

Living & Working

Empowering individuals to create the lives they want and reach the goals they set.

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Living Life to the Fullest JEVS' New Psychiatric Rehabilitation Program

“People are given a chance to be motivated, to have visions outside of here. It's a stepping stone, not a destination.” Certified Peer Specialist, Bart Shur, describes the new JEVS Psychiatric Rehabilitation program which opened this past November. The program is part of the city-wide transformation of behavioral health policy and practice to improve the lives of individuals facing the challenges of mental illness.

Bart, who's worked with the program for four months, already sees participants transforming. “People who never really thought they had a sense of power over their own lives now have a sense of empowerment,” he observes.

Choice Inspires Change

Choice is at the heart of the program and the transformation. Individuals choose the services and supports they want and create their own goals which may pertain to employment, relationship building, education, managing symptoms of their illness, or their connection to the community. In other words, they tailor a program to meet their needs.

“It's a big change from the days when people were plugged into a program and just expected to fit in,” says Peter Maggiolini, Program Director. Like any other business, it's important to find out what the customer wants and not assume they'll want whatever the program offers. “Consumers



Participants support each other in setting new goals.

say they want to work, they want to be more independent, they want to be out in the community, and not sit in a program all day attending groups they're not interested in,” says Peter. The new program services and activities reflect their varied interests. And people can continue to use the supports as long as they want.

Peer Support is Key

Peer support is one major source of inspiration for participants. Peer-led educational groups, peer counseling and feedback empowers participants. “Someone hears about someone else's goal or

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Keeping Families Together: Promoting Choice for Community Living

Linda Felman, age 67, has lived with her mother all of her life, establishing a 67-year mother-daughter bond cherished by both. Linda, who has an intellectual disability, needs assistance with activities such as running errands, some daily living skills and transportation to medical and hairstylist appointments. With a little extra support, she lives a full life at home with her mother and in her community.

Six years ago, Linda's mother, Minerva, who is now “more than 90,” was finding it difficult to handle the day-to-day responsibilities of running a household and providing Linda the assistance she needed.

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Keeping Families Together

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Rather than disrupt their comfortable lives together and consider another living arrangement, they enlisted the help of JEVS In-Home Supports. "It's a simple solution to long-term care needs," says Associate Director, Marnisha Henry. "We can't replace the bond people have with family and loved ones, but we can easily provide caring and responsible staff to support them so they can live where they choose."

Today, JEVS In-Home Supports gives Linda and her mother the extra help they need to continue living together in each other's company, in their shared home.

In addition to helping with routine errands and household chores, Tamika Chestnut, Community Support Staff, takes Linda to neighborhood areas of



Linda Felman and her mother Minerva (middle) are able to maintain full lives together with help from JEVS staff Tamika Chestnut (left) and Marnisha Henry (right).

interest including museums, parks, the senior center and the pet store. Mother and daughter both enjoy an occasional trip to Atlantic City with Marnisha and Tamika. It reminds them both of earlier family vacations at a nearby beach. "I like to buy fudge," says Linda.

JEVS In-Home Supports

JEVS In-Home Supports is available to Philadelphia and Montgomery County residents with intellectual disabilities, age 18 and over, on an hourly basis. Services are tailored to individual needs and may include: shopping, cleaning, transportation, personal care, family and caregiver respite, financial counseling, life skills training, and support with community activities.

JEVS In-Home Supports is available through private pay or funded by Consolidated and Person Family Driven Support waivers. Admissions are referred through Philadelphia and Montgomery Counties.

FOR MORE INFORMATION:
267-350-8600 or email
inhomesupports@jevs.org

Living Life to the Fullest

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sees their achievement and it becomes infectious," says Bart. Staff, who've been trained by Boston University, a pioneer in the psychiatric rehabilitation model, as well as Drexel University and other leaders in the field, still play an important role too. This new model calls on staff to take a different role, one of facilitator or coach. Bart has observed the transformation in staff as well, "I see staff restraining themselves and letting peers make decisions."

The Many Paths to Recovery

Another source of inspiration is the very philosophy upon which psychiatric rehabilitation is based—recovery. What does it mean to be in recovery from a psychiatric disability? There are many different paths to recovery, and it can mean something different for each person. It may be easiest to understand by first acknowledging what it is not. In the past, many people who received a psychiatric diagnosis were told their symptoms would persist or even worsen over time. They, and others close to them, often assumed their dreams for the future were no longer attainable and they would not be able to do meaningful work. Many withdrew from their family, friends and their communities.

Years of research and evidence tell us this is untrue. Today, we know people can live full lives despite the symptoms of their illness—that is recovery. And, evidence shows that those who actively pursue recovery and have good supports will improve their success in recovery. For some, symptoms will diminish or even disappear; others will learn to manage symptoms while continuing to pursue meaningful careers, positive relationships and long-term dreams.

"If you tell someone they're sick, then they're more likely to remain sick; it becomes a self-fulfilling prophecy," says Peter. "Conversely, if you give them support and encouragement to get well and live life to the fullest in every sense, that can also become a self-fulfilling prophecy when they embrace the idea. You have to look at it holistically."

Bart describes recovery this way, "I can't say it's all about the end result. You have to live every day. You want to have some meaning in your life. You

"People who never really thought they had a sense of power over their own lives now have a sense of empowerment."

- Bart Shur,
Certified Peer Specialist

have to feel you're a human being. You were always worth something, you just forgot."

So how is recovery incorporated into the program? Perhaps the most important thing JEVS Psychiatric Rehabilitation Services does is provide the opportunities for people to discover their own path to recovery and support them in their journey.

"We're assisting people to reclaim their lives," says Peter.

Bart describes it this way, "Some people here find things out for themselves and some are good students. I've seen quiet people speak up and loud

people quiet down to concentrate on their goals. People see and learn things in their own way."

FOR MORE INFORMATION

about JEVS Psychiatric Rehabilitation Services, contact Peter Maggolini at 267-350-8610 or email recovery@jevs.org.

On the Job • Sean Healey

Eagerness peaks through his light tan freckles, while energy infuses the room where Sean Healey talks about the new job he landed with the help of JEVS Community Employment Services. He is a 23 year old talented, smart and unique young man, and a 2006 graduate of George Washington High School. Sean, who is diagnosed with autism, mirrors many other young adults. He enjoys double quarter pound cheese-burgers at MacDonald's, playing the piano, bicycling, fixing televisions and working on computers.

His parents, Eileen and Tom Healey, say he is highly skilled – exceptional in fact – technologically. “He’s strong visually, able to set up even the most complicated technical problems at home.” Even more startling is his amazing memory: Sean never forgets anything. Seeing Picasso’s “Three Musicians” just once, he produced a perfect crayon reproduction, astounding his art teacher.

It’s no wonder his mother says, “I always thought he could do a great job no matter where he landed as long as an employer would give him a chance.” Thanks to the efforts of Job Developer, Thomas Mingo, Sean found that employer at the Shop Rite in Bensalem this past November. Prior to that, Sean received a complete vocational evaluation to determine his interests and skill capacity, and completed custodial training.



“I always thought he could do a great job no matter where he landed as long as an employer would give him a chance.”

- Eileen Healey, Sean's Mom

Thomas was “fabulous and always saw the potential in Sean,” says Mom. “He didn’t just talk about getting Sean a job, but did it.” Once he landed the job, Job Coach, Don Brantly, worked on the job site with Sean, then gradually stepped back and eventually left Sean to work independently, checking in occasionally. Sean has a fine work ethic and is able to follow directions and memorize instructions after hearing them just once.

Shop Rite staff say they’ve “never had anyone so enthusiastic.” Sean never says “it’s not my job.” He’s always on top of where the carts are and gets them – not infrequently – right from a customer as she/he is finishing loading the car. Being outdoors in all kinds of weather is part of what he loves.

On-the-job success has inspired Sean to set even higher goals. “Sean’s happy, but not satisfied,” says his mother. “He knows if he does a good job, he’ll be able to move to a greater position.” Sean

is also noticeably matured since he started working. “He has very big dreams,” she adds. One dream is to buy a center city apartment with the money he’s saving.

“He never ceases to amaze me,” says his father. “Sean loves the new Comcast building in center city Philadelphia. He likes staring at tall buildings, maybe because he’s achieved great heights himself.”

FOR MORE INFORMATION

about JEVS Vocational Evaluations, Skills Training or Community Employment Services call: 267-350-8600 or email workincommunity@jevs.org.

JEVS Gears Up to Provide Expanded Services Funded by the New Autism Waiver

Adults diagnosed with Autism Spectrum Disorder will soon have more community-based supports and services tailored specifically for those living with the disorder, thanks to a new federal Autism Waiver, approved this past May. An Autism Task force, formed in 2003, found that community-based services for adults with autism are almost non-existent in Pennsylvania and has recommended more targeted supports and services to be funded by the new waiver.

JEVS currently provides residential, employment and psychiatric rehabilitation services to people diagnosed with autism, and has applied to become a provider of these new expanded services. “We look forward to being part of the new support services,” says Executive Director, Jill Rogers. “With our vast experience of providing individualized residential and employment services based on each person’s needs and wants, we anticipate a smooth transition into providing specialized services for people on the autism spectrum.” In preparation, staff are attending trainings, collaborating with other agencies and meeting with families to learn more about the unmet needs and create new programs to meet those needs.

Historically, there has been no funding dedicated for adults with Autism Spectrum Disorder. While some individuals received services through other waivers, there were gaps in the supports they did receive. The new waiver is designed to fill these significant gaps in supports for those who are waiver eligible.

FOR MORE INFORMATION

about services JEVS provides for adults with autism, contact clhs@jevs.org or call 267-359-8629. For more information about the Autism Waiver visit: www.dpw.state.pa.us/ServicesPrograms/autism

Help JEVS Raise Money to Tackle Autism!
Join JEVS’ walking team or make a direct donations by visiting, www.walknowforautism.org.
Select “Philadelphia”, and type “Jevs-Clhs”, or contact Holly Burwell at 267-350-8680.

Serving the Delaware Valley since 1941, JEVS HUMAN SERVICES helps people from all walks of life overcome quality of life challenges by focusing on individuals with physical, intellectual and emotional challenges as well as those facing adverse socio-economic conditions.

JEVS Community Living and Home Supports offers programs to assist people with psychiatric/intellectual disabilities to live and participate in their communities, while achieving their highest level of independence.

JEVS Work and Recovery Programs assist people who face challenges in obtaining/maintaining employment due to physical, intellectual or psychiatric disabilities, or conditions; services are available to support the recovery of people with psychiatric disabilities.



Community Living & Home Supports
Work & Recovery Programs
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CONTACT US

JEVS Human Services

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For more information about our programs and services, call 267-350-8600 or email the specific department noted below:

COMMUNITY LIVING & HOME SUPPORTS

Community Homes: chs@jevs.org

Life Sharing: lifesharing@jevs.org

In-Home Supports: inhomesupports@jevs.org

Adult Day Services: collaborative@jevs.org

WORK & RECOVERY PROGRAMS

workandrecovery@jevs.org

Recovery Services: recovery@jevs.org

Community Employment Services: workincommunity@jevs.org

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For comments or questions concerning this newsletter, please contact 267-350-8629

Wellness Corner

New Wellness Programs Inspire Healthier Lifestyles

Old habits are hard to break. New habits can be equally hard to set. Since coming on board last October, Wellness Director, Holly Burwell, has come up with creative ways to inspire healthy new lifestyle habits for people living in the residential homes, and the staff who support them.

In addition to holding seminars on topics such as prostate cancer, swallowing disorders, breast wellness, and healthy lifestyle tips, this past winter staff and residents were invited to "Exercise Boot Camp"--Pilates and yoga classes--twice weekly. Participants earned prizes according to the level of participation and results were posted, inspiring a little healthy competition.

This past March, JEVS kicked off a JEVS Walking Program, with a JEVS-wide Health Expo and Wellness Walk, featuring a 3-mile or 1-mile non-competitive walk, along with various health screenings, massages, food, and entertainment. Following the event, people received free pedometers just for joining the walking program. Participants walked with any of the organized JEVS walking groups, or walked alone and reported their activity on a weekly basis. Prizes were awarded based upon the level of activity. "The best ways to encourage people to make healthy lifestyle changes is to model healthy habits, make it fun and let them experience the benefits," says Holly. "I'm especially excited about everyone doing this together. It's great role modeling and an incentive to continue healthy eating and exercise after the program ends."