

## Client Highlight:

This month we are highlighting a client who has been participating in IPS since the summer of 2022. We would like to congratulate her on her recent job obtainment in a preferred field, work environment and with preferred hours. This client has developed skills while out on employer contacts, completing applications, and independently interviewing for jobs.



### 8 Key Principles of IPS

- Zero Exclusion
- Worker Preferences
- Integrated Services
- Competitive Employment
- Rapid Job Search
- Benefit Planning
- Systematic Job Development
- Time-Unlimited Supports

### IPS Stats

Clients served by IPS: 48

Clients employed: 21



## ES Spotlight

### Meet Arzygul Orazova,

#### IPS Employment Specialist

Arzygul has been working as an Employment Specialist at BGC since June 2022. Her favorite part about working in IPS is being able to provide encouragement to clients during life's challenges.

**Last book you read:** *The Gift of Therapy* by Irvin Yalom

**Favorite travel destination:**  
Cappadocia Turkey

**Assigned Team:** BHS,  
Psychiatry/IPS only clients

**What's your favorite food?**  
Baklava

**How do you take care of your mental health?** I go to the gym and do stretching exercises.

## What would you say to someone thinking about participating in IPS?

“Competitive employment can have many different positive impacts on our mental health. Some of them are socialization, making contributions to society, financial stability and a sense of belonging.”

-Arzygul Orazova, IPS Employment Specialist

# IPS Employment Groups

## Resume Writing Workshop

Tuesday, March 28, 2023 |  
2:30PM-3:30PM

Ben Gordon Center Central  
Office | 12 Health Services  
Dr. Dekalb, IL 60115

Join us for the first workshop  
in our series of career  
development groups  
provided by Northwestern  
Medicine Ben Gordon  
Center's IPS Employment  
Specialists. At the workshop  
you will learn resume writing  
basics, tips and tricks to  
make your resume stand out,  
and more!

Contact Cecilia or Arzy to be  
referred. Space is limited!

Call or send an in basket  
Cecilia Arana (x63348) or  
Arzygul Orazova (x63339)

Interested in learning more about the IPS  
Supported Employment Program?

For more information contact:  
Justin Bartlett, IPS Team Lead,

Phone: 779-212-9478  
Email: [justin.bartlett@nm.org](mailto:justin.bartlett@nm.org)

## What is IPS?

Individual Placement and Support [IPS] is the evidence-based practice model of Supported Employment: IPS is proven through research to be the most effective approach to helping individuals with severe mental illness [SMI] to return to the workforce; with the goal being the attainment and maintenance of competitive, preference-based job within the community.

### Benefits of Employment:

- Increased Financial Security
- Increased Community Connection
- Meaningful Activity
- Improved self-esteem
- Reduced substance use
- Reduced hospitalizations



### IPS Principle of the Month

#### Competitive Employment

Jobs anyone can apply for,  
pay at least minimum wage/  
same pay as coworkers  
with similar duties, and  
have no artificial time limits  
imposed by the social  
service agency.



Celebrating Black  
History Month

In honor of Black History Month below are several  
resources striving to destigmatize Black mental  
health and provide support to the Black community.

[Borris Lawrence Henson Foundation](https://borislhensonfoundation.org)  
([borislhensonfoundation.org](https://borislhensonfoundation.org))

[Black Mental Health Alliance](https://blackmentalhealth.com)  
([blackmentalhealth.com](https://blackmentalhealth.com))

[Therapy in Color](https://www.therapyincolor.org) ([www.therapyincolor.org](https://www.therapyincolor.org))

[Black Mental Wellness](https://www.blackmentalwellness.com)  
([www.blackmentalwellness.com](https://www.blackmentalwellness.com))