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A Supported College Course for Credit: More than Just Academics

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Maria Iaquina, Ph.D., R.Psych., Douglas College
Nathan Anderson, M.A., Capilano University`

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Agenda

Partnership: Douglas College and Fraser Mental Health

Overview of Course Curriculum & Classroom Environment

Supported Education

Agenda

Role of Course Instructor

Role of Mental Health Clinicians

Examples of Collaboration

Student Feedback and Outcomes

Partnership

Douglas & Fraser Mental Health

- ▶ STAC 1101 Essential Skills for College
- ▶ Funded by Fraser Mental Health & Addictions Services
- ▶ Taught and Coordinated by Centre for Students with Disabilities

STAC 1101 Curriculum

- ▶ Course Content
- ▶ Course Expectations
- ▶ Academic Learning Outcomes

STAC 1101 Curriculum

- ▶ Grading
- ▶ Course Environment & Delivery

Students with Mental Health Disabilities

- ▶ Functional Limitations
- ▶ Impact on Educational Performance

Supported Education

Supported education is the process of helping people with psychiatric disabilities return to school by providing supports and services to them so they can enroll and remain in an educational program...

(Unger, K. 2013)

Supported Education

Mental health clients returning to school are more apt to succeed if they have some preparation and someone to whom they can turn to for personal coaching and support...

New students especially need encouragement and support.

(Unger, K. 2013)

Supported Education

- ▶ New students especially need encouragement and support.

(Unger, K. 2013)

Role of Course Instructor

Conduct Student Interviews

Adopts an Individualized, Flexible, Instructional Approach

Creates a Supportive Classroom Environment

Role of Course Instructor

Communicates Positive Expectations

Attends to Impact of Mental Health Disabilities

Provides Opportunity for Skill Development in Class

Role of Mental Health Clinicians

- ▶ Promote Course
- ▶ Meet with clients to explore goals
- ▶ Complete referrals and Learning Plans

Role of Mental Health Clinicians

- ▶ Conduct Regular Check-ins with clients
- ▶ Provide personal supports, coaching and skill building
- ▶ Provide support for emerging issues

Goals Beyond Academics

Student has opportunity to

- ▶ try out post-secondary in supportive environment
- ▶ make informed decision about future plans and goals
- ▶ step out of comfort zone

Goals Beyond Academics

Student

- ▶ Builds confidence
- ▶ Develops sense of self as capable student
- ▶ Learns transferable skills

Collaboration

- ▶ Team Approach
- ▶ Wrap-around Support
- ▶ Co-ordinated Referral System
- ▶ Referral Learning Plan

Student Feedback & Outcomes

- ▶ Increased confidence in self and self-efficacy
- ▶ Value of learning strategies and developing skills

Student Feedback & Outcomes

- ▶ Restored hope that one can succeed
- ▶ Managing anxiety during oral presentations, interaction with others
- ▶ Mental stability

References

Davis, M. (2013). Tools for system transformation for young adults with psychiatric disabilities. State of the science papers. Worcester, MA: University of Massachusetts Medical School, Department of Psychiatry, Center for Mental Health Services Research, Transitions RTC.

References

Unger, K. (2013). Supported Education. Retrieved May 13, 2017, From <http://www.supportededucation.com/supportededucation.html>