



Supported Education

3.7.2 Information for consumers

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 choose, get and keep regular education of your own preference?

- Make your own decisions, set your own path. Make a plan that's really yours.
- Make your own choices: a school degree will take three to five years to finish, so it's important that you choose the study that keeps you motivated.
- Remember that you can always ask for help: family, friends and peers may support you when you perceive they are needed.
- Disclosing your mental health problem may have potential benefits and risks: make sure you discuss it with your support network.
- Make healthy lifestyle changes: take care of yourself—have some fun doing sports, hobbies or other extracurricular activities you enjoy, because your wellbeing will improve your school performance.

Who will support you in your educational process?

- Family
- Fellow students
- Teachers/lecturers/tutors
- Friends
- Supportive educational staff members
- Study advisory

What (resources) will support you in your educational process?

- Supported Education programs
- Peer support groups
- Mental health services
- Student union
- National disability organizations
- Finances (bursaries, scholarships, student loans)
- Self-help groups
- Consumer organizations

For more information

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