



Ticket to Work for People with a Mental Illness: Support on Your Journey to Employment

Date: Wednesday, May 24

Time: 3-4:30 p.m. ET

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Webinar Accessibility

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Agenda

Welcome and Introductions

Moderator: Nancy Boutot, NDI Consulting

Presenters:

Michelle Fassler, Places for People

Keith Heimforth, Employment Resources, Inc.

Jessica Reed, Employment Resources, Inc.

Michael Roush, National Disability Institute

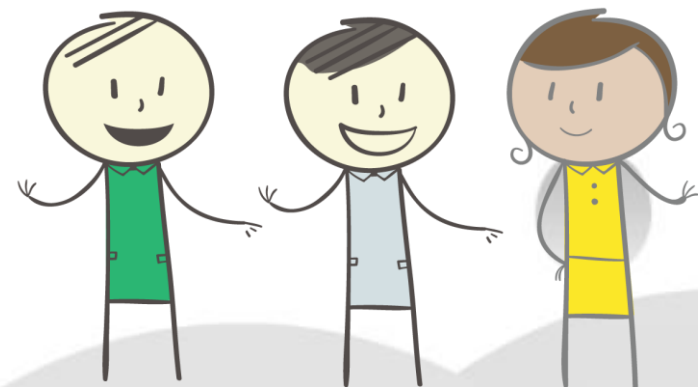
Topics

- Work as a Path to Recovery
- The Positive Effect of Employment and Financial Well-Being on Your Journey to Reach Your Goals
- Social Security Disability Benefits
- Work Incentives
- The Ticket to Work Program
- Other Resources
- Questions and Answers

Work is More Than a Job

Imagine the last social event you went to...

- When you met someone new, what did they ask you?
 - Did they ask your favorite book?
 - Did they ask what you do for a living?



Work is More Than a Job (cont'd)

The benefits of employment for people with mental illness are well documented:

- Increased financial stability
- Increased socialization
- Symptom management
- Development of new interests
- Reduced anxiety
- Increased self-esteem

For all of it's benefits, work can be stressful. But programs are available to help people living with mental illness find jobs that match their interests and provide follow along supports to work. Ticket to Work is a prefect example!

Work Can Be Therapeutic

“Work has been an important part of who I am, said an educator in our group. When you become useful to an organization and feel respected in that organization, there’s a certain value in belonging there.” The New York Times

Ellyn Saks - Associate Dean and Orrin B. Evans Professor of Law,
Psychology, and Psychiatry and the Behavioral Sciences at the University
of Southern California Gould Law School, an expert in mental health
law and a MacArthur Foundation Fellowship winner

Why Should You Choose Work?

Work can have many benefits, including:

- Money
- People who depend on you
- A routine
- Identity
- Increased sense of self-worth and hopefulness
- A place to meet friends
- Skills
- Independence
- Community
- Fulfillment



Four Dimensions of the Recovery Process

- 1. Home:** A stable and safe place to live
- 2. Purpose:** Meaningful daily activities, such as a job, school, volunteerism, family caretaking, or creative endeavors, and the independence, income and resources to participate in society



Four Dimensions of the Recovery Process (cont'd)

3. Community: Relationship and social networks that provide support, friendship, love and hope
4. Health: Overcoming or managing one's condition(s), as well as living in a physically and emotionally healthy way



Successful Employment for People with a Mental Illness

Sarah's Story

- Sarah is employed as a maintenance worker at a baseball stadium.
- She also has diabetes and her blood sugar levels have dropped to within the normal range because she is more active.
- Sarah has enough income that she can now give her daughter the things she needs and she can even treat her daughter to a girl's day!
- Sarah no longer needs her public benefits.

Ben's Story

- Ben had not worked in 30 years. He began working 3 hours a week and quickly worked up to 35 hours a week.
- He began making new friends and dating.
- He relocated to a better apartment in a safer neighborhood.
- He now enjoys shopping for healthy ingredients and learning to cook healthy meals.

Joy's Story

- Joy lived in a group home and joined an employment program.
- She worked in three different jobs before she found her dream job as an office receptionist, where she learned how to use a computer!
- She also learned how to ride the bus and use Uber to go to and from work.
- She recently moved into her own apartment which is close to her family.

The Positive Effect of Employment and Financial Well-Being

Employment and financial well-being are key to maintaining a person's basic psychosocial (psychological and social) needs, including:

- Inclusion in a group
- Meaningful work
- Maintaining self-esteem

What Does Financial Well-Being Mean?



Financial Well-Being

Financial well-being is the condition of having stable income or other resources to support a standard of living, now and in the future, and has the potential to:

- Help people with disabilities improve their economic status
- Decrease financial stress in an individual's life
- Help people feel like they are part of the community
- Positively impact an individual's quality of life experience



Tools to Help Build Financial Well-Being



Financial Education

Financial education is the gaining of knowledge and skills to understand one's financial matters.



Sample Topics Covered in Financial Education Programs

- Budgeting/Spending Plans
- Banking
- Savings
- Credit
- Debt Management
- Investing
- Rent vs. Home Ownership



Social Security Disability Benefits



SSDI

SSI

Social Security Disability Benefit Programs



Social
Security
Disability
Insurance

Social Security Disability Benefit Programs



Supplemental
Security
Income

Social Security Disability Benefit Programs



Social
Security
Disability
Insurance



Supplemental
Security
Income



Work Incentives

Work Incentives

Work Incentives are special Social Security rules that allow you to:

- Receive training for new skills
- Improve the skills you already have
- Pursue your education
- Try different jobs
- Start a career
- Gain confidence



Most Common Work Incentives



Earned
Income
Exclusion



Protection from
Medical
Continuing
Disability
Reviews



Trial Work
Period



Continuation
of Medicare
Coverage



Section
1619(b)
Continued
Medicaid
Eligibility



Expedited
Reinstatement



Why Choose Work?

- Financial security
- Gain independence
- Increased social circle
- Learn new skills
- Increase self-esteem



The Next Step: The Ticket to Work Program



Starting the Journey

Only you can decide if work is
the right choice for you.



What is the Ticket to Work Program?

Ticket to Work

- Is a free and voluntary Social Security program.
- Offers career development for people age 18 through 64 who receive Social Security disability benefits.
- Offers services and supports.



Taking the Next Step

- Gathering information and resources is key to planning your journey toward employment.
- Ticket to Work and Work Incentives can help make your journey a smooth one.



Elements of Successful Recovery

- Know that recovery involves many different elements and supports.
- Visit www.choosework.net/findhelp/ to search for the right service provider for you.
- Know and use the supports available in your community!
- Job success is a team effort.
- Employment is often a key element in recovery.



For More Information

Call the Ticket to Work Help Line:

- 1-866-968-7842
- 1-866-833-2967 (TTY)

Visit:

- <http://www.ssa.gov/work>





Resources

Financial Well-Being Resources

- Subscribe to the Choose Work blog!

<http://bit.ly/SubscribeCW>

- Spending Diary

www.realeconomicimpact.org/financial-education/financial-education-toolkit

- MyMoney.gov

www.mymoney.gov

Money Smart

The more you know,
the safer your money.



The **Federal Deposit Insurance Corporation's (FDIC) Money Smart** is a financial education program designed to help low- and moderate-income individuals increase their financial skills and create positive banking relationships.

<http://www.fdic.gov/consumers/consumer/moneysmart/index.html>

Consumer Financial Protection Bureau (CFPB)



Consumer Financial
Protection Bureau

The **CFPB**'s mission is to make markets for consumer financial products and services work for Americans — whether they are applying for a mortgage, choosing among credit cards, or using any number of other consumer financial products.

<http://www.consumerfinance.gov>



www.askjan.org

1-800-526-7234

1-877-781-9403 (TTY)

The Job Accommodation Network

- Provides free, expert and confidential guidance on workplace accommodations and disability issues.
- Helps people with disabilities enhance their employability.
- Shows employers how to capitalize on the value and talent that people with disabilities add to the workforce.



National Suicide Prevention Lifeline

- Trained crisis workers are available to talk 24 hours a day, 7 days a week.
- Your confidential and toll-free call goes to the nearest crisis center in the Lifeline national network.
- These centers provide crisis counseling and mental health referrals.

www.suicidepreventionlifeline.org

1-800-273-TALK (1-
800-273-8255)

Veterans Crisis Line



www.veteranscrisisline.net

1-800-273-8255
Press 1

- Connects veterans in crisis and their families and friends with qualified Department of Veterans Affairs responders through a confidential toll-free hotline, online chat, or text.
- You may also text 838255 to receive confidential support.



SAMHSA Treatment Referral Helpline

- For general help and to locate treatment services in your area.
- Speak to a live person, Monday through Friday from 8 a.m. to 8 p.m. Eastern.

www.samhsa.gov

1-877-SAMHSA7 (1-
877-726-4727)



www.nami.org

NAMI Help line: (800)
950-6264

- The National Alliance on Mental Illness (NAMI) is dedicated to building better lives for the millions of Americans affected by mental illness.
- NAMI advocates for access to services, treatment, supports and research and is committed to raising awareness and building a community of hope for all of those in need.



Mental Health America (MHA) is a community-based network dedicated to helping all Americans live mentally healthier lives. With a century of service and more than 300 affiliates across the country, MHA:

www.mentalhealthamerica.net

- advocates for changes in policy,
- educates the public, and
- delivers urgently needed programs and services.

For More Information



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- 1-866-833-2967 (TTY)

Visit:

- <http://www.ssa.gov/work>

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Follow us on LinkedIn: <https://www.linkedin.com/company/ticket-to-work>

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Date: Wednesday,
June 28, 2017

Time: 3-4:30 p.m. ET

Register online at <http://www.choosework.net/wise>
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Questions?



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