

# PACT



## EDUCATIONAL/VOCATIONAL SERVICES

There is much evidence to show the positive effect employment has on someone who is in mental health recovery. Multiple studies show that 60% of people with a mental illness want to work, despite years of general assumption that they are incapable.

BHR's [Educational/Vocational Services](#) matches clients who want to work with business owners who care about providing this opportunity, while getting a motivated and supported worker at the same time. There are also tax benefits for the employer once a client has been employed for a year.

Our clients have the support of the entire PACT team in our various specialties, as does the employer, to help make the job a success for all involved.

Employment has a positive effect on all people, not just those with mental illness. It reduces anxiety, depression and substance use, risk of suicide, physical problems, psychiatric disorders, alienation and apathy, and increases self-esteem, motivation and social contacts.

The positive effect work has on the recovery of our clients from mental illness can be substantial.



More positive effects of employment are

### **Economic**

People on SSI receive \$750 per month, or \$9,000 a year. This is significantly below the Federal Poverty Rate of \$12,140 per year. This severely limits the options for housing, recreation, mobility, diet and nutrition, which adds to the extreme stress mentally ill people are already feeling. Extra income helps!

### **Medical**

There are numerous studies showing that clients who are working:

- Experience reduced frequency and intensity of symptoms;
- Have fewer hospitalizations;
- Have shorter hospitalizations when they do occur;
- Achieve greater community integration;
- Function better in life.

### **Social**

A work environment provides many opportunities to meet people and develop friendships.

If you are interested in helping to make a difference in the lives of our clients, and to find out how this program can benefit your business, contact SJ Boyle at [sboyle@bhr.org](mailto:sboyle@bhr.org) or 360-236-7160.

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Hours:  
M-F: 8AM to 5PM

