

Alfa IPS



Individual Placement and support

A method designed to provide people with long-term severe mental illness (SMI) real conditions for work or study



Information and guidance

1 fulltime

- Information about overall possibilities for occupation: work, studies,
- Information about Alfas services:
IPS och Peer Support

IPS service

0,5 supervisor

5,5 employment specialist

Max 20 participants/
employmentspecialist

Individual support to find, get and keep
a work or study

Peer support

1 fulltime

A professional with own
experience of mental illness
contributes with in-depth
knowledge of recovery,
empowerment

Study circles, individual support

Alfas target group for IPS:

- Persons with long term mental illness (Severe mental illness)
- Adults who lives in Stockholm city
- Who aims to start working or studying

In order to make an interest report:

- does the person have an ongoing contact in psychiatry and / or social psychiatry?
- does not already have a job or is enrolled in a program at the Employment Service?

IPS; Individual Placement and support

National guidelines for psychosocial support in Schizofrenia 2017:

” The IPS-model (individual placement and support) is an development of supported employment. The model is formed so that unemployed persons with psychiatric disabilities who wants to work gets support from an employment specialist and starts looking for work immediately, without any assessment of ability. The employment specialist gives ongoing support by coordinating and customizing the individuals need of support from agencies (social insurance, employment services, municipality), relatives, friends, and employers. IPS is placed and is integrated with psychiatric treatment, and the effects can be enhanced by combining IPS with cognitive and social social training”.

8 principles of the IPS method – and explanation of why it works <https://ipsworks.org/index.php/what-is-ips/>

- Everybody who wants to work can participate
- Cooperation with psychiatry
- The goal is a competitive job
- Economic guidance
- Rapid jobsearch
- The aid is not time-limited
- Client preferences control how planning is set
- Systematic collaboration with employers

Benefits of the method

- It forces you as a professional to listen to what your participant says: and create a plan based on it
- No skill assessments or preconceived sentences have a place
- There is a promise in the method: you can get a job! = forces you to do your utmost to achieve that goal; Flexibly, creatively, individually
- A method that emphasizes possibilities
- A method that says: Collaborate to reach the goal: Psychiatry, AF, FK, Relatives, employers, Yes, Anyone who can help in the process
- A rehabilitation method that works in practice - we achieve results.
- 2/3 of people with mental illness wants to work and with IPS you have tools to help

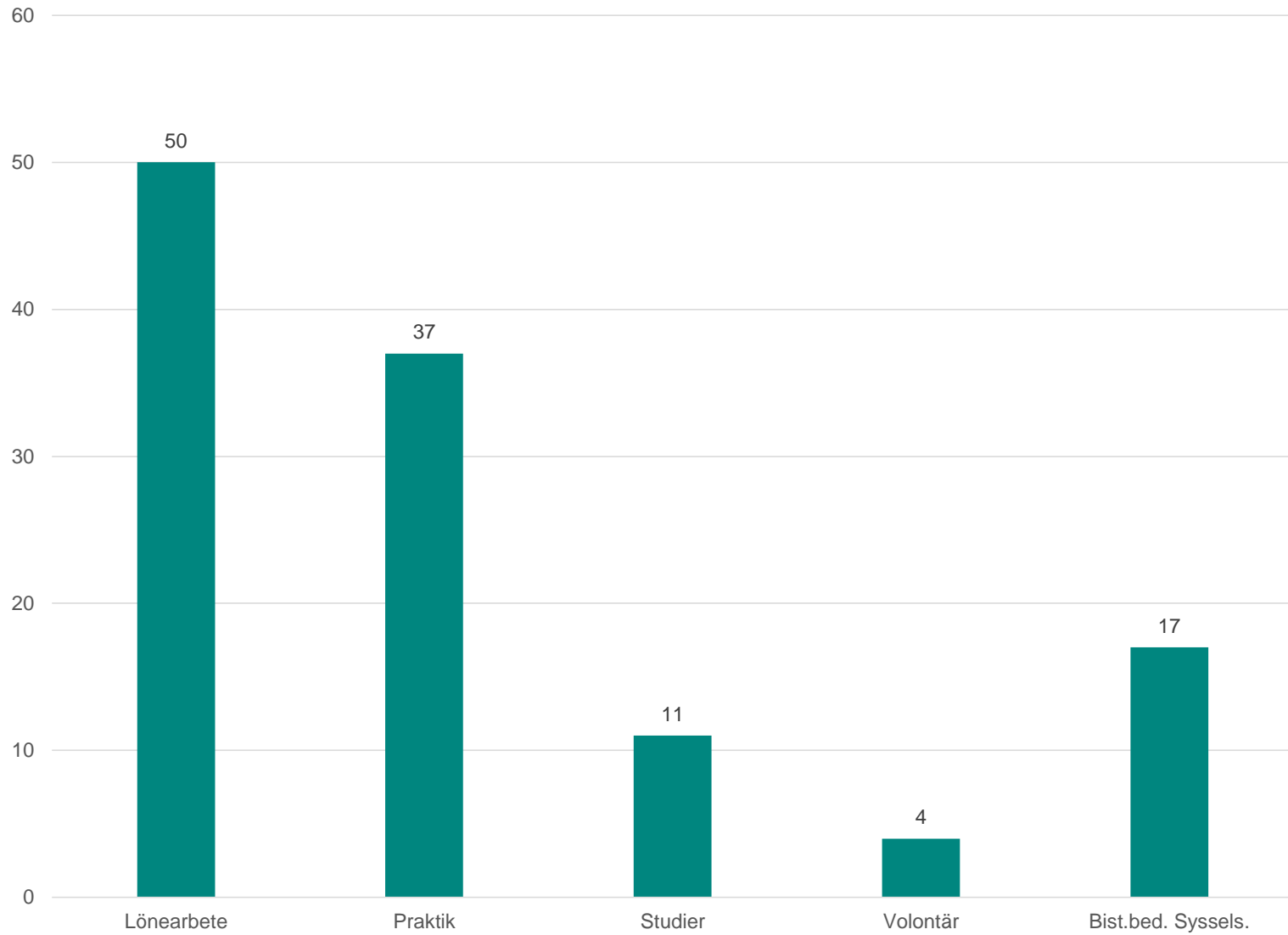
Research on IPS internationally

- A research center in Dartmouth has designed the method <https://ipsworks.org/>
- Continuous development of the method
- Spread to all parts of the world today
- 24 RCT studies show results that can be repeated
- Manual-based methodology with built-in fidelity measurement to continually improve the content of the IPS services

My experience of IPS

- A **good cooperation** between the participant, jobcoach, psychiatry and the rest of the persons network is of great importance to reach the goal work och studies.
- The **Employment servicies** - different kinds of wage support is often used and we have overall good experience of working together.
- The **Social Insurance** is aswell an important partner, most of our participants have their income from them in the beginning. They need to be informed and we have to form a plan towards work together with them.
- But most important is **the individual** himself with drive and motivation. The jobcoach needs to tacke care of the motivation and ensure that there is a movement forward towards the goal.
- Without **employers** no work....you need to find employers with good values.
- **We don't succeed with all** participants. Important that even those who tried and struggled well but did not reach the workgoal, can see the efforts that has been done, and that the experiences are shared in the individual's network. You need to be hopeful and always leave a door open.

Results Alfa 2017 (114 persons)



Contact Alfa

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Jobbcoach and supervisor IPS

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