

# Recovery From Mental Illness Through A Job

## Clark's Story

“My name is Clark. There was a time when I was living in a group home on a rent-free basis and working as a volunteer. But I didn't feel as good about myself and I didn't have the money to do the things that I enjoy. For me,

- Work is a morale booster
- It helps me feel equal with other people
- I want to pay rent and pay taxes

When I met with someone from the Individual Placement and Support (IPS) supported employment program, she asked about the kinds of jobs that I would like to have. Working at a regular job, not a job for people with disabilities, was important to me. My background is in acting and I like my job in the theater. Even though I'm part of the house staff, seeing those performers up on stage and hearing the applause is great!”

## About IPS Supported Employment

Research tells us that 60-70% of people with serious mental illness want to work. However, fewer than 15% of these individuals are employed. These figures are troublesome because having a job helps people manage their symptoms, rejoin their communities and decrease their reliance on the social service system.

The good news is that this evidence-based approach helps people with serious mental illness to find and keep regular jobs in their communities. There are many types of vocational programs for people with mental illness; however, **people who participate in IPS supported employment programs are almost three times more likely to gain employment** than those who engage in other types of vocational programs.



*My name is  
Clark.*

To learn more visit the IPS  
Employment Center website:

<http://www.ipsworks.org>