

## Jordan's story

How would you explain what the less restrictive way is?

So when I think about the less restrictive way, I mostly think about the way that most facilitates recovery for an individual with the most input that that individual is able to give at the time.

Obviously I think about things like, um, you know, minimising involuntary admissions or things like that, but also just whatever way is suited best for the individual at the time in their journey and whatever is going to be the way that best facilitates them to reach the, the ideal point of recovery- and flexibly around that - and whatever suits them at the time, whatever suits their situation and circumstance is best.

How did the treating team demonstrate the less restrictive way?

So my most positive experiences of working in a less restrictive way with my treating team was probably like my last inpatient admission under the Child and Youth Services. So it was a voluntary admission, you know, I communicated safety issues to my outpatient team and they managed to facilitate like a voluntary inpatient admission at a unit that I've been to before.

So from the get-go I was working with people who will familiar with my case, um, which definitely made the capacity assessment side of things a lot easier. So I was just, it was just a conversation I had with my treating psychiatrist at the time, ah, he was just getting back up to speed with, you know, what had changed in my , what had changed in my life, um. And I was able to communicate to him that, you know, I'd moved out of home, ah, I'd been working and living independently for about six months at that point and I was 17 still pretty freshly 17, um, but I said to him you know I've been living out of home for quite a while.

When it came time to talk about my medication, you know, first of all they asked if I wanted to change my medication at all; which was great. And then they gave me – ah, you know - information about lots of different SSRIs, um. I said, you know, maybe I'd like to try something I can SNRI maybe this time and then they gave me information on that, even if that wasn't their first choice, um. And then, you know, I was able to dictate entirely which ones I was most comfortable with taking.

And um with, you know, a lot of decisions around, ah, discharge planning, outpatient planning, they gave me a lot of freedom to basically decide what my treatment looked like.

And it was really great whenever I'd talk to them they were, um, you know very willing to just check in and be like as long as I maintain that communication ,ah, they were willing to let me continue to choose how my treatment progressed and that was a really good experience for me and really contributed to why it was like my last ever admission there.

How did the less restrictive way help you in your recovery?

Having a team work in a less restrictive way with me it was really wonderful for asserting my independence and management of my own treatment. But I mean particularly when you're transitioning from child to adult services it's really difficult when you're having to learn to navigate, um you know, an entirely, you know, new state of managing your own wellness and you know being responsible for your own wellness and that's a really tricky transition to manage. And so it was really great that my treating team could recognize that I was in, you know, that stage of transitioning to a more of an independent kind of lifestyle and they were really able to give me a lot of confidence in my ability to manage my treatment and communicate with people when I was feeling, you know, not-so-great or when I was particularly unwell.

And so I think it was really important for my overall wellness, you know, later down the track, and just recovery in general for a team to give me confidence that I could be well, and tell people if I was not feeling great, and managed independently, um you know, maintaining that wellness that was a really empowering, uh empowering part of my journey.

