SUPPORTED EDUCATION: FACTS

What are the benefits of education?

- Education opens doors to career opportunities
- Helps improve financial stability
- Helps individuals discover their passions and improve important skills

What is Supported Education?

Supported Education is an empowering program that offers hope to individuals facing mental health challenges who want to advance their education. It takes place in integrated settings, for many whose educational journeys have been interrupted due to a mental health condition. With continuous support services, individuals can achieve their academic and career goals.

Why Supported Education is important?

Mental illness often impacts individuals during their adolescence and young adulthood, posing challenges to their education in high school and college years. Supported Education programs empower those facing mental health challenges to pursue their educational dreams. These programs provide the guidance needed to return to school, embark on new paths, or continue their education, all in the pursuit of fulfilling career aspirations.

How does Supported Education help?

Education Specialists can help:

- Explore degree requirements
- Select education programs and courses
- Complete enrollment and financial aid forms
- Secure support to help individuals stay in school, which may include helping with identifying and requesting accommodations
- Develop organizational, time management, and academic skills

How does Supported Education work?

Supported Education embraces the following tenets:

- **Timely support:** Education Specialists offer services on an individual's expressed interest.
- **Individualized services:** Assistance and support will be provided according to specific individual needs and continues on an ongoing basis according to the individual's choice, preferences, and goal achievement.
- **Service integration:** Education Specialists collaborate with academic staff and mental health teams to help individuals achieve their goals.
- **Recovery is the goal:** Supported Education assists individuals with mental health challenges to develop skills to take advantage of career, education, and interpersonal development opportunities within an academic environment, which promotes hope and recovery.

FREQUENTLY ASKED QUESTIONS

Are Supported Education services available for part- time students?

Yes, part-time students receive support, even if they take only a few classes per semester.

How do Supported Education services help when experiencing mental health symptoms?

Education Specialists receive mental health training and work closely with individuals, school personnel, and treatment teams, and can help with balancing mental health needs with academic demands.

Where can services be accessed?

In New Jersey, the Division of Mental Health & Addiction Services (DMHAS) has contracted with 14 community mental health agencies to provide Supported Education services in 14 NJ counties.

For a listing of Supported Education agencies, please visit:

www.state.nj.us/humanservices/dmhas/home

NJ Division of Mental Health & Addiction Services
Office of Treatment & Recovery Support

State of New Jersey
Mikie Sherrill, Governor

NEW JERSEY HUMAN SERVICES DMHAS Division of Mental Health and Addiction Services

New Jersey Human Services
Division of Mental Health and Addiction Services
Dr. Stephen Cha, Commissioner