

July 2015 eCast

- Career Paths for Individuals with Lived Experience: Barriers and Strategies
- Fall workshops on promoting employment will occur Sept. 25-29, 2015
- Participate in a research study about how diverse adults with psychiatric conditions view work
- A New Bundle is Available! *Self-Directed Skill Lessons: Skills for Socializing*
- Psychiatric Rehabilitation Journal, Special Issue on Self-Stigma and Mental Illness
- Wellness and Resilience Program for College Students
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Career Paths for Individuals with Lived Experience: Barriers and Strategies

On Wednesday, July 29th at 2 PM ET , Uma Millner will host a webinar on career paths for individuals with lived experience.

This webinar is designed for those interested in helping persons in mental health recovery explore, chose and develop a career (not just a job).

Typically, career is viewed as specific occupations or professions requiring special skills and extended training. From this perspective, those with lived experience have typically been thought of as incapable of the work and/or the training.

On the other hand, mainstream career development theories have failed to account for real life barriers faced by persons in mental health recovery such as, lack of educational attainment and vocational preparation.

This webinar will present a perspective on career as a development process as applied to persons in recovery, describe strategies (e.g. narratives), and provide an overview of initiatives that may help guide people towards their work of choice.

Dr. Uma Millner is a Research Associate at Boston University Center for Psychiatric Rehabilitation. She received her Ph.D. from Boston College in Counseling Psychology and completed her clinical internship at Cambridge Health Alliance/Harvard Medical School. Social justice and multiculturalism form the foundations of her work. Her clinical and research interests focus on trauma, vocational psychology, psychodynamic

psychotherapy and the intersection of contextual factors and mental health. At the Center, Dr. Millner is involved in qualitative, quantitative and instrument development projects.

Fall workshops on promoting employment will occur Sept. 25-29, 2015

Save the date for the Center's fall workshop series in the Boston Area which will address the promotion of employment for persons in recovery.

- September 25 – Vocational Peer Support
- September 27 – The Role of Families in Getting and Keeping Employment
- September 28 – Thinking Skills for Work
- September 29 – Vocational Illness Management and Recovery

For further information consult our website by August 1st or contact joanrapp@bu.edu

Participate in a research study about how diverse adults with psychiatric conditions view work

You are eligible to participate if you are:

- Asian American or White American
- Recovering from a psychiatric condition AND
- Currently employed or have been employed for at least 6 months in the past 3 years.

What does it involve?

Completing a 45-50 min internet-based survey

What are the benefits of this study?

The survey will help us learn about what work means to culturally diverse adults with psychiatric conditions. Compensation and other information about the study

Compensation and other information about the study

- You will receive a \$25 VISA prepaid card for completing the survey.
- We will maintain the confidentiality and privacy of the information.
- Your participation in the study is completely voluntary.

If you are interested in participating, please send an e-mail to kimmin14@bu.edu or visit https://bostonu.qualtrics.com/SE/?SID=SV_8evZxHdzURaSY6x

A New Bundle is Available!

Self-Directed Skill Lessons: Skills for Socializing

The skill lessons in Skills for Socializing are:

- Introducing Yourself
- Introducing Others
- Greeting Acquaintances
- Initiating Conversations
- Conversing about Social Topics
- Decoding Body Language
- Selecting Jokes

The Self-Directed Skill Lessons include 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/supervisors-teachers>

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

Psychiatric Rehabilitation Journal

Special Issue on Self-Stigma and Mental Illness

Guest Editors **Alicia Lucksted** and **Amy L. Drapalski**

Articles include:

- *From Discrimination to Internalized Mental Illness Stigma: The Mediating Roles of Anticipated Discrimination and Anticipated Stigma*
Diane M. Quinn, Michelle K. Williams, and Bradley M. Weisz
- *How Are Perceived Stigma, Self-Stigma, and Self-Reliance Related to Treatment-Seeking? A Three-Path Model*

Kristen S. Jennings, Janelle H. Cheung, Thomas W. Britt, Kandice N. Goguen, Stephanie M. Jeffirs, Allison L. Peasley, and Abigail C. Lee

- *Understanding the Importance of "Symbolic Interaction Stigma": How Expectations about the Reactions of Others Add to the Burden of Mental Illness Stigma*
Bruce G. Link, Jennifer Wells, Jo C. Phelan, and Lawrence Yang
- *The Relationship Between Stigma Sentiments and Self-Identity of Individuals With Schizophrenia*
Jennifer M. Aakre, Elizabeth A. Klingaman, and Nancy M. Docherty
- *Stigma of Taking Psychiatric Medications Among Psychiatric Outpatient Veterans*
Jennifer E. Boyd, Josephine Juanamarga, and Parisa Hashemi
- ... and more!

All papers will be peer reviewed, and should be submitted through the Manuscript Submission Portal, under the Instructions to Authors at <http://www.apa.org/pubs/journals/prj>

Submissions should follow the standard guidelines for PRJ. Please state in the cover letter that the manuscript is to be considered for publication for the special issue on co-occurring disorders in the criminal justice system. The deadline for submission of papers is September 15, 2015 with the plan to publish the special issue in 2016.

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, or visit <http://bu.edu/niteo>

An Array of Recovery Products

The Publications Division of the Center for Psychiatric Rehabilitation offers an array of books and curricula about recovery. You may view the compiled list our Recovery Products online at:

</app/uploads/2015/04/RecoveryProducts.pdf>

Ordering information is available on the Center for Psychiatric Rehabilitation website at [/store](#). For any questions, please contact Sue McNamara by e-mail at suemac@bu.edu or by phone at [\(617\) 358-2574](tel:(617)358-2574).

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