

## Jonathan

Parley partnered with Jonathan when he was in hospital after a prolonged episode of psychosis. Transition plans for a 24/7 staffed group home were underway, after a failed attempt in a supported independent living suite. Jonathan had behaviours including amotivation (aggravated by substance over-use) and general non-compliance with the IADLs (Independent Activities of Daily Living) required to successfully live on his own. Toileting skills never effectively developed or maintained and when he was stressed he engaged in rectal digging. He was moved from a home share suite due to increasing non-compliance and aggression.

Jonathan had a very difficult start in life, and was diagnosed with ADHD, and primary encopresis at an early age. Despite his very capable intelligence, he received supports for poor adaptive behaviour from an early age, and had several placements away from his family home. As he got older, non-compliant and avoidant behaviours increased and he was often shunned or bullied by peers. The most recent psychological assessments identified paranoid type schizophrenia and Autism Spectrum Disorder. Jonathan experienced daily challenges with self-care, such as hygiene tasks, developing and maintaining positive relationships and planning vocational goals. Substance use was becoming a concern as he was overusing to participate in social interactions.

Through Parley's support for his care team in the community, Jonathan began practicing a regular bowel routine and elimination protocol that successfully retrained his body to increase biofeedback and self-monitoring. Jonathan learned self-soothing and self-regulatory behaviours, showing an overall increase in compliance, and a significant decrease in avoidant behaviours to almost zero. Data showed a corresponding reduction in anxiety with zero physical or verbal aggression incidents. Psychotropic medications were decreased by more than half. Jonathan demonstrated increased insight, positive social behaviour, and accepting alternate meta-cognitive behaviours, including stopping paranoid ideations. Regular healthy routines were established that stabilized his living environment, life skills and community interactions. Jonathan re-established family relationships.

When Parley's work was finished, Jonathan was free of psychotic symptoms for more than 2 years. He was enrolled in college and working toward vocational success. He was participating in regular exercise including community marathons. We were thrilled to be invited to a barbeque party Jonathan hosted at his home. He was looking good, feeling good, and enjoying an active social and dating life.