



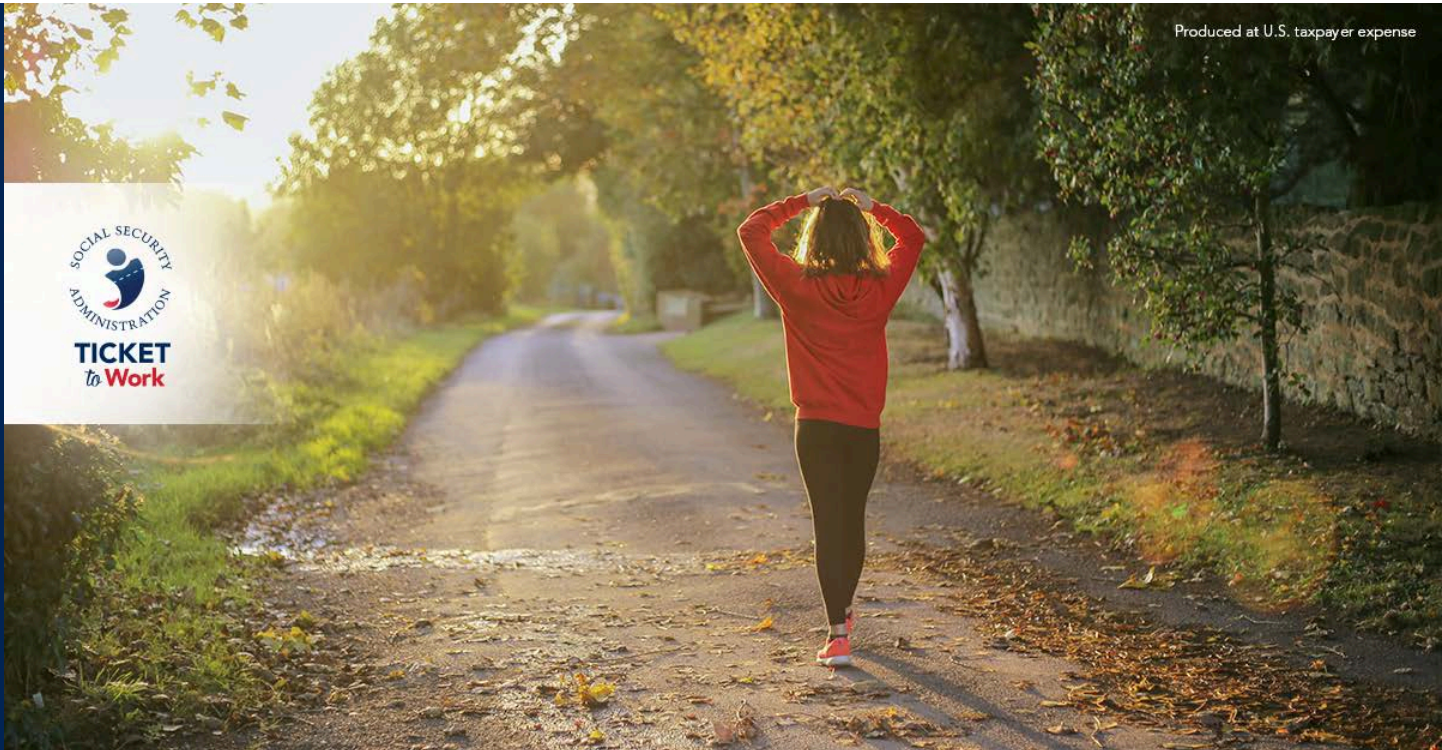
Helping You Today  
So You Succeed Tomorrow



# Ticket to Work and Mental Health

**Date:**  
Wednesday,  
June 24, 2020

**Time:**  
3 – 4:30 PM ET



Produced at U.S. taxpayer expense.

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You can manage your audio using the audio option at the top of your screen (it will look like a microphone or telephone icon).



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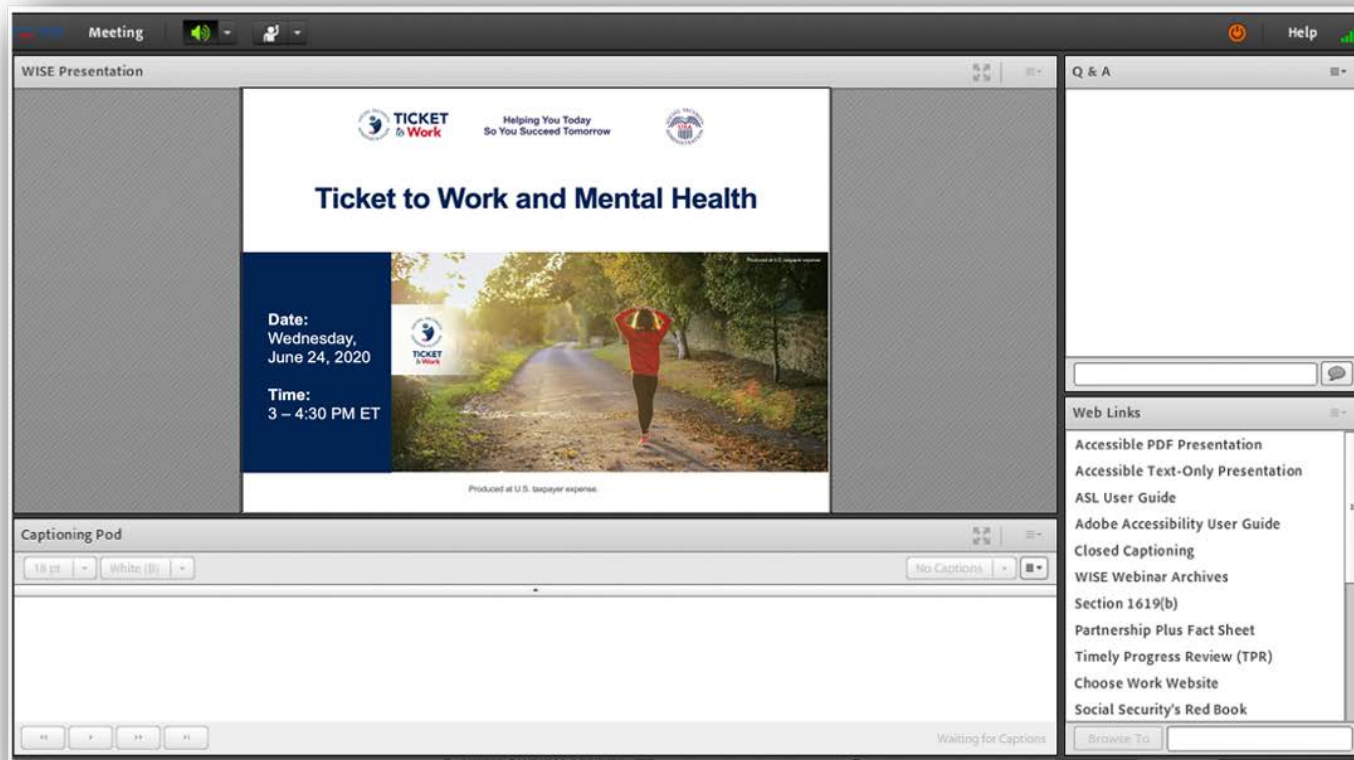
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# Webinar Accessibility



# Adobe Connect Platform



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CTRL + SPACE	Opens up left most menu for keyboard navigation.

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



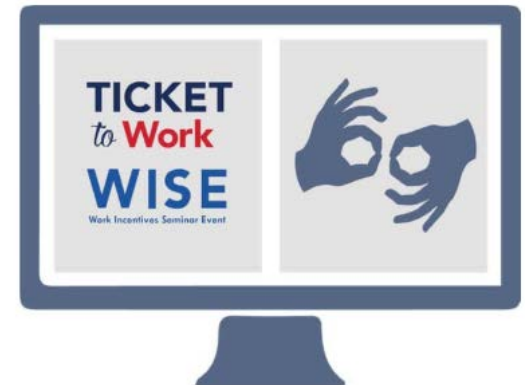
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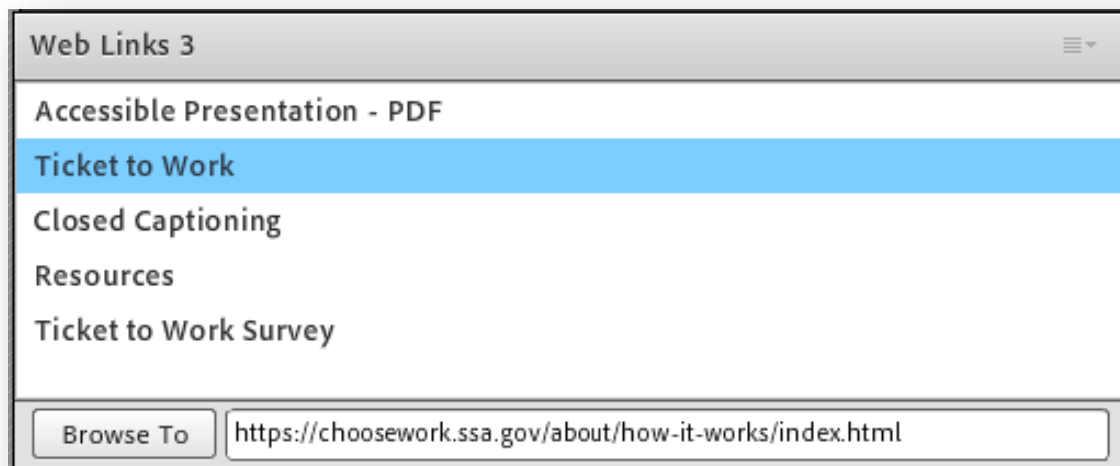
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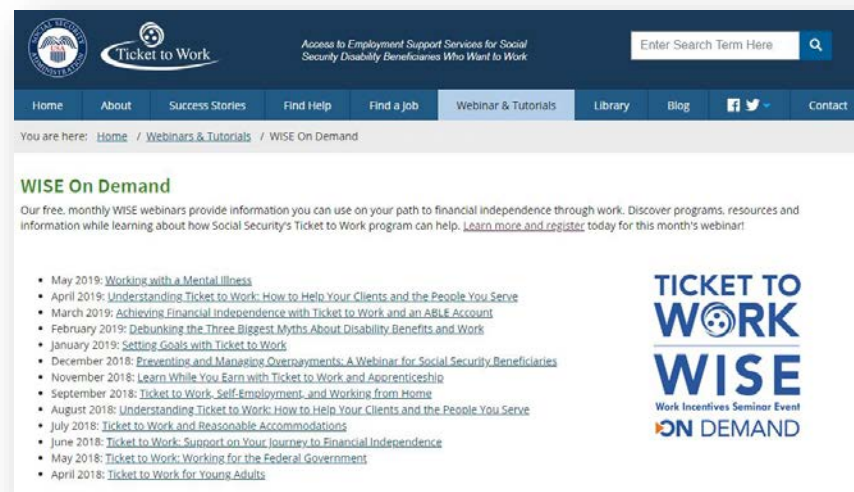
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# Presenters

## Welcome and Introductions

Moderator: Sarah Hyland, WISE Moderator

Presenters: Raymond A. Cebula, III, J.D., Cornell University

# 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





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



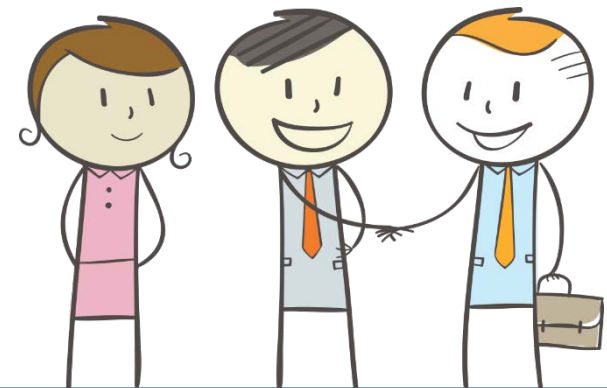
# Social Security Disability Benefits Program



**Social Security Disability Insurance (SSDI)**



**Supplemental Security Income (SSI)**



# Starting the Journey

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



# Why Ticket to 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 far outweigh the risks.



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

## Ticket to Work:

- 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)

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



# **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 Network (EN)

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**



# 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.



# What Is Partnership Plus?

Partnership Plus is an agreement that allows State VR agencies to partner with ENs to provide a **seamless transition of services** for those who need **ongoing support**.

- State VR agencies typically close a case approximately 90 days after you start working
- An EN may offer continued support services to maintain employment and increase your earnings over time
- If your state doesn't have a formal Partnership Plus agreement, you can still work with an EN after your VR case closes



[choosework.ssa.gov/library/partnership-plus](https://choosework.ssa.gov/library/partnership-plus)

# Work Incentives Planning and Assistance (WIPA) Projects

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



- Provide **free benefits counseling** to 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 provided by the Ticket program are **right for you**

# 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



# How Do You Find a Service Provider?

If you're ready to find a service provider, visit [choosework.ssa.gov/findhelp](https://choosework.ssa.gov/findhelp)

- Search by:
  - ZIP code
  - Services offered
  - Disability type
  - Languages spoken
  - Provider type (EN, Workforce EN, VR, WIPA, or PABSS)
  - Any of these!
- 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 am – 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 of your 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 the future**:

- **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
- Check out the Ticket to Work Blog for:
  - [Job Searching with a Mental Condition](#)
  - [Identifying a Mental Health-Friendly Employer](#)



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

Learn more:

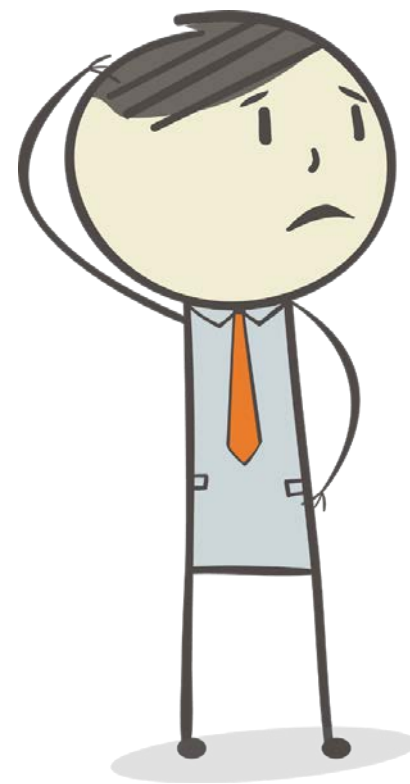
<https://bit.ly/managing-stress-blog>

# 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 tips:

1. Create a **dedicated space**.
2. Have your **important materials** close at hand.
3. Identify your **career goal**.
4. Create a **schedule**.
5. Set **daily goals**.



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

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

Here are 10 tips:

6. List and research companies that **align with your goals**.
7. Make a list of **potential contacts**.
8. Apply for positions.
9. Track the jobs you apply for.
10. Set **weekly and monthly goals** to keep you on track and motivated.

# 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**
- 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)** at [www.askjan.org](http://www.askjan.org)



# Johnny's Story (Slide 1 of 2)

- After her granddaughter passed away, Johnny's grief triggered clinical depression.
- Johnny received treatment and focused on her recovery for more than a decade.
- When Johnny was ready to return to work, she sought help from local organizations, which led her to the Ticket program.



<https://bit.ly/johnny-success>

# Johnny's Story (Slide 2 of 2)

- With help from the Ticket program, she was connected to a benefits counselor who explained how Work Incentives could ease her transition to work.
- Johnny now has full-time work and is confident she's on the path to financial independence!



<https://bit.ly/johnny-success>

“Being back at work has been an important part of my recovery. It’s restoring my self-confidence and has made it possible for me to buy the house I always wanted!” ***Johnny, A Ticket to Work 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 <https://www.samhsa.gov/find-help/national-helpline> to find resources for individuals and families facing mental and/or substance use disorders
- Call 1-800-662-HELP (4357) or 1-800-487-4889 (TTY)



# Questions?



# Get Updates!

- Want to learn more about our monthly **WISE webinars**?  
Subscribe to find out our topics each month and be the first to register: <http://bit.ly/WISEsubscribe>
- Interested in learning more about the Ticket program, employment service providers and other topics?  
Subscribe to the **Choose Work! blog** to get our weekly updates sent directly to your inbox: [http://bit.ly/CW\\_subscribe](http://bit.ly/CW_subscribe)



# 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:

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

Visit: [choosework.ssa.gov](https://choosework.ssa.gov)

## Connect:

Visit [choosework.ssa.gov/contact/index.html](https://choosework.ssa.gov/contact/index.html) to find us on social media and subscribe to blog and email updates!



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**TICKET**  
*to* **Work**

**WISE**  
Work Incentive Seminar Event

**Reasonable Accommodations and the Path to Employment**

**Date: Wednesday, July 22, 2020**

**Time: 3 – 4:30 PM ET**

**Register online: [choosework.ssa.gov/wise](https://choosework.ssa.gov/wise)**  
**or call 1-866-968-7842 or 1-866-833-2967 (TTY)**

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