

## **Section 1: Foundations**

### **Module F1: Work and Recovery**

Work is an expected adult activity and an important part of recovery. This session will examine the importance of recovery, the relationship of work and recovery, and empowerment strategies that promote work. Participants will learn information to counter common myths about work and mental illness, and examine the benefits and barriers of returning to work. Specific strategies that practitioners can use to help consumers choose work will round out the full day of training.

### **Module F2: Entitlements and Work**

Fear of losing benefits has been cited as one of the major barriers that prevents persons with mental illness from securing employment. This training will give an overview of the definition of disability according to SSA guidelines and distinguish between Social Security Disability Insurance (SSDI) and Supplemental Security Income (SSI). In addition, participants will learn how work may impact SSDI and SSI recipient benefits.

## **Section 2: Basic Skills for Prevocational Services**

### **Module S1: Supporting Employment: Readiness Assessment & Development**

An important element of successful employment services involves an understanding of a consumer's degree of readiness to work. This session will address the assessment and development of employment readiness. It will include discussion on motivation and vocational maturity as well as activities that promote readiness. Participants will also be provided with an assessment tool that can be used to guide discussions about work values, support needs and other important work-related information necessary to support effective employment decisions.

### **Module S2: Setting Employment Goals and Treatment Planning**

This training will include an overview of how to identify the factors to consider before writing goals including the concept that goals can and will change over time. Participants will learn to include consumers as an integral part of identifying the information that should be included in the overall rehabilitation goal.

### **Module S3: Career Planning and Development**

Successful career development depends on providers using an individualized approach. This two-part (12 hour) session will explore employment development from a career-oriented perspective in order to assist people in achieving productive job matches. It will include approaches to facilitate the process for people who are determining their values, interest, preferences, and in increasing their knowledge of the work world. Participants will also learn how to access supported education resources and to develop support plans for persons who have chosen a career path. Be sure to register for both parts of this two-part training.

## **Section 4:**

### **Using PreVocational Services to Promote Employment**

#### **Module S7: Promoting Wellness for Employment Success**

This training will offer an overview of the six dimensions of wellness with emphasis on the occupational dimension. The training will use the Wellness Recovery Action Plan (WRAP) developed by Mary Ellen Copeland as a method for encouraging wellness and recovery. WRAP is a self-directed recovery tool created by the consumer to pursue his/her path to recovery. Using a strength-based approach, WRAP helps consumers identify self-help skills/tools, uncover inner resources, identify supports, create a vision for ongoing recovery, and more.

#### **Module S8: Integrating Clinical and PreVocational Services**

Research on Supported Employment has demonstrated that a key element in a successful work experience involves the coordination of various mental health services toward supporting an individual's employment goal. This training will identify common goals that clinical and vocational providers share, explore the role of clinical staff in the return-to-work process, and discuss approaches to increase collaboration between employment programs and clinical staff.

## **Section 6: Co-Occurring Disorders & Employment**

### **Module P1: Co-Occurring Disorders and Employment (MICA)**

Substance abuse is an important issue for serving persons with psychiatric illnesses. This training will explore employment for persons who experience both a mental illness and substance use disorder. The session will identify the differences between substance use, abuse, and addiction and discuss the relationship between mental illness and chemical abuse. Participants will learn how alcohol and drugs interact with psychiatric medications and how to help consumers develop relapse prevention plans to maintain their recovery progress and gain employment.

### **Update on Partial Care Regulations**

New Jersey is implementing new regulations for Partial Care services. This session, led by Department of Human Services staff, will offer information on the most recent changes and what providers need to do to comply with the regulations. Participants will have the opportunity to ask questions and find out more about the changes to the Partial Care system in NJ.

### **Choosing, Getting & Keeping a Job**

Most people want to work, but resources for choosing, getting, or keeping a job are not always available. Providers can play a key role in helping consumers understand what to expect in the process of seeking, obtaining, and keeping employment. In this workshop, we'll examine how providers can support an individual who has decided to pursue competitive employment choose, get, and keep their job. Community resources to help consumers and providers navigate the employment world will also be identified.

### **Using the Holland Tool for Self-Directed Job Search**

There are numerous assessment tools to help individuals who are interested in seeking employment identify their skills, interests and work preferences. One tool is the Holland Self-Directed Search. This workshop, developed specifically for individuals providing Supported Employment services, will present the Holland Self-Directed Search, review scoring and interpretation methods, and discuss strategies for use with consumers seeking employment opportunities.

### **Introduction to the Wellness Recovery Action Plan (WRAP)**

With the growing emphasis in our field on the concept of recovery and recovery-oriented systems of care, there is an increasing demand for clinicians to promote empowerment and illness self-management skills. The Wellness Recovery Action Plan, or WRAP as it is commonly known, is an individualized, self-directed monitoring tool developed by consumers of mental health services to promote empowerment and design plans for maintaining wellness. WRAP is being implemented into mental health programming in numerous places by state and county entities, individual organizations, and mental health consumers themselves. A structured system for monitoring distressing and troubling symptoms or experiences, WRAP helps individuals develop strategies or action plans to deal more effectively with these experiences. In this session providers will be introduced to the underlying principles of mental health recovery, the major components of the Wellness Recovery Action Plan as developed by Mary Ellen Copeland, and use of the WRAP in achieving employment or education goals.

### **Criminal Backgrounds & Employment**

People with legal issues face many barriers when considering employment. This workshop will examine the unique barriers faced by individuals who have legal issues. Participants will identify the skills and knowledge needed by practitioners to successfully assist individuals with legal issues in obtaining and maintaining employment.

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