

# Supported Employment/ Supported Education Newsletter



Stewart, Hilltop, and Sandy Behavioral Health Centers  
Clackamas County

Summer 2023

## *Celebrating a life...*

The Supported Employment Team would like to take a moment and remember a man, who above all odds managed to successfully gain employment and work his way off all benefits. Although he is no longer with us, his story brings joy and light to our memories on a daily basis. This is a great reminder to never give up on your goals, and all is possible.

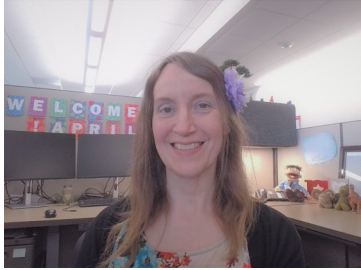
This Supported Employment client showed us what a great human can do when they put all their energy into their goals. The experience of his life and drive is one of great joy and hope, in a time where it can be easy to become pessimistic or lose hope. Through all situations, this man was patient, open, and communicative with great candor.

He came in suffering with an SPMI diagnosis, causing social isolation, a sedentary lifestyle, and some unhelpful habits affecting his mental health and overall health. He was living alone, dependent on SSDI, food stamps, and subsidized housing. During his time in treatment, he worked very methodically to tackle smaller goals, one after another. He started small and every subsequent goal was a little larger. He communicated well and discussed successes and where he might improve and increase the efficiency of his efforts. He began living a routine, building an active lifestyle, increasing social time, managing his medications better, and decreasing unhelpful habits. The results were his mood and motivation increased. With time, he decided to get back into the work force and pursued a pharmacy tech certification. He began working as a pharmacy tech, and shortly after decided he wanted to work his way off SSDI and all other assistances so that he could be fully independent. He experienced challenges and setbacks including a rigorous work schedule, working with his providers to find a work-life balance, having his car totaled on the way to work, and then replacing it. Despite these challenges, he was successful in his goal to be fully independent. He was paying all his bills, a little behind at first, but his rational approach kept him grounded and focused on what he could do in each moment. Our second to last session, I told him "Every time you come to the plate, you hit a homerun. It is wonderful to see, you are one in a million. I don't expect a homerun every time, and you continue to hit them. Keep up the great work". His response was "Well, I am grateful to Cindy, Karen, Kim and you for all the support helping me get to where I am. It feels really good to have come all this way."



"A hero is born among a hundred, a wise man is found among a thousand, but an accomplished one might not be found even among a hundred thousand."

-Plato



**April Lambert, QMHA**  
*Job Development Specialist*

### New Staff Update!

April Lambert joined Clackamas County in April, filling the third Job Development Specialist spot on the Supported Employment Team! She will be working with the Community Support Team and Sandy Team bringing so much experience and enthusiasm to her work.

April has over 10 years of experience in the job development field. She comes to us with many good connections and is eager to share those connections with clients, employment specialists, education specialist, and other staff.

April has such a passion for helping others, and with all the knowledge she has there is no doubt she will bring great things to this team and to our clients.

### Supported Education!

The Supported Education program is up and running with Cindy Valenzuela, QMHA II as the Education Specialist.

**We are now taking referrals!**

People engaged in behavioral health services on the Child and Family Team or the Community Support Team who are interested in obtaining their GED, learning a trade, completing a certificate program, or pursuing a 2-year, 4-year, or graduate degree are eligible for the Supported Education program!



### Career and Education Resource Hour

If you know a client who needs assistance with any of these things have them join us every Thursday, 10:30am- 11:30am!

Developmental Services Building

150 Beaver Creek Rd, Suite 408; Oregon City, OR 97045

Resumes—Cover letters—Mock interviews—Filling out applications—Finding job leads—Applying for colleges—Applying for financial aid—Career planning—Getting connected to community resources—Much more!

**ALL SERVICES ARE OFFERED IN SPANISH AS WELL**

### Employment Works / Supported Employment

Month	# Clients	% Employed
Oct 2022	3011	25.9%
Nov 2022	3004	25.7%
Dec 2022	3051	25.7%

Month	# Clients	% Employed
Jan 2023	1212	26.3%
Feb 2023	2918	25.4%
Mar 2023	2933	25.5%

Month	# Clients	% Employed
Apr 2023	2831	25.7%
May 2023	2909	24.6%
June 2023	3235	23.6%