

# What is mental health recovery?

## Where do I begin?

## When will I know I am done?

For Jennifer, it started with raw determination; she knew she needed to focus on getting her life back.

Eleven years ago, Jennifer injured herself at work leaving her unable to continue in that position. From one day to the next, she went from feeling healthy with a steady job to unemployed experiencing daily pain. The multitude of mental and physical symptoms made managing day-to-day activities very difficult. In spite of her new reality, her fierce determination pushed her forward.

In 2016, Jennifer began AILS (Adult Independent Living Services) to improve skills needed to manage her household. Weekly meetings helped decrease any hurdles/barriers to her motivation to complete everyday tasks and obligations.

“Jen had a strong desire to improve her quality of life,” says Nicole Kutz AILS Worker. “She knew she wanted a better life for herself.”

During this time, Jennifer worked diligently with all her mental health providers and made great strides towards her recovery vision.



A few years past, then in August of 2018 she made the leap to accept a referral to Functional Industries' (FII) Individual Placement and Support (IPS) program. IPS assists individuals with mental health diagnoses return to the workforce. Throughout the process, she was also diligent to maintain a balance between self-care and her personal, professional and household demands.

She was determined to utilize her associate's degree in public welfare and pair it with her love for helping people. After what seemed like applying to hundreds of jobs, she accepted a position as a Case Manager to assist those without shelter find long-term housing. It did not take long for her to know this was a great fit. She loved the job! In addition, with help from Social Security and Disability Hub, she received individualized information regarding her social security benefits. This information gave her the confidence to decide to work off her benefits for good!

Jennifer continues to work full time and plans to make it her long-term career. Her supervisor is aware of her mental health symptoms/physical limitations and offers full support to Jennifer whenever needed. She feels confident reaching out to her mental health providers as well as signed up for FII's Ticket to Work (TTW) program to assist her in working off her benefits.

“It's exciting to see Jennifer continue her growth by exploring new personal goals, such as traveling and spending quality time with loved ones, which she never thought possible.” concluded Nicole.

This is one of many success stories of people utilizing the IPS program to help find and maintain employment. To learn more about the program, contact Krissy Eich at 763-350-6186.