



# Supported Education

## 3.7.3 Information for families

### 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 to support your family member with a psychiatric disability to choose, get and keep regular education?**

- Encourage your family member to have hope so they may successfully manage this challenge.
- Have a respectful and collaborative relationship. In particular, it is very important to respect your family member's decisions about his/her educational projects so they have decision making power and control over their lives.
- Plan with your family member how to recognize early warning signs of a problem and what kind of intervention he/she wants in that situation.
- A support network is important to take pressure off you when needed. These may include relatives, friends and members of support groups.
- Encourage your family member to maintain friendships and establish new ones.
- Foster a positive lifestyle where sports and healthy behaviors can play a crucial role in accomplishing your family member's educational goals.

**Who, besides yourself, can support your family member to choose, get and keep regular education?**

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

**What kinds of resource are available to support your family member to choose, get and keep regular education?**

All resources and support services should be available as long as they are needed according to the student's wishes. Such resources may be:

- 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](http://www.supportededucation.eu)