

HOMEWORK

The WHO, WHAT, WHEN, WHERE & HOW of Natural Supports?

WHO is most supportive of you going to work?

WHO knows you better than anyone?

WHO do you go to for advice or guidance when you need support or to make a big decision?

WHO do you trust most?

- | | |
|---|--|
| <input type="checkbox"/> Mom | <input type="checkbox"/> Classmate |
| <input type="checkbox"/> Dad | <input type="checkbox"/> Previous coworker |
| <input type="checkbox"/> Brother | <input type="checkbox"/> Current coworker |
| <input type="checkbox"/> Sister | <input type="checkbox"/> Caseworker |
| <input type="checkbox"/> Cousin | <input type="checkbox"/> House Manager |
| <input type="checkbox"/> Aunt | <input type="checkbox"/> Parole Officer |
| <input type="checkbox"/> Uncle | <input type="checkbox"/> Lawyer / Attorney |
| <input type="checkbox"/> Grandparent (s) | <input type="checkbox"/> Psychiatrist |
| <input type="checkbox"/> Friend | <input type="checkbox"/> Therapist |
| <input type="checkbox"/> Spouse | <input type="checkbox"/> Sponsor |
| <input type="checkbox"/> Partner/boyfriend/girlfriend | <input type="checkbox"/> Support Group _____ |
| <input type="checkbox"/> Neighbor | <input type="checkbox"/> NAMI, GROW, DBSA, etc.) |
| <input type="checkbox"/> Roommate | <input type="checkbox"/> Other _____ |
| <input type="checkbox"/> Coach | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Clergyman/Pastor | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Doctor | <input type="checkbox"/> _____ |

WHAT can your natural support(s) do to support you with finding a job?

WHAT can they do to support you with keeping your job?

- Help keep me motivated by talking with me regularly about my work goals.
 - Talk with my Employment Specialist on a regular basis about the plan to reaching my work goals.
 - Hold me accountable by checking on assignments that are to be completed in between sessions with my Employment Specialist.
 - Verbally recognize my efforts and remind me of my skills and strengths.
 - Attend meetings with me and my Employment Specialist.
 - Share their network of employer contacts.
 - Other:
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WHAT are some of their fears about you working?

- That I'll lose my financial benefits.
 - That I'll become symptomatic and return to the hospital.
 - That I'll start using again or will relapse.
 - That I'll engage in criminal activity and end up in jail.
 - Other: _____
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WHEN do I think my natural support(s) will be most helpful?

- Before I begin looking for work with my Employment Specialist.
- During the meeting with the certified benefits planner.
- During the assessment phase when I am discussing my work history, future goals, work preferences/skills/strengths and mental health management toolkit.
- While developing a working, professional resume, cover letter and references.
- During the rapid job search, they can share leads with me and my ES.
- During the rapid job search, they can help me practice for interviews.
- During the rapid job search, they can help me complete online applications.
- During the rapid job search, they can help me follow up on applications I have submitted.
- During the rapid job search, they can help me find interview clothing.
- Once I am hired, they can help me figure out a transportation plan to get to and from work.
- During the job retention phase, they can help me problem-solve issues that come up with co-workers or my supervisor.
- Once employed, they can listen to me process the pros and cons of the job to gain perspective and alleviate stress.

WHERE would it be best to include them in your employment search efforts?

- During meetings with employment specialist.
 - During meetings with my clinical team / therapist.
 - At staffings with my DRS counselor.
 - Share verbal progress updates with them by phone.
 - Share written progress updates with them by mail / email.
 - Other _____
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HOW supportive are they of you returning to work?

- Very supportive.
(They have nothing but positive things to say & cannot wait to see me reach my goal of working)
- Somewhat supportive.
(They are a bit worried, but mostly excited for me to reach my goal of returning to work)
- Not very supportive.
(They are very concerned I'll end up back in the hospital or will relapse if I get too stressed due to working again)

HOW has they helped you to be successful in the past?

- They met with my treatment team to support the development & use of positive coping strategies to begin self-managing my mental illness.
- They helped me connect to necessary community resources to sustain the basics of life.
- They have reminded me that I am valuable and worthy of recovery.
- Other: _____