

*An explorative study of the experiences of participation in an "Individual Placement and Support" program in Denmark for people with severe mental illness*

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# Outline of presentation

- Background
- Aim and Methods
- Main results
- Conclusion and implications

# Growing demand for and aim of vocational rehabilitation for people with severe mental illness

- High rates of unemployment, only 5% was employed in Denmark in 2013 (The Danish State Institute for Public Health, 2013)
- Individual Placement and Support (IPS)
  - Evidence based
  - Recovery oriented
  - Place-then-train
  - Agrees well with the Occupational Science Perspective
- Existing research
  - IPS is more effective than traditional vocational rehabilitation (Kinoshita et. al, 2013)
  - IPS fosters the experience of hope and self-determination (Areberg & Bejerholm, 2013)

# Study of the experiences of participation in an IPS-program

**Aim:** To explore the experience of participation in an IPS-program based on an Occupational Science Perspective

## **Methods:**

- **Participants**
  - 4 participants; clients participating in an IPS-program
- **Data generation**
  - Qualitative, individual interviews at the participants' own home
- **Data analysis**
  - Open thematic analysis

# Main results

## **Structure in everyday life and feelings of being normal**

- Sense of a normal life
- Greater difference between productivity and leisure
- Reduces stress
- Maintain an appropriate behavioral pattern

## **Negative thoughts and lack of confidence**

- Experience of being paralyzed
- The IPS specialist collaborates with the psychiatry
- The IPS specialist believes in them
- A sense of security and safety

# **Sense of autonomy**

- A sense of autonomy and self-determination
- Personal development

# Conclusion and implications

## **Conclusion**

- Structure and participation in meaningful occupations

## **Implications**

- Knowledge and understanding of mental illnesses
- The basis of the individual's preferences and choices
- The individualized approach



Thank you for your attention!