

Poster

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Poster 5

[P-5-05] The practice of IPS(Individual Placement and Support) at a rural psychiatric hospital

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Background: Employment enhances quality of life, self-esteem, and social inclusion, and is therefore essential for mental health. Various models of employment support have been implemented as psychosocial interventions. Although the Train-Place model has shown limited effectiveness, Individual Placement and Support (IPS), a Place-Train model, has demonstrated effectiveness internationally. IPS has been promoted and institutionalized in countries such as the United States, where it originated, and the United Kingdom. In Japan, while no national policy has been established, approximately 30 employment support facilities and hospitals currently implement IPS, with reported employment rates of around 50%. Our psychiatric hospital is located in a city with a population of approximately 94,000, where few institutions provide employment support. In response to this need, we introduced hospital-based IPS, based on the principles of recovery and social inclusion.

Method: A multidisciplinary team including a psychologist, mental health social worker, nurse, and psychiatrist was formed. Individuals seeking employment were recruited regardless of diagnosis, age, or work history. Support was provided in accordance with the eight principles of IPS. At weekly team meetings, case discussions were held with the participation of service users, along with guidance from a hospital experienced in IPS practice.

Results: From April 2021 to April 2025, 79 individuals received IPS support, of whom 51 secured employment, resulting in 70 placements. There was no notable bias in terms of diagnosis or age among participants, and 14 of 16 individuals with schizophrenia achieved employment. The Japanese IPS Fidelity Scale score was 99 points in 2023. Employment rates over the past year have ranged from 55% to 75%.

Conclusion: IPS implemented in a rural psychiatric hospital demonstrated high effectiveness and replicability. IPS can be successfully implemented even in resource-limited regions, where such approaches may be all the more essential.