

STEPS TO MOVE OUT OF UNEMPLOYMENT

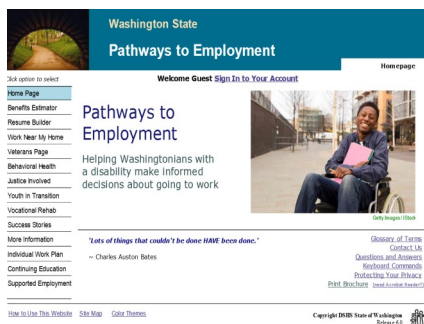
It can be a vicious circle: The longer you're out of work, the more anxious, insecure or depressed you may become. Here are some steps to get your work process going:

- 1. SEEK PEER SUPPORT:** Find peers who can support you through the process of getting a job or returning to work and set new goals.
- 2. GET INFORMATION:** Gather as much information as you can about your benefits, work incentives, resources and rights.
- 3. SAY WHO/HOW/ WHEN:** Figure out who will help you to access the benefits and resources available to you, as well as how you will do so and by when.
- 4. TAKE ACTION:** Decide what type of jobs you may be interested in and what resources you need. Do not wait. *There are many opportunities out there for you.*

Get started today!



www.pathways.dshs.wa.gov



The **WA Pathways to Employment** website is a set of tools to help you make decisions about going to work.

Going to work does not have to mean you will lose your healthcare benefits. Here are some benefits you can get from working:

- More choices of things to do with spare time
- A chance to meet people and socialize more
- Less worry about paying bills
- Feel more a part of the community
- Gain a feeling of greater purpose in life
- Gain skills



Washington Pathways to Employment



Working Can be More Than Just a Paycheck!



A WEBSITE WITH TOOLS, TIPS AND INFORMATION

The **Pathways to Employment website** can help you transition to work by supporting your planning process. You don't have to sign in to use the site, but if you want to save your work under the "Resume Builder" or "Benefit Estimator" pages for later, you can do so by setting up a personal screen name and password.

Benefits Estimator: For many people with state or federal benefits, the big question is will their health care coverage change if they get a job. The Benefit Estimator helps you compare your current financial situation with a working and how your wage might or might not change your benefits.

The Resume Builder lets you enter information about yourself and then uses it to build a resume from one of the three resume types that you choose. Your resume can be saved, edited and reused as needed.

The Success Stories page will let you view inspiring videos about other people with disabilities who have successfully gone to work.

The **Work Near My Home** tool can help you see where potential employers are in your area to help you in your job search. Although not all the businesses listed will be hiring, it gives an overview of job opportunities that might be close to your home.

Military Veterans: Every year thousands of disabled military personal return to the civilian labor force seeking rewarding and meaningful work. This page has a local list of employment and other internet resources to veterans and veterans with disabilities.

The **Behavioral Health** pages offer useful links and resources for employment, for people with mental health and substance use issues. Work can give you greater independence and life meaning.

Justice Involved: Getting a job is an important part of your re-entry. Working can give you more control of your life and develop your natural abilities and talents. The site will help by providing resources to help you set a positive direction for your life.

Youth in Transition: Transition is the important process of moving into the adult world. It includes preparing yourself for employment, college or technical school and possibly independent living.

The **More Information** section contains links and documents with information that may help as you make your way along your **Pathway to Employment**. This page can help you get more information like when and how to disclose a disability or assistance in understanding SSI and SSDI.

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The **Individual Work Plan** page is an online worksheet to use with your Employment Network (EN) to define your employment goals and build a roadmap for financial independence.

Continuing Education: Provides online access to Certified Peer Counselors Continuing Education on advancing employment Outcomes.

Supported Employment: Individual Placement and Support (IPS) helps people with many different diagnoses, educational levels, and prior work histories; long-term Social Security beneficiaries; young adults; older adults; veterans with post-traumatic stress disorder or spinal cord injury; and people with co-occurring mental illness and substance use disorders.



"The biggest impact of financial freedom on my life has been my sense of independence. I have reassurance that I can take care of myself, maybe one day take care of my daughter. Being financially free makes me feel like a human being again. Society accepts you when you have a financial place."