EVIDENCE-BASED
PRACTICES

KIT

Knowledge Informing Transformation

Using
Multimedia
to Introduce Your
Promising Practice

Supported
Education

A Promising Practice

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Electronic Access and Copies of Publication

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Recommended Citation

Substance Abuse and Mental Health Services Administration. *Supported Education: Using Multimedia to Introduce Your Promising Practice.* HHS Pub. No. SMA-11-4654, Rockville, MD: Center for Mental Health Services, Substance Abuse and Mental Health Services Administration, U.S. Department of Health and Human Services, 2011.

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HHS Publication No. SMA-11-4654
Printed 2011

Supported Education

A Promising Practice

Using Multimedia to Introduce Your Promising Practice

Using Multimedia to Introduce Your Promising Practice is a collection of educational tools to help you introduce Supported Education to a variety of stakeholder groups, including the following:

- Mental health authorities;

- Community members;

- Consumers;

- Families and other supporters; and

- Agencywide staff.

Anyone who is trained in the Supported Education model (including program leaders, education specialists, and advisory group members) should be able to use these tools during inservice training meetings or for community presentations to educate stakeholder groups.

For references, see the booklet *The Evidence*.

This KIT is part of a series created by the Center for Mental Health Services, Substance Abuse and Mental Health Services Administration, U.S. Department of Health and Human Services.

This booklet is part of the Supported Education KIT that includes a CD-ROM, and seven booklets:

How to Use the KITs

Getting Started with Evidence-Based and Promising Practices

Building Your Program

Training Frontline Staff

Evaluating Your Program

The Evidence

Using Multimedia to Introduce Your Promising Practice

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What's in *Using Multimedia to Introduce Your Promising Practice*
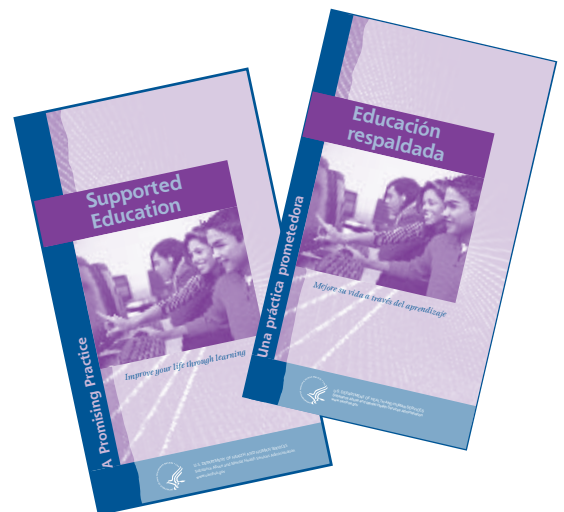
Supported Education

A Promising Practice

Using Multimedia to Introduce Your Promising Practice

Sample Brochure

Using a brochure and other marketing materials to introduce Supported Education to consumers, families, and community members is an easy way to disseminate basic information about this promising practice.

We include a paper copy of English and Spanish versions in *Appendix A* of this booklet. Electronic copies are on the CD-ROM in this KIT so that you can tailor the brochure to your specific Supported Education program.

Introductory PowerPoint Presentation

We encourage those who are trained in the Supported Education model to offer basic community presentations and inservice seminars using the Introductory PowerPoint slides in this KIT.

The slides offer you flexibility in preparing your presentation. If you have a general audience and a short time to present your information, you may want to use slides 1-9 and 27-28 only. However, if you have time for a longer, more in-depth presentation, you may want to use the entire set of slides.

We include a paper copy of the presentation in *Appendix B* of this booklet. An electronic copy is on the CD-ROM in this KIT so that you can tailor it to your specific Supported Education program.

The slides provide background information about the following:

- Evidence-based and promising practices in general;
- Supported Education;
- Practice principles; and
- Critical components of the model.

Use the presentation along with the other tools in this section to educate a wide array of stakeholders.

Using Multimedia to Introduce Your Promising Practice

Appendix A: Sample Brochure

Use this sample brochure to introduce Supported Education in your community. Both English and Spanish versions are on the next few pages. Electronic copies are on the CD-ROM in this KIT.

A Life in the Community for Everyone

SAMHSA

Substance Abuse and Mental Health Services Administration

U.S. Department of Health and Human Services

Supported Education

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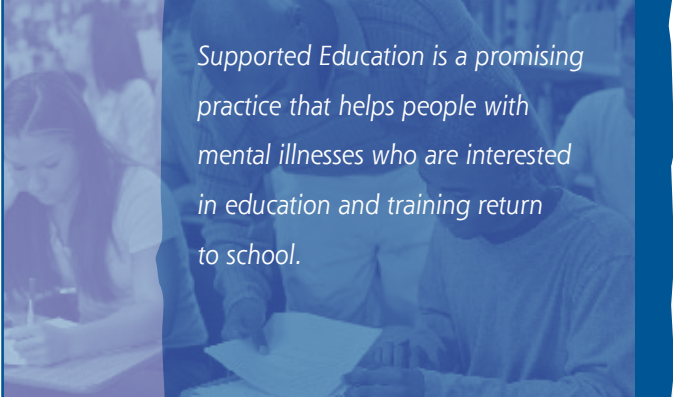
A Promising Practice

Improve your life through learning

U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
Substance Abuse and Mental Health Services Administration
www.samhsa.gov

What is
Supported Education?

Supported Education is a promising practice that helps people with mental illnesses who are interested in education and training return to school.

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.

How does Supported Education work?

■	**Consumer choice**	No one is excluded from participating.
■	**Timely support**	Education specialists offer services soon after a consumer expresses interest.
■	**Individualized services**	Ongoing assistance and support are based on individual needs.
■	**Increased access**	Education specialists work closely with school personnel and mental health practitioners to support consumers' educational goals.
■	**Consumer preferences**	Choices are based on consumers' preferences, strengths, and experiences.
■	**Recovery is the goal**	Supported Education promotes growth and hope.

How can Supported Education help?

Education specialists can help:

- Choose an education program;

- Complete enrollment and financial aid forms; and

- Secure supports to help consumers stay in school.

Education can help consumers develop and achieve personal recovery goals such as finding a career or job of their choice.

A Life in the Community for Everyone

SAMHSA

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Educación respaldada

Una práctica prometedora

Mejore su vida a través del aprendizaje

U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
Substance Abuse and Mental Health Services Administration
www.samhsa.gov

¿Qué es educación respaldada?

La educación respaldada ayuda con el retorno a los estudios a las personas con enfermedades mentales que están interesadas en educación y capacitación.

¿Qué son las prácticas prometedoras?

Según estudios actuales, la Educación apoyada da resultados que se pueden comprobar. Si bien se necesitan más estudios para confirmarlo, los servicios de Educación apoyada se ven prometedores como práctica basada en la evidencia.

¿Cómo funciona la educación respaldada?

■ **Elección del paciente**	Nadie está excluido de participar.
■ **Respaldo oportuno**	Los especialistas en educación ofrecen servicios tan pronto un paciente expresa interés.
■ **Servicios personalizados**	La asistencia y el respaldo continuos se basan en las necesidades individuales.
■ **Mayor acceso**	Los especialistas en educación trabajan estrechamente con el personal académico y los profesionales en salud mental para respaldar las metas educativas de los pacientes.
■ **Preferencias de los pacientes**	Las elecciones se basan en las preferencias, aptitudes y experiencias de los pacientes.
■ **La recuperación es la meta**	La educación respaldada promueve el crecimiento y la esperanza.

¿Cómo puede ayudar la educación respaldada?

Los especialistas en educación pueden ayudar a:

- Seleccionar un programa educativo;
- Completar formularios de inscripción y de ayuda financiera; y
- Obtener respaldos para ayudar a que los pacientes continúen estudiando.

La educación puede ayudar a los pacientes a desarrollar y a lograr metas de recuperación personal, como por ejemplo encontrar una carrera o un trabajo de su elección.

Using Multimedia to Introduce Your Promising Practice

Appendix B: PowerPoint Presentation

In *Appendix B,* you will find paper copies of a presentation that you may use during informational and educational sessions with your community or inservice seminars. An electronic copy of the presentation is on the CD-ROM in this KIT.

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

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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.

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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

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What is Supported Education?

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

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

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Supported Education Includes:

- **Adult basic education**

- **General Educational Development (GED)**

- **Training programs**

- **College or university**

Who Does What?

- **Academic institution**

- **Mental health agency**

- **Student**

- **Other supporters**

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

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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

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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

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Change Expectations

- **Change attitudes and beliefs**

- **Modify mission statement**

- **Change practices**

- **Change funding streams and billing codes**

22

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

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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

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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

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Additional Resources

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

http://store.samhsa.gov

CD Instructions:

To view the CD:

1. Insert CD into disc drive.

2. CD should start automatically on a Windows system with Internet Explorer 6 or above.

3. If you are on a Mac system or if the CD does not start automatically, find the CD directory and double click on the file: "StartHere.html".

4. Once the CD loads, click on the link to download the latest version of Acrobat Reader prior to viewing the content on the CD.

5. To quit, click on "File" in the upper left corner and select "Exit" or close the window.

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