

Facing Layoffs or Unemployment? Resources for You

While no one plans on life events like losing a job, you should know events like these do happen and their circumstances can be outside of your control. Each individual's situation is unique, and there are steps that every laid-off school employee should consider taking.

Contact your union representative ([directory of OEA offices across Oregon](#)). Your position was likely eliminated due to current economic climate or specific conditions in your district or college such as declining enrollment or elimination of programs. Read your collective bargaining agreement, then meet with your local union representative to ensure the steps articulated in the bargaining agreement were followed properly. The agreement may also contain seniority and recall rights. A word of caution — if you are unsure about signing any district documents related to being laid off, share them with your representative and solicit her or his explanation and advice before signing.

Assess and utilize your support system. Losing one's job affects different people in different ways. Some people may view losing a job with a sense of freedom and as an opportunity to explore different employment options, while others may experience losing their job with sadness and a sense that they have lost an important part of their identity. Be conscious of your own reactions and how the loss of the job is affecting you. Seek support if necessary. Connect with family members and close friends on whom you can rely for emotional support and guidance. An additional source of support may be through employee assistance program (EAP) offered to employees in your district. Until your contract expires, you may be able to participate in the EAP at no cost.

Don't forget that you are an important source of your own support. Remember to take care of your health and to eat well, exercise, and strive to keep a positive attitude.

Consider applying for unemployment compensation. If you need income to assist you with living expenses, apply for unemployment compensation. Your district's human resource person can assist you with the steps you need to take, or visit the links below.

Decide upon a future that is best for you and your situation, plan accordingly, and take the necessary action steps. Depending upon your situation, you may decide to begin looking for another job right away or you may decide to take some time to assess your options. When making this decision, seek help from either a professional or someone whose opinion you value and in whom you can confide.

Online Resources That Might Assist You:

Unemployment Benefits State of Oregon - Unemployment Insurance - general info - [Reasons to File Online](#) - Site for Filing Online: www.WorkingInOregon.org/ocs - [Oregon Unemployment Insurance Estimator](#)

Additional Government Benefits- GovBenefits.Gov [Search term: "Oregon"]

U.S. Dept. of Labor: Continuing Health Care Coverage Consolidated Omnibus Budget Reconciliation Act (COBRA) provides continuation of group health coverage that otherwise might be terminated. This list of Frequently Asked Questions provides a guide for extending your coverage.

NEA Member Benefits Assistance NEA Member Benefits has worked with program partners to identify resources and accommodations that could potentially help affected members and their families:

- Job search service
- Financial counseling
- Mortgage assistance programs
- Credit card & insurance payment options
- Retirement savings waivers

NEA Member Benefits' article "[Helpful resources for members during tough economic times](#)" is a great way to get oriented.

Members may also call the NEA MB Member Service Center toll free at **1-800-637-4636** and speak to a Member Service Representative or email their questions to ask-us@neamb.com.

Employment Opportunities

- [EdZapp.com](#) - jobs in education.
- [Oregon Employment Department](#) - includes a program to provide 12,000 temporary jobs for unemployed Oregonians.
- [Work Source Oregon](#) - jobs and training programs.
- [Teachers-Teachers.com](#), [SchoolSpring.com](#), and [GreatTeacher.net](#) all have job postings from across the country.
- [TIE Online](#) has postings for international education

Other Resources

[FMIP and the Oregon Medical Insurance Pool](#) — Oregon is offering federal subsidies insurance (FMIP) for people with pre-existing conditions who have been uninsured at least six months. Funding for the program is limited so enrollment is limited. Applications and details at www.omip.state.or.us.

[Unemployment Lifeline](#) from AFL-CIO – resources such as Talking to your Family, Where to Go for Help, Dealing with Creditors, Keeping a Roof Over Your Head, Putting Food on the Table, Managing Utility Bills, Staying Insured, Getting a Job.

[Oregon Child Care Resource & Referral Network](#) - contains listings of resources available by county.

[Home Ownership Preservation Help](#) - State of Oregon.

[Oregon Division of Consumer and Business Services](#) - help with unemployment, maintaining health insurance while unemployed and foreclosure prevention.

[Oregon Helps](#) - information on programs such as Low Income Energy Assistance (LIEAP), Temporary Assistance for Needy Families (TANF), Employment Related Childcare (ERDC), Property Tax Deferral, Portland Water Bureau's Financial Assistance Program, Emergency Food.

[Portland Community College](#) – advice on what to do after a layoff, from preparation for layoff to assistance afterward.