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!