



Title: The Evidence of Supported Employment in Sweden- Different Groups and Different Contexts

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Abstract

Background: Supported Employment according to the Individual Placement and Support (IPS) model is an evidence-based approach used around the world to secure employment for people with severe mental illness. Little is known about whether IPS is effective for this target group in a Swedish context, if IPS is applicable also for people with affective disorders, and what implementation factors are related to IPS fidelity. The aim is to provide an overall picture of the IPS research performed in Sweden in relation to target groups and contexts.

Methods: An overview of two randomized controlled trials, two intervention study, and several implementation studies are represented.

Results: IPS is more effective than traditional services, both with regard to people with psychosis (46% vs 11%) and affective disorders (42% vs 4%). We found that people with affective disorders benefit from motivational, cognitive and time use strategies delivered by the employment specialists in connection to IPS. Implementation of IPS is challenged by the Swedish welfare system which focuses on diagnoses and getting better instead of the resources and recovery of the individual. Swedish citizens are also trapped in an internship system which hinders getting employed directly. Critical implementation components found on the organizational, performance, and continuous support levels are related to fidelity and employment success.

Conclusion: IPS is effective in Swedish context too. But delivery and implementation needs to be considered and understood in order to facilitate good outcomes for the service users.