

The WHO, WHAT, WHEN, WHERE & HOW of Natural Supports?

WHO is most supportive of you going to work? **WHO** knows you better than anyone? **WHO** do you go to for advice or guidance when you need support or to make a big decision? **WHO** do you trust most?

- ☐ Mom
- ☐ Dad
- ☐ Brother
- ☐ Sister
- ☐ Cousin
- ☐ Aunt
- ☐ Uncle
- ☐ Friend
- ☐ Spouse
- ☐ Partner/boyfriend/girlfriend
- ☐ Neighbor
- ☐ Coach
- ☐ Clergyman/Pastor
- ☐ Previous coworker
- ☐ Current coworker
- ☐ Professional Organization (NAMI, GROW, DBSA, etc.)
- ☐ Other

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WHAT can your natural support(s) do to support you with finding a job? **WHAT** can they do to support you with keeping your job?

- ☐ Help keep me motivated by talking with me regularly about my work goals.
- ☐ Talk with my Employment Specialist on a regular basis about the plan to reaching my work goals.
- ☐ Hold me accountable by checking on assignments that are to be completed in between sessions with my Employment Specialist.
- ☐ Verbally recognize my efforts and remind me of my skills and strengths.
- ☐ Attend meetings with me and my Employment Specialist.
- ☐ Share their network of employer contacts.
- ☐ Other:

WHAT is the best way to reach your natural support?

- ☐ Phone
- ☐ Email

WHAT are some of their fears about you working?

- ☐ That I'll lose my financial benefits.
- ☐ That I'll become symptomatic and return to the hospital.
- ☐ That I'll start using again or will relapse.
- ☐ That I'll engage in criminal activity and end up in jail.
- ☐ Other: _____

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WHEN do I think my natural support(s) will be most helpful?

- ☐ Before I begin looking for work with my Employment Specialist.
- ☐ During the meeting with the certified benefits planner.
- ☐ During the assessment phase when I am discussing my work history, future goals, work preferences/skills/strengths and mental health management toolkit.
- ☐ While developing a working, professional resume, cover letter and references.
- ☐ During the rapid job search, they can share leads with me and my ES.
- ☐ During the rapid job search, they can help me practice for interviews.
- ☐ During the rapid job search, they can help me complete online applications.
- ☐ During the rapid job search, they can help me follow up on applications I have submitted.
- ☐ During the rapid job search, they can help me find interview clothing.
- ☐ Once I am hired, they can help me figure out a transportation plan to get to and from work.
- ☐ During the job retention phase, they can help me problem-solve issues that come up with co-workers or my supervisor.
- ☐ Once employed, they can listen to me process the pros and cons of the job to gain perspective and alleviate stress.

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WHERE would it be best to meet with your natural support?

- ☐ At their home.
- ☐ At your office.
- ☐ At a public setting like a library or coffee shop.
- ☐ Other

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HOW supportive are they of you returning to work?

- ☐ Very supportive.
(They have nothing but positive things to say & cannot wait to see me reach my goal of working)
- ☐ Somewhat supportive.
(They are a bit worried, but mostly excited for me to reach my goal of returning to work)
- ☐ Not very supportive.
(They are very concerned I'll end up back in the hospital or will relapse if I get too stressed due to working again)

On a scale of 1-10 with ten being the most, how supportive do you believe this person is with your goal of working?

HOW has this person helped you be successful in the past?

- ☐ They met with my treatment team to support the development & use of positive coping strategies to begin self-managing my mental illness.
- ☐ They helped me connect to necessary community resources to sustain the basics of life.
- ☐ They have reminded me that I am valuable and worthy of recovery.
- ☐ Other: _____.