



Supported Education

What: Supported education is the process of helping students with mental health disabilities reach their personal educational goals. Supported education programs provide encouragement and connect students to resources at their school and in their community.

Why: Many students experience challenges at school. For students with mental health disabilities, it can be difficult to manage mental health issues and get through school. Compared to other students, people with mental health disabilities are nearly twice as likely to withdraw from college before completing their degree.² Like other students, people with mental health disabilities sometimes need additional help with school.

Who: People with mental health disabilities want to go to school and learn. Going to school to earn a degree or certificate is important to more than half (63%) of adults with mental health disabilities.¹

How: Students work one-on-one with an educational specialist to receive supports tailored to their individual needs and situation. Things an educational specialist might help with:

- Find resources on campus, such as connecting with school counseling center or financial aid
- Create a mental health wellness plan to avoid crises and manage them if they do occur
- Improve social relationships and develop a support network at school with other students, faculty, and administrators
- Work on academic skills like organization
- Set goals with students and encourage them to achieve them
- Help students to constructively problem-solve barriers at school, such as stigma

Where: Traditional supported education programs have students meet with an educational specialist on campus or in the community. The Temple University Collaborative is currently exploring a new model for supported education where students work with an educational specialist over Skype, telephone, email, and text message.

[Visit www.tucollaborative.org](http://www.tucollaborative.org) for more information!

¹Temple University Collaborative. (2014). *Education goals: A factsheet for providers*.

²Salzer, M. (2012). A comparative study of campus experiences of college students with mental illnesses versus a general college sample. *Journal of American College Health*, 60(1), 1-7.