

Resources from the webinar **Supporting Financial Wellness**

with Oscar Jimenez-Solomon and Rita Cronise



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Virtual Community Webpage on [Financial Wellness](https://aps-community.org/financial-wellness/)

<https://aps-community.org/financial-wellness/>

Financial services & Asset-Building supports

- Free Financial Counseling services
- Earned Income Tax Credit (EITC)
- Free tax preparation assistance: Volunteer Income Tax Preparation (VITA) sites
- Individual Development Accounts (IDAs): federally-funded matched savings programs for education, home ownership, small business
- ABLE (Achieving a Better Life Experience) Savings Accounts
- PASS Plans: protected savings program for SSI recipients
- Work incentives:
 - 1619 (a) Special SSI Payments for People who Work
 - Trial Work Period (for SSDI recipients)

Resources

BUILDING FINANCIAL WELLNESS CURRICULUM



– Participant Workbook

Nemec, P. B., Swarbrick, M., Cook, J. A., Jonikas, J. A., & Jiménez-Solomon, O. (2019). Building Financial Wellness (Participant Workbook). Freehold, NJ, Collaborative Support Programs of New Jersey, Inc. & University of Illinois at Chicago Center on Integrated Health Care & Self-Directed Recovery

– Facilitator Guide

Nemec, P. B., Swarbrick, M., Cook, J. A., Jonikas, J. A., & Jiménez-Solomon, O. (2019). Building Financial Wellness (Facilitator Guide). Freehold, NJ, Collaborative Support Programs of New Jersey, Inc. & University of Illinois at Chicago Center on Integrated Health Care & Self-Directed Recovery.

Retrieved from: <https://www.center4healthandsdc.org/building-financial-wellness.html>

Resources (continued)



We Can Save: A Workbook for People in Recovery Seeking Economic Self-Sufficiency

Jiménez, O., Mathai, C., Swarbrick, M., Kuhn, L. & Stengel, K. (2011) [*WE Can Save: A Workbook for People in Recovery Seeking Economic Self-Sufficiency.*](#) Albany, NY: New York Association of Psychiatric Rehabilitation Services (NYAPRS).

Retrieved from: <http://www.nyaprs.org/community-economic-development/toolkit/documents/WCSparticipantworkbookfinal.pdf>



We Can Save: A Provider's Guide for Promoting Economic Self-Sufficiency

Stengel, K, Mathai, C., Jiménez, O., Swarbrick, M., & Kuhn, L. (2012). [*WE Can Save: A Provider's Guide for Promoting Economic Self-Sufficiency.*](#) Albany, NY: New York Association of Psychiatric Rehabilitation Services (NYAPRS).

Retrieved from: http://www.nyaprs.org/community-economic-development/toolkit/documents/WSSproviderfinal2012_003.pdf

Video References

Brene Brown (Empathy): <https://www.youtube.com/watch?v=1Evwgu369Jw>

Brene Brown (Shaming and Blaming):
https://www.youtube.com/watch?v=RZWf2_2L2v8

Quote:

Recovery is an act of faith

Ryan Hampton, Recovery Activist

This is why

Hope

is indispensable

References

Jimenez-Solomon, O., Moon, I., R., Mendez-Bustos, M., Cruz, A., Primrose, P., Swarbrick, & Lewis-Fernandez (in prep). The Financial Inclusion of People with Mental Illness: Awareness and Utilization of Financial and Asset-Building Supports. (Note: Data shared in this webinar is unpublished data. Please do not cite or reproduce. For more information, contact Oscar Jimenez-Solomon at Oscar.Solomon@nyspi.columbia.edu)

Jimenez-Solomon, O., Mendez-Bustos, P., Swarbrick, Diaz, S., DeSilva, S., Kelley, M., Duke, S., & Lewis-Fernandez, R. (in press). A Peer-Supported Economic Empowerment Model: Promoting Financial, Emotional and Social Wellness.

Jimenez-Solomon, O., Mendez-Bustos, P., Swarbrick, Diaz, S., DeSilva, S., Kelley, M., Duke, S., & Lewis-Fernandez, R. (2016). Peer-Supported Economic Empowerment : A Financial Wellness Intervention Framework for People with Psychiatric Disabilities. *Psychiatric Rehabilitation Journal* 39 (3), 222–233.

Mills, C. (2015). The Psychiatrization of Poverty: Rethinking the Mental Health- Poverty Nexus. *Social and Personality Psychology Compass*. <https://doi.org/10.1111/spc3.12168>

New York State Dept. of Health (n.d.) Medicaid Buy-in for Working People with Disabilities. Retrieved from https://www.health.ny.gov/health_care/medicaid/program/buy_in/

Snyder, CR (2003). Hope Theory: Rainbows in the Mind. *Psychology Inquiry*, 13: 249-275.

Swarbrick, M. (2006). A Wellness Approach. *Psychiatric Rehabilitation Journal*, 29(4), 311–314