

From homeless to a master degree in 6 years

The effect of assertive outreach
approach

EAOF 2025 Copenhagen
June 25



7th European Conference on
Integrated Care
and Assertive Outreach

Our agenda

- Me
- Background
- Being in OPUS
- Outreach-based care



The background is a solid purple color. It features several decorative elements: a cluster of white polka dots in the top-left corner, a large, irregular, semi-transparent white shape in the top-center, a smaller white polka-dot shape in the top-right, a white organic shape on the left edge, and a white polka-dot shape in the bottom-left corner.

Remember:

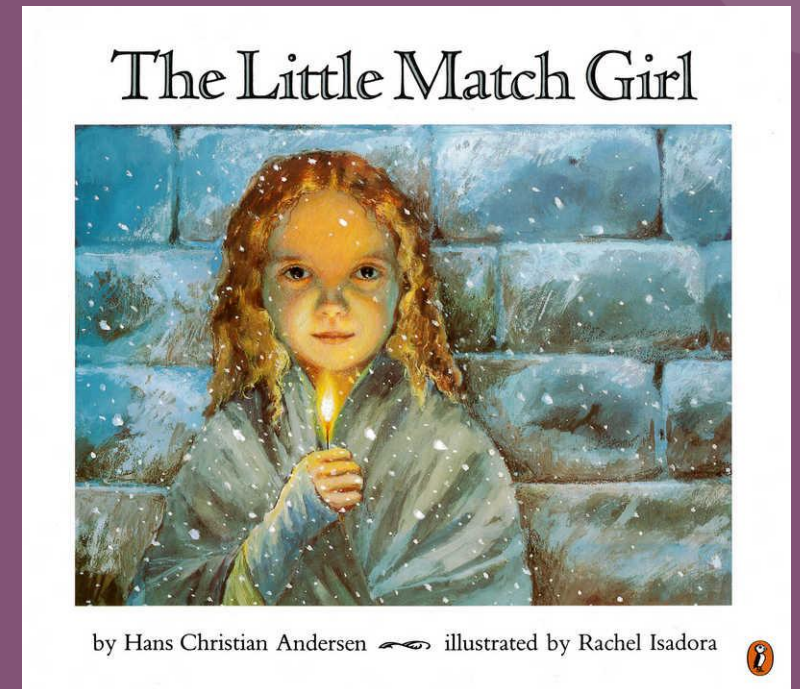
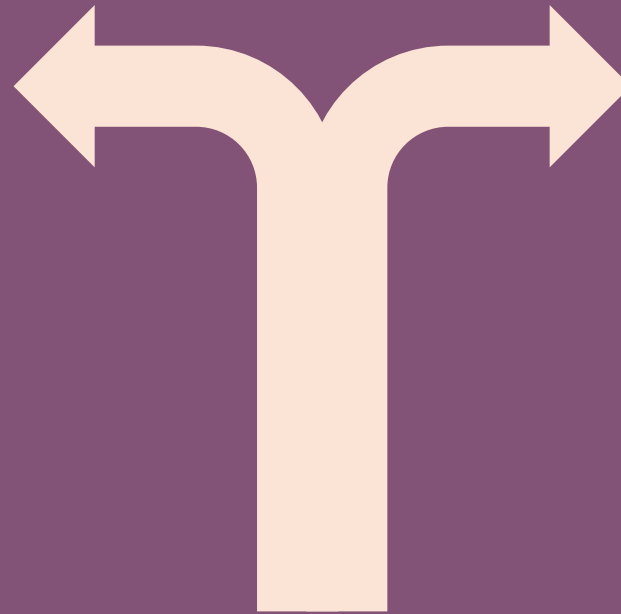
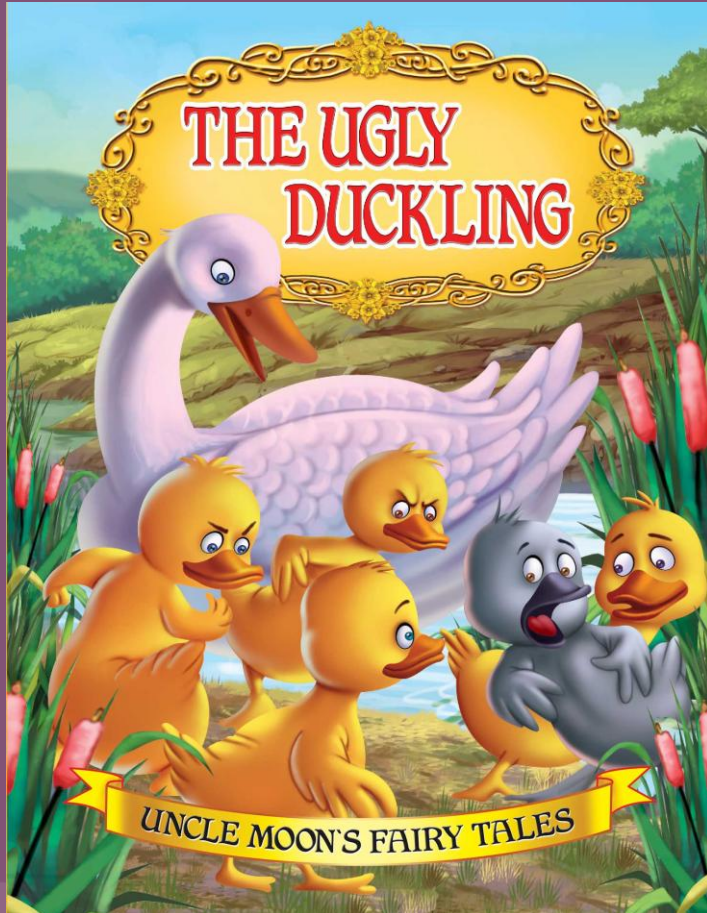
Tragedy + Time = Comedy

Me

- Age: 33
- Condition: SPD / DSM-5 & ICD-10/ICD-11 (according to ChatGPT)
- Master in business administration and philosophy
- Advisor
- OPUS panel volunteer
- Debater at Altinget
- Aspiring author



Why do i stand here?



Background

- 1991-2008 Childhood
- 2009-2015 Young adult with no clue
- 2016-2017 In OPUS



1991-2008

- Raised by a single mother.
- New family – lower middleclass
- Good in school – different from the others
- A lot of different schools
- On my way to high school and completely not ready



2009-2015

- Grief and dropped out of high school
- Kicked out from my parents
- Spent 12 months on social benefits (kontanthjælp)
- Back to school
- Homeless for the first time ... and accepted at Copenhagen University
- New start
- Homeless again and very sick



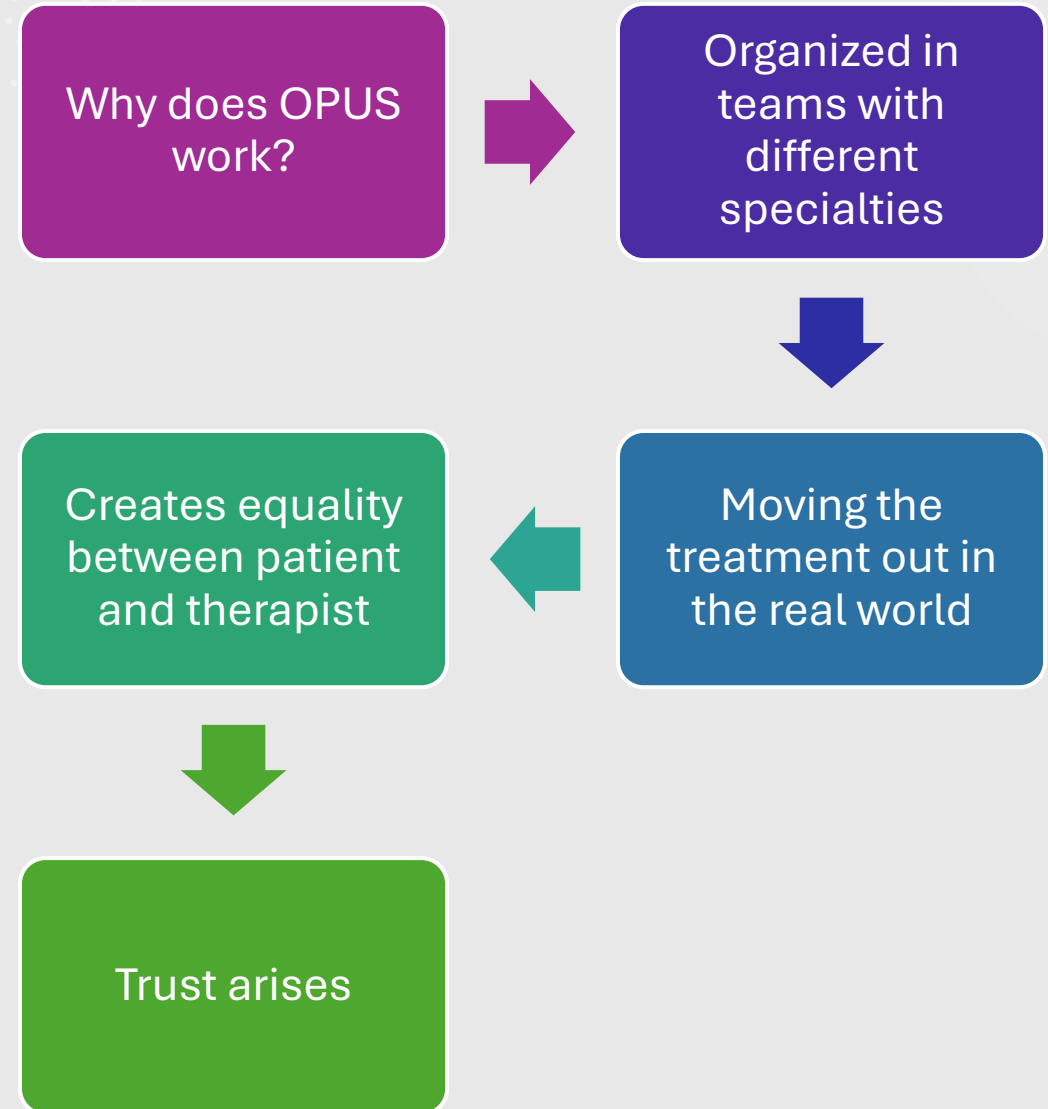
2016-2017

- In treatment – and getting worse
- What is this? – Uuh anxiety
- Rock bottom: Christmas 2016
- Things are starting to getting better
- Two important things in the treatment:
 - 1: Education in the diagnosis offered to my parents
 - 2: A new start between me and my family



Assertive outreach approach

Why does it work?
– from a patient's perspective



An approach that lifts people

- The numbers behind my treatment and where i am now
- My costs from 2016-2017: Approx.. 2.000.000 dkk / 300.000 €
- Paid approx. 600.000 dkk / 85.000 € in taxes since 2022.

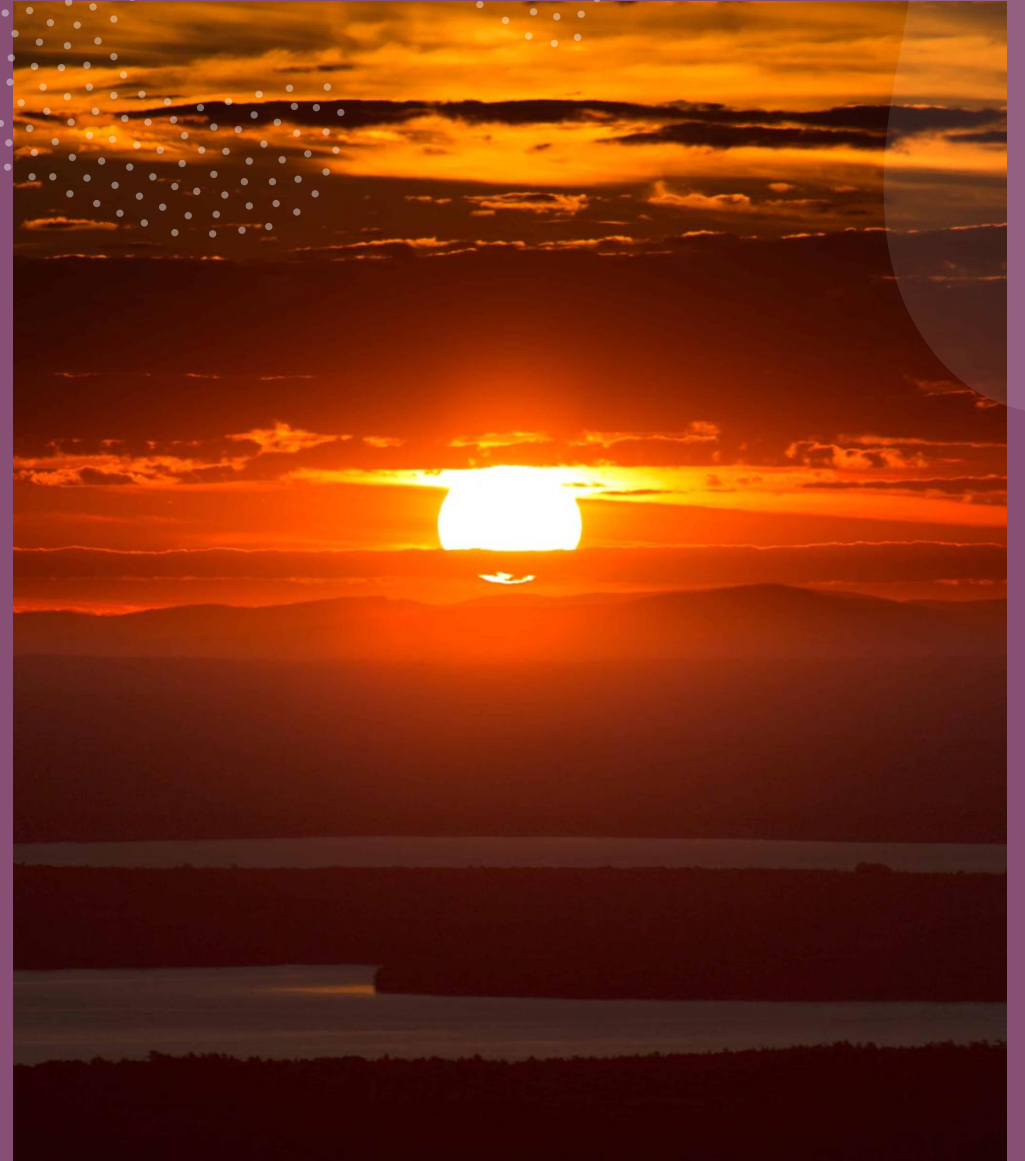
Over the next 40 years, that number will grow to minimum 9.000.000 million dkk / 1.200.000 €.



Great tools in handling life

Three tools i still use:

- Self love and honesty (Selvkærlighed)
- Practicing a circle of control
- Self care is taking care
- OPUS teached me to handle my life...




Thank you



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Kasper Jensen ✓
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