

Work & Recovery WORKSHOP



**Work shouldn't be distressing...
Discover how work can improve your recovery.**



Most people, even those in recovery, strive to achieve meaning in life and in their community.

Work

To exert oneself or to give effort directed to produce or accomplish something; such as employment, in some form of industry, especially as a means of earning one's livelihood.

www.dictionary.com

Recovery



is a unique and individual journey in accepting and overcoming the challenges of a disability that has affected every aspect of our lives; physical, intellectual, emotional, and spiritual.

The Work & Recovery Workshop is geared to look at the reasons why employment is an important part of recovery.



- Build Community Connections
- Gain Social Status
- Create Friendships
- Acquire Benefits
- Provides a schedule/ routine
- Achievement and self-satisfaction
- Income/ employment for livelihood
- Expectation of appropriate attire
- Increased Self-esteem



Meaningful employment is a valued piece of recovery! It is a sense of belonging and giving back to the communities we choose to call home.



In order to fully understand how work and recovery effect us, we first need to look at the resources we currently use to maintain our daily lives.



- Supplemental Security Income
- Social Security Disability Insurance
- Family Pensions
- Bank CD's or Inheritance Checks



- Ticket To Work
- Vocational Rehabilitation
- Employment Service Networks
- Career Centers

Social Security Disability Insurance



Social Security Disability Insurance pays benefits to you and certain members of your family if you are "insured," meaning that you worked long enough and paid Social Security taxes.

Supplemental Security Income



Supplemental Security Income pays benefits based on financial need.



Ticket to Work



A voluntary government program to assist people with disabilities to work and achieve employment goals through transitioning from Social Security to Employment Income.



Vocational Rehabilitation



A service geared towards assisting individuals to obtain training, education, transportation and other needed resources to begin or return to employment.



Employment Network



A team of individuals hired to assist persons with Ticket to Work and other similar program vouchers to return to employment and are geared to assist in compatible job placement. They work with provider agencies to assist in moving interested consumers towards employment.



Career Center



A government location where individuals can go for assistance with job search, resume, cover letter, application and many other types of career information including sometimes training.



EMPLOYMENT?



I need more money!

How much can I make?

Am I ready for a job?

What would be meaningful to me?

What am I good at?

Will I fit in?



What would I like to do?

Will I lose my benefits?

Where could I work with my disability?



It is common in the mental health consumer recovery movement for persons in recovery to pursue a career in the mental health field as advocates and providers.



It is important to note that not everyone who has achieved recovery has necessarily gone on to work as an advocate or a provider.

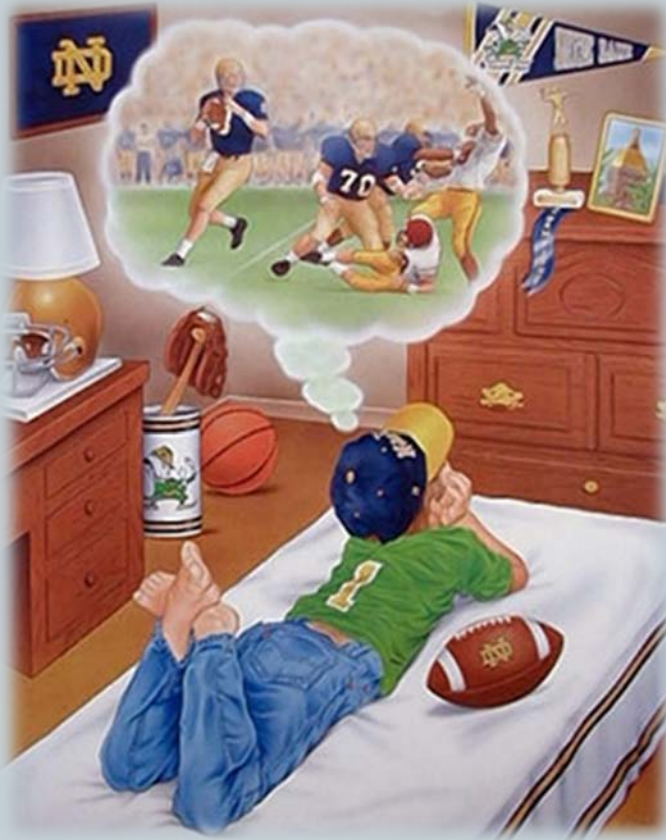


Many have returned to life as mechanics, store clerks, lawyers, bankers, doctors, pilots, school teachers, hair dressers, business owners, farmers and more... out there in the world, among us everywhere!

Recovery is Built on Dreams!



Take a moment to Think...



**What is your
dream?**

Do your dreams include returning to work?



Many people find work a fulfilling and worthwhile use of their time and skills. You may have given up work due to mental illness and now feel ready to get back, either in a full-time or part-time capacity, or you may just be looking for something to do with your time and the ability to earn your own money and respect.



Charles Schulz,

Cartoonist and internationally renowned creator of the "Peanuts" comic strip

struggled with depression and anxiety

the struggle improved his work as he poured those feelings of rejection and uncertainty into the strip and turned Charlie Brown into Everyman.





Go confidently
in the direction
of your dreams!
Live the life
you've imagined.

-Thoreau

