

# Supported Education

## A Promising Practice



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES  
Substance Abuse and Mental Health Services Administration  
Center for Mental Health Services  
[www.samhsa.gov](http://www.samhsa.gov)



Knowledge Informing Transformation



# What are Evidence-Based Practices?



Services that have consistently demonstrated their *effectiveness* in helping people with mental illnesses achieve their desired goals

Effectiveness was established by different people who conducted rigorous studies and obtained similar outcomes

# What are Promising Practices?



Services that have demonstrated some results and show promise of an evolving evidence base

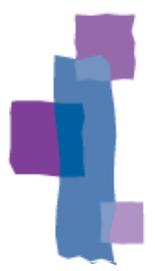
Implementing promising practices in a standardized way can help build the evidence base

# Examples of Evidence-Based Practices



- Supported Employment
- Assertive Community Treatment
- Family Psychoeducation
- Illness Management and Recovery
- Integrated Treatment for Co-Occurring Disorders
- Medication Treatment, Evaluation, and Management

# What are Promising Practices?



Current research shows that Supported Education has demonstrated results. While more research is needed, Supported Education services show promise of becoming an evidence-based practice.

# Why Implement These Practices?

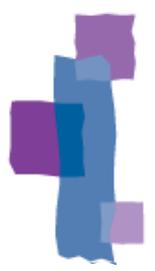


According to the New Freedom Commission on  
Mental Health:

If effective treatments were more  
efficiently delivered through our mental  
health services system ... millions of  
Americans would be more successful in  
school, at work, and in their communities

– Michael Hogan, Chairman

# What is Supported Education?



A promising practice that helps people with mental illnesses, who are interested in education and training, return to school

# Practice Principles of Supported Education



- Access to an education program with positive, forward progress is the goal
- Eligibility is based on personal choice
- Supported Education services begin soon after consumers express interest
- Supported Education is integrated with treatment
- Individualized, ongoing educational services are offered
- Consumer preferences guide services
- Supported Education is strengths-based and promotes growth and hope
- Recovery is an ongoing process facilitated by meaningful roles

# Is Supported Education Effective?



The following outcomes have been demonstrated for this promising practice:

- More access to and participation in educational programs
- Increased competitive employment
- Improved self-esteem
- Reduced hospitalization
- Increased consumer satisfaction

# Predictors of Success



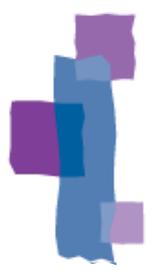
## Predictors

- Number of hospitalizations
- Transportation
- College withdrawal policies

## Not predictors

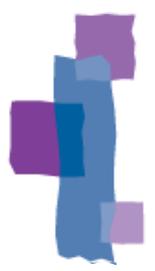
- Psychiatric diagnosis
- Previous college experience
- Prior grade point average
- Type of institution

# Supported Education Includes:



- **Adult basic education**
- **General Educational Development (GED)**
- **Training programs**
- **College or university**

# Challenges of Returning to School



- Applying for financial aid
- Registering
- Concentrating
- Being distracted by internal or external stimuli
- Relating to others
- Taking tests
- Completing assignments on time
- Managing time

# Who Does What?

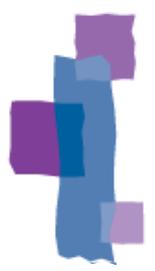
- Academic institution
- Mental health agency
- Student
- Other supporters

# Academic Institution



- Provide academic counseling
- Provide reasonable accommodations
- Provide financial aid

# Academic Counseling



- Placement tests
- Program selection
- Class selection

# Reasonable Accommodations



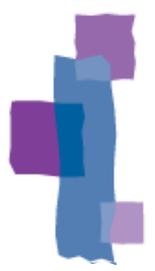
Accommodations are changes in educational tasks, requirements, or environmental access so people with disabilities have an equal chance of success

# Accommodations



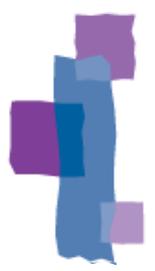
- Extended time for tests
- Quiet place for tests
- Tests individually proctored
- Extended time for assignments
- Alternative way to complete assignments
- Books on tape
- Seating modifications
- Special parking permits
- Beverages in class
- Changes in courses of study
- Grade of incomplete rather than failure if students need a medical withdrawal

# Disclosure



- A disability must be disclosed and verified before accommodations can be provided
- Only Disability Services staff have access to the information
- Disability information must be kept in a locked cabinet

# Documentation



- According to the Americans with Disabilities Act, documentation must be reasonable and limited to the need for the modification or aid requested
- Documentation should not go beyond what is needed to establish the existence of a disability or need for accommodation

# Financial Aid



- Pell Grants
- Federal Supplemental Education Opportunity Grants
- Federal Work Study
- Federal Perkins Loans
- Vocational Rehabilitation
- Plan to Achieve Self-Support (PASS) Program

# The Role of Mental Health Agencies



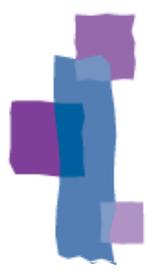
- Change expectations
- Develop *educational goal plans*
- Provide support
- Link to resources

# Change Expectations



- Change attitudes and beliefs
- Modify mission statement
- Change practices
- Change funding streams and billing codes

# Educational Assessment



## Assess skills

- Assess accommodation needs
- Assess resource needs
- Develop educational goals
- Develop support plan
- Evaluate and modify

# Provide Support

- Registration assistance
- Financial aid assistance
- Consolidation of transcripts
- Loan forgiveness
- Teach skills
- Personal coaching
- Accompanying
- Advocacy

# Link to Resources



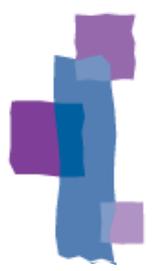
- **Mental health services**
- **Case management**
- **College resources**
- **Vocational Rehabilitation Services**
- **Social Security Administration**
- **Peer support**

# Student Role



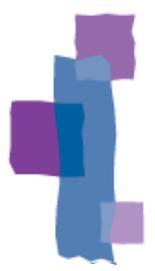
- **Maintain physical and mental health**
- **Maintain reasonable expectations**
- **Manage financial aid**
- **Know rights and responsibilities on campus**
- **Attend class regularly and arrive on time**
- **Ask for help**

# Other Supporters



- Promote cultural change
- Provide advocacy
- Support group
- Study buddy or mentors
- Community coalition members

# Summary



Supported Education is an opportunity:

- For a new beginning
- To improve your life through learning
- To meet your education goals
- To increase your career options

# Additional Resources

For more information about Supported Education and evidence-based and promising practices, visit:

<http://store.samhsa.gov>