

Samvinna

Vocational Rehabilitation



Państwowy Fundusz
Rehabilitacji Osób
Niepełnosprawnych



MSS

Miðstöð símenntunar
á Suðurnesjum

The foundation of Samvinna



- Founded 15th of may 2008 as an independent organization
- 14 founders from Suðurnes;
 - Municipality's, Labor Organizations
 - Suðurnes Hospital & Health Center
 - Festa Pension Fund
 - Educational institutions
 - Directorate of Labour
- In august 2014 Samvinna merged with MSS



Miðstöð símenntunar
á Suðurnesjum

What is MSS?

- Miðstöð símenntunar á Suðurnesjum (MSS)
 - self-owned educational institution founded in 1997
 - 19 staff members, including Samvinna staff,
 - Around 2600 students and thereof around 850 of foreign origin
- The main objective of MSS is to
 - promote and assist in adult education in the community,



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Advisors in Samvinna

Ragnhildur Helga Guðbrandsdóttir,

- M.Ed degree in Social educator

Sunna Björg Hafsteinsdóttir, (maternity leave)

- BS in Occupational therapy

Gunnrún Theodórsdóttir

- MA in social worker

Þórdís Marteinsdóttir,

- B.A. degree in Social educator
- Diploma in Criminology
- Diploma in practical health promotion
- ÍAK personal trainer



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Some key points at Samvinna

Multidisciplinary individualized rehabilitation

- Consultant – contact person
- Occupational rehabilitation
- Learning-related rehabilitation
- Holistic approach and cooperation between institutions



Financing

Who pays for a person to be in rehabilitation?

- Samvinna has a contract with VIRK vocational rehabilitation fund.
- Financing of VIRK Vocational Rehabilitation Fund
 - Employers pay 0.13% of their salaries
 - The Government & Pension Funds pay



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Vocational Rehabilitation

- The following criteria must be met to qualify for VIRK's services
 - unable to do their job or participate in the labor market
- Obstacles are
 - physical and/or mental illness
 - accident
 - substance abuse
 - socially difficult situations, etc.



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Obstacles

Physical

Physical pain
Accidents
Arthritis
Finance
Diseases etc.

Mental

Anxiety
Depression
PTSD
Mental disorders
Substance abuse
ADHD
Autism
Eating disorder
Social anxiety
Emotional disorder etc.

Social

Financial
Housing
Communication
Lack of support network
Child protection issues
Bullying
Cultural differences etc.

Goals

- That the participant goes to work after rehabilitation and/or further education
- That the participant gets the opportunity to work with their obstacles
- To increase quality of life of the participants and his families
- That rehabilitation generally takes place in the local area



perfectconnection



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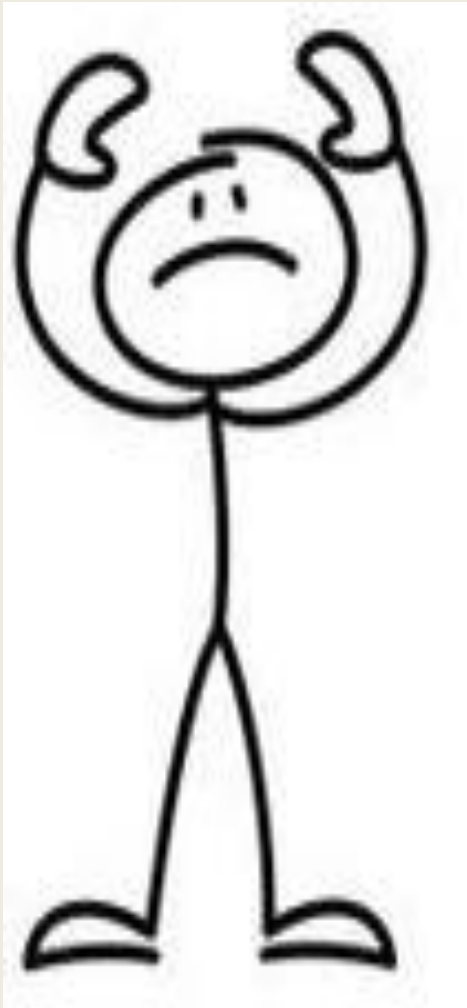
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- This is Jón
- Jón is 34 years old
- Jón lives alone
- Jón works as a computer specialist
- Jón has been working in the same company for 9 years and is a good staff member



- Through time Jón experiences depressive periods
- Those periods become more frequent and last longer each time.
- Work contribution decreases
- Absence due to illness becomes more frequent



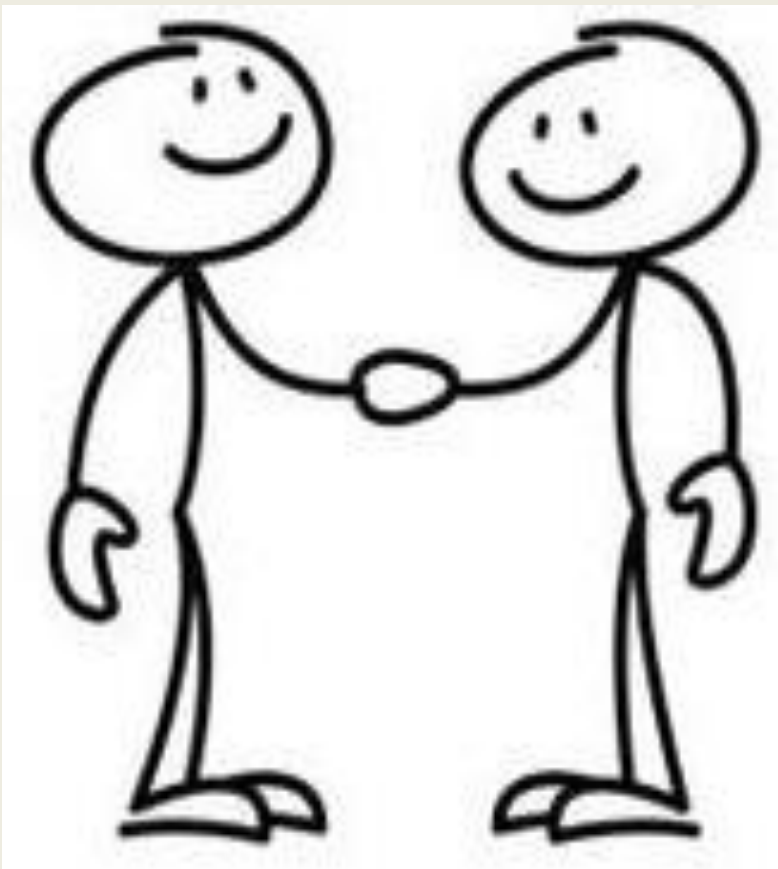
- Jón is more agitated at work
- He experiences that his workload is too much
- He does not socialize anymore
 - Not with co-workers or anyone else
- His self care gets more deficient



Jón's boss is concerned about Jón's health and has talked to him about it from time to time.

But at last he sits down with Jón and tells him that this is not working. He has to do something with his health problems or he will get fired.

Jón admits that his health is not good and that he needs some help to work on his health barriers



- Jón makes an appointment with a doctor.
- The doctor diagnoses Jón with depression and anxiety
- He recommends that he will take sick leave from work and that he will work on his health problems
- He recommends that Jón receives service from VIRK and makes a referral for him.



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1. Appointment with a doctor

2. Doctor makes a referral to



3. Counselor from
interview/consultation



calls Jón and offers him an



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- In the interview the consultant and Jón go over his health story and what is preventing him to be in the labor market
- The counselor believes Jón needs comprehensive rehabilitation at a rehabilitation center



The VIRK counselor orders services from Samvinna (MSS) through a special service system owned by VIRK.

The case is assigned to one of Samvinna's four counselors



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Orders from VIRK

- Assessment of position
 - 2-3 months
 - Assess whether a resource is suitable for an individual
- Individualized multidisciplinary vocational rehabilitation
 - 3-6 months
- Follow up
 - 1-3 months
 - For persons who have completed rehabilitation

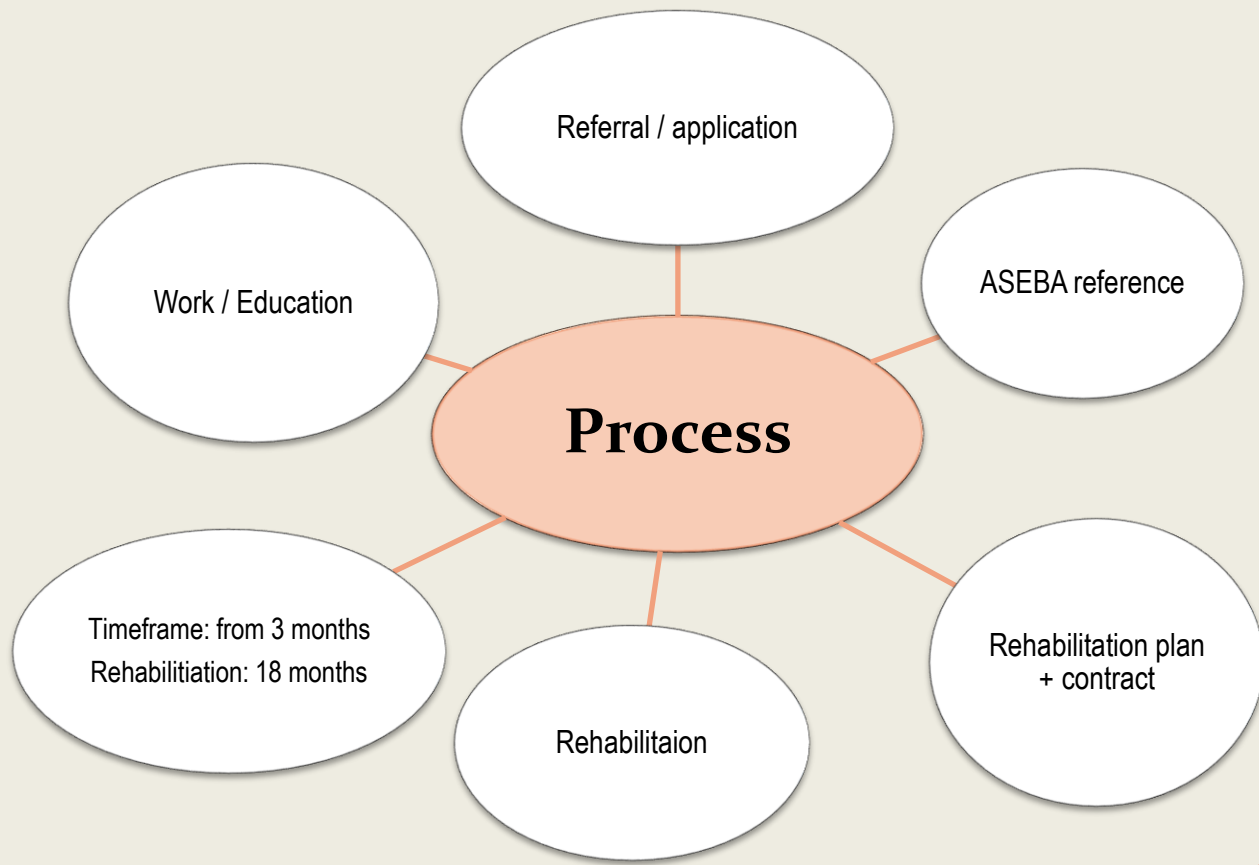


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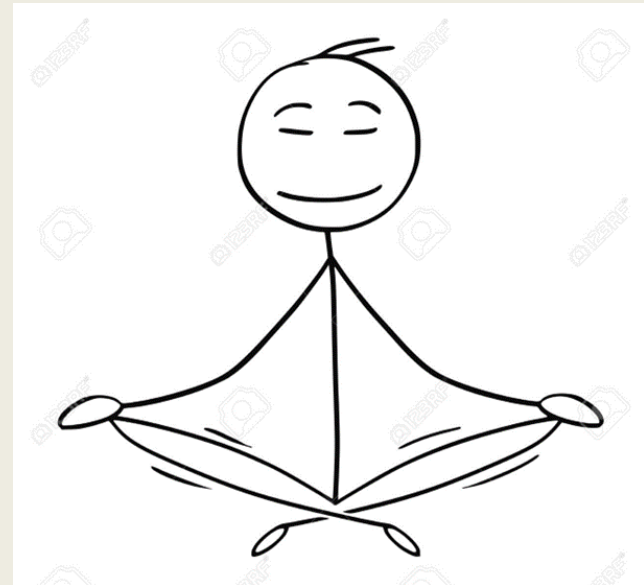
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The Rehabilitation Process



Rehabilitation plan

- Rehabilitation plan is based on Jón's health barriers
- Rehabilitation plan also includes
 - Regular interviews with his counselor
 - Psychotherapy
 - Exercise



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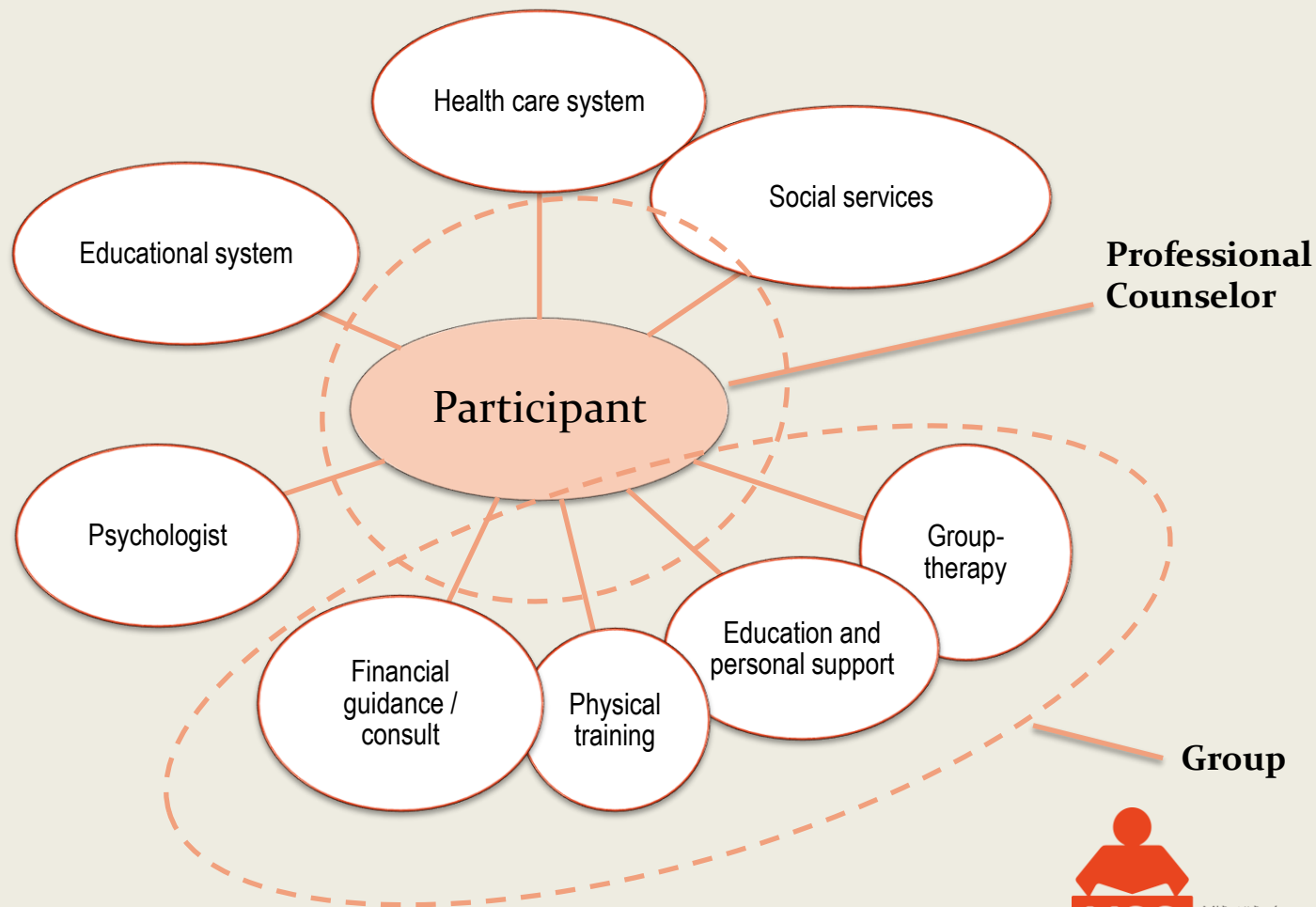
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Samvinna 22. feb - 31. mars 2021



9. vika				2	10. vika			
Prið	Miðv	Fim	Föst		Mán	Prið	Miðv	
23.feb	24.feb	25.feb	26.feb		1.mar	2.mar	3.mar	4
Félagsskíðanámskeið	Tjáning	Heilsutengd	Félagsskíðanámskeið	9:00-09:40	Vinnustofur	Félagsskíðanámskeið	Tjáning	Heil
Félagsskíðanámskeið	Tjáning	fræðsla	Félagsskíðanámskeið	9:50-10:30	Vinnustofur	Félagsskíðanámskeið	Tjáning	fr
Ganga/ART	Ganga/ART	Hugleiðsla/		10:50-11:30	Vinnustofur	Ganga/ART	Ganga/ART	Hug
Ganga/ART	Ganga/ART	Jóga		11:40-12:20	Vinnustofur	Ganga/ART	Ganga/ART	
		Hreyfing í Ásjá						Hreyf
	HAM námskeið	Kl. 14:30		16:15-18:15	HAM námskeið		HAM námskeið	Kl.
11. vika				4	12. vika			
Prið	Miðv	Fim	Föst		Mán	Prið	Miðv	
9.mar	10.mar	11.mar	12.mar		15.mar	16.mar	17.mar	18
Félagsskíðanámskeið	Tjáning	Heilsutengd	Félagsskíðanámskeið	9:00-09:40	Vinnustofur	Félagsskíðanámskeið	Tjáning	Heil
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13. vika				6	14. vika			
Prið	Miðv	Fim	Föst		Mán	Prið	Miðv	
23.mar	24.mar	25.mar	26.mar		29.mar	30.mar	31.mar	1
Félagsskíðanámskeið	Tjáning	Hópfundur	Félagsskíðanámskeið	9:00-09:40	Vinnustofur	Félagsskíðanámskeið	Tjáning	Sk
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		Hreyfing í Ásjá						Sk
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Construction of the rehabilitation



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Individualized resources



- Psychological interviews
- Physiotherapy
- Financial advice
- Family counselling
- Nutritional advice
- Coaching interviews in Icelandic, English and Polish
- Addiction counselling
- Interviews with study and career advisors
- Samvinna timetable
- Education
- Work tests



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Miðstöð símenntunar
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Rehabilitation

Preparation

Mindfulness
Life Skills
Nutrition
Finance
Creative Work
Personal development
Sports
Group meeting

Educational

Sociology
Mathematics
Icelandic
English
Vocational education
Life Skills
Job training
Creative Work
Sports
Group meeting

Occupational

Personal development
Speech
Team building
Vocational education
Visitors from workplace
Workplace visits
Job training
Job search - Interne
Group meeting



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Connection to the labor market



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Discharge



- After 11 months in rehabilitation Jón is ready to go back to the labor market without any support.
- He has learned good coping skills through his rehabilitation and has learned how to use them.

