

Recovery & Rehabilitation through Education

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



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Lies Korevaar, PhD & Jacomijn Hofstra, PhD



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> Decade students in higher education report an increase in mental health problems

Netherlands

- Boer, T. de (2017)
- Dopmeijer, J.M. (2018)
- Broek, A. van den, Muskens, M., & Winkels, J. (2013)
- RVS, Raad voor de Volksgezondheid en Samenleving (2018)
- RIVM (2018)
- RIVM, Trimbos Instituut en Amsterdam UMC (2019)

Worldwide

- Auerbach et al., 2018
- Bruffaerts et al., 2018
- Hunt & Eisenberg, 2010
- Stallman & Shochet, 2009
- Storrie, Ahern & Tuckett, 2010
- Turner, Hammond, Gilchrist & Barlow, 2007
- Zivin, Eisenberg, Gollust & Golberstein, 2009

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An estimated 15-20% of students in Higher Education report mental health problems serious enough to need mental health services

Because of Covid-19 students report an increase of MH problems

Early-onset of mental health problems contributes to under- and unemployment through its effects on education (early school leaving)

50% of students with MH problems needs extra support to finish their education

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

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Support for students with invisible problems

- A student in a wheelchair needs a ramp to get access to a building
- A blind student needs braille to study
- A deaf student needs an interpreter

- What is the ramp for a student with a depression?
- Who is the interpreter for a student with an anxiety disorder?

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Supported Education

Supported Education (SEd) is defined as the provision of individualized, practical support and instruction to assist people with mental health problems to choose, get and keep their educational goals

(Anthony et al.,2002)

Supported Education is not therapy or mental health counseling!!

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Supported Education programs around the world



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Key concepts

- * Recovery
- * Psychosocial Rehabilitation / SEd
- * Inclusive Education

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Recovery



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Relevancy of Supported Education from a recovery point of view

Recovery is the process of 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 (young) people with (severe) mental health problems

Anthony, 1990

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Psychosocial Rehabilitation / SEd principle

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

Skills + Support

Success + Satisfaction



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Overview Supported Education projects

Supported Education projects	Status
30. Peer2Peer-project 2021-2024	Running
29. Move aHead 2.0 2020	Running
28. EAST (Loneliness students)-project 2020-2022	Running
27. Online course behouden 2020-2022	Running
26. JagKan, project, Helsingborg municipality, Sweden 2018-2020	Finished
25. SEdinsA South Africa 2018-2023	Running
24. Compare RCT BI, behouden 2018-2022	Running
23. Impuls-project 2017-2018	Finished
22. Move Ahead 2018-2021	Running
21. Ongelijkheid in de GGZ, NVA 2018-2022	Running
20. Evaluatie Impuls en Kieskeurig	Finished
19. TopUp 2017-2018	Finished
18. Corepro 2017-2018	Finished
17. Nieuwe wegen in de GGZ	Finished
16. Naar Inclusief Voortgezet Onderwijs (NVO) 2017-2021	Running
15. Mindset Cognitive Remediation 2017-2021	Running
14. Study-succes 2017-2020	Finished
13. SECiSo: Supported education and civil society (Hessen, Germany, Finland)	Running
12. Disclosure 2016-2018	Finished
11. Vakkundig aan het werk 2016-2017	Finished
10. Student, support group for students with a depression 2017	Finished
9. RAAK Begeleid Leren 2014-2016	Finished
8. ImpuSE 2013-2016	Finished
7. Handboek BL 2013-2014	Finished
6. Kieskeurig 2011-2014	Finished
5. Studeren met een beperking aan de HG 2008-2011	Finished
4. Studeren met autisme 2006-2007	Finished
3. Studeren met steun. Good practice project 2008-2009	Finished
2. Website Begeleid Leren 2005	Finished
1. Impuls 2004-2005	Finished
Total budget € 4.000.000,- = 70.000.000 Rand	

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Supported Education Toolkit



Information about studying with MH problems

Tools to support students:

- 5-steps method to remain at school
- Peer Support Group
- Disclosure tool: To tell or not to tell (presentation tomorrow)
- Cognitive remediation
- Preventing of and dealing with stress
- Reducing Loneliness

Information about implementation

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Supported Education Toolkit
in English, Dutch, Norwegian, Czech, Portuguese, Italian and Swedish

www.supportededucation.eu

Choose **Get** **Keep**

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Inclusive Education

Equality: we provide the same support to all students, even if it is not needed or it is not sufficient

We provide extra (tailor made) support to students who are in a need for it

We take away (educational) barriers, so education is accessible to every student

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Thank you very much for your attention

Lies Korevaar & Jacomijn Hofstra
e.l.korevaar@pl.hanze.nl
j.hofstra@pl.hanze.nl

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