

DSHS Mission - To Transform Lives

DVR's Mission - Transforming lives by assisting individuals with disabilities to fully participate in their communities through meaningful employment.

DVR's Vision - Dedicated professionals leading the field of vocational rehabilitation, delivering exceptional experiences to every customer, every time.

DVR's Values

- Transparency through clear, honest communication with customers, staff, and partners
- Acting with Integrity, upholding the ethics and values of our profession
- Promoting a culture of Empowerment for customers and staff
- Advancing rehabilitation practices through Innovation
- Collaboration with customers, staff, and partners that produces results
- Committed to Diversity, Equity, and Inclusion in all its forms to achieve excellence

Division of Vocational Rehabilitation

Washington State Department of Social and Health Services
Central Seattle DVR

1200 12th Avenue South, Suite 730, Seattle, WA 98144
206-273-7100

Washington Relay: 711

[www.dshs.wa.gov/office-of-the-secretary/
division-vocational-rehabilitation](http://www.dshs.wa.gov/office-of-the-secretary/division-vocational-rehabilitation)

Providing Vocational Rehabilitation Services Since 1933

State and Federal funds are used to deliver DVR services. The VR program receives approximately 78 percent in Federal funds and 22 percent in State funds. For detailed information on the dollar amount of Federal funds for the program, please visit <https://rsa.ed.gov/programs.cfm?pc=basic-vr&sub=awards>.

WorkStrides

Career Development Program



Division of Vocational Rehabilitation



Washington State
Department of Social
& Health Services

Transforming lives

(5/19)



Washington State
Department of Social
& Health Services

Transforming lives

What is WorkStrides

- WorkStrides is a powerful and fun program designed for DVR customers to discover their special strengths, clarify their values, and understand their own power in making decisions.
- Our focus is to provide opportunities for many meaningful learning experiences, ones that will lead to increased self-awareness and confidence.
- Our assertion is that confident and self-aware individuals can make excellent decisions that lead to success.



Expected Outcomes

- Identify personal values
- Assess interests, aptitudes and work values
- Match results to potential vocational goals
- Review labor market in relation to potential goals
- Understand vocational needs (for support and/or training)
- Recognize supports required for success
- Recognize dependable strengths
- Move the focus of attention from “problems” to “solutions”
- Inspire yourself to your own power and beauty, while turning the hard stuff into fun stuff

Session Topics

- Measurement of my employment readiness
- Getting the most out of my DVR experience
- Interest and aptitude assessment
- Where am I going?
- My dependable strengths
- Values that are important to me
- Confidence and self-esteem
- Affirmations
- Goal-setting
- Making changes in my life
- Solutions and decision-making
- Putting it all together to create a rehabilitation plan
- Next steps
- Celebration!

Interested?

*Talk with your
counselor to find
out if WorkStrides
is for you!*