



Supported Education

3.7.4 Information for teachers/educational staff

What is Supported Education?

Supported Education is the provision of individualized, practical support and instruction to assist people with psychiatric disabilities to achieve their educational goals

What are the principles of Supported Education?

Supported Education is based on the following principles:

- Improvement of the educational outcome for persons with psychiatric disabilities
- Hope is an essential ingredient of the Supported Education process
- Self-determination: a focus on students making choices (setting their own educational goals) and accepting responsibility for their educational process
- Students are actively involved in all phases of their Supported Education process, determining the criteria for success and satisfaction, as well as evaluating their progress toward meeting their goals
- Partnership between participant and Supported Education professional
- Services match participant's preferences
- Equal/fair access for everybody
- Development of participant skills and of environmental support
- Bridging with mental health services
- Support as long as needed

What are the essential components of Supported Education?

Supported Education is based on the choose-get-keep model of the Center for Psychiatric Rehabilitation of Boston University.

- *Choose*: to select an educational or training course compatible with the participant's values, skills, aptitudes, career interests, finances and learning objectives.
- *Get*: to secure enrollment in a preferred course.
- *Keep*: to sustain enrollment and maintain an acceptable level of success and satisfaction until completion, through skills and support development.

What can you do yourself to support students with a psychiatric disability to remain at school?

- Be clear about how you and your educational institution can accommodate students with mental health difficulties.
- Be attentive to students; pay attention to unsubstantiated/unexpected/special transformations or changes in their behavior. Do not hesitate to ask students about the changes, offering support or help sensitively.
- Respect the fundamental rights and basic needs of students; do not prefer routine, prejudiced and generalized solutions.
- Feel free to consult about the situation discreetly and seek advice.

Who, besides yourself, can support students with a psychiatric disability in remaining at school?

- Ask the student from whom he/she wants to get support.
- Involve parents or fellow students, if needed and wanted by the student.
- Involve relevant others at school (class teacher, school counselor, school psychologist, (disability) support centers, etc.), if needed and wanted by the student.

What kind of resource are available to support students with a psychiatric disability to remain at school?

- Is a Supported Education program available?
- Are other support services available (educational and psychological counseling, etc.)?
- Involve healthcare/medical organizations (psychiatrist, psychologist, another specialist, etc.), if needed and wanted by the student.
- Involve social services (counseling, housing, (disability) benefits, etc.), if needed and wanted by the student.
- Make a list of all needed and available resources.

For more information

Information about Supported Education can be found at www.supportededucation.eu