

Tips:

Some people may need to read the brochure before they understand what we mean by barriers and strategies.

Discussing barriers can be discouraging. Your challenge as the facilitator is to keep the tone of the group hopeful and optimistic without dismissing the very real difficulties group participants may face. One way to approach this is to keep the focus on overcoming barriers, rather than on the barriers themselves.

Overall point here is to start people thinking of things from a problem-solving perspective.

Remind people that they don't have to do it all themselves, can and should ask for help.

As a facilitator it is best if you have done your homework and have investigated whether any vocational rehabilitation programs are available in your area. Generate a list of programs with contact phone numbers to distribute to the group. Be prepared to do some legwork to investigate and collect more information based on what participants share in group.

Outcomes:

By the time you have finished covering Brochure ③, participants should:

- a) be aware of at least some of the barriers to employment that they experience as a direct or indirect result of their psychiatric disability.
- b) be aware that strategies can be used to address these barriers.
- c) begin to be able to generate strategies for specific barriers they may be experiencing.
- d) be informed about Vocational Rehabilitation services that are available locally.