

A WORKING LIFE ON THE HORIZON - SUPPORTED EDUCATION FOR YOUNG ADULTS WITH MENTAL HEALTH PROBLEMS IN SWEDEN

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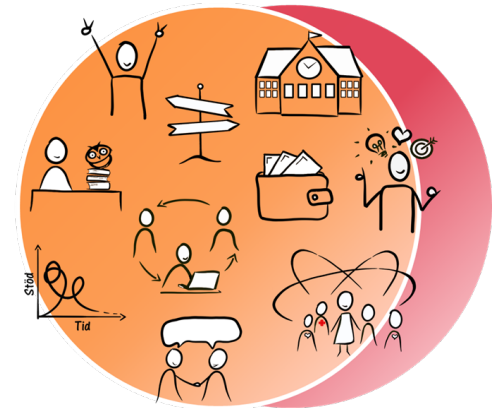


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Centre for Evidence-based Psychosocial Interventions,
CEPI



Swedish Research Council for
Health, Working Life and Welfare



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BACKGROUND -

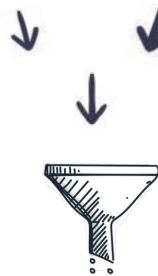
- A lack of educational opportunities is clearly connected to increased vulnerability, reduced social capital, exclusion from participating fully in the society and worsened mental health (WHO 2012; Olin et al. 2009).
- National Guidelines in Sweden;
“Healthcare and social services should **only, within the framework of research and development**, offer support for education according to the supported education model to people with schizophrenia and schizophrenia-like conditions (SMI) and no or weak labour market connection.” Guidelines 2018, the National Board of Health and Welfare, Sweden
- Research investigating outcomes related to Supported Employment have begun to suggest **the need for more specific, career related, educational supports**, as an essential aspect of supporting sustainable employment in a labor market that increasingly demands formal education or training. (Murphy, Mullen & Spagnolo 2005)



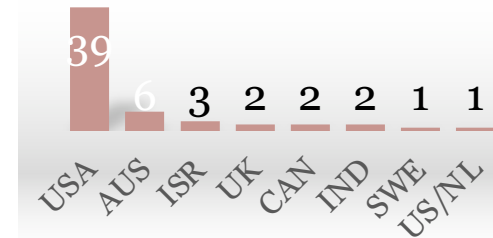
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INTERNATIONAL LITERATURE ON SUPPORTED EDUCATION 2000 - 2020



- The majority of studies come from the US
- The scientific evidence is insufficient to assess the effects of SEd (low priority)



- Great variation in models... Various actors, target groups
- Adapted to local conditions and needs
- Integrated with SE/IPS – Recovery, Career



BASIC PRINCIPLES SED

Person-centered and continuous support with career development in focus

- Collaborate
- Adapt/accommodate
- Existing (natural) resources
- Focus on environment
- Develop skills



Choose-Get-Keeper model of psychiatric rehabilitation



SAMVERKA/SAMARBETA

med skola, vård/omsorg och andra viktiga aktörer

ANPASSA

Individuella, sociala och akademiska anpassningar

BEFINTLIGA RESURSER

Utveckla, använda och stödja befintliga resurser

FOKUS PÅ MILJÖ

Fokus på fysisk och social miljö

UTVECKLA FÄRDIGHETER

Utveckla individuella, sociala och akademiska färdigheter

Figur 1. Viktiga faktorer som beskrivs i litteraturen



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EXPERIENCES AND NEEDS - SWEDEN



Six varied sites in Sweden

10 Group and 2 individual interviews – 57 participants
(students with experience of mental health challenges, program representatives, psychiatry, schools, employment authority, user organisations)

In addition to individual support to mental health and academic skills, the following issues were raised;

- Economic challenges – specific to education
- Knowledge of mental illness/problems, needs, accommodations, and support in school
- Study environment
- Social context, student identity
- Long-term focus relative to study and work goals – “career”, flexibility...dynamic process



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SED – YOUNG ADULTS...

- Young adults are engaged in a dynamic, exploration process that is age-appropriate and challenges single-goal determined rehabilitation services
- Work and studies are equally important – long-term planning
- Outcomes studies that look at these long-term recovery-oriented goals are needed



INVESTING IN YOUNG ADULTS WITH MENTAL HEALTH PROBLEMS – CAREER-ORIENTED OUTCOMES AND RESPONSIBILITY IN THE SWEDISH WELFARE SYSTEM



SED OCH SE/IPS– FROM "ACTIVITY" TO WORK,
FROM WORK TO A CAREER...

The overall aim of this study is to contribute with knowledge concerning implementation strategies and intervention outcomes when offering an integrated model of educational and employment services for young adults with mental health problems.

Models, Outcomes and...

- **How do organizational actors describe their responsibility for supported education services in relation to the outcomes that they prioritize within their various responsibility areas (social services, health care, rehabilitation, education, social insurance, etc.)?**



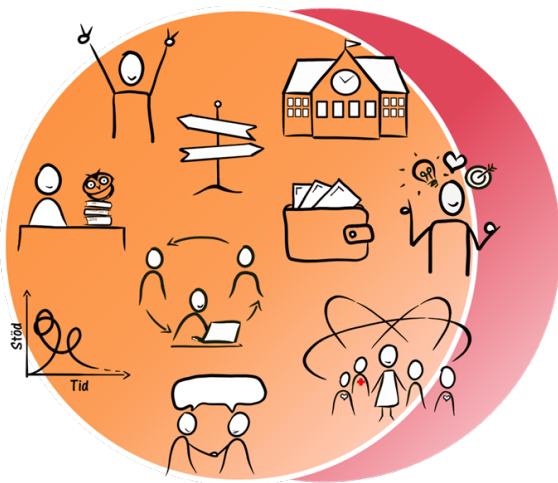
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INVESTING IN YOUNG ADULTS WITH MENTAL HEALTH PROBLEMS...

Tack för oss!

Integrating Interventions That Can Support a Career-Oriented Recovery for Young Adults: Building on the Supported Education Knowledge Base
Journal of Psychosocial Rehabilitation and Mental Health, Springer 2021, Vol. 8, (1) : 35-60
Hillborg, Helene; Lövgren, Veronica; Bejerholm, Ulrika; et al.

Supported Education in a Swedish Context: Opportunities and Challenges for Developing Career-Oriented Support for Young Adults with Mental Health Problems
Scandinavian Journal of Disability Research, Stockholm University Press 2020, Vol. 22, (1) : 1-11
Lövgren, Veronica; Hillborg, Helene; Bejerholm, Ulrika; et al.



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