



Nurturing Dreams...Transforming Lives

## Supported Employment

Supported Employment (SE) is an approach to vocational rehabilitation for people with serious mental illness to help them build self-confidence and obtain competitive work in the community. SE provides the supports necessary to ensure workplace success.

Work can be an essential step on the path to recovery. West Central's Employment Specialists help clients find and keep competitive jobs. We assess their skills and vocational interests, assist in the job search, help prepare for job interviews, offer financial planning, and provide ongoing support to help our clients remain in and contribute to their own communities.

### Skills Taught Through SE

Supported Employment focuses on empowering individuals with the basic skills required to find and maintain employment so they can achieve success. These non-technical skills — often referred to as soft skills, employability skills, or job-readiness skills — are what employers often expect from the people they hire.

*West Central Behavioral Health*  
*New Clients/Intake Line 603-542-5128*  
*24/7 Mobile Crisis Response 800-564-2578*  
*wcbh.org*



# Supported Employment

## A Focus on Teaching

- **Social and Interpersonal Skills:** Communication, teamwork, cooperation, positive attitude, self-confidence, conflict resolution, active listening, professionalism, and problem solving are some of the skills employers look for in job candidates.
- **Independent Living Skills:** These include time management, resume writing, networking, financial planning, coordinating transportation, meal preparation, dressing appropriately, finding child care, and more.

## When Is SE Appropriate?

Supported Employment can begin as part of a vocational rehabilitation program once someone has left the public school system. School systems play a role in SE by helping to plan for the transition from school to adult life. Schools also provide career education, skills training, and job sampling.

## Why Supported Employment?

Supported employment is the end point that helps people with severe disabilities remain in and contribute to their own communities. Previously, these same people might have spent their lives in segregated settings such as institutions. Supported employment is a means by which people can achieve success in employment that fits their talents, interests, and abilities.

*West Central Behavioral Health*  
*New Clients/Intake Line 603-542-5128*  
*24/7 Mobile Crisis Response 800-564-2578*  
*wcbh.org*