



## Background

80% of users of inpatient integration assistance facilities prefer to live in their own home [1]. Moreover, individuals with SMI encounter significant challenges in accessing training opportunities within the labor market [2]. Permeability within the care system remains low, meaning that external orientation on the residential or labor market is associated with numerous hurdles [3]. In a dissertation, 18 subjects from an inpatient integration support facility were observed in a qualitative longitudinal design as they transitioned into their own homes [4]. As illustrated in Figure 1, the users' feedback on the ideal design of transitions is presented from their perspective. Based on these findings, a project is now being established to support people on their way to greater participation and independence from inpatient facilities.

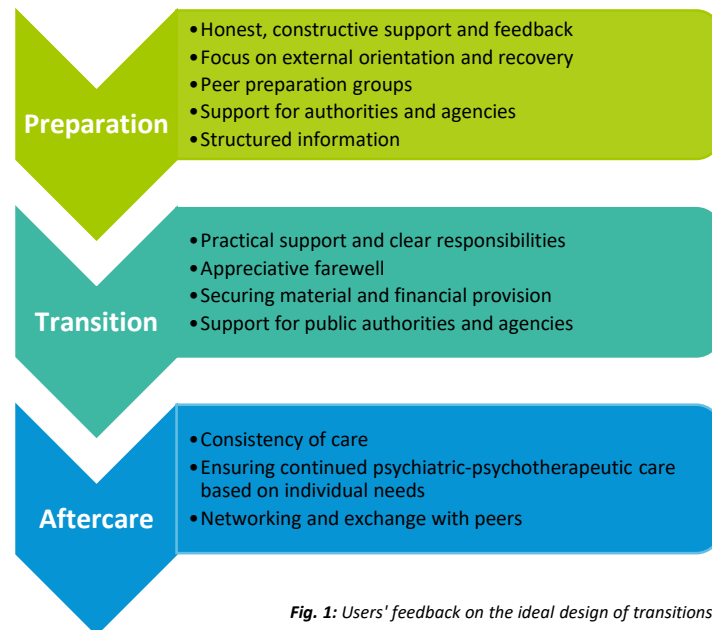


Fig. 1: Users' feedback on the ideal design of transitions

## Project & Methodology

Users of inpatient integration assistance at a facility in Lower Saxony with an interest in external orientation in the area of living or working. Targeted sample size: 50 users in a naturalistic longitudinal design. Accompanying evaluation with three measurement points on the development of perceived social support (F-SozU), quality of life (OxCAP-MH), subjective benefits and objective development of moving out into one's own home or taking up education and employment.

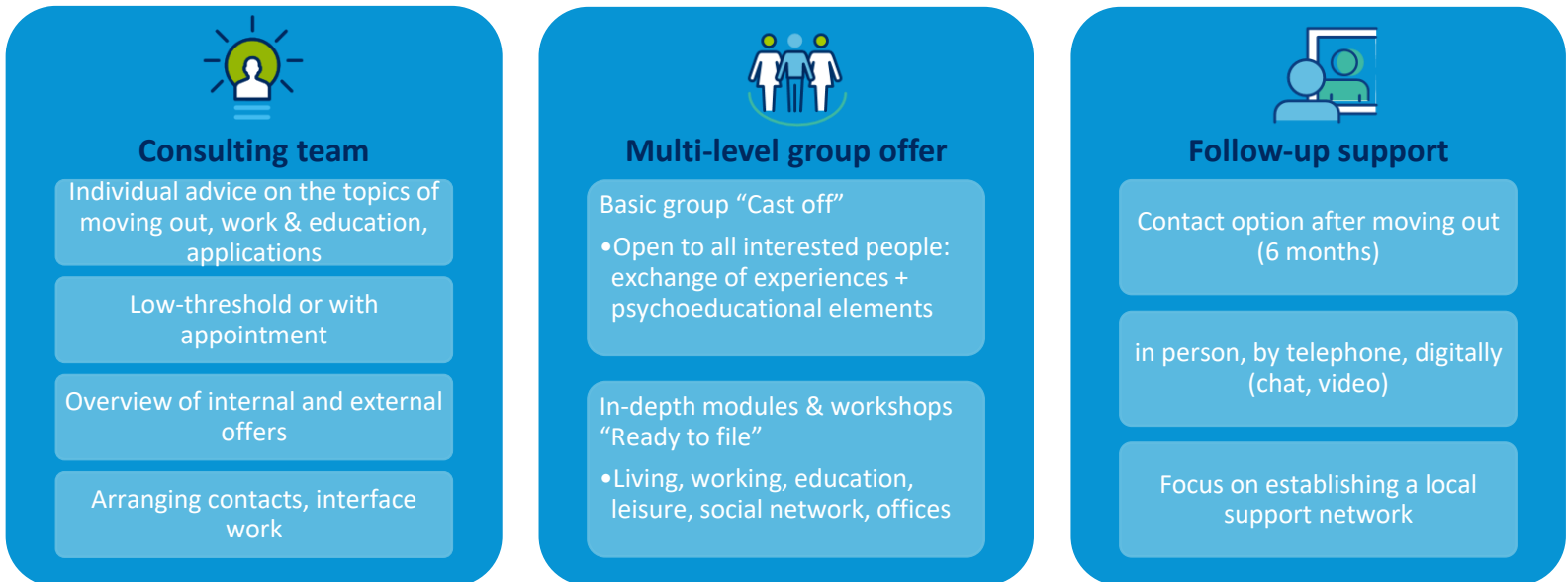


Fig. 2: Overview of the project components. The project team currently consists of two psychologists, a social worker and two street workers

## First impressions & next steps

2 kick-off events in August 2024, start of the offer in October 2024, used by 43 persons so far. Current group participants: 10-20. The meeting of people with similar goals, the appreciative exchange of experiences, the gain in information and the opportunity to develop concrete goals are positively emphasized.

- Expanding the team to include experts with experience (group offer, individual counseling and outreach work)
- Establishing cooperation with educational institutions, employers, housing providers and other providers of integration assistance
- Expansion of group offerings for external locations / hybrid events
- Ongoing adjustments to the concept depending on the needs of the users
- Continuation of evaluation

[1] Richter D, Hoffmann H. Preference for independent housing of persons with mental disorders: Systematic review and meta-analysis. *Adm Policy Ment Health* 2017; 44(6): 817-23. DOI: 10.1007/s10488-017-0791-4 [2] Dehn L, Suer J, Klein R & Driessen M (2023) Die Arbeits- und Beschäftigungssituation von psychisch kranken Menschen mit ambulanter Wohnunterstützung: Eine Auswertung gemeindepsychiatrischer Routinedaten. *Psychiatr Praxis*; 51: 216-220 DOI 10.1055/a-2196-2218 [3] BAGüS. Kennzahlenvergleich Eingliederungshilfe 2023. Berichtsjahr 2021. Bundesarbeitsgemeinschaft der überörtlichen Träger der Sozialhilfe und der Eingliederungshilfe (BAGüS); Münster: 2023 [4] Krieger, J. Ich packe meinen Koffer und nehme mit .... Was befähigt Menschen mit chronischen psychischen Erkrankungen aus der stationären Wiedereingliederungshilfe dazu, wieder ein unabhängiges und zufriedenes Leben in einer eigenen Wohnung zu führen? Hannover: 2024. DOI: 10.26068/mhhrpm/20240301-000