

2019 Submission - Royal Commission into Victoria's Mental Health System

Organisation Name

N/A

Name

Mrs Lynette Kinghorn

What are your suggestions to improve the Victorian community's understanding of mental illness and reduce stigma and discrimination?

"To expose the history of abuse of single mothers 1958-1975 who suffered the abduction of their newborn to supply infertile couples a family. Mothers were stigmatised by label of abandoning their babies when they were illegally and forcibly separated. Then told not to tell anyone to prevent guilty verdict of abandonment. It was injurious mentally to live this lie, which also protected those that perpetrated the crime against us. I lived with the fear of death when raising my subsequent children that I could leave them without my care, as I had been removed from my 1st child. She was taken against my will without my consent 8 days before. I was told if I did not sign that document she would grow up in an orphanage. I signed the document to keep her out of an orphanage. I have lived with the loss of trust that my children could ever be safe with anyone but me. And constant stress that I could ever be able to close the void of the loss of raising my daughter has caused. I forever feel I can ever be enough."

What is already working well and what can be done better to prevent mental illness and to support people to get early treatment and support?

Nothing will work for me until the truth of this history is exposed. Truth is the best treatment for 1000s who suffered this abuse.

What is already working well and what can be done better to prevent suicide?

"Many mothers never had their suicide prevented. The older we get and the longer we fight for justice the worse it gets. Please just acknowledge the havoc caused for a lifetime. It makes it worse when we see acknowledgement for later and lesser injuries, our history still unknown and fading into oblivion. Truth and acknowledgement is mental health for me. Ignorance of these crimes and the lack of action after the Senate report Victorian and Federal apologies leaves me sleepless and in turmoil. Especially if I am canvassing for action and have to retell and retell the crime committed I have to hold my head as it just makes me feel exhausted and unstable physically."

What makes it hard for people to experience good mental health and what can be done to improve this? This may include how people find, access and experience mental health treatment and support and how services link with each other.

We need to have reaction to our experience years and years of begging doesn't help.

What are the drivers behind some communities in Victoria experiencing poorer mental health outcomes and what needs to be done to address this?

"Well the communities of mothers whose babies were abducted to be handed over to infertile couples, can only improve if crimes are addressed and mothers have access to the children they lost who are fully informed of the crimes committed on them and their mothers. Mothers are further

injured when their children believe the lies that they abandoned them. Mothers need their story as available and understood as the indigenous history."

What are the needs of family members and carers and what can be done better to support them?

My husband is tired this battle has consumed both of our lives. This to me further perpetrates the crime. Please widely publish and expose the truth.

What can be done to attract, retain and better support the mental health workforce, including peer support workers?

I don't know. Give them more holidays. I would go under having to deal with people's pain

What are the opportunities in the Victorian community for people living with mental illness to improve their social and economic participation, and what needs to be done to realise these opportunities?

Recognise mental injury is like physical injury. People need support and treatment for many varied reasons.

Thinking about what Victorias mental health system should ideally look like, tell us what areas and reform ideas you would like the Royal Commission to prioritise for change?

"I don't know I continue to have counselling I have had to fight to get this, after my injury imposed on me by the Victorian Government. I believe if perpetrators take responsibility and do their best to reconcile past unreasonable crimes more people would be healthy. Adopted people are higher%in mental health and prison population?? Make it priority to keep families together."

What can be done now to prepare for changes to Victorias mental health system and support improvements to last?

Always be honest and open. Don't make impossible promises. That causes more mental anguish.

Is there anything else you would like to share with the Royal Commission?

You are in position of trust just do your best.