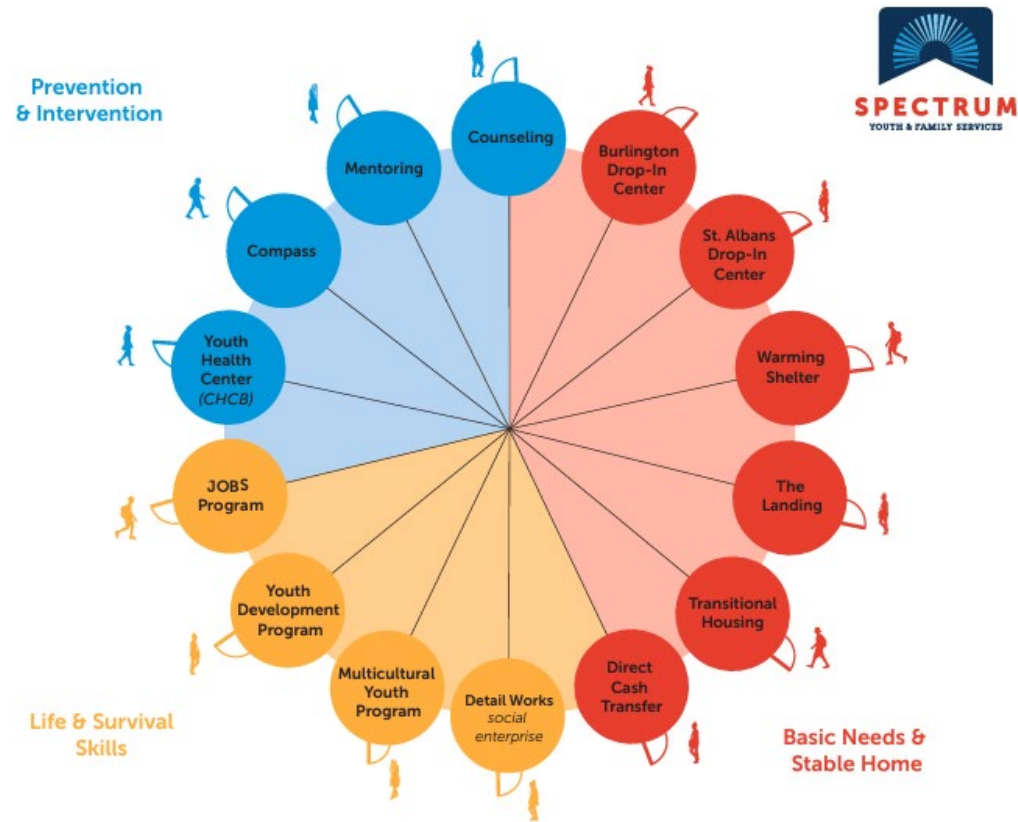
Prevention + Intervention

Life & Survival Skills



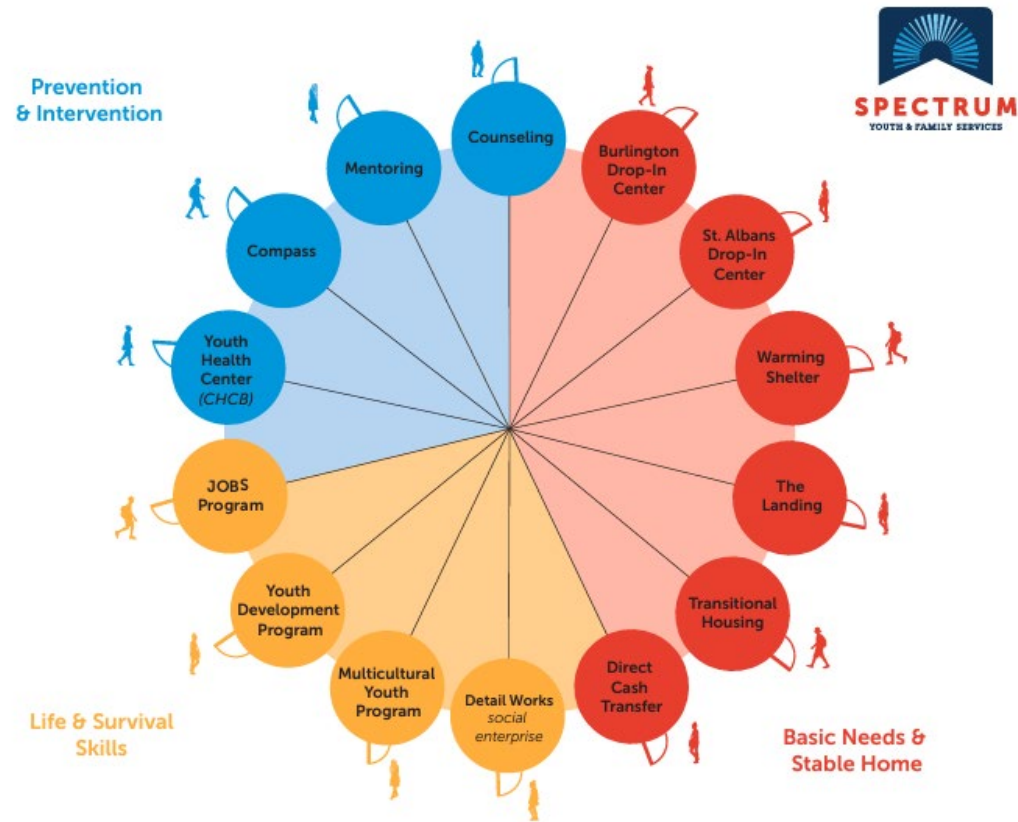
SPECTRUM

YOUTH & FAMILY SERVICES



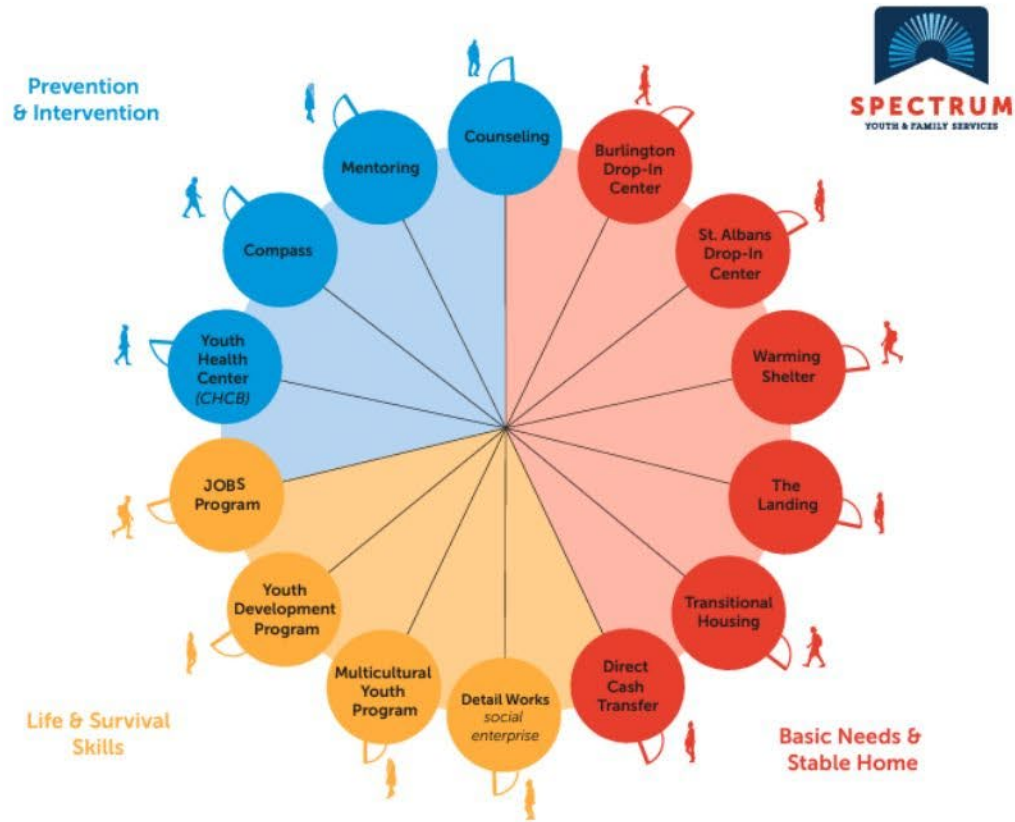
Programs At A Glance

- Provide services to over 1,400 youth and families in Chittenden, Franklin and Grand Isle Counties



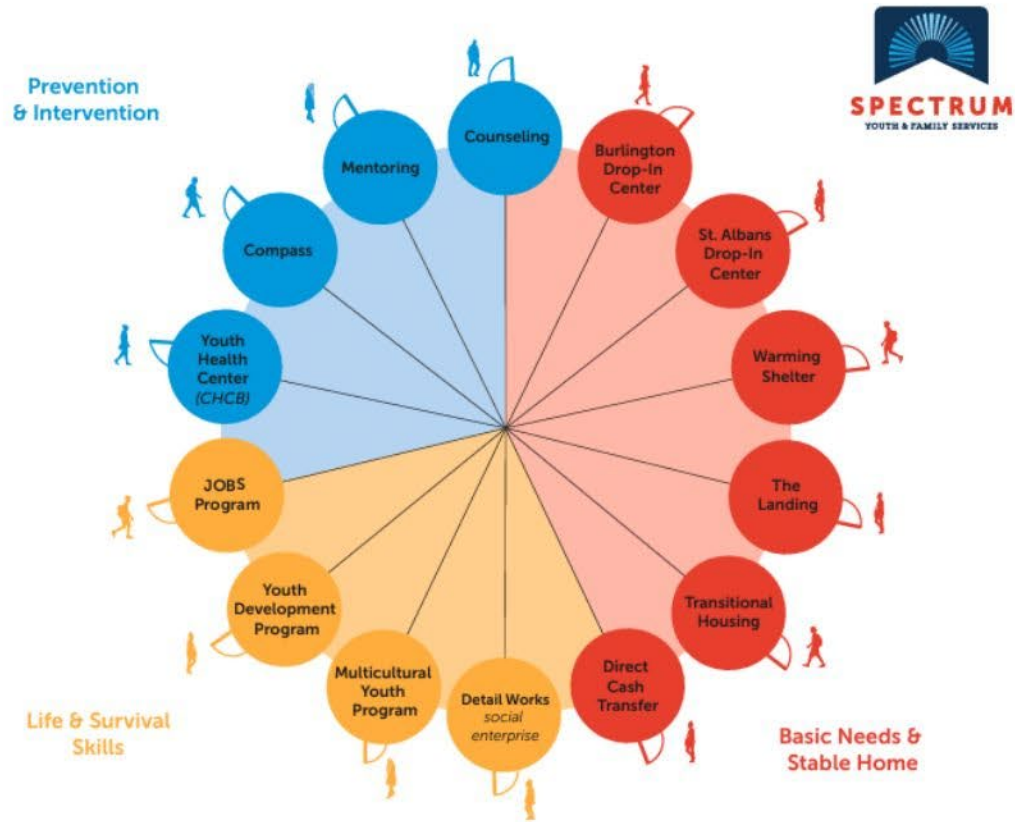
Basic Needs and Stable Homes:

- At our Drop-In Centers in Burlington and St. Albans, we provide necessities like a warm place to get a meal or do laundry. At the Landing (our emergency shelter) and in our supportive housing residences, youth who are facing homelessness can stay for months or years and get the help they need to build a life for themselves.



Life Skills Programs:

- We offer coaching and mentoring for young people on basic life and survival skills, such as getting an education, finding and keeping a job, finding a place to live, or getting a driver's license so that they can transition successfully to adulthood. We also work with refugees or the young adult children of refugees to help them connect to services.



Prevention & Intervention:

- We help young people and their families address substance abuse and mental health issues, and other critical issues that stand in the way of a happy, thriving adulthood through counseling, mentoring, and stabilization services for families in crisis.

CENTRAL INTAKE TEAM

Universal Screening & One Door Access





Lifestyle, Wellness and Prevention

1. Sleep
2. Safe adults
3. Academic success
4. Protective factors
5. Access to healthcare

Mental Health & SUD

1. Researched backed screening tools
2. Depression
3. Anxiety
4. Trauma
5. Exposure to substances, patterns that suggest risk

Outcomes

1. Risk stratification
2. Match prevention and intervention to the identified needs
3. Not everyone needs a referral for individual therapy
4. Interventions can be short-term and delivered at school

Low-Cost for High Impact

With 1.5 employees Spectrum was able to screen over 1,500 youth since we implemented Univeral Screenings in 2020

1,571

Current Focus

- Homeless and Housing Insecure Youth

Including youth with DCF and/or foster care experience

- Youth Referred for Compass

Where individual youth or families which are identified as "at-risk," are assessed for services ranging from individual therapy to wrap-around care.

- Youth with an Identified SUD or MH need

Can receive individual, group and/or family therapy





Proposed Project Objectives

Expand Central Intake team to 3 FTE's

Continue current services delivery & partner with schools in Chittenden, Franklin and Grand Ilse Counties to support increased screening, prevention, early intervention and treatment

Increase use of community and school-based interventions

By implementing use of evidence-based brief interventions we can shorten waitlists and prioritize serving youth and young adults with highest need.

Provide Case Management, Outpatient & Family Therapy

By identifying and serving youth struggling with opioid use disorder and those who experienced trauma and adversity as the result of family member's OUD concerns.

How this fits with Opioid Settlement Funding



Education to School-Based Youth

Discourage or prevent misuse, including providing access to treatment



Treatment and Recovery

Outpatient therapy, case management and referral to appropriate care in the community

BUDGET FORM

Organization: Spectrum Youth & Family Services		
	BRIEF DESCRIPTION	TOTAL
PERSONNEL		
Salaries (list individually below)		
Intake Specialist	Master's degree / LICSW	\$ 62,000.00
Intake Specialist	Bachelor's degree or equivalent	\$ 51,000.00
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Supervision & Oversight	2 hours per week	\$ 4,000.00
		\$ -
Fringe Benefits (list individually below)		
FICA Tax		\$ 13,235.00
Health, Dental, Vision Insurance		\$ 39,791.73
		\$ -
		\$ -
		\$ -
		\$ -
Total Personnel Costs		\$ 221,026.73
NON -PERSONNEL/OPERATING		
Advertising/Marketing		\$ -
Equipment (if allowable: computers, software, etc.)	Screening Software	\$ 2,000.00
Materials/Supplies	Various	\$ 1,000.00
Rent/Mortgage		
Sub-Contracts/grants (list individually below)		
		\$ -
		\$ -
		\$ -
		\$ -
		\$ -
		\$ -
Telephone (if a direct service cost)		
Training/Education		\$ 1,445.00
Travel	School Visits	\$ 1,800.00
Utilities		
Other Direct Service Costs (list individually below)		
		\$ -
		\$ -
		\$ -
		\$ -
Total Non-Personnel/Operating Costs		\$ 6,246.00
Total Direct Costs		\$ 227,272.73
INDIRECT/ADMINISTRATIVE		
Indirect Costs (does not self-calculate; 10% unless a different rate has been approved - Federal or State)		\$ 22,727.27
GRAND TOTAL		\$ 250,000.00