

What is TCP?

TCP stands for "The Connections Place"- a center in Manhattan that offers a job preparedness program specifically designed for people who have borderline personality disorder (BPD). The goal of the program is to open pathways to vocational opportunities for people with BPD.

The TCP program is a four-month program that gets repeated three times during the year. However, since different individuals come with different needs, the length of stay in the TCP program varies as collaboratively determined by the client and the TCP staff. TCP uses a rolling-admissions policy.

The TCP program includes the following:

- Group meetings exploring and discussing work-related concerns and obstacles
- Group meetings focusing on vocational readiness skills
- Invited speakers on topics related to working
- Individualized vocational planning
- Community volunteer jobs
- Internships at the TCP office

When does TCP meet?

TCP holds group meetings on Tuesday and Thursday mornings (9:30 am to 11:00 am) on work-related concerns, obstacles and vocational readiness skills. One morning per month invited speakers present topics related to working. Scheduled appointments in the afternoon include individualized vocational planning and weekly goal-setting. Additional time in the afternoon is provided for independent computer work.

Where is TCP?

TCP is located on the Upper West Side of Manhattan at 180 West 80th Street (near the corner of 80th Street and Amsterdam Avenue), Suite 212, New York, NY 10024. The center is situated in a comfortable work environment, and is easily accessible by public transportation.



What is the first step?

- Adult (18+)
- BPD or features of BPD (as diagnosed by individual therapist)
- Concurrent individual therapy
- Written or verbal agreement from individual therapist to attend TCP
- Participation in research (with complete anonymity)

If this sounds interesting, please call the TCP staff (Dale or Beth) at 212-362-5545.

Who is TCP?

TCP is a center that falls under the auspices of the National Education Alliance for Borderline Personality Disorder (NEA-BPD)*. The TCP staff consists of vocational service providers with special understanding and interest in helping clients with BPD regain their lives through working.

*NEA-BPD website: www.borderlinepersonalitydisorder.com

*I want to work,
but I'm afraid I'll fail.
So why bother trying?
I'd be setting myself up for failure!
Who would hire me anyway?
I must be kidding myself
about getting a job!
Yet I want to try,
but I can't - I'm stuck!*

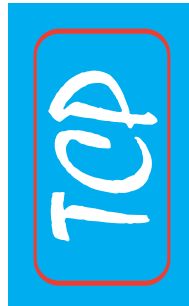
How can TCP help?

TCP can help you become “unstuck” and recapture your life by taking the following small concrete steps:

- 🐛 Uncovering your strengths
- 🐛 Focusing on your values to help you identify meaningful work
- 🐛 Using techniques to overcome obstacles that keep you from working
- 🐛 Connecting you to people, places, and things related to work

TCP realizes that the longer a person is off the vocational track the harder it is to get back on. And when you have BPD, the undertaking becomes even that much harder. We want to provide special support to you in your journey toward regaining your life through work.

*180 West 80th St.
Suite 212
New York, NY 10024*



TCP

The Connections Place

*180 West 80th Street
Suite 212
New York, NY 10024*

*Phone: 212.362.5545
Fax: 212.362.5546*

