

# Have You Thought about Getting a Job?



Evidence-based supported employment is a well-researched approach to helping people who are recovering from mental illness. Supported employment (SE) is effective with individuals of all ages, from young to older adults. It works in urban and rural communities. In fact, regardless of the economy, people with mental illness are more likely to find jobs if helped by a supported employment program than any other type of vocational service.

## Supported Employment

### Contact Information

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### Employment Outcomes

Increased economic independence

Improved self-image

Reduced problems associated with isolation

Reduced symptoms

Improved family relationships



**EASA Statewide Network**  
[www.easacommunity.org](http://www.easacommunity.org)

Early Assessment & Support Alliance



## What is Supported Employment?

Supported Employment is a service that helps consumers find and maintain meaningful jobs in the community. The jobs are competitive (paying at least minimum wage) and are based on a person's preferences and abilities.

### Work Can Have Many Benefits

For most of us, work is part of our identity. When we feel good about having a job, we often see ourselves in a more positive way. 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.



### Supported Employment Starts with You

This program does not force you to work. If you want to work, you will be given the supports and services to help you make your career goals a possibility.

The Employment Specialist will help you find a job that fits your needs rather than a job that you have to fit into.

## Principles of Supported Employment

- ◆ **Consumer Choice**  
No one is excluded from participating.
- ◆ **Integrated Services**  
The Employment Specialist coordinates services with your treatment team.
- ◆ **Competitive Jobs**  
The goal is to get you a job in the community that anyone can apply for and that pays at least minimum wage, including part-time and full-time jobs.
- ◆ **Benefits Counseling**  
The Employment Specialist helps people understand how benefits (such as Social Security or Medicaid) are affected by working. Most people are able to work and continue to receive some benefits.
- ◆ **Timely Support**  
Job search starts soon after a consumer expresses interest in working — there are no pre-employment requirements.
- ◆ **Continuous Supports**  
Individualized supports are provided to help you maintain employment for as long as you want the assistance.
- ◆ **Consumer Preferences**  
Consumer preferences are important. Choice and decisions about work and support are based on *your* preferences, strengths, and experiences.

## Our Services...

**Career Exploration** – This process provides an individual with support while exploring career options, education and training issues. The Employment Specialist provides assistance to find employment opportunities that meet your skills, abilities, and preferences.

**Job Placement** – The Employment Specialist assists individuals in obtaining a job that achieves their career objective. The Employment Specialist will help you maximize your marketability by assisting you with professional presentation, interview preparation, and resume building.

**Job Coaching** – Both on- and off-site interventions are available to assist you. This type of coaching helps to ensure a successful employment transition. The Employment Specialist provides on-the-job training and additional supports to help you succeed at work.

**Follow-up Services** – The Employment Specialist will provide outside work support to ensure that you become acclimated to your new responsibilities. This ongoing vocational support helps individuals retain their employment.