

## Supported Education

### in the Netherlands

SECiSo, Copenhagen, April 6th 2017

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## Overview Supported Education

- History of SEd in the Netherlands
- Supported Education
- SEd projects (past, present, future)
- Q & A

## History of Supported Education in the Netherlands

1999

- No or little (structural) attention for the life area of learning in the MH Care System / Psychiatric Rehabilitation
- No or little (structural) attention for students with psychiatric disabilities in regular educational settings

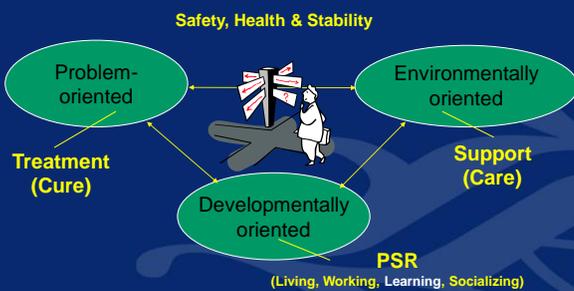
## 2017

- Mental Health Research
- Economic issues
- Educational issues
- Person's point of view

## From mental health research:

- Most college students are young adults
- Young adulthood represents a high risk developmental stage for the onset of psychiatric symptoms
- Typical onset for many serious mental illnesses is between ages 17-25, as most adults are beginning higher education & careers

## Mental health: 3 aspects of care



## Traditional treatment plan

1. Medication (management)
1. Day-night rhythm
1. Personal hygiene
1. Financial problems
1. Cleaning the room
1. Return to or remain at school

## PSR / Treatment plan

1. Return to or remain at school
1. Medication (management)
1. Day-night rhythm
1. Personal hygiene
1. Financial problems
1. (Cleaning the room)

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## Economic issues...

- Increasing #'s of young adults attend college; college degrees are required for success
- Early-onset psychiatric disability contributes to under- and unemployment through its effects on education
- People with psychiatric disabilities who enter the labour market, most of the time, end up in low-paid jobs

## Educational issues...

- Early school leaving is a big problem in Europe
- An estimated 6% of students in Higher Education report psychiatric symptoms serious enough to need mental health services (2001/2005)
- Emotional/psychological disabilities constitute the largest disability group
- 50% of them need extra support to finish their education
- Yet on most colleges, students with psychiatric disabilities can't get appropriate services

## From a person's point of view (recovery)

## Recovery Process

Recovery is the process of self-discovery and change as one grows beyond the catastrophe of mental illness

It is a way of living a satisfying and meaningful life with or without limitations caused by the illness

The role of student (most of the time) supports the recovery process of the (young) adult with psychiatric disabilities

Anthony, 1990

## The Recovery Process



## Supported Education

## Mission of SEd

To help (young) adults with psychiatric disabilities to choose, get and keep regular education

(Unger & Anthony, 1992)

## Through....

preparation, assistance and support  
(on-site & mobile)

to individuals with a psychiatric disability

who wish to pursue post-secondary education  
or training,

following a psychiatric rehabilitation model

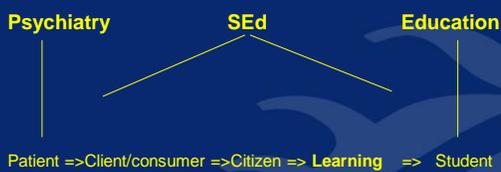
## SEd principle

Role + setting of preference  
(student) + (educational)

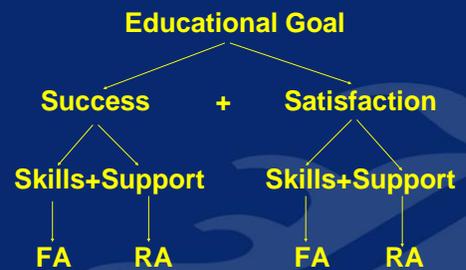
Skills + Support

Success + Satisfaction

## SEd: the link between psychiatry and education



## Skills & Support



## General support services

### Functional Assessment (FA)

- What are the skills you need to be successful and satisfied at school?

### Resource Assessment (RA)

- What are the resources you need to be successful and satisfied at school?

## The Supported Education Center of Expertise

## Aim of the Center

To develop products and services for and provide information to students, clients, family members, educational staff and MH practitioners about studying with a psychiatric disability

## Activities of the Center

- SEd initiatives and programmes in ± 20 cities or regions
- Five national SEd conferences
- Website [www.begeleidieren.nl](http://www.begeleidieren.nl) (Begeleid Leren = Supported Education)
- ± 25 articles in journals; 2x a special issue in Journal of Rehabilitation, ± 80 presentations & workshops
- Dissertation about SEd (in Dutch, English summary)
- Interest from and contacts with other (European) countries: Belgium, England, Norway, Portugal, Sweden, Czech, Australia, New Zealand, South Africa, USA
- SEd courses for MH practitioners and Educational staff
- Workshops for students



## SEd projects (past, present, future)

## Previous projects

- Studying with Support Project 2004-2005
- Studying with Autism in Higher Education Project (2006-2007)
- Good Practice study (2008-2009)
- Studying with a disability at the Hanze University Groningen (2010-2012)



[www.begeidleren.nl](http://www.begeidleren.nl)



National Supported Education  
project



+

European Supported Education  
project







## Decision making course

### Goal

To help young adults with psychiatric disabilities who dropped out of school to choose and get back to regular education

## Program

### Making an informed choice

- Identifying personal criteria
- Describing alternative educational options
- Choosing a college or university
- Setting an Educational goal

## Decision making course modified for highschool students with autism

### Kieskeurig

Deze cursus die je helpt bij het kiezen van een  
vervolgopleiding na de MBO of het VWO



CURSUSBOEK VOOR LEERLINGEN

HOOFDSTUK 1  
HOOFDSTUK 2  
HOOFDSTUK 3  
HOOFDSTUK 4

### Kieskeurig

Deze cursus die jongeren met een Autisme Spectrum  
stoornis helpt bij het kiezen van een  
vervolgopleiding na de MBO of het VWO



DOCENTENHANDLEIDING

HOOFDSTUK 1  
HOOFDSTUK 2  
HOOFDSTUK 3  
HOOFDSTUK 4

### Kieskeurig



HOOFDSTUK 1  
HOOFDSTUK 2  
HOOFDSTUK 3  
HOOFDSTUK 4



## “To tell or not to tell”

### Disclosing



**People with chronic diseases and disabilities belong to the most disadvantaged group of people in our society**

(Rapportage Gehandicapten 2002)

## Disclosure

"Disclosing your psychiatric disability" means that you tell someone about your past /current psychiatric condition"

To decide whether to tell about your psychiatric disability or not, you could consider the following aspects:

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## 5 aspects of the skill Disclosing



**Peer Support group for students with psychiatric disabilities**



## What?

The Peer Support group provides self help for students with psychiatric disabilities through exchange of experiences, providing mutual support and (study) advice

## When & where?

One session per two weeks for two hours  
On the campus of the college or university

## How?



One topic per session, prepared by 1-2 of the participants:

- Sharing concerns and successes
- Giving and receiving support
- Disclosure: 'To tell or not to tell'
- Balance between studying and personal problems
- Financial Aid
- Needed & available Support Services

## Handbook Supported Education



## Current & Future projects

- Evaluation study Disclosure
- Cognitive Remediation
- TopUp: Online introduction course
- SEd for youth 12-17 years
- StuDent: peer support for students with depression
- Study Success
- Randomized Controlled Trial (7 MH org)

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

[www.begeidleren.nl](http://www.begeidleren.nl)

## Q & A



ImpuSE project 2013-2016

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