

Work is key to recovery.



Who we are

COVA, the Center of Vocational Alternatives, is all about work and recovery. We help people with mental illnesses and other challenges return to work or secure their first employment. We believe work is essential to the recovery process.

Our programs help participants define what types of jobs best match their abilities and provide them with the supports to explore, secure and maintain employment.

We offer employment programs for adults in Franklin, Delaware, Fairfield and Morrow counties. We provide career and independent living services for youths ages 16 to 22 in Franklin County. Our benefits consultation and application programs serve people of all disabilities throughout the state of Ohio.

COVA

Creating opportunities that work

Center of Vocational Alternatives

3770 N. High St.
Columbus, Ohio 43214
614.294.7117 main
1.877.521.2682 toll-free

www.cova.org

COVA Services

Orientation – This one-hour session is the starting point for most people who come to COVA. We will review with you in detail all the program options we offer and which payment options may apply to you and your family. At this session, we will ask you, the prospective participant, to complete a basic application with background details about your disability and mental health history that helps us determine which services may be the best match for your needs.

Orientation is held Tuesdays and Thursdays at 1:30 p.m. No pre-registration is required. Personal orientations can be arranged.

Personal Vocational Assessment – Following the application review, a one-on-one assessment is scheduled to identify work goals, work history, expectations, disability limitations and other factors that will impact career planning. Using this assessment, COVA's professionals will develop a personal Vocational Plan for each participant, including which COVA programs the participant will join and links with additional health or training services outside of COVA, if needed.

Participants will be directed to group or individual programs based on personal needs. There is no set sequence of programs at COVA.

Career Readiness Group Sessions

- **Readiness Class** – Participants directed to this class study topics such as goal setting, understanding how to manage mental illness in the workplace, social skills, community networking and stress management. Participants in this class are committed to finding a job. The group meets twice per week for four weeks.

- **Career class** – This course provides participants with the skills necessary to begin an active job search. Topics include interview skills, cover letter writing, résumé development, job search strategies and reviewing employer expectations. The group meets twice per week for four weeks.

- **Job Club** – Participants in this group receive support and guidance in their job search and share experiences with the group. The club meets once each week for two hours to share job leads, receive group support and feedback along with career developer guidance.

Individual Personal Career Development Sessions

– One-on-one sessions are offered to assist participants with specific issues or challenges encountered in their job search and to ensure each individual is progressing toward his or her job goal.

Benefits Consultation – Are you receiving Social Security benefits? Medicaid or Medicare assistance? Our specially trained benefits consultants can show you how it pays to work. A COVA benefits consultant will review how you can return to work and maintain your vital benefits with careful planning.

Eligibility: COVA's readiness, personal career development and benefits consultation services are open to those participants whose application demonstrates that their disability qualifies them for county payment sources. For those who are not eligible for services paid for by the county, self-pay options are available. Additionally, Ohio residents currently receiving SSI or SSDI payments can receive a benefits consultation through the Work Incentives Planning Assistance (WIPA) program of Social Security.



COVA Services (continued)

Career Planning and Job Development – COVA provides vocational rehabilitation, career planning and job development options to those who qualify for services through the Ohio Rehabilitation Services Commission (ORSC).

ORSC pays for services for people with physical and mental disabilities that prevent them from working. If a person does not qualify for state payment, options are available for COVA's services through self-pay.

COVA's professional career developers assist participants with identifying the most appropriate jobs in the community, then preparing resumes and practicing interview skills to secure employment. We also teach you the skills to manage your illness and maintain your job — career development skills you can use for a lifetime.

Eligibility: This program is open to Ohio residents who meet the disability determination of ORSC. COVA's orientation team can help determine if this is an appropriate program for a participant.



How do I get started?

ORSC is the state agency that helps persons with disabilities keep or find work. COVA will assist any individual with a disability apply for services with ORSC, and assist with referring you to an Orientation at one of the local ORSC offices. About 10 days after your referral is completed, you will receive a letter from ORSC with the time and place of your Orientation. Staff from COVA conducts these Orientation sessions for the state of Ohio in this region, so you may see some personnel you recognize.

At the ORSC Orientation, you will be given a packet of information to complete about your disability. You will need to complete these documents and bring them back to your Intake appointment with the COVA/ORSC Intake Specialist.

Once your eligibility for services with the ORSC has been determined, you can participate in services at COVA if you request your case be referred to COVA, or you may work with ORSC or another rehabilitation provider to begin your career planning and job development program.

Contact us today – we're ready to create opportunities that work for you.

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Get a head start on your new future

Go to www.cova.org/app.pdf to print our Service Application. Complete it and bring it to Orientation.



Center of Vocational Alternatives

3770 N. High St. (Bus #2 on the COTA line)
 Columbus, Ohio 43214

Free parking available next to and behind our accessible building.

Business Hours:

Monday through Friday, 8 a.m. to 5 p.m.

Orientation:

Tuesdays and Thursdays, 1:30 p.m.

No pre-registration or reservation required.

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