




Impulse: Supported Education for people with psychiatric disabilities

Rutgers University, New Jersey, USA, June 21st 2015

Jacomijn Hofstra




















Supported Education for youth with psychiatric disabilities

Maastricht University Groningen (NL) – Ledovce, Písek (CZ) – AEIPS, Lisbon (PT)
 Student Welfare organization of Bergen SIB & NAV (NO)

<p>BACKGROUND</p> <p>Higher and advanced vocational education prepares young adults for a career and enhances their life goals</p> <p>The onset of mental illness generally occurs between 17 and 25 years</p> <p>For young adults with psychiatric disabilities, educational resources are largely unavailable</p> <p>Overwhelming obstacles are stigmatization and discrimination</p> <p>This results in under- or unemployment and social exclusion</p> <p>The Impulse project will contribute to empower young adults to:</p> <ul style="list-style-type: none"> ✓ get better access to higher education ✓ be able to complete a study successfully <p>INNOVATION of SUPPORTED EDUCATION</p> <p>The provision of individualized, practical support and instruction to assist youth with psychiatric disabilities to achieve their educational goals</p>	<p>CONSORTIUM</p>  <p>AIMS and ACTIVITIES</p> <ul style="list-style-type: none"> ✓ Assessment of barriers for students with psychiatric disabilities ✓ Social Map for Supported Education based on regional and national resources ✓ Describing Good Practices ✓ Development of a Toolkit Supported Education (user manual included) ✓ Establishing a European Network of Supported Education: ENSEED ✓ Communication by Newsletters and Website: www.supporteducation.nl <p>More info: j.hofstra@ugm.maastricht.nl</p>
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Not all students, but WITH students!

Project team




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- Lucia Oliveira
- Luis Sa Fernandes

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ImpulSE: Aim 1

1. Development of a toolkit for Supported Education services for students with psychiatric disabilities

- Target group: e.g. tutors, teachers, trainers, counsellors, mental health workers, managers
- The joint development of the toolkit will be done in English. The partners will then develop versions in their respective languages, for use 'at home'

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ImpulSE: Aim 2

2. Establishing a European Network

- A European Network on Supported Education (ENSEd) will be initiated, starting with a first International Conference on Supported Education
- Each partner finds himself a national and an international partner
- Partners outside Europe are welcome!

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ImpulSE Supported Education for youth with psychiatric disabilities

Higher and advanced vocational education prepares young adults for a career and enhances their life goals. The onset of mental illness generally occurs between 17 and 25 years. For young adults with psychiatric disabilities, educational resources are largely unavailable. Overwhelming obstacles are stigmatization and discrimination. This results in under- or unemployment and social exclusion. The ImpulSE project will contribute to empower young adults to:

- ✓ get better access to higher education
- ✓ be able to complete a study successfully

INNOVATION of SUPPORTED EDUCATION

The provision of individualized, practical support and instruction to assist youth with psychiatric disabilities to achieve their educational goals.

Choose Get Keep

Not at students, but WITH students!

CONSORTIUM

Norway, Netherlands, Czech Rep., Portugal

AIMS and ACTIVITIES

- ✓ Assessment of barriers for students with psychiatric disabilities
- ✓ Social Map for Supported Education: based on regional and national resources
- ✓ Describing Good Practices
- ✓ Development of a Toolkit Supported Education (user manual included)
- ✓ Establishing a European Network of Supported Education: ENSEd
- ✓ Communication by Newsletters and Website: www.supportforeducation.eu

More info: j.boelke@get.theseus.nl

SIB, ICFV, AFIDS

Activities

1. Assessment of barriers

- Literature review: Both peer reviewed and 'gray' publications > Little SEd literature available in the four countries
- Questionnaires from experts in SEd
 - Norway: 10
 - Portugal: 3
 - Czech Republic: 4
 - The Netherlands: 13
- Interviews with focusgroups (students with p.d.):
 - Norway: 6
 - Portugal: 8
 - Czech Republic: 7
 - The Netherlands: 6

“What hinders (young) people with psychiatric disabilities in going (back) to school?”

- **Three categories of barriers**
 - **Personal barriers**
 - **Barriers related to the educational environment**
 - **Barriers related to the social environment**

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Results Barriers when Choosing

	Personal barriers	Barriers in educational environment	Barriers in social environment
Choose	<ul style="list-style-type: none"> • Earlier negative experiences with going to school • Lack of self-esteem • Fear of being stigmatized • Self-stigma • Difficulties with choosing • Lack of financial means 	<ul style="list-style-type: none"> • Lack of support/clear information at the school • No match between educational offer and student's needs • Lack of information about support services • Unfamiliarity with support services among staff • Unclear and vague information about support services 	<ul style="list-style-type: none"> • Lack of financial, emotional and practical support from family • Lack of emotional and practical support from mental health professionals • Stigmatization by mental health professionals • Lack of cooperation among educational, medical and social services

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Barriers when getting

	Personal barriers	Barriers in educational environment	Barriers in social environment
Get	<ul style="list-style-type: none"> • Presence of (residual) symptoms and side effects of medication • Fear of failure 	<ul style="list-style-type: none"> • Difficulties with application procedure • Several institutions involved and no communication between them 	<ul style="list-style-type: none"> • Fear of being stigmatized • Lack of knowledge about rights of people with psychiatric disabilities

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Barriers when keeping

	Personal barriers	Barriers in educational environment	Barriers in social environment
Keep	<ul style="list-style-type: none"> • Direct consequences of psychiatric disability • Difficulties with executive functioning skills • Lack of self-esteem • Dilemma of disclosure • Feeling of stigmatization 	<ul style="list-style-type: none"> • Lack of support • Inflexible structure of the school system • Lack of understanding, expertise and empathy of staff • Little or no support from fellow students • Stigmatization/discrimination by fellow-students • Stigmatization/discrimination by teachers 	<ul style="list-style-type: none"> • Little or no support from family and friends • Little or no support from mental health professionals

What helps?

Choose	<ul style="list-style-type: none">• Clear information about available support services at school• A decision making course• Support from social environment
Get	<ul style="list-style-type: none">• Support from mental health professional with the application procedure and with finding special arrangements• Information about what to do, where to find information and where to go with questions
Keep	<ul style="list-style-type: none">• Frequent personal contact about study related issues with SEd professional• Flexible school system• Peer support group• Support with disclosing ones psychiatric background

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Activities 2: Social / Resource map

- **Development of a Social Map for Supported Education by assessing the resources on a regional and national level, needed to remove the barriers.**
- **Identified stakeholders as potential resources are: Educational Organisations, Mental Health Organisations, Consumer & Family Organisations, Financial Aid & Social Security Organisations, Reintegration Organisations.**

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Activities 3. Good practices

- **Based on the barriers assessment, the available resources and the developed methods/approaches, all partners describe their own good practice(s).**
- **These had to be worth transferring and exploiting in different contexts and environments by new users.**

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Outcome: Toolkit, including user manual

1. Introduction

- Background (numbers and facts)
- Philosophy
 - >Mission
 - >Principles
 - >Target group
 - >What hinders?
 - >What helps?

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Toolkit

2. Choose-get-keep interventions

Choose-get: decision making course

Keep:

- Functional assessment: Skills inventory educational settings
- Resource assessment: Resource inventory educational settings
- Disclosure
- Peer support group
- Support for educational staff

Toolkit

3. Implementation manual

- Introduction
- Involvement of stakeholders
- Needs assessment
- Resource scan/ social map
- Good practices
- Communication plan
- Information brochures (students, family, mh-practitioners etc)
- Staff training
- Sustainability (quality, evaluation and finances)

Toolkit

- Toolkit will be freely available at:
- www.supportededucation.eu
- The website will include pages in other languages than English (specific country information).
- Also, an e-mail list of interested persons will be created, to send them newsletters.

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ENSEd

European Network on Supported Education

- Aim: to raise awareness in the EU about the educational needs of (young) adults/students with psychiatric disabilities and for services that are in place to help to remove the barriers for this target group.
- http://www.supportededucation.eu/?page_id=534
- The starting conference of ENSEd will take place on November 16-17 2015, in Groningen.

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Registration open!

November 16-17, 2015, Groningen, the Netherlands

The 1st European Conference on Supported Education

www.supportededucation.eu/conference

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

To explore the supported education practice, the Research and Innovation Centre for Rehabilitation of the Groningen University in collaboration with the national and international partner projects, together with the national and international stakeholders, organized the conference with the aim of providing a platform for knowledge exchange, networking, and sharing best practices. The conference will be held in Groningen, the Netherlands, on November 16-17, 2015.

Registration is now open for a place to attend the 1st European Conference on Supported Education.

- Workshop:** A workshop on the state of supported education in the Netherlands and its development in the future.
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Conference website

- <http://www.supportededucation.eu/conference/>

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Q & A

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