

Tips:

Allow time/room for discussion of fears and difficulties that people have had. Keep the conversation positive by bringing the focus back to strategies for success.

People may be afraid of recurrence of their psychiatric symptoms. Remind participants that recurrence of symptoms is part of the disability, and the important thing to do is plan for what to do if that happens. Anybody who lives with a long-term, chronic or episodic disability will have times when they need help.

Remind people, also, that job loss is something that everybody faces. Losing or leaving a job does not mean that you have failed. There are lots of reasons that people lose or leave jobs, and some of them are good reasons. The key is to learn what you can from the experience and move on to the next job.

Help participants identify "natural supports" in their lives who can help them with long-term support needs such as family members, co-workers, friends, etc. Remind participants that the "time-off" benefits such as sick days, comp time, personal days and vacation, as well as medical leave policies, are supports that are built into many employment situations.

Outcomes:

By the time you've finished covering Brochure 14, participants should:

- a) be familiar with some of the challenges of maintaining employment.
- b) be familiar with some of the supports and strategies that help with these challenges.
- c) have identified sources of support that they already have in place.

