

# WHAT IS “TREATMENT”?



Orygen Youth Health (OYH) provides a range of treatments for young people to support their recovery. Each young person's treatment will be planned with them, taking into consideration the problems that they're experiencing, and the hopes that they have for their recovery.

Treatment focuses on three areas:

- **symptomatic recovery** is when symptoms reduce or stop
- **psychological recovery** is when people feel good about who they are, hopeful about their future, know what things they find meaningful and enjoyable, and are able to manage the stress that they face
- **functional recovery** is when people can do the things that are important to them and meaningful to them, such as: study, training, work, having hobbies or interests, making and keeping friends and getting along with others.

Because these are the different parts of recovery, but all interconnected, there are different treatments that focus on certain areas.

## WORKING OUT WHAT TREATMENT YOU WANT: YOUR WELLNESS AND RECOVERY PLAN

Your Case Manager will talk with you about different kinds of treatment when you talk about your recovery goals. You will have the opportunity to make a treatment plan together – called a Wellness and Recovery Plan. The Plan helps you and your Case Manager talk about what's important for you in your recovery.

You might have different kinds of treatment at different times. All treatment is reviewed along the way, to make sure it is working for you the way that you want it to.

## BIOLOGICAL AND MEDICAL TREATMENTS

These treatments include support with sleep, appetite and exercise, and medication.

Depending on the difficulties that you're experiencing, you may be asked to have blood tests, urine tests, a physical examination or a head CT or MRI brain scan. This will help to make sure we provide the right medical treatment to you. Medical treatment might also include getting support from other health professionals to treat any medical problems that you might have.

You can find out more about medical treatments by asking your Case Manager or Doctor. It often helps to have written information too and you can request fact sheets about specific medications, healthy eating, exercise, or sleep or go to our website at [www.oyh.org.au](http://www.oyh.org.au).



## PSYCHOLOGICAL TREATMENTS

You might've heard these treatments referred to as "counseling" or "therapy". Psychological treatment involves talking about what's going on, developing an understanding of the kinds of problems that you're experiencing and why they might be happening, and talking about what skills you might want or need in the future. Getting information or education about mental illness is one kind of psychological treatment.

Psychological treatments can happen 1:1 with a Case Manager, or can be with family or in groups.

## PSYCHOSOCIAL TREATMENTS

OYH offers a range of psychosocial treatments. Psychosocial treatments are those that relate to both your sense of wellbeing and your relationships.

Case Managers provide some psychosocial treatments. These include:

- helping you to keep up with things that are important to you (eg: work, study, friendships)
- supporting you to connect with other services you might want support from (eg: housing, Centrelink, Legal Aid, jobseeker supports)

Family work is another kind of psychosocial treatment that you can find out more about on the **Family Fact Sheet**.

You might want to access psychosocial treatments which are provided by people other than your Case Manager. At OYH, these include:

- group programs (which can help people to find new interests, keep up old interests, learn new skills, meet new people)
- vocational support and
- educational support.

## REVIEWING YOUR TREATMENT

Every six months, you will have the opportunity to review your Wellness and Support Plan with your Treating Team. Each individual treatment (for example, a medication you're taking or a group you're involved in) can be reviewed whenever you see your Case Manager, Doctor or other person providing treatment.

Every three months, you will be provided with Outcome Measures to complete. These are forms that you fill out that help us to understand how things are going for you. You don't have to complete the Outcome Measures, but it can help us to understand what things are improving and what things we still need to work on. For more info on outcome measures you can ask your Case Manager.



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