



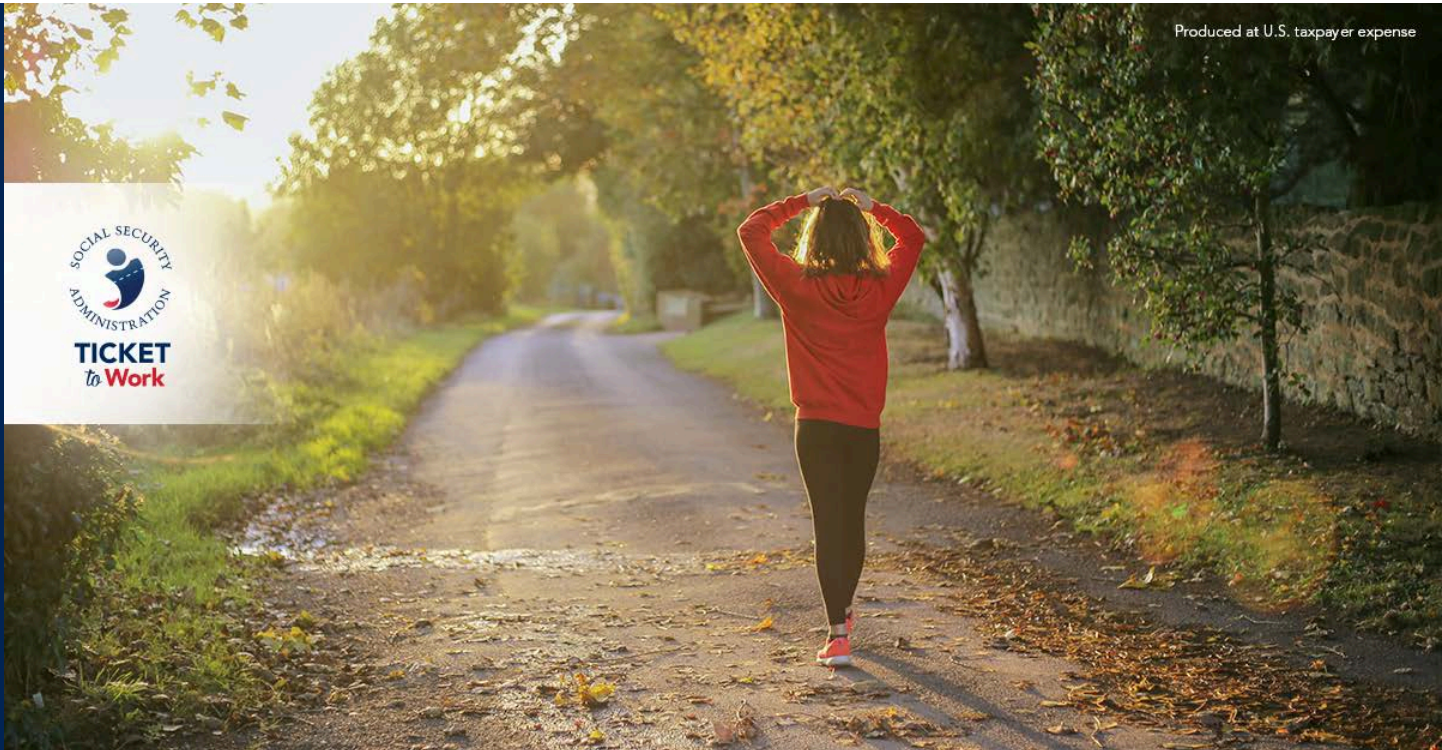
Helping You Today  
So You Succeed Tomorrow



# Ticket to Work and Mental Health

**Date:**  
Wednesday,  
December 16,  
2020

**Time:**  
3 – 4:30 PM ET



Produced at U.S. taxpayer expense.

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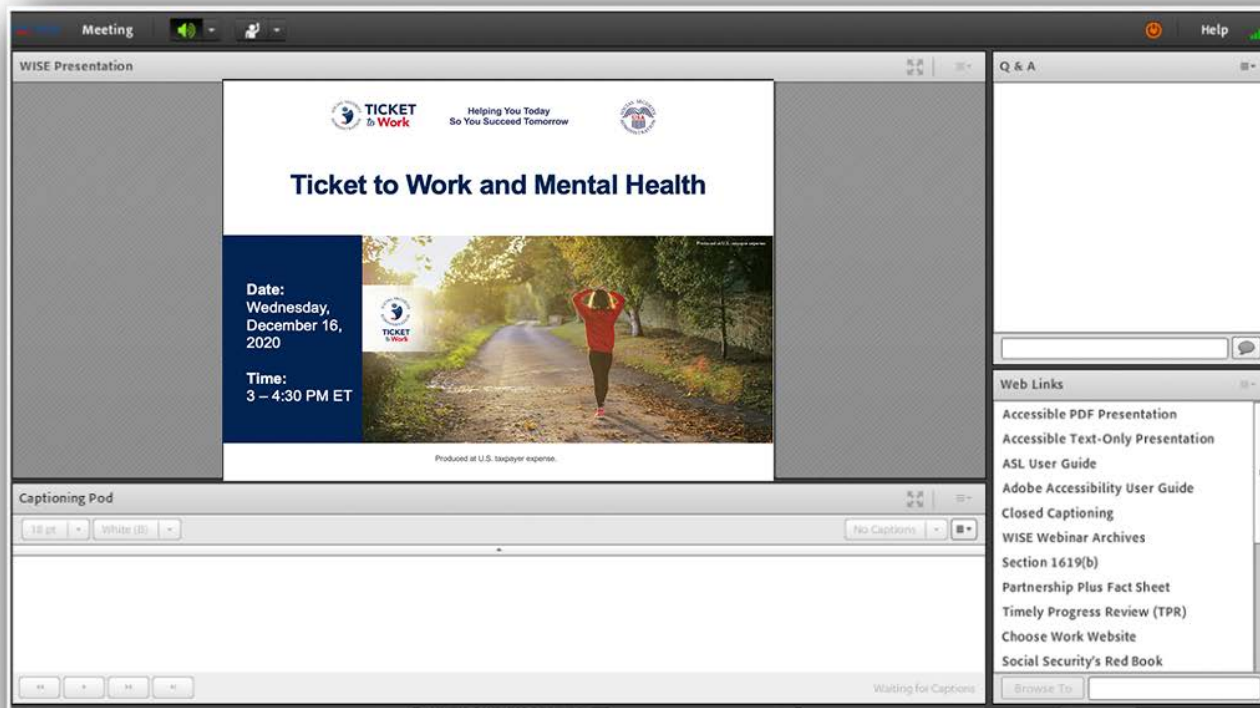
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# Webinar Accessibility



# Adobe Connect Platform



# Adobe Connect Accessibility User Guide

Should you need assistance navigating Adobe Connect, the link below directs you to an Accessibility User Guide complete with a list of controls.

New Keyboard Shortcuts	
CTRL + M	Toggle Microphone on (locked) or off.
CTRL + UP ARROW	Toggle Raise Hand Status.
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CTRL + ,	Start/Stop Recording (toggle). For Start, brings up the Start Recording Dialog.
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CTRL + SPACE	Opens up left most menu for keyboard navigation.

<http://bit.ly/adobe-accessibility>

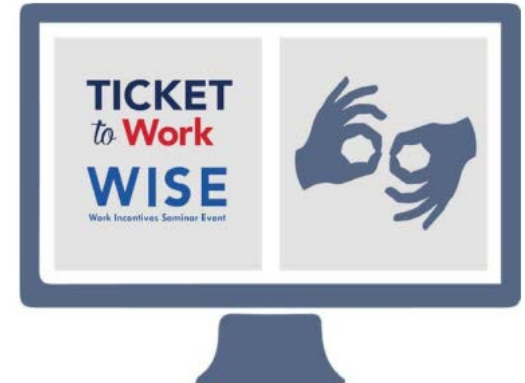
# Captioning

- Real-time captioning is provided during this webinar
- The captions can be found in the **Captioning pod**, which appears below the slides
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- If you're fluent in **ASL** and would like support during today's webinar, follow the link below that provides instructions to connect with an interpreter through the Federal Communications Commission (FCC) Video Relay Service (VRS)
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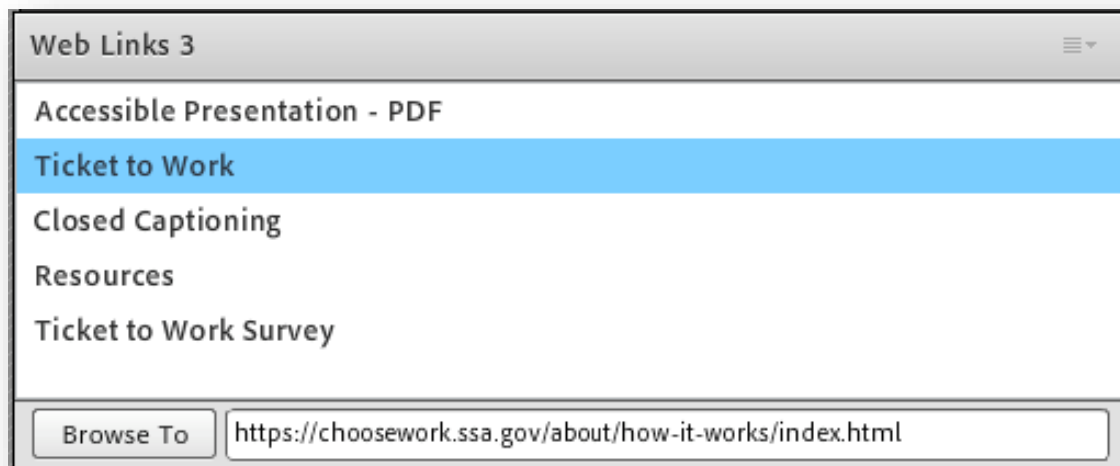
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- For Q&A: Please use the **Q&A pod** to submit any questions you have during the webinar, and we will direct the questions accordingly during the Q&A portion
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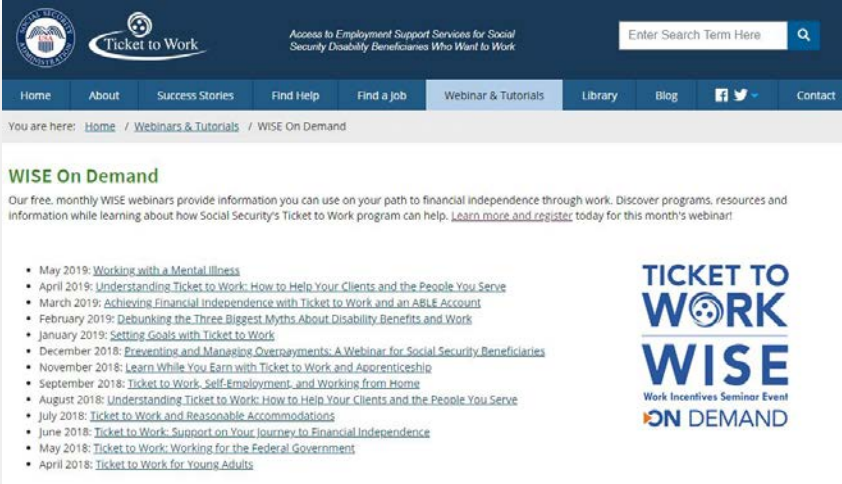
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# Archived Events

**Please note:** This webinar is being recorded, and the archive will be available within 2 weeks on the Choose Work website at [http://bit.ly/WISE\\_OnDemand](http://bit.ly/WISE_OnDemand).



The screenshot shows the Ticket to Work website's "WISE On Demand" page. At the top, there is a navigation bar with links for Home, About, Success Stories, Find Help, Find a Job, Webinar & Tutorials (which is highlighted), Library, Blog, and Contact. A search bar is located on the right side of the navigation bar. Below the navigation bar, the page title "WISE On Demand" is displayed. The main content area features a list of webinar topics with dates, such as "May 2019: Working with a Mental Illness" and "April 2019: Understanding Ticket to Work: How to Help Your Clients and the People You Serve". On the right side of the page, there is a logo for "TICKET TO WORK WISE ON DEMAND" with the text "Work Incentives Seminar Event" below it.

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If you experience any technical difficulties during the webinar, please use the **Q&A pod** to send a message, or you may email [webinars@choosework.ssa.gov](mailto:webinars@choosework.ssa.gov).



# Presenters

## Welcome and Introductions

Moderator: Sarah Hyland, WISE Moderator

Presenters: Raymond A. Cebula, III, J.D., Cornell University

# Welcome!

Thank you for joining us! Today, we'll discuss how Social Security's Ticket to Work (Ticket) Program can help you and answer questions related to:

- Social Security's Ticket Program
- Ticket Program Service Providers
- Managing the Job Search and Dealing with the Winter Blues





# **Ticket to Work Program: Support on Your Journey to Work**



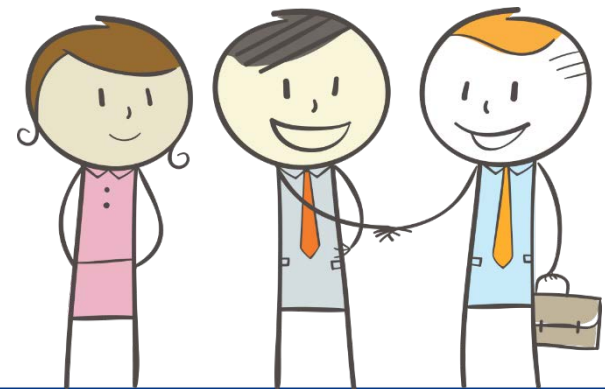
# Social Security Disability Benefits Program



**Social Security Disability Insurance (SSDI)**



**Supplemental Security Income (SSI)**



# Starting the Journey

Only you can decide if work is the **right choice for you.**



# Why Ticket to Work?

Earning a living through employment is not something everyone can do, but it may be **right for you**. Once people understand the many **free services and supports** available to them, they often find that the rewards far outweigh the risks.



# What Is the Ticket to Work Program? (Slide 1 of 2)

## Ticket to Work:

- Is a free and **voluntary** Social Security program
- Offers **career development** for people ages 18 through 64 who receive Social Security disability benefits and want to work



# What Is the Ticket to Work Program? (Slide 2 of 2)

Ticket to Work connects you with **free employment services** to help you:

- Decide if working is right for you
- Prepare for work
- Find a job
- Succeed at work



# **Ticket to Work Service Providers**



# Who Can Help You Achieve Your Work Goals?

Through the Ticket Program, you'll have access to a variety of **Ticket Program service providers**, including:

- Employment Networks (EN)
- Workforce ENs
- State Vocational Rehabilitation (VR) agencies
- Work Incentives Planning and Assistance (WIPA) projects
- Protection and Advocacy for Beneficiaries of Social Security (PABSS) organizations



# Employment Network (EN)

An EN is a private or public organization that has an agreement with Social Security to provide **free employment support services** to people who are eligible for the Ticket Program.

- Many state public workforce systems, such as American Job Centers, are **Workforce ENs**





# How Can Working with an EN Help You?

Services and supports are designed to help you on the path to financial independence through work and can include helping you to:

- Identify your **work goals**
- Write and review your **resume**
- Prepare for **interviews**
- Request **reasonable accommodations**
- Receive **benefits counseling**



# State Vocational Rehabilitation (VR) Agency

A State VR agency provides a wide variety of services to help people with disabilities return to work, enter new lines of work, or enter the workforce for the first time. A State VR agency can offer benefits counseling and may also be able to help you with:

- **Vocational rehabilitation**
- **Training and education**

Some states have separate VR agencies that serve individuals who are blind and visually impaired.



# What Is Partnership Plus?

Partnership Plus is an agreement that allows State VR agencies to partner with ENs to provide a **transition of services** for those who need **ongoing support**.

- VR agencies typically close a case approximately 90 days after you start working
- An EN may offer continued support services to maintain employment and increase your earnings over time



[choosework.ssa.gov/library/partnership-plus](https://choosework.ssa.gov/library/partnership-plus)

# Work Incentives Planning and Assistance (WIPA) Projects

WIPA projects are staffed by Community Work Incentives Coordinators (CWIC) who:



- Provide **free benefits counseling** to Social Security disability beneficiaries about how work and earnings will affect your SSDI, SSI, Medicare or Medicaid, and other public benefits
- Help you understand **Social Security Work Incentives** and how they apply to you
- Explain the potential **benefits of employment** and **dispel myths** about working
- Help you decide if the services and supports provided by the Ticket Program are **right for you**

# Whom Do WIPA Projects Serve?

The Ticket to Work Help Line will refer you to a WIPA project if you receive SSDI, SSDI-related Medicare, SSI, or SSI-related Medicaid and you:



- Are currently **working** or **self-employed**
- Have a job offer **pending**
- Are actively **interviewing** for jobs
  - Had an interview in the past 30 days
  - Have a job interview scheduled in the next 2 weeks
- Are **age 14–25**, even in the earliest stages of considering work

# Protection and Advocacy for Beneficiaries of Social Security (PABSS) (Slide 1 of 2)

- PABSS organizations provide **free legal assistance** to people who receive Social Security disability benefits and who have disability-related employment issues
- PABSS services may include:
  - **Legal support**
  - **Advocacy**
  - Information to help beneficiaries **resolve employment-related concerns** with employers, Social Security, ENs, State VR agencies, WIPA projects, or others



# Protection and Advocacy for Beneficiaries of Social Security (PABSS) (Slide 2 of 2)

PABSS services may also provide help with:

- Navigating organizations and services to support your effort to work and **protect your rights**
- **Requesting** reasonable accommodations in your college classes, training courses, licensing programs, and workplace
- Addressing other **disability-based legal issues** that are barriers to employment



# How Do You Find a Service Provider?

If you're ready to find a service provider, visit [choosework.ssa.gov/findhelp](https://choosework.ssa.gov/findhelp)

- Search by:
  - ZIP code
  - Services offered
  - Disability type
  - Languages spoken
  - Provider type (EN, Workforce EN, VR, WIPA, or PABSS)
- Or call the **Ticket to Work Help Line** for a list of service providers at **1-866-968-7842** or **1-866-833-2967 (TTY)**  
Monday – Friday, 8:00 am – 8:00 p.m. ET





# Questions?



# Job Search and Winter Blues



# What Is Mental Health?

- Mental health includes emotional, psychological, and social well-being.
- It affects how we think, feel, and act.
- It also helps determine how we handle stress, relate to others, and make choices.



# Job Search, Winter and Mental Health

If you're looking for a job, you may be experiencing some stress or other symptoms.

Winter can have an effect on mental health, from sadness to depression to seasonal affective disorder.

If you're experiencing these symptoms, please contact your **doctor** or call the **National Mental Health Help Line: 1-800-662-HELP (4357) or 1-800-487-4889 (TTY).**



# Battling the Winter Blues: Get Outside

If you're able, take a break from your job search and **head outside!**

A **change of scenery** can help break up your day.

**Fresh air** and **sunshine** are also important for staying healthy in the winter.



# Battling the Winter Blues

Take advantage of your time outside and get some exercise if you're able.

- If you're not able to get exercise outside, try doing some indoors.
- Search online for winter workouts. You can even find some you can do while you're seated.
- Stretching, walking, or lifting weights may be a great place to start.



# Battling the Winter Blues: Accomplish a Goal

Have you **set goals** related to your job search? You could:

- Submit a **certain number of applications** per day or week
- Reach out to someone in your **network** of family, friends, or other contacts
- Improve one of your **skills**
- **Volunteer**

Be sure to **write your goals down** and cross them off as you achieve them!

# Managing the Job Search and Battling the Winter Blues

Take a break from your job search and beat those winter blues:

- Laugh: catch up with a friend, watch a funny video, or play with your pet
- Write your feelings down
- Read a book or watch a favorite tv show
- Open the curtains and turn on the lights

Take a moment to think about how you battle the winter blues.





# Johnny's Story (Slide 1 of 2)

- After her granddaughter passed away, Johnny's grief triggered clinical depression.
- Johnny received treatment and focused on her recovery for more than a decade.
- When Johnny was ready to return to work, she sought help from local organizations, which led her to the Ticket Program.



<https://bit.ly/johnny-success>

## Johnny's Story (Slide 2 of 2)

- With help from the Ticket Program, she was connected to a benefits counselor who explained how Work Incentives could ease her transition to work.
- Johnny now has full-time work and is confident she's on the path to financial independence!



<https://bit.ly/johnny-success>

“Being back at work has been an important part of my recovery. It’s restoring my self-confidence and has made it possible for me to buy the house I always wanted!” *Johnny, A Ticket to Work Success Story*

# How to Get Mental Health Help

- If you or someone you know has a mental illness, there are ways to find help.
- Visit <https://www.samhsa.gov/find-help/national-helpline> to find resources for individuals and families facing mental and/or substance use disorders.
- Call 1-800-662-HELP (4357) or 1-800-487-4889 (TTY).

NATIONAL **HELP**  **LINE**

# Questions?



# How to Get Started

Social Security's Ticket to Work Program has a variety of service providers and other resources ready to help you get started!

## Call the Ticket to Work Help Line:

- 1-866-968-7842
- 1-866-833-2967 (TTY)

Visit: [choosework.ssa.gov](https://choosework.ssa.gov)

## Connect:

Visit [choosework.ssa.gov/contact/index.html](https://choosework.ssa.gov/contact/index.html) to find us on social media and subscribe to blog and email updates!





## Opt-In to Receive Text Messages

- Get advice and encouragement, and read stories about people who achieved financial independence with help from the Ticket to Work Program.
- If you're interested in receiving text messages from the Ticket Program, please text **TICKET** to **474747**. Standard messaging rates may apply.

Join Us for Our Next WISE Webinar!

**TICKET**  
*to* **Work**

**WISE**  
Work Incentive Seminar Event

**Date: Wednesday, January 20, 2021**

**Time: 3 – 4:30 PM ET**

**Register online: [choosework.ssa.gov/wise](https://choosework.ssa.gov/wise)  
or call 1-866-968-7842 or 1-866-833-2967 (TTY)**

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