SEdinSA

Hanze University Groningen
APPLIED SCIENCES

hugenote kollege

Supported Education
for students with mental health and/or
psychosocial difficulties

An Introduction

Everyone is a genius. But if you judge a fish on its ability to climb a tree, it will live its whole life believing that it is stupid.
-A Einstein

ImpulSE

Lies Korevaar, PhD & Jacomijn Hofstra, PhD

Acquaintance

* Who are you?

* What is your position?

* How many students with mental health and/or psychosocial problems do you know?

* Could you give an example of the problems one of your students experience?

Training objectives

Participantss will be able to state the mission and philosophy of Supported Education

Participantss will be able to describe the Supported Education process

Participants will demonstrate how to implement the keep phase of the SEd process

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Overview programme

Day 1
- Acquaintance
- Training objectives
- Overview training
- Introduction in Supported Education
- Keeping 1:
  - Step 1: Start of the SEd process
  - Step 2a: Requirements of the school
  - Step 2b: Personal Important behaviors

Day 2
Keeping 2
  - Step 3a: Listing critical skills
  - Step 3b: Listing critical resources
  - Step 3c Select the critical resource (person or service)
  - Step 4: Setting an Educational Support

Introduction
Supported Education

Why do we need
(Supported) Education?

Different perspectives

- **Mental health perspective**

- **Economical perspective**

- **Educational perspective**

- **Personal future perspective**
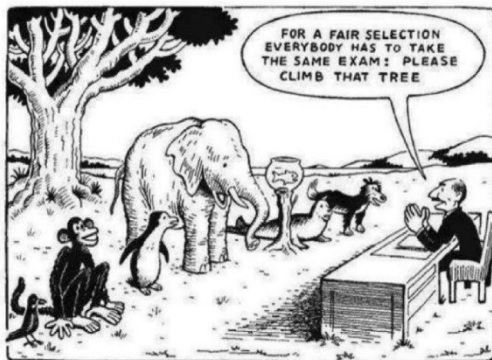
Mental health perspective …

- **Most college students are young adults**

- **Young adulthood represents a high risk for the onset of mental health problems**

- **Typical onset for many serious mental health problems is between ages 17-25, as most young people are beginning higher education & careers**

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Economic perspective...

- Increasing #'s of young adults attend college; college degrees are required for success

- Early-onset of mental health or psychosocial problems contributes to under- and unemployment through its effects on education

- People with long term mental health or psychosocial problems who enter the labour market, most of the time, end up in low-paid jobs

Educational perspective...

- Early school leaving is a big problem (in Europe)

- An estimated 10% of students in Higher Education report mental health problems serious enough to need mental health services

- 50% of them needs extra support to finish their education

- Yet on most colleges, students with mental health problems can't get appropriate services

- Inflexible structure of the school system

Personal perspective…

A journey from despair…
…to a life filled with purpose

Research project 'Recovery After an Initial Schizophrenia Episode (RAISE)

Ryan's educational story

Barriers in going (back) to school

Barriers

Cognitive

Social-emotional

Environmental

Illness related

Cognitive problems

Cognitive problems vary from person to person, but often include difficulties with:
· **Remembering to do things in the future**

· **Planning and ordening**

· **Sustaining attention and concentration**

· **Learning new information and remembering it**

· **Problem-solving in a logical way**

· **Flexibility in thinking**

Social-emotional problems

Also social-emotional problems vary from person to person, but often include difficulties with:

➢ **Collaboration with fellow students**
➢ **Making and maintaining contact**
➢ **Presenting**
➢ **Fear for stigma and discrimination**
➢ **Low self-esteem**
➢ **Dealing with stress**
➢ **Responding to feedback**

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Environmental influences

Environmental problems that are an (extra) burden:

➢ **Financial problems**
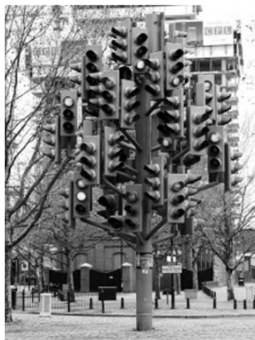
➢ **Living situation**

➢ **Disadvantaged families**

➢ **Stigma**

Illness related barriers
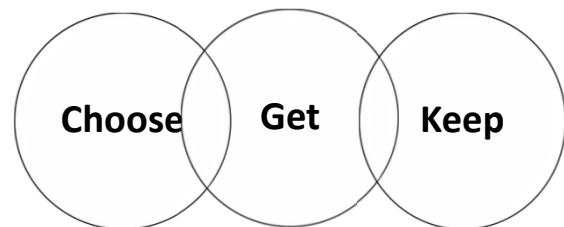
Fluctuating nature of the mental condition

Side effects of the medication
➢ **drowsiness**
➢ **fatigue**
➢ **dry mouth, thirst**
➢ **blurry look**
➢ **trembling hands**

What to do?

Supported Education Toolkit

Choose   Get   Keep

www.supportededucation.eu

Mission

The mission of Supported Education is to help (young) people with mental health problems and/or psychosocial problems to choose, get and keep mainstream education of own preference

Supported Education is not therapy or mental health counseling!!

SEd principle

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

Skills + Support

Success + Satisfaction

SEd principle

Student …at Hugenote Kollege

Skills + Support

Success + Satisfaction

Tailor-made support

Educational Goal of the student

Success + Satisfaction

Skills + Support   **Skills + Support**

FA   RA   FA   RA

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?

Critical skills!!

&

Critical resources!!

SEd attitude

Partnership, connectedness

First and foremost the focus of the professional must be on what the person/consumer <u>connects</u> **to us and others, and** <u>not</u> **on what him or her** <u>distinguish</u> **from us and others**

5-steps model 'keeping'

Step 1: Start of the SEd process
Step 2a: Requirements of the school
Step 2b: Personal Important behaviors
Step 3a: Listing critical skills
Step 3b: Listing critical resources
Step 3c Select the critical resource person/service
Step 4: Setting an Educational Support Plan
Step 5: Monitoring progress