

February 2015 eCast

- “Ask Me Anything” Employment Series
- NEW!! Self-Directed Skill Lessons: Skills for Working Together
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- Wellness and Resilience Program for College Students

“Ask Me Anything” Employment Series

National Resource Center on Employment

You’re invited to ask an expert about getting and keeping employment.

On **Tuesday, March 10th at 2 PM EST**, Joan Rapp will, via webinar, answer any questions you have related to typical supports and services needed, and how to keep your job.

This **free event** is not a presentation but an [interactive question & answer webinar](#).

If you are a person living with a mental health condition, an employer, a family member, an administrator of a service, a provider, a researcher, or friend — you can use the time to ask anything.

For example, you could ask questions about engaging in the vocational process, preparing for vocational decisions, job search skills, employer supports, retention, and career development.

Joan Rapp is a Psychiatric Rehabilitation specialist with 45 years experience, of which 37 years were with Massachusetts state VR and mental health agencies, providing and developing services and supports that promote employment. Most recently, she has developed continuing education at Boston University for those who work in Psychiatric Rehabilitation.

[Register for the FREE webinar now and Ask Any Questions!](#)

NEW!! Self-Directed Skill Lessons: Skills for Working Together

The skill lessons included in the [Skills for Working Together](#), are:

- Scheduling Activities
- Coordinating Schedules
- Dividing Work Responsibilities
- Requesting Assistance
- Offering Assistance
- Volunteering for Tasks
- Giving Feedback
- Respecting Others' Space

The [Self-Directed Skill Lessons](#) includes outlines, examples, and practices in each skill lesson; and they are designed to walk an individual through how to perform the skill one step at a time. These skill lessons may be used by individuals in a self-directed way and by practitioners as part of a skill teaching curriculum.

For more information about the Self-Directed Skill Lessons, go to: </store/curricula/self-directed-skill-lessons/working-together>

For any questions about this product, please contact Sue McNamara by e-mail at suemac@bu.edu or by phone at [\(617\) 358-2574](tel:(617)358-2574).

Attention Family Members: WE NEED YOUR HELP!

We are looking to create a section for Families on our employment repository for vocational recovery. We know your role is critical in supporting the vocational recovery of your loved one. Your input will help us answer questions that family members like yourself have about:

- Whether a relative can go back to work?
- What will happen to a relative's SSI/SSDI?
- Stigma and prejudice in the workplace?
- The possibility of self-employment?
- Where can I get help?
- How can I best support this transition?

All input is welcome! Tell us what YOU need so we can develop an interactive repository that will help YOU support your loved ones join the work force.

Please contact or Maria E. Restrepo-Toro at mertoro@bu.edu

Wellness and Resilience Program for College Students

The Niteo Program, a Center for Psychiatric Rehabilitation initiative, is a wellness and resilience program for college students on leave for serious mental health challenges. Students living in the Boston area will attend classes at the Center and receive individualized, intensive coaching for one semester (September – December or January – April) to develop the health, academic skills, and support they need to reengage successfully at college and complete higher education. The Program offers one additional semester of follow-along services to ensure successful reentry and coordination of on-campus services.

Niteo, “thrive” in Latin, was developed by Dori Hutchinson and Larry Kohn, who’ve provided thirty years of innovative recovery services to young adults living with serious psychiatric challenges. Their work is driven by the philosophy and experience that people do recover and thrive as students when empowered to develop the critical skills and support required by competitive collegiate environments.

For more information about the Niteo Program, please contact Courtney Joly-Lowdermilk at cjoly@bu.edu or [\(617\) 358-7334](tel:6173587334), or visit cpr.bu.edu/living-well/college-program

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