

## 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

=====

**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: \_\_\_\_\_

=====

**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.

=====

**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

=====

**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: \_\_\_\_\_.