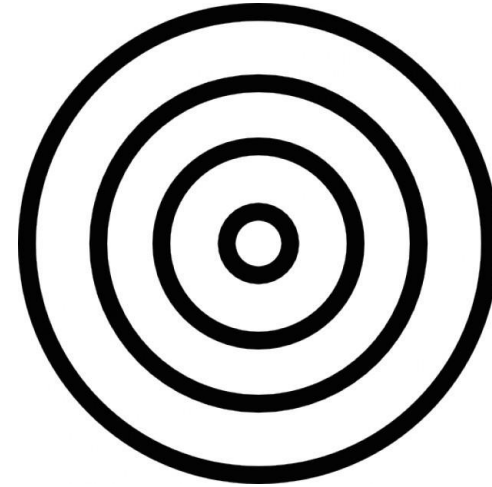


Lived Experience of Psychiatric Inpatient and Admission Avoidance

By ZeZe Sohawon

Quick Starting Exercise

- Write down circles like this but only 3:



- In the inner circle, write down your anchors
- In the next biggest circle, write down your supporters
- Next write down acquaintances

PEOPLE WITH TRAUMA OFTEN
HAVE NO ANCHORS, ONLY PAID
ACQUAINTANCES

That was me

- My parents subjected me to cultural trauma (by no fault of their own) by doing an exorcism on me when I started self-harming due to autism. I then followed on by having a trauma response to this which developed into complex emotional needs/personality disorder. I would be restrained for hours in long stay secure units, was IM'd twice a day and was in anti-ligature clothes. I became a revolving door inpatient, coming back to hospital to get a care response.
- IM'd twice a day
- Anti lig clothing for days, into weeks
- PICU and LSU
- 4 years
- Psychotic, talking to ants and not sleeping for a week
- **I would project my pain onto other people**

Now



- LXP for MH services
- Tedx talk
- Uni student hoping to go on to do psychiatry
- 4 awards
- Got a film out about me
- Published author, with 3 more books on the way!
- CEO of a youth mental health and autism charity- Emotion Dysregulation in Autism



What needs to improve? CYPMH services

- Need to have 0-25 yr service. I would have ended back in inpatient and would probably still been there if it wasn't for this community model
- We need a consistent approach to persistent distress
- Early intervention in schools
- CAMHS to lower their referral criteria, this is reactive to crisis as opposed to proactive in reducing crisis
- Peer support is the future
- Liaising with mental health research eg Wellcome Trust

What needs to improve? CYPMH services Inpatient

- #Lolly's Law. Mandate for anti ligature doors, mandate for training in emotion dysregulation in autism, mandate for peer support worker for each YP who is autistic in inpatient (My charity- Emotion Dysregulation in Autism)
- Provider Collab model is not sustainable and is not reflective of true co-production or lived experience working
- CETRs to be taken seriously
- Trauma informed care
- Reduce restrictive practice and systemic trauma
- Why are We Stuck in Hospital? Resource for long stays in inpatient

What does it mean to be trauma-informed?

- Trauma informed care just means harnessing compassion in a way that is mindful of an individuals past experiences
- Seeing the person through a compassionate lens

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