

ÚTRÁS
2010-2016



4th NORDIC CONFERENCE IN

WORK
REHABILITATION

REYKJAVÍK, ICELAND, SEPTEMBER 5–7 2016

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HLUTVERKASETUR – THE ROLECENTER

1979 - 2016

Occupational Therapist, University Hospital psyk unit,
University of Akureyri, Hlutverkasetur

Research focus – Recovery in mental health

Critical factor - Work





WHAT?

- SOCIALIZING
- PARTICIPATING IN ACTIVITIES
- VOLUNTEERING TO HELP WITH AND LEAD ACTIVITIES
- HELP IN DAILY PROCESSES OF THE CENTER



HOW?

OCCUPATIONS BASED ON THE MODEL OF HUMAN OCCUPATION, EMPOWERMENT AND RECOVERY RESEARCH.

SEMINARS, WITH SPECIAL FOCUS FOR SPECIFIC GROUPS

ACTIVITIES: MOSTLY OPEN GROUPS. PEOPLE PLAN THEIR OWN SCHEDULE.

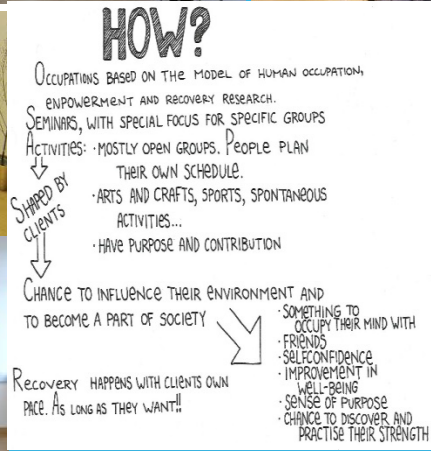
SHAPED BY CLIENTS

- ARTS AND CRAFTS, SPORTS, SPONTANEOUS ACTIVITIES...
- HAVE PURPOSE AND CONTRIBUTION

CHANCE TO INFLUENCE THEIR ENVIRONMENT AND TO BECOME A PART OF SOCIETY

RECOVERY HAPPENS WITH CLIENTS OWN PACE. AS LONG AS THEY WANT!

- SOMETHING TO OCCUPY THEIR MIND WITH
- FRIENDS
- SELF-CONFIDENCE
- IMPROVEMENT IN WELL-BEING
- SENSE OF PURPOSE
- CHANCE TO DISCOVER AND PRACTISE THEIR STRENGTH



WHO?

- ON AVERAGE 50 PEOPLE PER DAY:
- PEOPLE WITH HISTORY OF MENTAL HEALTH PROBLEMS
 - PART TIME EMPLOYEES WITH VARIOUS BACKGROUNDS
 - UNEMPLOYED
 - REFUGEES / IMMIGRANTS
 - OCCUPATIONAL THERAPISTS
 - ARTISTS
 - VOLUNTEERS



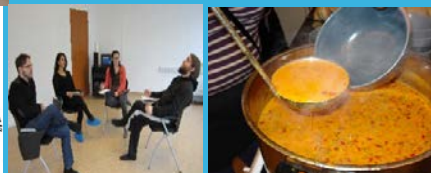
(THE ROLE CENTER)

HLUTVERKASETUR

INFORMAL • WELCOMING • FLEXIBLE • POSITIVE • ENCOURAGING • ACCEPTING

FOUNDED 2002

ACTIVITY CENTER FOR THOSE WHO HAVE LOST THEIR ROLE FOR SOME REASON



2013-2015

ÚTRÁS - OUTREACH

IS JUST ONE OF THE MANY TASKS

137 ASSISTED - 40% HIRED

— LIGHTHEIM LUKASCH, CHIEF OF PEOPLE WITH MENTAL HEALTH PROBLEMS

...ONE WAY OF USING IPS



WHY?

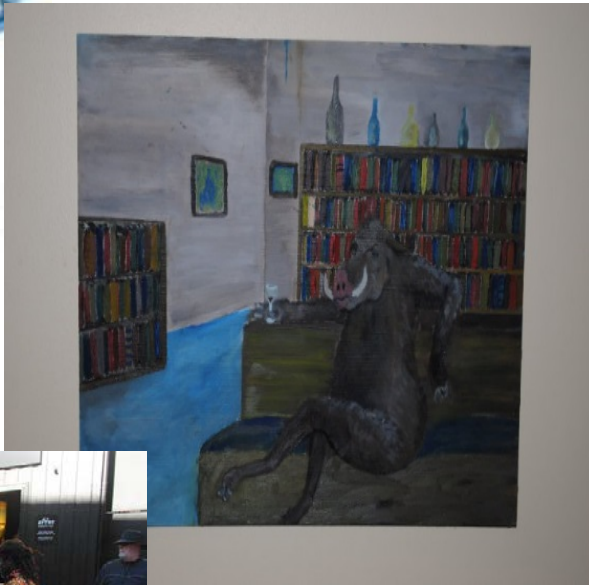
- ROLES HELP PEOPLE TO STAY ACTIVE, EVENTUALLY EVEN JOIN THE LABOURMARKET OR ATTEND SCHOOLS.
- TO FIGHT STIGMA AND ISOLATION
 - TO INCREASE QUALITY OF LIFE
- PEOPLE PROVIDE:
- PEER SUPPORT
 - HELP WITH SOCIAL SERVICE SYSTEM
 - HELP WITH PERSONAL PROBLEMS
 - HELP WITH NAVIGATING THE HEALTH CARE SYSTEM



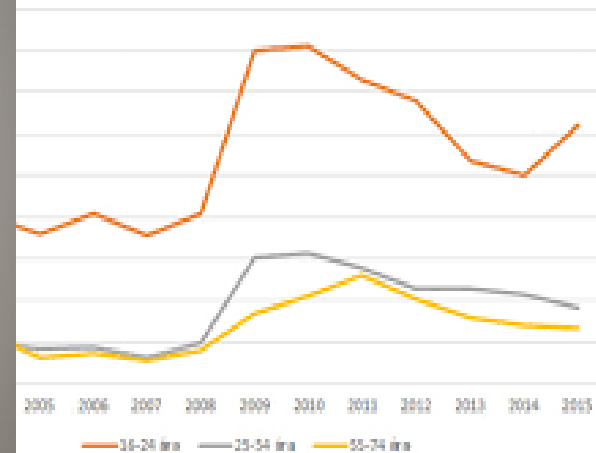
TARGET GROUPS

Long term mental health problems

Long term unemployment



Atvinnuleysi



ELIN EBBA ÁSMUNSDÓTTIR,
SYLVIANE LECOULTRE

ÚTRÁS – EXPANSION - OUTREACH

2009

- Collaboration with the University hospital
- psyk unit Occupational therapy department

2010 – 2011

Discussion group

- Users with experience

2011 – 2012

Voluntaire – became an IPS expert



COMMON EXPERIENCE

Rehabilitation - compensation - unemployment



**IF I FEEL LIKE
I'M WAITING
FOR SOMETHING
THAT ISN'T
GOING TO HAPPEN.**

ENVIRONMENT OBSTACLES

Lack of part time work

Insurance regulations

Demands=Perfect

Discrimination/stigma

Follow up

Collaboration

Communication



INDIVIDUAL NEEDS

To belief in oneself

Holding on to dreams

Job seach

CV

Job interview

Easy assess

Follow up



EMPLOYERS NEEDS

Truth

Support

Contact person

Contract - TR/VMST



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DATA 2013- 2015

137 individuals asked for assistance

40% are now working

- Wanted supervision
- Quit
- Unrealistic expectation

2013 - 2015

Over 70 companies and institutions contacted
Support from VIRK

To hire 2 staffmembers - part time for 6 - 8 months

3 - 4 minutes videos on homepage

www.hlutverkasetur.is

Importance of work (Mikilvægi atvinnu)

Beginning step by step (Að byrja smátt)

Employers benefit (Ávinningur atvinnulífsins)

Back to work (Aftur á vinnumarkað)



Reykjavíkurborg



UNIQUENESS?

One way of using IPS

Activity center

MOHO – Empowerment - Recovery

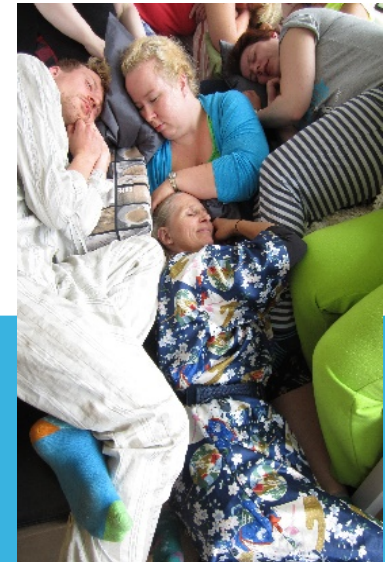
Take part in activities of own choice

Make your own agenda

Work is not set up as an aim

Rolemodels all around

Get support when you are ready/ask for



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