



# **Green Rehabilitation - collaboration project by**

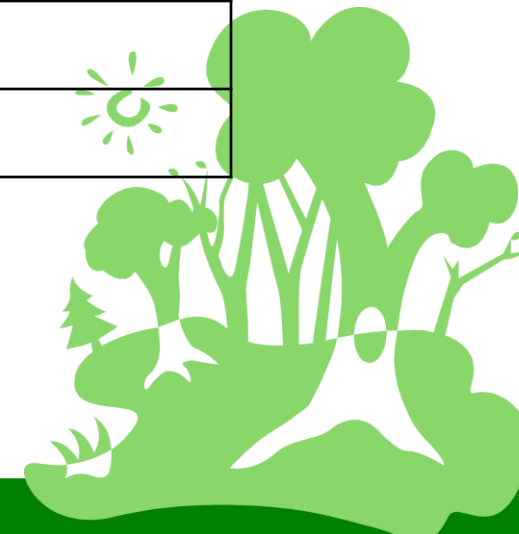
- **Public Employment Services**
- **Social Insurance Agency**
- **County Council**
- **Swedish Forrest Agency**





## Faculty Disclosure

<input checked="" type="checkbox"/>	No, nothing to disclose
<input type="checkbox"/>	Yes, please specify:





# Background

- Sick listed persons in need of coordinated rehabilitation interventions.
- Reduced work capacity is often not the main obstacle, but low self-esteem.
- Increased cooperation





# Project method

The project method is designed to increase motivation and self-esteem through:

- Outdoor activities during 8 weeks
- Method ACT (Acceptance and Commitment Therapy)
- Counseling by an Employment Officer





# The project arrangements

- Cottage in the country side
- 2 groups, 8 participants per group
- 2 group leaders
- 1 Employment Officer
- 2 Psychologists
- 8 weeks, 4 days a week and 4 hours a day







# Outdoor activities

- Field trips
- Natural and cultural heritage
- Cooking and baking
- Map- and compass training
- Crafting and photography
- Meditation and mindfulness





# Project goals

- 70% of participants should complete the project
- 35% of participants should return to work or study 10 months after finishing the project
- Shared responsibility for rehabilitation
- Coordinate rehabilitation efforts
- Improve the participants physical and mental health
- Enable the process of vocational rehabilitation







# Project results

Follow-up of 117 participants due to September 2014

- 81% completed the project.
- 23% had returned to work or study.
- 47%, was still in the process of vocational rehabilitation
- 30% returned to be sick listed





# Green Rehabilitation

- Project started September 2011 and will continue until January 2015
- 220 participants
- Socioeconomic value

