

Employment in Addiction Recovery: Barriers and Opportunities

On the journey of sobriety, finding employment is an important part of rebuilding your life and establishing a healthy daily routine. However, you may be frustrated to discover that getting hired is much more difficult than it used to be. Not only is today’s job market highly competitive, but employment gaps also present significant barriers to employment. This can exacerbate an already fraught situation.

You may be unable to get hired doing the same work or earning the same income as you did before. However, that doesn’t mean you can’t find meaningful employment — you may just need to adjust your expectations. Instead of holding out for a job that matched your previous career, you’ll likely need to consider something more basic.

A simple job may also be the best thing for you right now, especially if it helps keep stress to a minimum, and even if it means you earn less money. High levels of stress threaten your recovery, especially in the early stages. A low-pressure job allows you to gain financial and personal stability while you get re-acclimated to a daily routine. Once you feel more comfortable, you can search for a more challenging job. It’s also easier to get hired when you’re [already employed](https://qz.com/955079/research-proves-its-easier-to-get-a-job-when-you-already-have-a-job/).

If you’re struggling to find work, you have options. [Spiritual Warfare Research and Development](https://www.spiritualwarfarewarrior.com/) offers these strategies you can take to re-enter the workforce.

## Self-Employment

Self-employment offers a lot of benefits. A high level of control over when and where you work allows you to organize your schedule around meetings and taking time for yourself. All of which can go a long way toward limiting unnecessary stress. The biggest challenge in self-employment is securing funding. A lack of stable income or damaged credit makes it difficult to qualify for loans or credit cards. However, there are certain businesses you can start with minimum capital, such as a dog-walking, tutoring, or an commerce business.

Business Town has [more suggestions](https://businesstown.com/articles/businesses-you-can-start-with-2000-or-less/) for inexpensive business ideas. Once your business is established, you can secure funding to grow your small business. Research your [funding options](https://www.fundingcircle.com/us/small-business-loans/) now so you understand what’s available and where your credit score needs to be in order to qualify.

## Supported Employment

You don't have to navigate your job hunt alone. Many treatment centers offer employment support. Services may include resume help, interview prep, and advice regarding your employment rights. In some cases, treatment centers may partner with local businesses to provide employment opportunities to those in recovery.

If you have a disabling mental health condition, you can receive support through your city’s Department of Vocational Rehabilitation. [Vocational rehabilitation](https://www.communityinclusion.org/article.php?article_id=129) is designed to support people with disabilities in finding and maintaining employment. Some areas also have non-profit organizations or public programs designed to support people in recovery. You can also search for jobs through [America in Recovery](http://www.americainrecovery.org), which is a nonprofit job board designed to connect people facing stigma to willing employers.

There are other types of support, too. For instance, the SBA has a lot of information available for business owners, and there are online platforms like ZenBusiness that are [one-stop shops](https://www.zenbusiness.com/) for new entrepreneurs. Their tools and services help businesses with everything from selecting an official entity to accounting tips to creating a website. With a little online research, you can find everything you need to get up and running, stress-free.

Your first job in sobriety might not look how you expect it to. However, with perseverance and willingness to step outside your comfort zone, you can find meaningful work and minimize your stress. Whether that’s starting your own business, finding supported employment, or building from the ground up in a new career, there are many opportunities to start rebuilding your financial and professional life.

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