**Job Seeker/Worker:** Click or tap here to enter text.

You have decided to discontinue IPS services. You are welcome to return to services if you think you would benefit from job supports or career development in the future. This guide is meant to support your decision and help you to plan ongoing supports.

**What are your future plans? What is your short-term goal? What is your long-term goal?**

Click or tap here to enter text.

**If you had to make a big decision today who would you call? Who have you called in the past?**

Click or tap here to enter text.

**Who can help with your career goals?**

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Y** or **N** | Name of Support(s) Preferred | Contact Information |
| My case manager |       |       |       |
| My therapist |       |       |       |
| My family |       |       |       |
| My friend |       |       |       |
| My significant other |       |       |       |
| Clergy |       |       |       |
| Benefits Planner |       |       |       |
| Other |       |       |       |

**Should we schedule a meeting with any of your supports to discuss the transition?**

Click or tap here to enter text.

**If you are employed, how often do you want someone to check in with you about your job? Who should check in with you (Mental Health Team and/or natural supports)?**

Click or tap here to enter text.

**How would you like them to contact you?**

[ ]  In-person (community) [ ]  In-person (job site) [ ]  In-person (agency)

[ ]  Phone call [ ]  Text [ ]  Email

**What are some tools/coping strategies you use or have used in the past on the job to manage stress?**

Click or tap here to enter text.

**How would you know if you started to feel dissatisfied with your job or that you were having other problems?**

Click or tap here to enter text.

**What are some reasons to re-connect to IPS in the future?** (Help leaving current job, help finding a new job, help advocating for a promotion or raise, assistance with training or education, benefits planning, etc.)

Click or tap here to enter text.

*Remember, increases in pay/work hours may affect your benefits.   If you quit working, that can also affect your entitlements.  If you experience a change in wages, contact a benefits planner to learn more.*

**Benefits planner contact information:**

Click or tap here to enter text.

Signature: Date:

IPS Employment Specialist: Date: