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Consumer, actor (13 lines or less)



Seclusion  
shock...

and how  
I

overcame  
it.

# Seclusion shock and how I overcame it



# Seclusion shock and how I overcame it



# Seclusion shock and how I overcame it



# Seclusion shock and how I overcame it



# Positive strategies...utilise...

**trauma  
informed  
model of  
care**

**current  
staff who  
identify as  
consumers**



**open  
honest  
dialogue,  
level with  
us**

**Medication  
for carers  
to help  
them calm  
down  
during our  
episodes**

**consumer  
peer  
workforce**






**consumer  
delivered  
training**



**'Consumers  
need to  
know staff  
are also  
deeply  
affected by  
our trauma.'**

# Consumer research...what we want researched

<b>Evidence on effective therapies</b>  <b>93.7%</b>	<b>Published literature</b>  <b>2.04%</b>		<b>Long term effects of medication</b>  <b>95.4%</b>	<b>Published literature</b>  <b>1.83%</b>
<b>Matching the individual and treatment</b>  <b>95.4%</b>		<b>Published literature</b>  <b>0.06%</b>		Banfield, <i>Centre for Mental Health Research</i> ANU

# Consumer research units...

**Mental  
Health  
Experience  
Co-Design**

**MH - ECO**

**Service  
redesign  
Paradigm**



**Consumers,  
carers and  
service staff  
collaborate  
-quality  
improvement**

**Consumer  
evidenced  
based  
programs  
can be  
delivered**



**Saves  
money**



**It  
works**

# Housing and accommodation...invert...

**Treatment plans**

**discharge summaries and reports...**

**...and list;**

**Housing  
Accommodation  
Income  
Benefits  
Employment  
Community  
supports ...**



**explore every opportunity to find affordable stable accommodation**



**... medication can sit below the list**



## SMS clients with...

**Just a quick message to let you know that...**

**...current medication dosage will be reviewed at your next appointment on...**



**Keep up the good work, have a great day...**

**Regards from your treating team.**

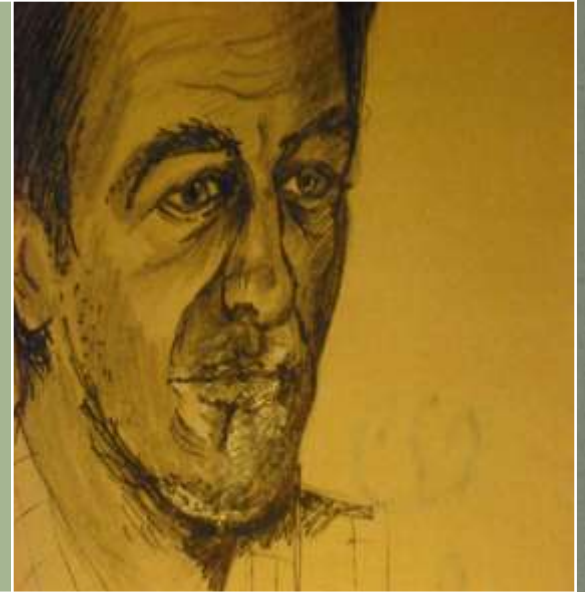


**ps ...Consumer workers and the service want you to know that recovery happens.**

## With existing resources...

**Flatten organisational structures to respond to consumer needs...**

**trust we'll be ok and focus on our strengths...let us help you with risk assessments  
...question events years ago...base risk on what's happening now...**



**...any savings, invest in consumer participation, consumer workforce...**



**..focus on outcomes... throughput will increase, consumers can help to make way for others...**

**Please...**

Be compassionate;

*That is, love life and all living things.*

Be spiritual;

*That is lose your sense of ego and be present with a person experiencing an episodic illness.*

“There is enough harm and trauma that we’re trying to recover from, please don’t add to the pain....”



**The most  
important  
reason... I'm  
a son &  
'I'm a dad'**

