

Application

Jackson Street Community for Supported Self-Management Resident Fellowship Program

Introduction

The mission of Conard House is to develop resources that help people self-manage mental illness.

Self-management is the positive effort of an individual to seek, access, oversee and participate in his or her health care to optimize health, prevent complications, control symptoms, and minimize the intrusion of illness into a healthy productive life.

Supported self-management is the collaborative effort of an individual living with one or more chronic conditions and each member of his or her health care team. Our goal is to shift the focus of care from an overemphasis on (formal) diagnosis, (prescriptive) treatment and (passive) compliance to:

- the positive effort of the individual to seek, access, oversee and participate in healthy behavior, and
- the positive effort of team members to support the individual's daily decisions that improve bio-psycho-social functioning and overall stability.

Community-supported self-management is the social contract between individuals with chronic health conditions, health care providers, employers, landlords, friends and family that validates and encourages self-advocacy and self-management among health care consumers and confers the value of healing and recovery in the daily lives of everyone touched by chronic illness.

The **Jackson Street Community for Supported Self-Management Resident Fellowship Program** is an intensive program designed to prepare and empower supportive housing residents to live successfully in a community they choose to become a part of or one they create for themselves. The program offers the resources to help individuals secure jobs, homes and relationships, and, for some, to emancipate themselves from the public system of care. We are focusing this program on supportive housing residents motivated to self-manage their lives in terms of health care, their behavioral health and their employment/vocational aspirations. We are seeking those persons who are also motivated to transition beyond permanent subsidized supported housing into more independent community living situations that is their own – that is, unrestricted and non-programmatic. We believe that remaining in supportive housing when it no longer serves your personal need limits personal growth and recovery. We hope that the Resident Fellowship Program will provide a viable alternative that addresses the obstacles and risks of moving on as well as honors the hopes and aspirations of each Resident Fellow.

Applicant

Full name _____

Current residence _____

Date of Birth _____ Social Security Number _____ - _____ - _____

Income Source _____ Income Amount _____

Health Insurance Information _____

Best way to contact you: email _____

phone _____ mobile _____

mailing address _____

Applicant's Narrative

Please take some time to think about the following questions and answer them to the best of your ability. There are no right or wrong answers. Should you have difficulty completing the application, we suggest that you seek out a friend or helper to assist you. Feel free to type and attach separate or additional sheets for your responses to the questions. Thank you for your interest and we look forward to meeting with you to learn more about your personal recovery journey.

- 1. Please write a brief statement of intent outlining some of your thoughts on what you hope to achieve during the time that you will be living in our program.**

2. What are your primary goals in terms of housing, vocation, and physical and mental health?

3. Why do you think being part of the Jackson Street Community Resident Fellowship Program is necessary for you?

4. What are some of your strengths and resources that you will bring to this residential community? What unique skills are you able to contribute to the community? What might you need from others?

5. What is your understanding of self-management? In what ways do you currently self-manage your physical and/or mental health?

6. What are some of the barriers to achieving your life goals that you are experiencing or have experienced in the past? Please share your insights about what stopped you from moving forward?

7. Tell us about some of your hopes, dreams and aspirations.

8. How do you make sense of some of your own personal struggles in life?

9. What has helped you most in getting to where you are now? What has held you back?

10. What is your experience with helping others?

11. Have you taken a Chronic Disease Self-Management Program course? If so, when and with whom? If not, are you willing to take the course?

12. Describe your current or most recent paid work. For example position or title, part-time or full-time work. College? Volunteer work? Vocational training programs? Military service? Other ways you have earned money over the years to support yourself? Also, please attach a current resume if you have one. Anything else in your work history that you think will be important to your success as a Resident Fellow?

13. Are there any other things you feel we should know about you?
