

What do I do first?



For many people, work is an important part of the recovery process that provides structure and routines. It is a part of our identity and gives us a valued role in society.

Income from employment gives us more choices about what we can buy, where we live, and a chance to build financial security.

If you think that you want to work, there are a few questions that you should ask yourself:

- “What type of work do I want to do?”
- Will I need training for this type of job?
- How do I get job training?
- How will I get to work?
- How will work affect my benefits?

This brochure is designed to help you answer those questions and decide what the next step is for you.

Middlesex County Resources:

One Stop Career Center

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

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

Allies, Inc.

2277 State Highway 33, Suite 415, Hamilton (609)
584-5522 or www.alliesnj.org

Jewish Family & Vocational Services

(732) 777-1940 or www.jfvs.org

Project Hire-ARC New Jersey, Inc.

985 Livingston Avenue, N. Brunswick
(732) 246-2525

Raritan Valley Workshop

9 Terminal Road, New Brunswick
(732) 828-8080

UMDNJ Supported Employment Program

100 Bayard St, Suite 204, New Brunswick
(732) 235-6927

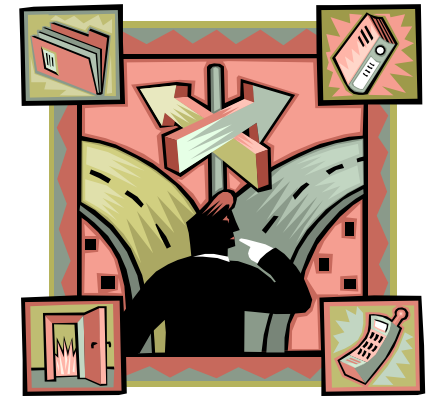
NJ WINS

877.659.4672 or www.NJWINS.ORG

UMDNJ Integrated Employment Institute

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

So You Want To Go To Work?



AN INFORMATIONAL GUIDE FOR CONSUMERS OF MENTAL HEALTH SERVICES WHO WANT TO WORK

What Do I Want To Do?

Some people know what type of work they want. They may have done it before, they may have someone in their family that does this type of work, or this work may have been a long time dream of theirs.

For others, the choice involves decision making. How do you decide what it is that you want to do?

There are many ways to determine what types of employment are available to you. Places to find career exploration tools include:

- www.Nextsteps.org
- One Stop Career Centers
- Division of Vocational Rehabilitation



Once you have an idea of what you would like to do, the next questions becomes what do you want out of employment?

- A job or a career?
- A paycheck?
- Satisfaction of a job well done?
- Opportunity to advance?
- Social interaction?
- Valued role in society?
- Professional growth and development?

Other Factors to Consider:

WHAT SHOULD YOU/OR SHOULDN'T YOU DISCLOSE?

The choice to disclose a disability and to request an accommodation is highly personal. Different people make decisions based on personality, past experiences, advice given from family, friends and professionals. There is no right or wrong choice. The decision should be carefully thought out and you should consider consequences of disclosure or non disclosure. For more information on disability rights, go to these websites:



www.ssa.gov/disability
www.opm.gov/disability

DO I NEED TRAINING?

If you need to find out whether a chosen position requires training, there are a few places to get this information.

- ❖ Internet: www.njnextstop.org
- ❖ Public Library
 - Occupational Outlook Handbook
- ❖ One Stop Career Centers

If the type of work in which you are interested requires training then you may need some assistance with finding and applying to a training program, and paying for the program. See our brochure entitled "So You Need some Training" for assistance...

HOW WILL WORKING IMPACT MY BENEFITS?

For many individuals who are receiving social security benefits, the question about how their benefits will be impacted by earning a salary is a concern.

- How are my benefits affected by starting or increasing work?
- What is the Ticket to Work program?
- Do I know what Work Incentives are?
- Do I understand what Work Incentives are available to me?

Social Security has many work incentive programs to encourage individuals who are receiving both SSI and SSDI to go back to work. For information about the work incentives the following resources are available:

Social Security Administration's Red Book
Local office 800-772-1213
www.SSA.gov

NJ WINS 877.659.4672
www.NJWINS.ORG



"It is much easier to get out of bed each day when you have something to work on or something to look forward to."
<http://www.reachvirginia.org>