

So Many Choices



There are many choices to face when looking into a training or a post secondary educational program.

This brochure is designed to help guide you through the process by helping you identify the factors that might impact your learning experience and provide you with informational resources.

Key questions that will be addressed are:

- “Where do I find a program of study?”
- “How do I decide what program to attend?”
- “How am I going to pay for this?”
- “What else is important for me to consider as I start school?”



Middlesex County Resources:

One Stop Career Center

506 Jersey Ave, New Brunswick
(723) 937-6200 or www.wnjpin.com

Division of Vocational Rehabilitation

506 Jersey Ave, New Brunswick,
(732) 937-6300

Moving Forward Self Help Center

35 Elizabeth St, New Brunswick
(732) 317-3893

Consumer Connections

(973) 571-4100 or www.mhanj.org

UMDNJ Integrated Employment Institute

(800) 742-5877 or www.shrp.umdj.edu/smi

Catholic Charities – Metuchen Diocese

319 Maple Street Perth Amboy
(732) 324-8200

Raritan Bay Mental Health Center

570 Lee Street Perth Amboy
(732) 442-1666

UMDNJ - University Behavioral Healthcare

671 Hoes Lane Piscataway
(732) 235-5500

Middlesex County College

Project Connections

Edison, NJ
(732) 906-2507

Rutgers University

Disabilities Support Services

New Brunswick, NJ
(732) 932-2848



Returning to school is like returning to work, if you are ready and prepared you can be successful.

GOOD LUCK ON YOUR JOURNEY.

SO YOU NEED SOME TRAINING...



AN INFORMATIONAL GUIDE FOR CONSUMERS OF MENTAL HEALTH SERVICES WHO WANT CAREER TRAINING



Where do I find a program?

By now you have determined that the path you have chosen requires additional training and/or education. The question becomes; “How do I find a program to provide me with this type of training?”

For positions that require advance degrees (i.e. Associates, Bachelors or Masters) try:

- www.petersons.com An interactive tool to help you find college programs to meet your needs
- **Community College** admission departments can tell you about programs of study that they offer
- **Local Universities** have websites that can provide information on enrollment requirements and process as well as typical costs.

For positions that require skill based training programs (i.e. Certified Home Health Aides, Certified Nurses Aide, CDL, LPN, etc) try:

- www.njtrainingsystems.org. This site can help you find training programs by occupation and location.
- **OneStop Career Centers** can provide some information on training programs and possibly funding resources.

If you need access to the internet and you do not have a computer, you some resources are; local library, Self-Help Centers, One Stop Career Centers, friends, neighbors, mental health programs.

How Do I Decide What Program To Attend?

Information that you get from web sites can be helpful in determining if a program might be of interest to you, but there are other questions you should find the answers to before making a decision.



Questions that can help you make a decision include:

- What is the program’s accreditation?
- Does this program provide financial aid to qualified candidates?
- What is the intensity of the course work load?
- What is the learning environment like?
- Where is the program located?
- How will I get there?
- What are the hours?
- Can I take a tour of your facility? If yes, take a tour.
- How many people complete the course and get jobs?
- Does this program provide job placement assistance after graduation?
- What kind of certification will I get at the completion of the program? Is there an additional cost associated with this?
- Does the program make accommodations for students with disabilities? If yes, what’s the process?

Other Factors to Consider

Other factors that you should take into consideration when going to school are:

- Where will I get encouragement and support?
- What is my crisis management plan?
- How will I deal with the transition to school?
- Do I have a plan for managing my health?
- Do I need any accommodations from the school and who should I speak to about this?

How do I pay for this?



There are options in how to pay for a training program and an advanced degree.

- **Fill out a Free Application for Federal Student Aid (FAFSA)** www.fafsa.ed.gov (800)4FED-AID(800-433-3243)
- **Find and Apply for scholarships that you may be eligible for. Check out:** www.fastweb.com and www.scholarships.com and the library.
- **Contact the financial aid department at the school you want to attend**
- **Talk to the OneStop Career Center**
- **Contact the Division of Vocational Rehabilitation.**