



MHTTCs provide technical assistance across mental health prevention, treatment, and recovery supports. In addition, each Center has an Area of Focus for which they serve as experts, develop national products, and host a webpage. This summary highlights our Area of Focus throughout this grant cycle.

The Northeast & Caribbean MHTTC serves New York, New Jersey, Puerto Rico, and the US Virgin Islands, providing training, technical assistance, and resource dissemination to support and enhance the mental health workforce. The Northeast & Caribbean MHTTC is located at Rutgers, the State University of New Jersey, School of Health Professions, Department of Psychiatric Rehabilitation and Counseling Professions.

SUPPORTED EMPLOYMENT & SUPPORTED EDUCATION

Employment is a key goal for many individuals with mental health conditions. However, their participation in the workforce remains low. The Individual Placement and Support (IPS) Model of Supported Employment (SE) was developed to address this low workforce participation. A key consideration in employment pursuits is education. Supported Education (SEd) is a promising practice that helps individuals who are pursuing post-secondary education or training successfully complete their studies. SEd and SE can be used in combination to enhance career development. Research has found that SE improves competitive employment, hours worked, and monthly earnings, as well as non-vocational outcomes. SEd improves school self-efficacy, educational status, grade point average, and completion of credits. Despite this, very few individuals participating in behavioral health services have access to these career services.

The Northeast and Caribbean MHTTC in the Rutgers Department of Psychiatric Rehabilitation and Counseling Professions believes employment is a critical element of recovery from serious mental illnesses. It aligns with the values of Psychiatric Rehabilitation and the belief that recovery is possible. The Northeast and Caribbean MHTTC has expertise in SE and SEd with faculty publishing extensively, receiving federal research grants, and leading a technical assistance center on these topics.

WHAT WE'VE DONE

To facilitate the implementation of Supported Employment and Supported Education we have created and disseminated resources including fact sheets and infographics on related skills, delivered trainings and webinars on topics related to SE and SEd, and led intensive technical assistance projects with vocational rehabilitation and SE providers. Topics included the principles and practices of SE and SEd, job development, assessing functional implications of mental health conditions on work and school, and reasonable accommodations.

[Supported Education: Supporting Individuals to Begin or Return to Higher Education](#)

The principles of Supported Education are similar to those of Supported Employment. This webinar provides an overview of Supported Education, the need for this type of service, and what it looks like in practice.

[Supported Employment: How to Support Someone with Mental Illness Obtain and Maintain Employment](#)

This webinar presents the role of work in recovery from serious mental illnesses (SMI), identifies the critical features of Supported Employment services and the eight practice principles of evidence-based Supported Employment, and provides and reviews employment resources.

[Best and Promising Practices Fact Sheet: Supported Employment](#)

This Supported Employment Fact Sheet provides information about the practice to help organizations and providers determine if this practice is a good match for the needs of their clients, staff, and funders. It provides a comprehensive overview of the practice, including the supporting evidence, details about fidelity assessment instruments, the population for whom the practice is appropriate, the providers and systems who can implement the practice, and the investment of resources needed to deliver the practice effectively.

WHAT WE'VE DONE (CONTINUED)

Identifying Functional Implications of Mental Health Conditions

This webinar teaches methods to assess the employment implications of mental health conditions and the ways to determine the need for supports and/or skill development. Examples are provided of functional implications of specific mental health conditions, their impact on work responsibilities, and strategies for addressing them.

Assisting Job-Seekers with Accommodations

This infographic explains what accommodations are, who is qualified to receive them, and the process for acquiring them. It highlights potential limitations and suggests accommodations that may be appropriate to mitigate their impact. Prompts to support job-seekers in preparing a script to assist with requesting accommodations are provided.

Managing Personal Information in Employment: The Disclosure Decision

We all have to manage personal information in our professional lives and make decisions about what, when, how, and with whom to share. It's important for providers to assist job seekers with decisions about managing their personal information and disclosure related to their mental health condition. This infographic provides prompts to inform the disclosure decision and an example of how one person chose to disclose at work.

Job Development: The Skill of Introducing Yourself and Your Services to Employers: Creating an Elevator Speech

This product focuses on the creation of an elevator speech, a brief description of your services that is intended to create interest, and, hopefully, further discussion. This practice is important for job development, a tool that Supported Employment providers can use to make contacts with employers and develop opportunities for job-seekers.

OUTCOMES

Over 900 participants engaged in our activities related to Supported Employment and Supported Education. Participants have been overwhelmingly satisfied with our activities.

94%
satisfied with
overall quality

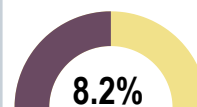
96%
would recommend
to colleagues

91%
info will benefit
development

82%
will use info in
practice

93%
material was
effective

94%
trainer was high
quality



PERCENTAGE
THE AREA OF
FOCUS RANKS
IN NEEDS
ASSESSMENT

34 EVENTS
OFFERED
RELATED TO
AREA OF FOCUS



14 PRODUCTS
RELATED TO
AREA OF
FOCUS



VOICES FROM THE FIELD

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"The training was a clear and concise presentation of valuable information for job development and introducing services."

"I enjoyed understanding how my own values may affect my professional relationship/interaction with my participant."

"Although the training was virtual, it felt like an in-person training. We were able to breakout in smaller groups to discuss cases, we were able to ask questions and everyone was engaged."

"I liked receiving different resources regarding searching for employment opportunities for job seekers. Also, I enjoyed receiving different ideas of marketing planning."

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QUESTIONS?

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- mhttcnetwork.org/centers/content/northeast-caribbean-mhttc
- Supported Education: bit.ly/3WSKjfM
- Supported Employment: bit.ly/3fSGN4x



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