

## Employment

At the conclusion of H.E.A.R.T. program, consumers will have been given real life experience and completed mandated certifications to work in their program of interest. Job development services will begin after all trainings are completed.

Through this program, these trainings will decrease the amount of time from hire to start date, as well as reducing training costs for human service agencies.

Having completed all State certifications, in addition to having some on the job training offered through the CBSA, will greatly increase placement in competitive employment for pro-sumers.

## H.E.A.R.T. By Maine Vocational & Rehabilitation Associates

Providing Quality Rehabilitation  
Services Since  
1994

Portland  
59 Preble Street  
Portland, ME 04101  
774-4248

Augusta  
545 Riverside Drive  
Augusta, ME 04330  
623-1898

Bangor  
304 Hancock Street, Suite 1B  
Bangor, ME 04401  
990-1666



H.E.A.R.T.

# Helpful Employment And Rehabilitation Training

*Helping you get to work, with  
HEART*

[www.mainevocandrehab.com](http://www.mainevocandrehab.com)

# What is H.E.A.R.T.?

The Helpful Employment And Rehabilitation Training (H.E.A.R.T.) program was developed by MVRA to assist Vocational Rehabilitation (VR) consumers with entering the social service field, using MVRA's unique and established strengths. MVRA is an organization with significant experience working closely with VR to obtain successful employment outcomes throughout most of the state. MVRA will combine our knowledge, access to our wide range of social service programs, and our use of experienced job developers to tailor an individualized training program to each VR consumer enrolled in the program.

## Programs of Interest

- Vocational/Employment
  - **Employment Specialist**
- Community Support
  - **DSP**
- Residential
  - **DSP\*, MHRT-1**
- Daily Living Skills
  - **MHRT-1**
- Children's Services
  - **BHP**

\*Indicates you may need CRMA in addition to DSP

## Job Shadow and Assessment Phase

Eligible VR Consumers, who have expressed interest in the social service field, will be referred to the H.E.A.R.T. program by their Vocational Rehabilitation Counselor (VRC.) VR consumers will choose a program, or programs, of interest and complete a job shadow. The job shadow is intended to give more direct and real experience for a consumer to decide if this program really is an interest. The job shadow can also serve to help VR consumers decide which population they might like to work with. After a program is identified and the consumer and VRC feel there is a good fit, a Community Based Situational Assessment (CBSA) will be coordinated.

The CBSA is designed to give VR consumers real hands on experience in the field. Consumers will be working with a mentor in their program of interest to learn more about the program, including what populations are served, how services are documented through case notes, and how to follow an Individualized Treatment Plan. After the CBSA is completed, the Employment Specialist will provide a "Recommended Training Regiment" that addresses any concerns or areas of improvement necessary for the consumer to become successfully employed, as well as State Mandated trainings to become certified to work in the chosen program.

## Training Phase

Depending on the Program of Interest, the VR consumer will participate in State Mandated trainings, as well as other recommended trainings and support which may include group sessions that will be provided regarding challenges for providers. Topics discussed will include but are not limited to:

- Role conflict
- professional boundaries
- self care
- and personal disclosure.

Additional individual counseling will be provided as needed.

If you are interested in learning more about the programs of interest and their training requirements, please view the brochure relating to each program