

Living & WORKING

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

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The JEVS Happy Healthy Life Class – Pioneering curriculum expanded to other agencies

JEVs has expanded its Happy Health Life class, and it is now being used by different agencies – including Indian Creek Foundation in Montgomery County and The Wedge Medical Center in Philadelphia.

In 2008, JEVS Human Services first designed the curriculum and ran a pilot program. The Happy Healthy Life class was designed for people with a dual diagnosis of a mental illness combined with an intellectual disability. The JEVS Happy Healthy Life Class is one curriculum that people can choose to participate in while attending Road 2 Recovery (a Psychiatric Rehabilitation Program).

“Experts say people with this dual diagnosis are among the most overlooked and ignored in the United

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“I’m independent. I learned this at the Happy Healthy Life class. I did homework every night and even now after graduation, I still look over my work. I’m proud of myself.”

– Theresa, JEVS participant

A winner at home and on the job: George H.



George H., center, was honored along with Cheryl Seaborough and Clive Brooks with a **Points of Transformation Award** from the City of Philadelphia.

George H., a participant in JEVS Community Living and Home Supports and JEVS Work and Recovery Programs was honored along with JEVS employees, Cheryl Seaborough and Clive Brooks. Cheryl, a JEVS Program Manager, welcomed George into her home, as his Life Sharing Provider. As George and Cheryl’s relationship grew, so did George’s pride.

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For more information call 267-350-8600 or email Work and Recovery workandrecovery@jevs.org or (Psychiatric Rehabilitation Services) recovery@jevs.org.

JEVS Takes Home A Brighter Future Award

Kelly Wroton, who receives in-home supports from JEVS Community Living and Home Supports, was honored with an award at the 2010 Brighter Futures Awards Luncheon, held each year by the City of Philadelphia's Department of Behavioral Health and Mental Retardation Services (currently undergoing a name change to the Department of Behavioral Health and Intellectual Disability Services). Kelly graduated from the pilot program of the **JEVS Happy Healthy Life Class** designed to help individuals who are dually diagnosed with an intellectual disability and mental illness take charge of the challenges in their lives and regain a sense of purpose and direction.

Kelly, center, is joined by JEVS Direct Support Professional Robin Weaver and Associate Director Reginald Davis.



JEVS Happy Healthy Life Class – continued from page 1

States,” according to The Journal of the American Medical Association. The JEVS pilot was one of the few programs in the country that addressed the needs of this population.

JEVS, working with nationally known experts, authored the Happy Health Life curriculum which is designed to help individuals learn how to self manage the symptoms of their mental illness. The Happy Healthy Life class has been proven to decrease hospitalizations. Individuals in the class learn how to “grow their support system,” emphasized Joy Carter, a

“Experts say people with this dual diagnosis are among the most overlooked and ignored patient populations in the United States.”

—The Journal of the American Medical Association

clinical manager with JEVS Human Services.

Since the pilot program, JEVS has found that the curriculum also benefits individuals with mental illness (who do not have an intellectual disability) as well. Each

class consists of four to five students, who may be accompanied by a support staff person. The classes run twice a week, an hour per class, for a duration of approximately seven to ten months.

Each student decorates his or her own binder, in which they keep their class material and homework assignments, which are used

to reinforce what was learned in class. One component of the class is developing a relapse prevention plan. This involves teaching the participants to write down their triggers, their warning signs, and how to develop an intervention plan – that, for example, may involve calling family members or friends and/or using stress or crisis management techniques.

Having demonstrated the success of the pilot, JEVS was awarded a grant from The Thomas Scattergood Behavioral Health Foundation to expand the Happy Healthy Life curriculum to other agencies.

JEVS is also offering the class on an ongoing basis at its own location in Northeast Philadelphia.

For more information, contact JEVS Work and Recovery Services at 267.350.8600 or email workandrecovery@jevs.org

JEVS provides Agency With Choice in Montgomery County

JEVS Agency With Choice (AWC) offers skills training and in-home personal assistance to children and adults diagnosed with an intellectual disability who live on their own or with family or friends in Montgomery County. AWC is offered through JEVS Home Care and is funded through the Pennsylvania

“It all depends on the family and how much they want us to be involved. It’s their choice.”

—Melissa Clark, director of operations, JEVS Home Care

Medicaid Waiver.

AWC is unique. A traditional agency selects the aide who will assist the individual. In AWC, the client chooses his or her own in-home aide, someone who best meets his or her needs and schedule. The individual has the choice to select a family friend or neighbor as an aide. JEVS Home Care conducts a background check on the prospective aide and then partners with the client as the employer of the aide. The client determines the hourly rate that is paid to the aide. JEVS provides supports such as workers’ compensation and unemployment reporting.

In the beginning, the JEVS representative meets with the family, explains AWC and assists with the paperwork. “The families love it that we come to their homes, talk to them, answer their questions

and support them every step of the way,” explained Karen Ross, community liaison for JEVS Home Care.

JEVS Home Care also helps to train the aide and provides ongoing support and evaluation.

“We can help families if they need to hire a new caregiver, give their aide constructive feedback, or change their schedules. It all depends on the family and how much they want us to be involved. It’s their choice.”

“AWC is critical,” explained Melissa Clark, director of operations with JEVS Home Care. “These services mean that the family member or caretaker can go to work and have the peace of mind that their loved one is safe.”

JEVS AGENCY WITH CHOICE: PROVIDING PEACE OF MIND

Fourteen year old Austin Rivera is a contender in the Special Olympics – in the power lifting, basketball, and swimming events. Austin is diagnosed with an intellectual disability, autism, post traumatic stress, and an anxiety disorder. He does best when he is around people he knows and trusts and becomes anxious when he has to leave his home and go to another location.

His mother, Christina Rivera, is a CAT scan technologist, and thanks to JEVS Agency With Choice, she is able to go to work and have the peace of mind that her son is being cared for by someone she

trusts. Christina began using JEVS AWC two years ago. As a single

“My son can’t be left alone. My family lives far away and I don’t have support. With Agency With Choice, I can go to work and not have to worry about Austin’s well-being.”

—Christina, Austin’s mom

mom, Christina wanted Austin to have a male role model – and through Agency With Choice services from JEVS she was able to select and hire a family friend with whom her son already has established a rapport.

As the Agency With Choice in-home aide, Antonio works with Austin on learning and reinforcing life skills that will help him become more independent – including daily hygiene routines; cooking simple meals for himself, using the microwave; and performing helpful chores around the house.

Christina explained that, “Antonio also helps by talking to Austin and providing insight and coping skills to help him through his hard moments. Any change in Austin’s routine is hard for him, so it is easier for him to be at home where he is familiar with his routine and surrounded by his belongings.”

For more information on Agency With Choice, contact JEVS Home Care at 267.298.1325 or email homecare@jevs.org

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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RETURN SERVICE REQUESTED

CONTACT US

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www.jevshumanservices.org
9350 Ashton Road, Suite 201, Philadelphia, PA 19114
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: clhs@jevs.org
Life Sharing: clhs@jevs.org
In-Home Supports: clhs@jevs.org
Adult Day Services: collaborative@jevs.org

WORK & RECOVERY PROGRAMS

Work and Recovery Programs workandrecovery@jevs.org
Recovery Services: recovery@jevs.org

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*Points of Transformation Award—
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George moved into the JEVS Life Sharing program in 2008 after living with his niece's family — four people in a two bedroom apartment. When he first arrived at his home in JEVS Life Sharing, he had few community interactions, rarely spoke to others and presented an unkempt appearance.

With Cheryl's assistance, George enrolled in the JEVS Employment Network's Culinary Arts program, training with Chef Clive Brooks. On July 12, 2010, George became an official employee of JEVS Human Services in "Clive's Kitchen" where he works now five days a week and is the first person to arrive and the last to leave.

FOR MORE INFORMATION

about JEVS Community Employment Services,
email workandrecovery@jevs.org For JEVS
Psychiatric Rehabilitation Services email
recovery@jevs.org or call 267-350-8600