

City of Lawrence Outside Agency Annual Report For Calendar Year 2017

Reports on activity should be submitted electronically to Danielle Buschkoetter, at dbuschkoetter@lawrenceks.org by Thursday, February 15th 2018 at 5:00pm. For the following questions please refer back to your [2017 application for funding](#).

Reporting Period: Calendar Year 2017

Agency Name: Van Go, Inc.

1. Refer to the program in which your agency received funding; provide a participant success story that helps demonstrate the accomplishments of the program.

A current JAMS participant, M, is a senior this year and will be graduating with her class in May. Her mother has struggled with substance abuse and legal issues throughout M's life and M has been shuffled between relatives and family friends ever since she was a little girl. M's father has never been a part of her life.

When M first started working in JAMS, she was hanging around with a crowd of peers who were using alcohol and drugs and engaging in other risky behaviors. M knew she didn't want to get involved with those things, but it was very difficult for her to strike out and separate from these friends because they provided a family-type support system for her when she didn't have a biological family to support her. She relied heavily on JAMS staff and education/prevention programming interventions throughout her time at Van Go and gradually was able to set firm boundaries to separate herself from dangerous behaviors. She formed new, healthy friendships with other JAMS peers, and advocated for herself in her housing situation; she has been in a relatively stable family-like situation for over a year.

She is excelling as an employee in JAMS, and is working another part-time job in a local restaurant. She is an excellent student and is planning to attend college next fall, studying art education. She is a role model for new JAMS employees and an excellent Ambassador for the JAMS program. She often tells visitors to Van Go that her involvement in the JAMS program has been critical to her resiliency and success during high school. We're so proud of her!!

2. Refer to your 2017 application for funding; provide a brief narrative of the activities funded with City funds.

Drug and alcohol prevention work is woven into the daily programming of Van Go's job-training programming. Our Go Healthy component focuses on improving physical and mental health issues that make participants more conscious of maintaining their health, and more capable of making positive choices regarding drug and alcohol use.

Thanks to funding provided by the City of Lawrence, Van Go's program staff provided referrals and assisted with the coordination of care of our participants with other Lawrence agencies that provide resources, prevention information, and treatment for drug and alcohol use. These referring and treatment partners included Douglas County Youth Services, The Shelter Inc., DCCCA, Bert Nash Community Mental Health Center, as well as a number of private therapists and drug and alcohol treatment agencies and facilities.

To extend the reach of these services, and leverage the City's investment, Van Go received a significant grant from the Kansas Health Foundation to provide wellness coaching services, at no cost, to our participants. Staff

social worker Amy Bertrand will soon complete Wellness Coaching Certification from the Mayo Clinic and, as a certified coach, will lead at-risk teens and young adults through individualized self-directed sessions to address health issues related to overall wellness, including drug and alcohol prevention strategies.

Van Go staff led discussions and collaborated with community agencies to provide activities that focused on prevention, including large-group sessions, as well as one-on-one meetings with participants to make an assessment of current use of drugs and alcohol or the potential for use. These one-on-one meetings also included support that is specific to the at-risk teen and young adult population we serve, such as: self-care, healthy and responsible decision-making, understanding and avoiding unhealthy choices made by family members/friends/peers, setting boundaries, resisting peer pressure, practicing saying no.

Drug/Alcohol presentations included:

- USD 497 Prevention Coordinator on services provided through the District for students
- Lawrence Memorial Hospital Community Educator: description of how to access community resources
- Physical Fitness volunteers: practicing self-care and healthy choices
- The Willow (domestic violence) and GaDuGi (sexual violence): information on how substance use and addiction can contribute to violence and how victim/survivors to make reports, seek resources, leave their abuser.
- Private therapist on healthy coping skills for anxiety and depression and assertive communication, both important prevention skills
- peer research presentations on coping skills
- Self-care, including yoga, mindfulness, and journaling with Amy Bertrand, Van Go social worker and certified yoga instructor
- Non-verbal communication, resisting peer pressure through body language

3. Refer to your 2017 application for funding; provide specific detail (use supportive documents, if needed) to demonstrate what progress was made toward your proposed outcomes.

Van Go committed to reaching the following outcomes, all of which were met or exceeded.

1. Workforce training through the arts will be provided to 100 at-risk teens and young adults, ages 14-24 in 2017. (109 were served)
2. In 2017, 92% of the participants will show an improvement in their pre/post Workplace Evaluation scores or Individual Life Plans. (95% showed improvement in their evaluation scores)
3. Youth will receive 60 life skills lessons in 2017. (56)

We also intended to provide the following services:

In 2017, Van Go will utilize two social workers, one KU social work intern, and volunteer professionals to provide at least:

- 1,500 hours of social work services (2,600 hours were provided)
- 300 aftercare sessions to former participants (375 aftercare sessions were provided)
- 450 referrals to community resources (426 referrals were made)

4. Refer to the line-item budget provided in your 2017 application for funding; is this accurate to how your allocation was actually spent? If no, what changed and why?

100% of the allocation provided by the City of Lawrence was spent as indicated in this proposal.