

WHAT WORKS



*Collaboration between the SW MN Private Industry
Council and Western Mental Health Center*

Terry Sullivan, Becky Weber, Mary Mulder, Julie Beckmann

IN THE BEGINNING.....

- There is a problem, a disconnect.....
- Brainstormed about the problem and some solutions
- Developed a curriculum of “soft skills” presentations
- Started presentations September 19, 2013 (no one showed);
3 people on October 3, 2013

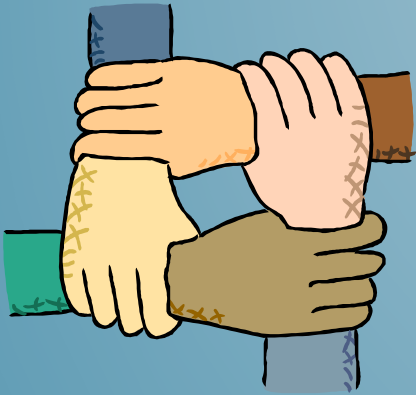


PARTICIPANTS

- Minnesota Family Investment Program
 - Family Stabilization Services
- Diversionary Work Program
- Fast Track Training Enrollees
- Adult Education Participants
- Currently 12 people have been referred to WMHC for mental health services from Marshall and 2 from Redwood Falls
- Of the 12 – 1 did not qualify for MH services, 2 refused, 2 are in process of getting started and the remaining 6 are still receiving services at WMHC, and 1 was already in the system receiving outpatient therapy
- Of these 12 – 1 is in school, 6 are working, 5 are in transition



THE BASICS



- Classes last about 1-1.5 hours
- Every other Thursday in Marshall and every other Tuesday in Redwood Falls
- Participants get job activity hours for attendance
- WMHC charges a fee per hour
- The cost incurred from WMHC is divided amongst the participants in attendance on that day

HOW DO YOU MAKE THIS WORK?

- Facilitator adjusts to the participants based on past attendance, participation level and level of functioning
- Participation is highly encouraged and “forced” at times
- Questions are encouraged and welcomed
- Based on questions and conversations the presentation is adjusted – we may make it through all slides and we may not
- At times, people will stay after (sometimes will bring up with group) and talk to facilitator about stressors in life – referrals and suggestions can come from these conversations
- Becomes relationship based – develop a rapport

CURRICULUMS



Attitude

Boundaries

Communication

Conflict Resolution

Emotions

Presentation

Problem Solving

Self Esteem

Stress

Work-Life Balance



BENEFITS



- Developed better understanding of the importance and benefit of employment on mental health: common goal of job readiness and maintaining employment
- Clarification and education for WMHC for the medical opinion forms
- Pulls in medical, employment, mental health supports to help facilitate post secondary education and career planning
- Individuals maintain mental health supports while being competitively employed
- Collaboration/Team approach of support for client – check ins, communication, etc.
- People can move in and out of group support
- Can be connected to other agencies as well – Western Community Action, Counties, Avera, APMC, Sanford – depending on need/qualifications , and preference
- Referrals to WMHC include Adult Rehabilitative Mental Health Services (ARMHS), medication management, family therapy, individual therapy, Integrated Dual Diagnosis Treatment (IDDT), and Circle Of Security (COS)

WHAT'S NEXT?



Anticipate development of Intergenerational Job Readiness Curriculum

- Target Groups – Karen, Hispanics and Somalian populations
- Interpreters
- Adjust the presentations to be culturally specific and appropriate

These agencies have been identified as potential partners:

MN Extension (for nutrition education)

WIC

Mental Health Centers

Western Community Action

Public Health

Marshall Public Schools

Language Literacy Programs

Post Secondary Education

Adult Basic Education

*Hosted at the alternative school in Marshall. This serves as a neutral location and has existing space for daycare and a kitchen.