

## SUPPORTED EMPLOYMENT is based on SIX PRINCIPLES

- *Eligibility is based on consumer choice.*
- *Supported Employment is integrated with treatment*
- *Competitive employment is the goal.*
- *Job search starts very soon after a consumer expresses interest in working.*
- *Follow along supports are on-going.*
- *Consumer preferences are important.*



It starts with YOU!  
YOU are the KEY!

***For more information please contact:  
The local Community Mental Health  
Center  
Your Treatment Team  
Case Manager***

The State of Alaska  
Department of Health and Social Services  
Division of Behavioral Health  
Yvonne Jacobson  
Vocational Specialist  
3601 C Street #878  
Anchorage, AK 99503  
(907) 269-3600  
1-800-770-3930

Work As An  
Expectation.

## SUPPORTED EMPLOYMENT AS AN EVIDENCED-BASED PRACTICE



**Information for Mental  
Health Consumers**

*What's your Expectation?*

## What is Supported Employment?

**Supported employment** is a service that helps consumers find and maintain meaningful jobs in their community. The jobs are competitive (paying



### Look To Your Future SUPPORTED EMPLOYMENT

at least minimum wage) and are based on a person's choice and abilities. For most, work is part of their identity. When you feel good about having a job, you often see your self in a more positive way. For many work is a part of the recovery process. But sometimes our talents and abilities are overlooked. Some people believe that because we have a mental illness, we are unable to work a "real" job in the community. However, research and experience have proved that mental health consumers **want** to work and **can** work. We are capable of surprising those who doubt our abilities.

Work provides structure and routines. Job income gives us more choices about what to buy, where to live, and gives us a chance to build savings. With the right type of support and help work can become a reality for many consumers. Research consistently shows that **supported employment** assists more consumers in getting and keeping their jobs than any other approach.

**Sound good? Want to go to Work?**

**Talk to your Case Manager!**

### ***It Starts with YOU!***

This program does not force you to work. With supported employment you let the employment specialists or other members of your treatment team (case managers, therapist, psychiatrist, etc.) know that you are interested in having a job. If you want to work, they will assist you with the supports and services to help you make your career goals a possibility. You are in charge. You are the key!

### ***Your Choices are Important***

You may know of some jobs or careers that interest you or you may already have a work history. The employment specialist will listen to your preferences. The type of job that you get through supported employment depends on your choices. If you are not sure about what specific career you want, your employment specialist will help you with questions about employment.

Taking tests, filling out forms and waiting for referrals are not required before starting in supported employment. Your employment specialist will meet with you very soon after you identify work and getting a job as a goal.

### ***What About Benefits?***

Many consumers worry about starting work and how their benefits may be affected. The employment specialist will assist you in obtaining accurate information and/or refer you to a benefits planner.



**With Choices and Support YOU Can Succeed**

***What type of job have you always wanted?***

***Did you know that you can work and still keep some your benefits?***

***Supported Employment starts with YOU!***

***YOUR choices are important!***

***Are you ready?***

***Let's put the focus on your "EMPLOYABILITY"***