



EXCELLENCE IN SERVICE TO PEOPLE WITH DISABILITIES

Medi-Cal Mental Health Services

Examples of Appropriate Employment Support Services

- As part of an overall mental health treatment program, explore job/vocational aspirations and educational needs with the client. To be included in client services plan.
- Assist the client to identify personal strengths and weaknesses regarding the ability to function in the community with a mental disorder, including those pertaining to work and/or vocational training.
- Facilitate volunteer experiences in order to reduce isolation and foster socialization skills.
- Accompany the client to preliminary informational meetings regarding vocational training or instruction if it is necessary to reduce anxiety and leads to greater self-sufficiency.
- Review Social Security benefits and work incentive program as well as MediCal mental health and physical health care benefits.
- Instruct client in stress reduction techniques related to functioning productively in anxiety producing situations such as test taking or employment interviews.
- If employment or re-employment is a treatment objective, work with the client's family and significant others to support that goal.
- Explore areas of positive self-image through assistance in appropriate dress and demeanor for various community activities including the workplace.
- Help the client to understand transitions necessary to function in the community, particularly for working, such as timeliness, reliability, and responsibility.
- Explore as a treatment strategy the issues of disclosure as a disability in various community settings such as school, work, and recreation,, in addition the effects of such disclosure on the client.
- Assist the client to be compliant with and have full understanding of reporting and other requirements of SSI/SSDI.
- Visit client at workplace in order to follow-up on mental health issues identified in treatment plan as possible barriers to successful employment.
- How to seek and maintain employment may be a topic within groups that are directed toward activities of daily living and improved community functioning.
- Instruction to learn how to independently access public transportation in order to get to mental health appointments, school, job, and other community activities.
- Linkage and referral services relating to established treatment goals, such as referral to the Department of Rehabilitation, housing authorities, substance abuse counseling, educational institutions, and physical health care.
- Education of mental health disorders and symptoms and medications, their effects and side effects.
- Emotional support of client during periods of change such as schedule adjustment, different supervision, or change of assignment as relate to the mental health condition.
- Unsuccessful experiences with any treatment goal may be used to further gain self-knowledge and increased personal growth. For example, explore how past failures in the workplace occurred, and what is necessary to be successful.
- If substance abuse has been an issue in maintaining emotional stability, reinforce continued abstinence as a means to enhance mental health.

- Vocational success can be a milestone for mental health treatment goals, and help to reinforce the client's sense of wellness.

Group and/or individual strategies for vocationally related mental health interventions:

- Appropriate socialization in a work environment.
- How to interact with supervisors and other authority figures,
- How to avoid negative peer pressures, such as substance abuse, vandalism and productivity issues.
- Cultural and ethnic sensitivity issues.
- Health and safety issues.