

Recovery From Mental Illness Through A Job

Clark's Story

“My name is Clark. There was a time when I was living in a group home on a rent-free basis and working as a volunteer. But I didn't feel as good about myself and I didn't have the money to do the things that I enjoy. For me,

- Work is a morale booster
- It helps me feel equal with other people
- I want to pay rent and pay taxes

When I met with someone from the Individual Placement and Support (IPS) supported employment program, she asked about the kinds of jobs that I would like to have. Working at a regular job, not a job for people with disabilities, was important to me. My background is in acting and I like my job in the theater. Even though I'm part of the house staff, seeing those performers up on stage and hearing the applause is great!”

About IPS Supported Employment

Research tells us that 60-70% of people with serious mental illness want to work. However, fewer than 15% of these individuals are employed. These figures are troublesome because having a job helps people manage their symptoms, rejoin their communities and decrease their reliance on the social service system.

The good news is that this evidence-based approach helps people with serious mental illness to find and keep regular jobs in their communities. There are many types of vocational programs for people with mental illness; however, **people who participate in IPS supported employment programs are almost three times more likely to gain employment** than those who engage in other types of vocational programs.



*My name is
Clark.*

To learn more, visit the
Dartmouth Supported Employment
Center website:
<http://dms.dartmouth.edu/dsec>