










# ImpuISE: Supported Education for people with psychiatric disabilities

**Jacomijn Hofstra**











## Supported Education for youth with psychiatric disabilities

HAN University Groningen (NL) - Leobovce, Pizen (CZ) - AEIPS Lisboa (PT)  
 Student Welfare organization of Bergen SIB & NUU (NO)

BACKGROUND	CONSORTIUM
<p>Higher and advanced vocational education prepares young adults for a career and enhance 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 ImpuISE project will contribute to empower young adults to:</p> <ul style="list-style-type: none"> <li>✓ get better access to higher education</li> <li>✓ be able to complete a study successfully</li> </ul>	
INNOVATION of SUPPORTED EDUCATION	AIMS and ACTIVITIES
<p>The provision of individualized, practical support and instruction to assist youth with psychiatric disabilities to achieve their educational goals</p>	<ul style="list-style-type: none"> <li>✓ Assessment of barriers for students with psychiatric disabilities</li> <li>✓ Social Map for Supported Education: based on regional and national resources</li> <li>✓ Describing Good Practices</li> <li>✓ Development of a Toolkit Supported Education (user manual included)</li> <li>✓ Establishing a European Network of Supported Education: ENSEd</li> <li>✓ Communication by Newsletters and Website: <a href="http://www.supportededucation.eu">www.supportededucation.eu</a></li> </ul>
	<p>More info: <a href="mailto:J.Hofstra@han.nl">J.Hofstra@han.nl</a></p>

Not all students, but WITH students!



## Project team



- Mette Kolbjørnsen
- Evan Toft
- Martin Fojtiček
- Klara Bratovska
- Lucia Oliveira
- Luis Sa Fernandes

ImpuISE project 2013-2016 3



## Supported Education for youth with psychiatric disabilities

HAN University Groningen (NL) - Leobovce, Pizen (CZ) - AEIPS Lisboa (PT)  
 Student Welfare organization of Bergen SIB & NUU (NO)

BACKGROUND	CONSORTIUM
<p>Higher and advanced vocational education prepares young adults for a career and enhance 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 ImpuISE project will contribute to empower young adults to:</p> <ul style="list-style-type: none"> <li>✓ get better access to higher education</li> <li>✓ be able to complete a study successfully</li> </ul>	
INNOVATION of SUPPORTED EDUCATION	AIMS and ACTIVITIES
<p>The provision of individualized, practical support and instruction to assist youth with psychiatric disabilities to achieve their educational goals</p>	<ul style="list-style-type: none"> <li>✓ Assessment of barriers for students with psychiatric disabilities</li> <li>✓ Social Map for Supported Education: based on regional and national resources</li> <li>✓ Describing Good Practices</li> <li>✓ Development of a Toolkit Supported Education (user manual included)</li> <li>✓ Establishing a European Network of Supported Education: ENSEd</li> <li>✓ Communication by Newsletters and Website: <a href="http://www.supportededucation.eu">www.supportededucation.eu</a></li> </ul>
	<p>More info: <a href="mailto:J.Hofstra@han.nl">J.Hofstra@han.nl</a></p>

Not all students, but WITH students!



## ImpuSE: 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'

ImpuSE project 2013-2016

5

## ImpuSE: 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!

ImpuSE project 2013-2016

6

**ImpuSE** Supported Education for youth with psychiatric disabilities

Rhense University Groningen (NL) - Leobenc, Plem (CZ) - AEIPS Lisbon (PT)  
 Southern Welfare organization of Bergen SSB & NAW (NO)

**BACKGROUND**

Higher and advanced vocational education prepares young adults for a career and entrance into 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 ImpuSE project will contribute to empower young adults to

- ✓ get better access to higher education or 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.supporteducation.nl](http://www.supporteducation.nl)

More info @ [j.hofstra@aeips.nl](mailto:j.hofstra@aeips.nl)

SIB, UNIV, AEIPS

## 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**

Hanze University Groningen /  
Department of Rehabilitation

## Results Barriers when Choosing

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

Hanze University Groningen /  
Department of Rehabilitation

## Barriers when getting

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

Hanze University Groningen /  
Department of Rehabilitation

## Barriers when keeping

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

## What helps?

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

Hanze University Groningen /  
Department of Rehabilitation

## 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.**

ImpuSE project 2013-2016

14

## 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.**

Hanze University Groningen /  
Department of Rehabilitation

## Outcome:

### Toolkit, including user manual

#### 1. Introduction

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

ImpuSE project 2013-2016

16

## 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](http://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.

## 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](http://www.supportededucation.eu/?page_id=534)
- The starting conference of ENSEd will take place on November 16-17 2015, in Groningen.

**Registration open!**  
November 16-17, 2015, Groningen, the Netherlands

**The 1st European Conference  
on Supported Education**  
[www.supportededucation.eu/conference](http://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 complete our supported education projects, the Research and Innovation Centre for Intellectual Disabilities (RICID) is seeking a number of motivated students in supported education. The conference will be a key opportunity to meet, build connections, establish networks, and to announce an open call for Supported Education. The goal of the conference is to offer knowledge of supported education projects around Europe and the world.

**Knowledge are needed for a global network addressing the supported education topic. Conference objectives:**

- **Exchange experiences:** Share the experiences of supported education across the globe and contribute to the shared development of the concept. This is in line of the framework on to general education and the European Research Framework.
- **Do the supported education:**
  - **Present a Supported Education Project:** Present a Supported Education Project, with a focus on the development of the project.
  - **Present a Shared case study:** Present a Shared case study of the supported education project, with a focus on the development of the project.
- **Network:** Meet and connect with other researchers, practitioners, and students in the field of supported education.
- **Exchange experiences:** Share the experiences of supported education across the globe and contribute to the shared development of the concept.

**Abstracts are invited for all conference attendees. Working topics include:** "Education as a field", "What is supported education?", "New support technologies", "Collaborative learning models in education", "How to do it now: shared or general education projects that supported education refers to?"

**For more information and registration go to:** [www.supportededucation.eu/conference](http://www.supportededucation.eu/conference)

**share your talent. move the world.**

**Conference website**

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

Hanze University Groningen /  
Department of Rehabilitation

**Q & A**



ImpulSE project 2013-2016

23