



Helping You Today
So You Succeed Tomorrow



Managing Stress During Your Job Search and Beyond

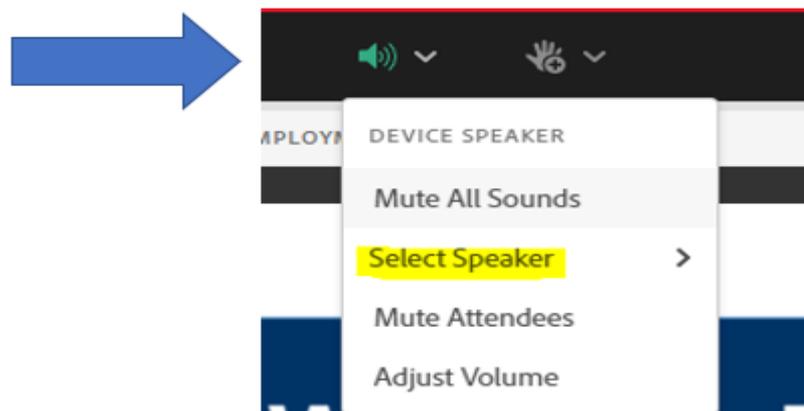
Date:
Wednesday,
June 21, 2023

Time:
3 – 4:30 PM ET



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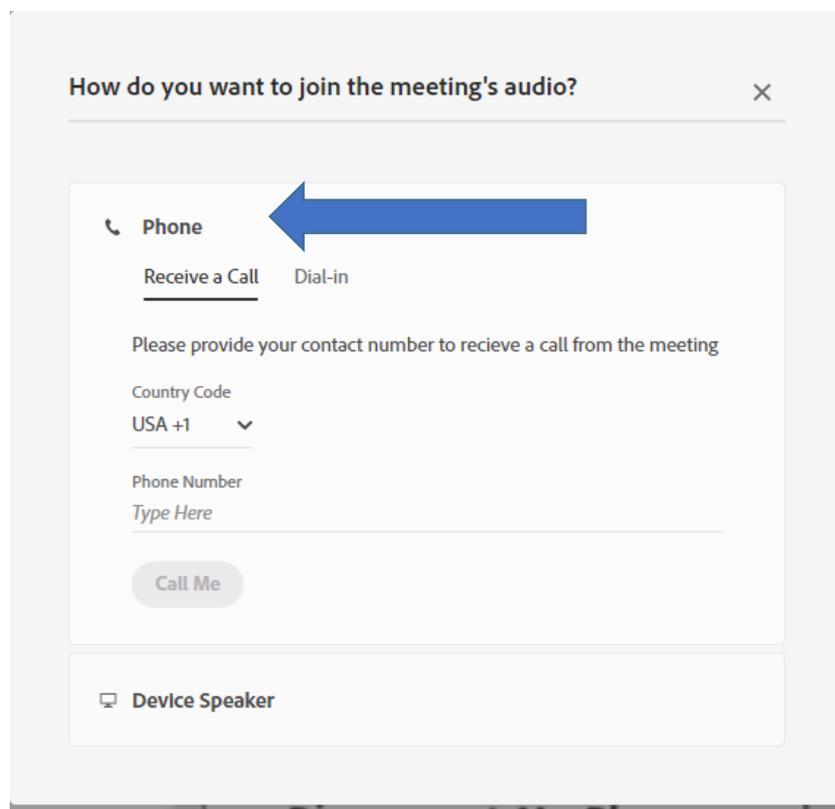
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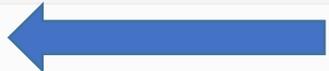
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SOCIAL SECURITY ADMINISTRATION **TICKET to Work** Helping You Today So You Succeed Tomorrow SOCIAL SECURITY ADMINISTRATION

Managing Stress During Your Job Search and Beyond

Produced at U.S. taxpayer expense

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SOCIAL SECURITY ADMINISTRATION **TICKET to Work**

Q & A

No Questions Available

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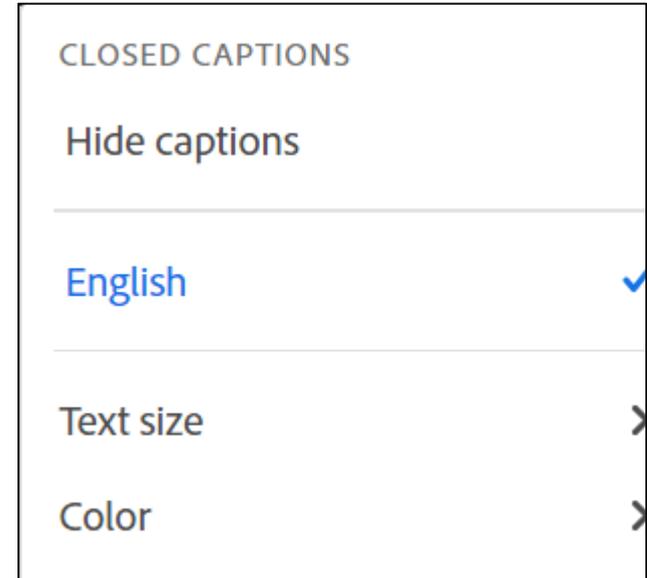
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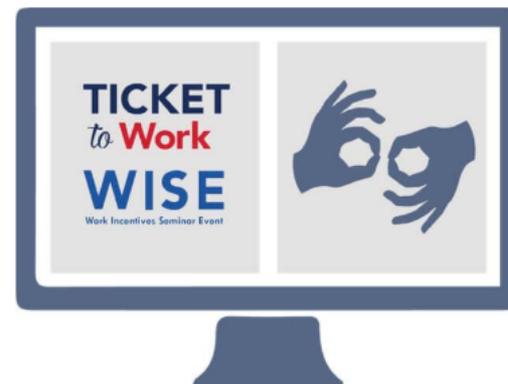
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- If you're fluent in **ASL** and would like support during today's webinar, use our [ASL User Guide](#) that provides instructions to connect with an interpreter through the Federal Communications Commission (FCC) Video Relay Service (VRS).



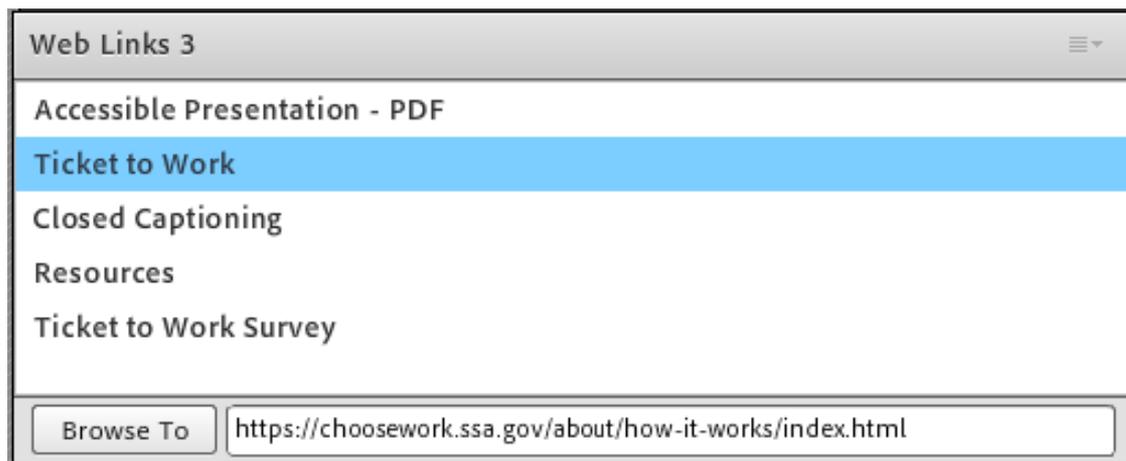
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Archived Events

Please note: This webinar is being recorded, and the archive will be available within 2 weeks through **WISE on Demand**.

The screenshot shows the Ticket to Work website's 'WISE On Demand' page. At the top, there is a navigation bar with links for Home, About, Success Stories, Find Help, Find a Job, Webinar & Tutorials (which is highlighted), Library, Blog, and Contact. A search bar is located on the right side of the header. Below the navigation bar, the page title is 'WISE On Demand'. The main content area features a list of 12 archived webinar topics, each with a date and a link to the recording. The topics range from January 2020 to December 2020. On the right side of the page, there is a logo for 'TICKET to Work WISE ON DEMAND'.

TICKET to Work
Access to Employment Support Services for Social Security Disability Beneficiaries Who Want to Work

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WISE On Demand

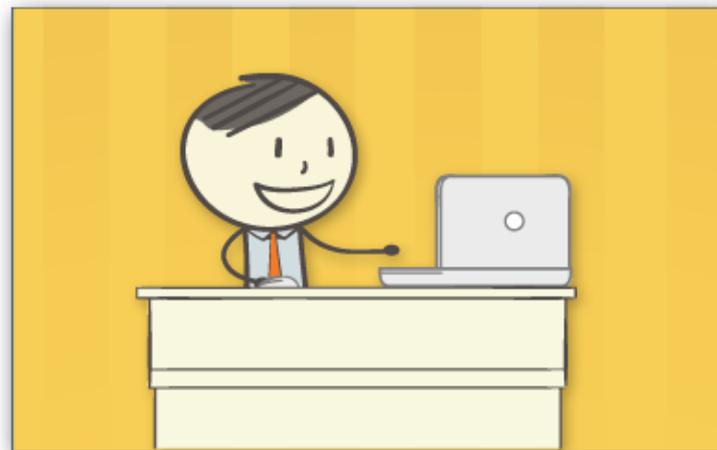
Our free, monthly WISE webinars provide information you can use on your path to financial independence through work. Discover programs, resources and information while learning about how Social Security's Ticket to Work Program can help. [Learn more and register](#) today for this month's webinar!

- December 2020: [Ticket to Work and Mental Health](#)
- November 2020: [Debunking the Three Biggest Myths about Disability Benefits and Work](#)
- October 2020: [Working from Home with Ticket to Work](#)
- September 2020: [Understanding Ticket to Work: How to Help Your Clients and the People You Serve](#)
- August 2020: [Ticket to Work and the Path to Employment](#)
- July 2020: [Reasonable Accommodations and the Path to Employment](#)
- June 2020: [Ticket to Work and Mental Health](#)
- May 2020: [Working from Home with Ticket to Work](#)
- April 2020: [Support on Your Journey to Employment](#)
- March 2020: [Expanding Your Job Search with Ticket to Work](#)
- February 2020: [Choosing a Service Provider That's Right For You](#)
- January 2020: [Debunking the Three Biggest Myths About Disability Benefits and Work](#)

TICKET to Work
WISE
Work Incentive Seminar Event
ON DEMAND

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Presenters

Welcome and Introductions

Moderator: Patricia Van Nelson, Ticket Program Team

Presenter: Derek Shields, Ticket Program Team

Welcome!

Thank you for joining us! Today, we'll discuss how Social Security's Ticket to Work (Ticket) Program can help you and answer questions related to:

- Social Security's Ticket Program
- Ticket Program Service Providers
- Managing Stress During a Job Search and on the Job



Objectives

At the close of today's webinar, you will:

- Better understand the **Ticket Program**
- Know the types of service providers that can be on your **employment team**
- Learn some tips for **managing stress** during the job search and on the job





**Ticket to Work Program:
Support on Your
Journey to Work**

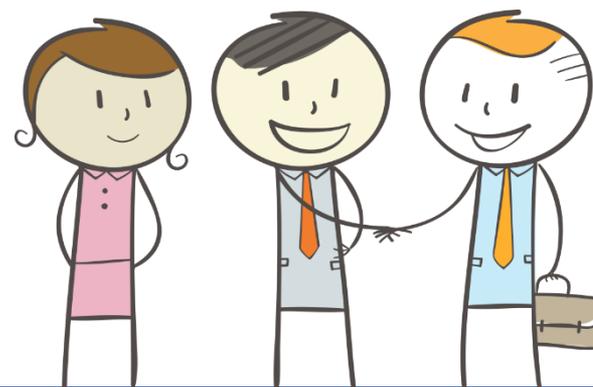
Social Security Disability Benefits Programs

SSDI

Social Security Disability Insurance (SSDI)

SSI

Supplemental Security Income (SSI)



Sign Up for a *my* Social Security Account Today

- Your personal *my* Social Security account through [Social Security](#) gives you secure access to information based on your earnings history and interactive tools tailored to you.
- With a *my* Social Security account, you can access your earnings history and benefits information, request a replacement Social Security card, get a proof of income letter, estimate and apply for benefits, and more.

How to create a *my* Social Security account



Securing today
and tomorrow

To create an account, you must:



Be at least 18
years of age



Have a Social
Security number



Have a valid U.S.
mailing address



Have an email
address

Starting the Journey

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



Why Choose Work?

Earning a living through employment is not something everyone can do, but it may be **right for you**. Once people understand the many **free services and supports** available to them, they often find that the rewards of working far outweigh the risks.



What Is the Ticket to Work Program? (Slide 1 of 2)

The Ticket to Work Program

- Is a free and **voluntary** Social Security program
- Offers **career development** for people ages 18 through 64 who receive Social Security disability benefits and want to work



What Is the Ticket to Work Program? (Slide 2 of 2)

The Ticket to Work Program connects you with **free employment services** to help you:

- Decide if working is right for you
- Prepare for work
- Find a job
- Succeed at work



Ticket to Work Help Line

Social Security's Ticket to Work Program offers a toll-free Help Line to support you on your journey to financial independence.

**Questions about the Ticket Program?
Call the Ticket to Work Help Line:**

Monday – Friday, 8:00 am – 8:00 pm ET

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



Ticket to Work Service Providers



Who Can Help You Achieve Your Work Goals?

Through the Ticket Program, you'll have access to a variety of **Ticket Program service providers**, including:

- Employment Networks (EN)
- Workforce ENs
- State Vocational Rehabilitation (VR) agencies
- Work Incentives Planning and Assistance (WIPA) projects
- Protection and Advocacy for Beneficiaries of Social Security (PABSS) organizations



Employment Networks (EN) (Slide 1 of 2)

An EN is a private or public organization that has an agreement with Social Security to provide **free employment support services** to people who are eligible for the Ticket Program.

- Many state public workforce systems, such as American Job Centers, are **Workforce ENs**



Employment Networks (EN) (Slide 2 of 2)

An EN's service area may cover:

- The **local** community or **statewide**
- **Multiple states**
- The **whole country**

An EN may offer its services:

- **In person**
- **Virtually**, by phone or email
- Both **in person** and **virtually**



How Can Working with an EN Help You?

Services and supports are designed to help you on the path to financial independence through work and can include helping you to:

- Identify your **work goals**
- Write and review your **resume**
- Prepare for **interviews**
- Request **reasonable accommodations**
- Receive **benefits counseling**



State Vocational Rehabilitation (VR) Agency

A State VR agency provides a wide variety of services to help people with disabilities return to work, enter new lines of work, or enter the workforce for the first time. A State VR agency can offer benefits counseling and may also be able to help you with:

- **Vocational rehabilitation**
- **Training and education**

Some states have separate VR agencies that serve individuals who are blind and visually impaired.



Work Incentives Planning and Assistance (WIPA) Projects

WIPA projects are staffed by Community Work Incentives Coordinators (CWIC) who:

- Provide **free benefits counseling** to eligible Social Security disability beneficiaries about how work and earnings will affect your SSDI, SSI, Medicare or Medicaid, and other public benefits
- Help you understand **Social Security Work Incentives** and how they apply to you
- Explain the potential **benefits of employment** and **dispel myths** about working
- Help you decide if the services and supports from the Ticket Program are **right for you**



Work Incentives

Work Incentives make it possible for you to work while still receiving benefits. They are designed to help you succeed! How many and what kind of Work Incentives you can use will depend on the type of benefit you receive. Some examples include:

- Keeping your Medicare/Medicaid
- Having access to individualized services and supports
- Keeping some or all benefit payments as you transition to work



Whom Do WIPA Projects Serve?

The Ticket to Work Help Line will refer you to a WIPA project if you receive SSDI, SSDI-related Medicare, SSI, or SSI-related Medicaid and you:



- Are currently **working** or **self-employed**
- Have a job offer **pending**
- Are actively **interviewing** for jobs
 - Had an interview in the past 30 days
 - Have a job interview scheduled in the next 2 weeks
- Are **age 14–25**, even in the earliest stages of considering work

Protection and Advocacy for Beneficiaries of Social Security (PABSS) (Slide 1 of 2)

- PABSS organizations provide **free legal assistance** to people who receive Social Security disability benefits and who have disability-related employment issues
- PABSS services may include:
 - **Legal support**
 - **Advocacy**
 - Information to help beneficiaries **resolve employment-related concerns** with employers, Social Security, ENs, State VR agencies, WIPA projects, or others



Protection and Advocacy for Beneficiaries of Social Security (PABSS) (Slide 2 of 2)

PABSS services may also provide help with:

- Navigating organizations and services to support your effort to work and **protect your rights**
- **Requesting** reasonable accommodations in your college classes, training courses, licensing programs, and workplace
- Addressing other **disability-based legal issues** that are barriers to employment



The Path to Success

Everyone's path to financial independence through work is different. Once you decide to pursue employment, a Ticket Program service provider can help you:

- **Create a plan** to achieve your goals and set a timeline
- **Understand** your responsibility for reporting work and earnings
- **Follow** your plan

How Do You Find a Service Provider?

- If you're ready to find a service provider, visit the [Find Help](#) page.
- Search by:
 - ZIP code
 - Services offered
 - Disability type
 - Languages spoken
 - Provider type (EN, Workforce EN, VR, WIPA, or PABSS)
- Or call the **Ticket to Work Help Line** for a list of service providers at **1-866-968-7842** or **1-866-833-2967 (TTY)**
Monday – Friday, 8:00 a.m. – 8:00 p.m. ET



Questions?



Managing Stress During a Job Search and on the Job



What Is Mental Health?

- Mental health includes emotional, psychological and social well-being
- It affects how we think, feel and act
- It also helps determine how we handle stress, relate to others and make choices

Stress

Stress affects everyone and can affect your mood or even increase symptoms if you have a mental illness, especially:

- Anxiety
- Depression
- Post-traumatic stress disorder (PTSD)

Knowing potential signs of stress, like sleeplessness and a lack of focus, and **managing that stress** can reduce its negative effects.

Work Is More Than a Job

Working can give you a **sense of purpose**:

- **Setting goals**, such as earning a promotion or developing new skills, can motivate you and increase your self-esteem
- Working is a way of **investing in yourself and your future** while earning more income and gaining independence



Tips for Managing Stress

If you're working or are looking for work, try these strategies:

- **Make a plan.** Breaking up tasks and creating to-do lists can make the process feel less overwhelming.
- **Take care of yourself.** Be mindful of your nutrition, medication and sleep schedule to help you feel your best.
- **Ask for help.** Things don't always go as planned but asking for support can help you stay on track and adapt to changes.

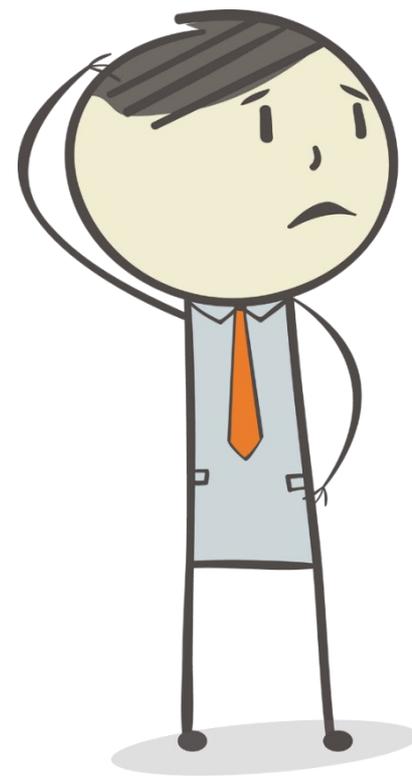


Managing Stress on the Job Search (Slide 1 of 2)

Staying organized can help you manage stress as you search for a job.

Here are 10 steps for staying on track:

1. Create a **dedicated space** and have your **important materials** close at hand.
2. Identify your **career goals**.
3. Create a **schedule**.
4. Set **daily goals**.
5. List and research companies that **align with your goals**.



Managing Stress on the Job Search (Slide 2 of 2)

Staying organized can help you manage stress as you search for a job.

Steps for staying on track (continued):

6. Make a list of **potential contacts**.
7. Apply for positions.
8. Track the jobs you apply for.
9. Set **weekly and monthly goals** to keep you on track and motivated.
10. Consult with an EN for additional support.

Reducing Stress at Work (Slide 1 of 2)

Ways to reduce stress at work:

- Ask to use a **white noise machine** or listen to **soothing music**
- Try to plan for **uninterrupted work time**
- Ask to **increase natural lighting, if possible**
- Divide large assignments into **smaller tasks and goals**



Reducing Stress at Work (Slide 2 of 2)

Modifications like these are sometimes called reasonable accommodations.

You can find information and confidential guidance on accommodations from the [Job Accommodation Network \(JAN\)](#).



Meet Hazel (Slide 1 of 2)

After experiencing sudden mood swings and difficulty controlling her emotions, Hazel was diagnosed with multiple conditions including Borderline Personality Disorder, Depression, Generalized Anxiety, Substance Use Disorder and Alcohol Use Disorder.

She entered a drug and alcohol treatment program and started receiving SSDI while focusing on her health.

Hazel began volunteer work but had concerns about how her disabilities may interfere with work after her earnings put a stop to her SSDI and Medicare.

Meet Hazel (Slide 2 of 2)

Ready and motivated to work again, Hazel connected with a Ticket Program Employment Network (EN).

The EN Benefits Counselor helped her:

- Understand how working would impact her benefits
- Learn about Work Incentives
- Transition to full-time work

[Hazel's Success Story](#)



Jason's Story (Slide 1 of 2)

- Diagnosed with Bipolar disorder as a teen, Jason looked for structure and productivity by working with a VR agency where he was introduced to the Ticket to Work Program.
- With help from his Ticket Program service provider, he received:
 - Career counseling
 - Education and training
 - Help with resume writing, interviews and job leads
 - Individualized Plan for Employment



[Jason's Success Story](#)

Jason's Story (Slide 2 of 2)

- Jason was offered a job at Region Five Services helping adults with developmental disabilities integrate into the community.
- Through partnership plus, Jason can continue accessing individualized employment services should he need them.

“I feel like I’m paying things forward. I had a support system that helped me, and I like providing support for others. I guess you never know what your dream job is going to be until you find it, and I really found mine! Ticket to Work worked for me.”

Jason, A Ticket to Work Success Story

How to Get Mental Health Help

- Get emotional support at any time of day by calling, texting or chatting with the trained counselors at the 988 Lifeline.
- Call 988 to reach the Suicide & Crisis Lifeline
- Visit [988 Suicide & Crisis Lifeline](#) | [SAMHSA](#) to learn more



Questions?



How to Get Started

Social Security's Ticket to Work Program has a variety of service providers and other resources ready to help you get started!

Call the Ticket to Work Help Line:

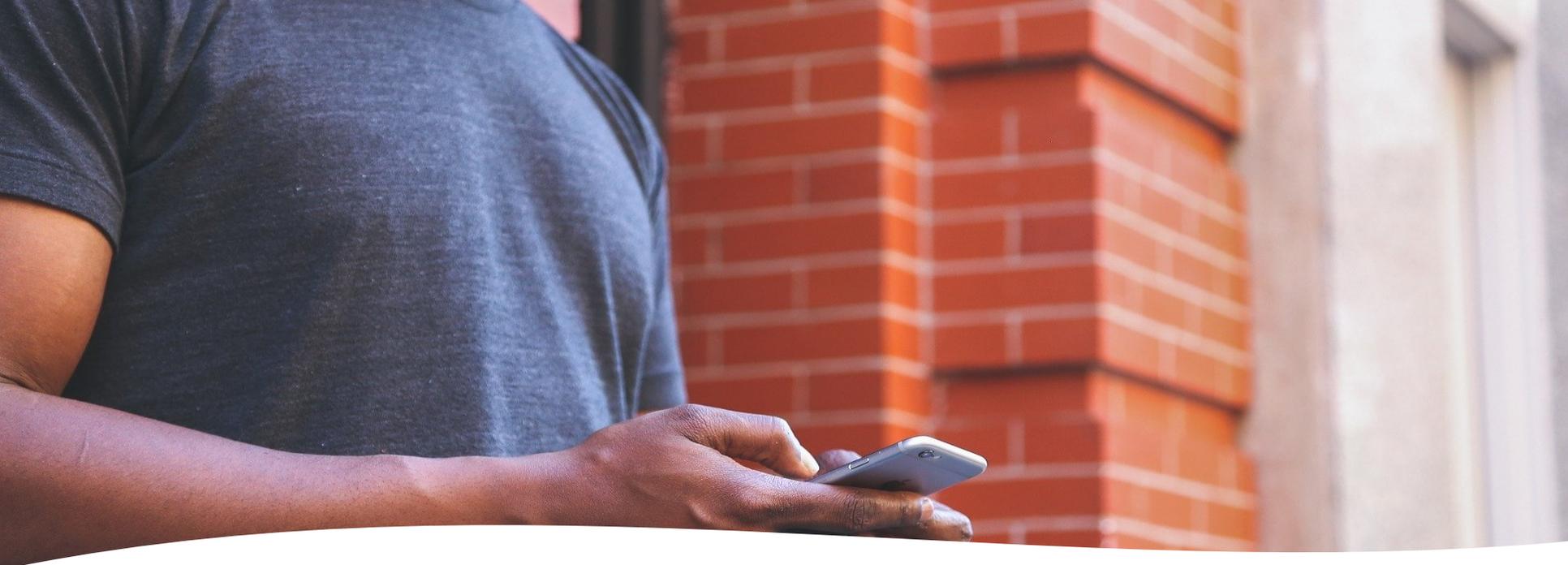
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Visit: choosework.ssa.gov

Connect:

Visit the [Choose Work! Contact page](#) to find us on social media and subscribe to blog and email updates!



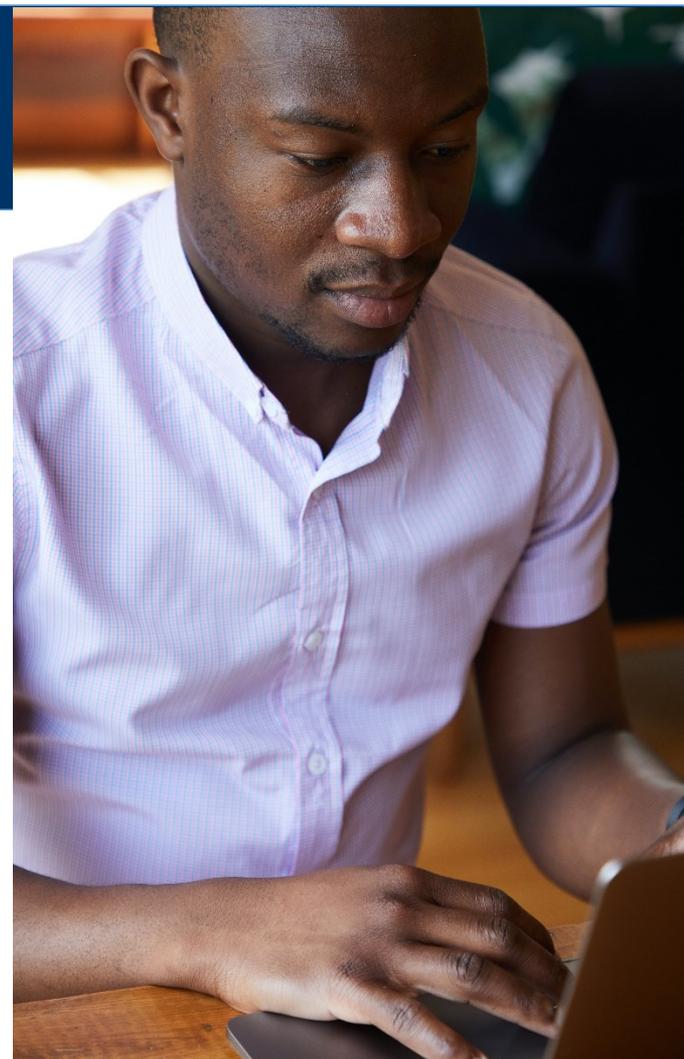


Opt-In to Receive Text Messages

- Get advice, encouragement, and read stories about people who achieved financial independence with help from the Ticket to Work Program.
- If you're interested in receiving text messages from the Ticket Program, please text **TICKET** to **474747**. Standard messaging rates may apply.

Ticket to Work Mail

- If you need to contact Social Security's Ticket to Work Program, managed by the Social Security Administration's Office of Employment Support, we ask that you do so **electronically** instead of by postal mail.
- Our email address is support@choosework.ssa.gov. Remember, **do not include personally identifiable information** in your email!
- You may also contact the Ticket to Work Help Line at **1-866-968-7842** or **1-866-833-2967 (TTY)** Monday through Friday, 8 a.m. to 8 p.m. ET.



Join Us for Our Next WISE Webinar!

TICKET
to **Work**

WISE
Work Incentive Seminar Event

**Reasonable Accommodations and the Path to
Employment**

Date: Wednesday, July 26, 2023

Time: 3 – 4:30 p.m. ET

[Register online](#)

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



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*Helping Households Get
Access to Broadband*

Affordable Connectivity Program

- A Federal Communications Commission benefit program that helps ensure that households can afford the broadband they need for work, school, healthcare and more.
- Provides eligible households with a discount on broadband service and connected devices.
- Provides a discount of up to \$30 per month toward the internet for eligible households and up to \$75 per month for homes on qualifying Tribal lands.

**Find out if you're eligible and how to apply for the
[Affordable Connectivity Program.](#)**

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