



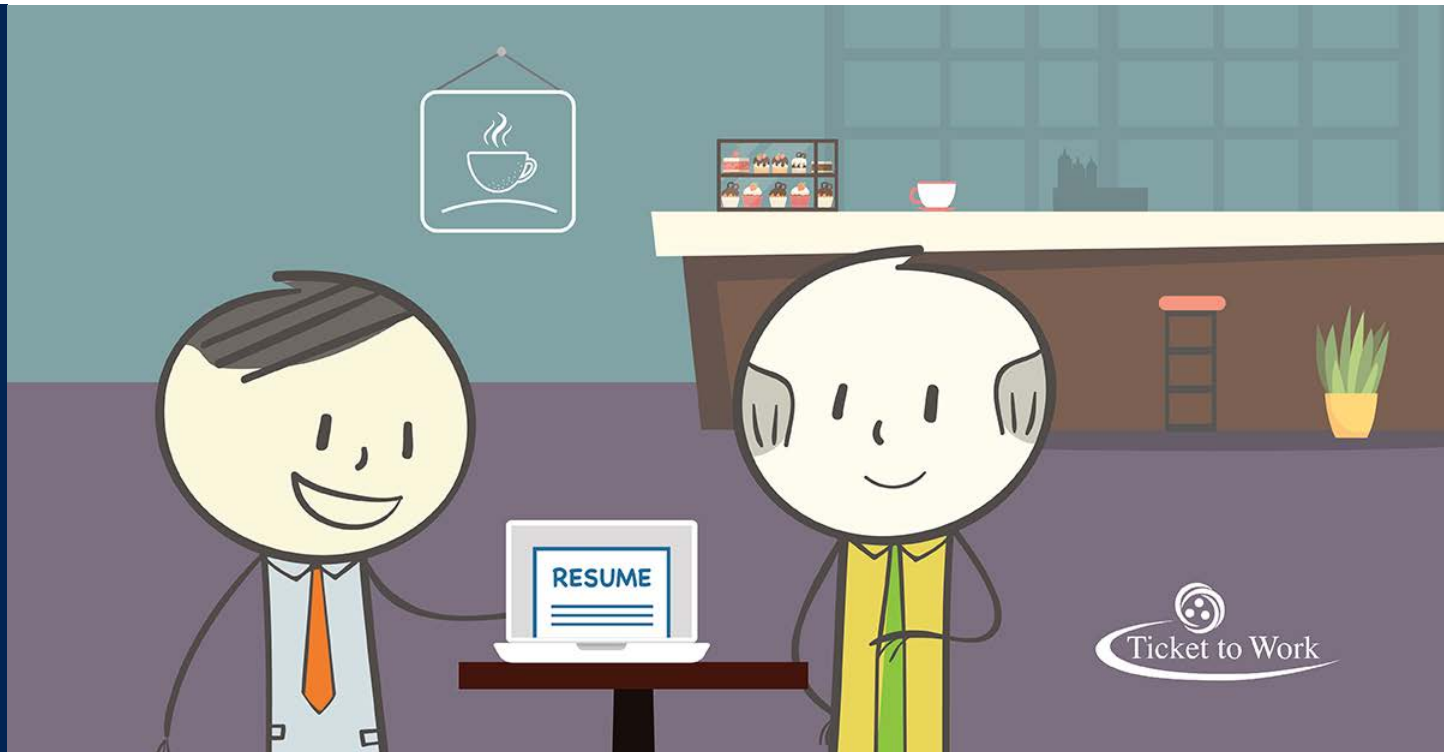
Helping You Today  
So You Succeed Tomorrow



# Ticket to Work: Working with a Mental Illness

**Date:**  
Wednesday,  
May 22, 2019

**Time:**  
3 – 4:30 P.M. ET



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<http://bit.ly/adobe-accessibility>

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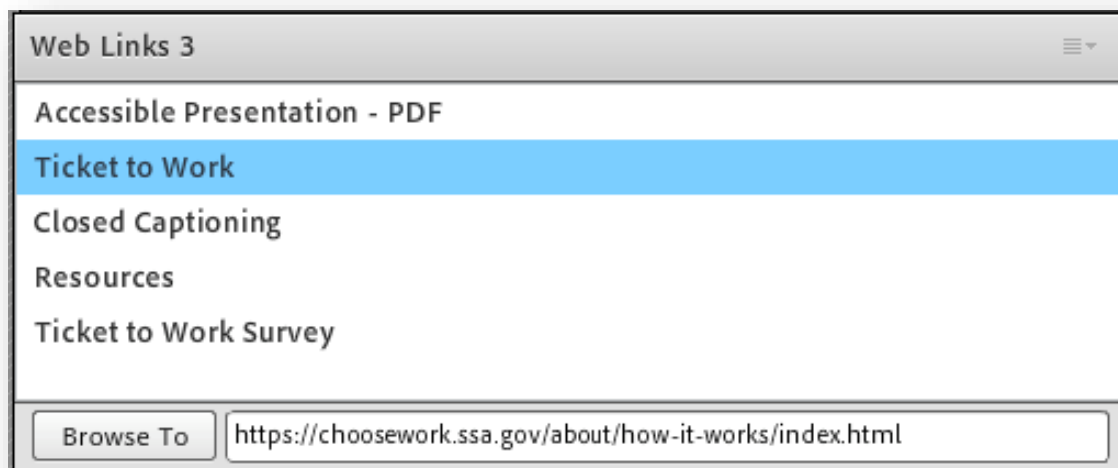
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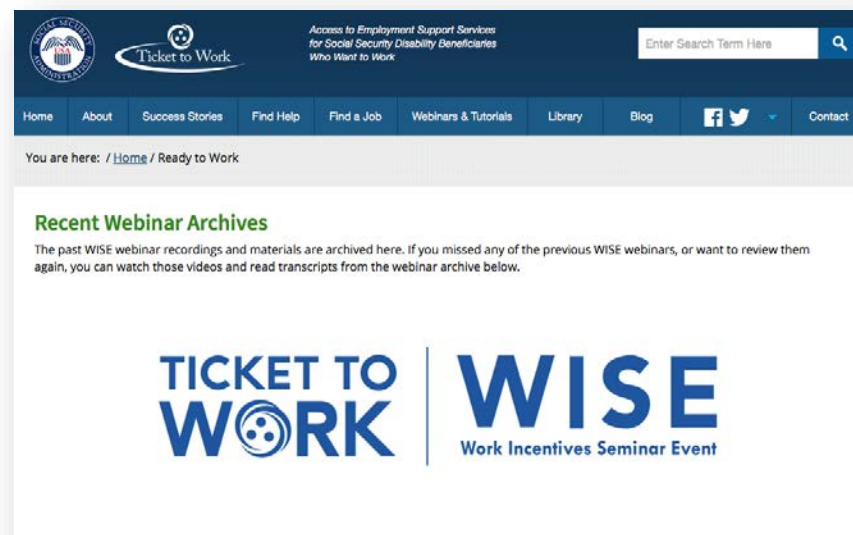
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# Presenters

## Welcome and Introductions

Moderator: Stacey Plizga, Ticket Program Moderator

Presenters: Tina Skeel, Aspire Indiana

Carla Orr, Adult and Child Mental Health Center

# Welcome!

Today we'll discuss and answer questions related to:

- Mental Illness: Myths and Facts
- Work As a Path to Recovery
- Ticket to Work Program: Support on Your Journey to Work
- Work Incentives
- Reasonable Accommodations and Disclosure
- Managing Stress During a Job Search and on the Job



# **Mental Illness: Myths and Facts**



# 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.
- Over the course of your life, if you experience mental illness, your thinking, mood, and behavior could be affected

Resource: [www.mentalhealth.gov](http://www.mentalhealth.gov)

# True or False?

Mental illnesses are infrequent.





# False!

Mental health problems are **common**.

In 2014, about:

- **1 in 5** American adults experienced a mental health issue
- **1 in 10** young people experienced a period of major depression
- **1 in 25** Americans lived with a serious mental illness, such as schizophrenia, bipolar disorder, or major depression



Resource: [www.mentalhealth.gov](http://www.mentalhealth.gov)

# True or False?

People with mental health needs, even those who are managing their mental illness well, don't tolerate the stress of holding down a job as well as people without mental health needs.



# False!



When employees with a mental illness receive effective treatment, it can result in:

- **Lower** total medical costs
- **Increased** productivity
- **Lower** absenteeism
- **Decreased** disability costs

Resource: [www.mentalhealth.gov](http://www.mentalhealth.gov)

# False! (Continued)



- People with a mental illness can be **just as productive** as other employees
- Employers who hire people with a mental illness report **good attendance** and **punctuality**, as well as **motivation**, **good work**, and **years on the job** on par with or greater than other employees

Resource: [www.mentalhealth.gov](http://www.mentalhealth.gov)

# True or False?

There is little hope for recovering from a mental illness. Once a friend or family member develops a mental illness, he or she will never recover.



# False!



- Studies show that people with a mental illness get better, and it may be possible to recover completely
- Recovery refers to the process in which people are able to live, work, learn, and participate fully in their communities
- There are more treatments, services, and community support systems than ever before, and they work for many people

Resource: [www.mentalhealth.gov](http://www.mentalhealth.gov)

# **Work As a Path to Recovery**



# Work Is More Than a Job

The benefits of employment for people with mental illness include the opportunity to:

- Earn more income
- Establish a routine
- Gain independence
- Meet new people
- Learn new skills
- Increase self-esteem
- Be part of the community





# Setting Goals and Investing in Yourself

Working can give you a **sense of the future**:

- **Setting goals**, such as earning a promotion or developing new skills, can motivate you
- Working is a way of **investing in yourself and your future**

*Resource: Temple University Collaborative on Community Inclusion of Individuals with Psychiatric Disabilities*  
[http://bit.ly/TUCollab\\_BenefitsOfWork](http://bit.ly/TUCollab_BenefitsOfWork)



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



# Social Security Disability Benefits Programs



**Social Security Disability Insurance (SSDI)**



**Supplemental Security Income (SSI)**



# 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



# What Is the Ticket to Work Program? (Continued)

Ticket to Work 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



# How It Works

If you choose to participate, you will receive services from authorized Ticket to Work service providers like **Employment Networks (ENs)** or your **State Vocational Rehabilitation (VR) agency**.

Services can include:

- **Career counseling**
- **Resume help**
- **Interview** advice
- Assistance **finding a job**



# Why Ticket to Work?

- Earning a living through employment is not something everyone can do, but it may be right for you. Many find that the rewards far outweigh the risks.
- Take the time to learn about the employment services and supports Social Security offers through the Ticket to Work program...you may be surprised! We're here to help you learn more and start on your journey to financial independence.





# Success Stories: Lori



[choosework.ssa.gov/library/lori-success-story](https://choosework.ssa.gov/library/lori-success-story)

- Growing up, Lori struggled with managing her anxiety, but as a young adult, she found that it made work unbearable
- Working from home and with a Ticket to Work service provider helped her find the confidence she needed to sustain full-time employment

*“I felt like I really accomplished something for the first time in many years. I feel like I was connected to society again and didn’t have to hold my head down.”*

# Work Incentives



# What Are Work Incentives?

Social Security has more than 20 Work Incentives that make it possible for you to **explore work** while still receiving benefits. They are designed to help you succeed!

- You may be able to **keep your Medicaid/Medicare** while you work
- You have access to **individualized support services**
- You can **try work with confidence**, knowing you may be able to keep some or all of your benefits during your transition period



# Work Incentives Example: Expedited Reinstatement

What happens if your benefits stopped because of your earnings level due to work and you're no longer able to work because of your medical condition that's the same as or related to your original disabling impairment?

- If you stopped working within 5 years after your last benefit payment under these conditions, Expedited Reinstatement allows you to request to have your benefits reinstated without a new application
- While Social Security determines your benefits reinstatement, you are eligible to receive temporary benefits for up to 6 months



# Learn More About Work Incentives

Looking for more information about what Work Incentives are and how you can use them on the path to financial independence through work? Check out these resources:

- Social Security Red Book:  
[www.ssa.gov/redbook](http://www.ssa.gov/redbook)
- Choose Work Library:  
[choosework.ssa.gov/library](http://choosework.ssa.gov/library)
- Choose Work! Blog:  
[choosework.ssa.gov/blog](http://choosework.ssa.gov/blog)



# 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
- To get started:
  - Contact the Ticket to Work Help Line: **1-866-968-7842** or **1-866-833-2967** (TTY), M-F 8 a.m. – 8 p.m. ET
  - Visit [choosework.ssa.gov](https://choosework.ssa.gov)



# Questions?



# **Reasonable Accommodations and Disclosure**





# Reasonable Accommodations

- Under the Americans with Disabilities Act (ADA), employers are required to provide modifications or adjustments to a job or work environment to help a job applicant or employee succeed in the workplace
- Requesting a reasonable accommodation requires disclosure of your disability, but employers are not allowed to discriminate against you because of your disability



# Reasonable Accommodations and Mental Illness

Some reasonable accommodations you may consider include:

- **Reduced distractions** in the work area
- Ask to use a **white noise machine** or listen to **soothing music**
- Try to plan for **uninterrupted** work time
- Ask to **increase natural lighting**
- Divide large assignments into smaller **tasks and goals**

Resource: [www.askjan.org](http://www.askjan.org)



# Disability Disclosure

While you may have questions and concerns about disclosing your mental illness, remember:

- Under the ADA, employers are not allowed to discriminate against you due to your disability or ask specific questions about your disability
- Disclosure is necessary to request and receive accommodations that can help you succeed
- It is always **your choice** to disclose your disability
- You can find information and confidential guidance on accommodations from the Job Accommodation Network (JAN) at [www.askjan.org](http://www.askjan.org)

# **Managing Stress During a Job Search and on the Job**



# Stress

Stress affects everyone and can affect your mood or even increase symptoms of your mental illness, especially:

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

Knowing signs, like sleeplessness and lack of focus, and managing stress can help you reduce negative effects.



# 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 schedules, and sleep to help you feel your best.
- **Ask for help.** Things don't always go as planned, but having help can help you stay on track and adapt to changes.



Learn more:

[choosework.ssa.gov/blog/2017-05-18-mental-health-month-managing-stress-during-job-search](https://choosework.ssa.gov/blog/2017-05-18-mental-health-month-managing-stress-during-job-search)

# Success Stories: Brenda

- After experiencing psychosis, Brenda was diagnosed with schizoaffective disorder
- The right combination of treatments and strategies like mantras, a focus on work, and avoiding certain triggers helped her achieve financial independence through work and enjoy longer stretches of health

*“With the [Ticket] program and personal growth, I have more confidence than before that I have the tools to keep moving forward.”*



[choosework.ssa.gov/library/  
brenda-success-story](https://choosework.ssa.gov/library/brenda-success-story)

# How to Get Mental Health Help

- If you or someone you know has a mental illness, there are ways to find help
- Visit [www.mentalhealth.gov/get-help](http://www.mentalhealth.gov/get-help) to find resources for:
  - Immediate help
  - Help for veterans and their families
  - Additional mental health services

MentalHealth.gov  
*Let's talk about it.*



# 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!

To get a list of providers in your area, or to find answers to questions about the Ticket program and other Work Incentives, contact the Ticket to Work Help Line:

- **1-866-968-7842** or **1-866-833-2967** (TTY),  
M-F 8 a.m. – 8 p.m. ET
- Visit [choosework.ssa.gov](https://choosework.ssa.gov)



# Questions?



# For More Information

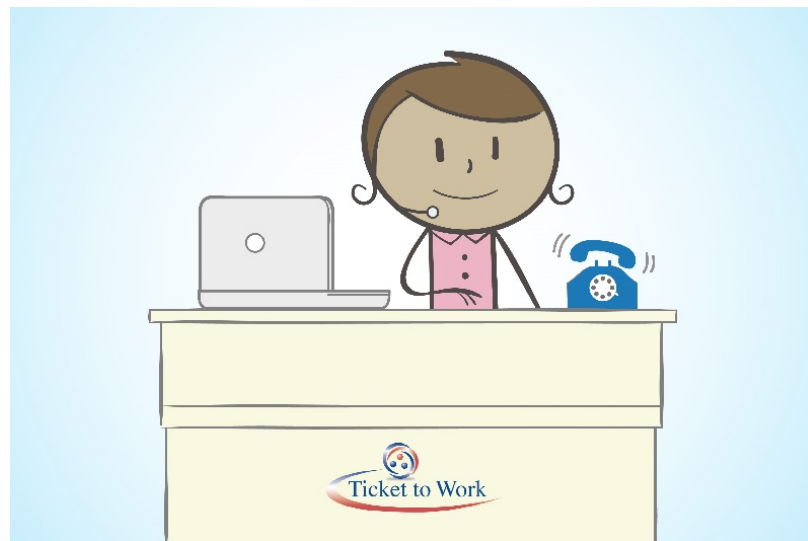
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**Time: 3 – 4:30 P.M. ET**

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