

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

SUB. 0002.0002.0023

Name

Anonymous

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

"Thank you for providing this opportunity for Victorians to raise their concerns about mental health. In my formal submission, I present various models of human development based on over 100 years of ongoing research in developmental psychology in particular and integral/integrative studies in general. Here I present a less complex model with five stages in human development: egocentric me, egocentric me + ethnocentric us, egocentric me + ethnocentric us + sociocentric experts/achievers, egocentric me + ethnocentric us + sociocentric experts/achievers + worldcentric all of us, egocentric me + ethnocentric us + sociocentric experts/achievers + worldcentric all of us + kosmocentric one in all, all in one. I find that models of human development like the one given here tend to be missing from many conversations on mental health. Nevertheless, given growth appropriate challenges and supports, young children become older children, who become adolescents, who become adults, who become mature adults. Each stage of growth has its particular capabilities, and each capability can be to some degree functioning well and dysfunctional. Research indicates that few adults are kosmocentric in their capabilities. Many are still struggling with various issues with their capabilities within their egocentric me, ethnocentric us, sociocentric experts/achievers, and worldcentric all of us stages in their personal, interpersonal, and eco-social dimensions of development. In the field of integral/integrative studies (see for example recent issues of the online journal Integral Review), people are encouraged to wake up, grow up, clean up, show up, link up, and lift up to become fully alive human beings. But much of this understanding of human development is not available in the Victorian community's understanding of mental illness. "

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?

"In the model of human development given above, there are five stages in human development: egocentric me, egocentric me + ethnocentric us, egocentric me + ethnocentric us + sociocentric experts/achievers, egocentric me + ethnocentric us + sociocentric experts/achievers + worldcentric all of us, egocentric me + ethnocentric us + sociocentric experts/achievers + worldcentric all of us + kosmocentric one in all, all in one. A mental health provider tends to inhabit in various ways some of these stages in human development. A person with mental health issues also tends to inhabit in various ways some of these stages in human development. Often, tensions exist between a person with mental health issues and a mental health provider because congruence is missing in conversations across both parties. Say a person has ethnocentric issues. He or she goes to a mental health provider with worldcentric values and operations. Often they find that they tend to speak at cross-purposes. Sometimes a mental health provider with worldcentric values and operations dismisses the person with ethnocentric issues, condemning her or him as a racist, sexist, or with another marginalising term, which does not help the person with ethnocentric issues to process their ethnocentric concerns. In general, what tends to happen

is that birds of a feather flock together. Sociocentrics seek the insights of other sociocentrics; ethnocentrics other ethnocentrics; worldcentrics other worldcentrics. When congruence does occur across stages in human development someone tends to be inhabiting kosmocentric values. Otherwise each group is championing its own values at the expense of others. "

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

"Many approaches to individual suicide prevention are partial, sometimes adequate, sometimes inadequate. See comments on clashes of values in people above. What can one say in a few words about our global humanity's suicide prevention? The world's current economic model is an environmental ""global suicide pact"" that will result in disaster if it isn't reformed, Ban Ki-moon, the UN secretary general, warned today, Jan 28, 2011. Pope Francis: World close to suicide over climate change, Nov 30, 2015. An alliance of scientists issued in 1992 a Scientists Warning to Humanity, and in 2017 a Scientists Warning: 2nd Notice. Yet, as Greta Thunberg sees so clearly, nothing is being done within the current governance systems to prevent escalating global warming. The 2015 Paris Agreement, already negligent in what needs to be done to keep global warming below 1.5 degrees Celsius, was signed by nearly all countries in the world. Yet, at present, no country in the world is doing what is required to fulfil their own commitments. Which form of suicide works for you, individual or global? "

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.

"There is so much to be said here. In my submission [REDACTED], I focus on waking up the eye of heart and growing up the bodymind in personal, interpersonal and eco-social dimensions in relation to 30 currencies of thriveability. If I refer to other people's work, then perhaps this might help. I recommend Zachary Stein's Education in a Time Between Worlds. ""Our world is currently undergoing major transformations, from climate change and politics to agriculture and economics. The world we have known is disappearing and a new world is being born. The subjects taught in schools and universities today are becoming irrelevant at faster and faster rates. Not only are we facing complex challenges of unprecedented size and scope, were also facing a learning and capacity deficit that threatens the future of civilization. Education in a Time Between Worlds seeks to reframe this historical moment as an opportunity to create a global society of educational abundance. Educational systems must be transformed beyond recognition if humanity is to survive the planetary crises currently underway. Human development and learning must be understood as the Earth's most valuable resources, with human potential serving as the open frontier into which energy and hope can begin to flow. The expansive essays within this book cover a diverse array of topics, including social justice, the neuroscience of learning, deschooling, educational technology, standardized testing, the future of spirituality, basic income guarantees, and integral meta-theory. As an invitation to re-vision the future of schools, technology, and society, Education in a Time Between Worlds replaces apathy and despair with agency, transformation, and hope.""

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

N/A

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

them?

"The MetalImpact Framework includes addressing multiple capitals (up to ten: knowledge, psychological, spiritual, health, human, manufactured, financial, natural, cultural, and social) and having four types of impact (clear, high, deep, wide) in individuals, groups, and organisations . Each of these capitals becomes visible through the use of various first-person, various second-person, and various third-person metrics. Thus, the MetalImpact Framework makes available in many ways 30 currencies for individuals, groups, and organisations. Now let me ask: which of these capitals will receive more or less attention in an individual, family, group, organisation, or in this Royal Commission? Which forms of impact, transforming hearts and minds, transforming behaviours, transforming relationships, transforming systems, will gain more or less attention? Which types of metrics, first-person subjective, second-person intersubjective, third-person objective, will be more or less used? Overall, given these many considerations, which who (the views of viewers), which how (methods of viewing), which what (areas and outcomes viewed) will be foregrounded and prioritised, or backgrounded and marginalised in an individual, family, group, organisation, or in this Royal Commission's work? "

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

"The MetalImpact Framework has been used in recent years at Country Health in South Australia. There are available two youtube videos describing how working conditions have been improved for healthcare workers at Country Health in South Australia through an application of the MetalImpact Framework. MetalImpact Case Study - South Australia Health Care Reform, MetalIntegral YouTube - Feb 9, 2019 MetalImpact Interview with Tanya Lehmann / HealthCare, MetalIntegral YouTube - Feb 24, 2018. "

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?

"The MetalImpact Framework has been used in recent years at Country Health in South Australia. There are available two youtube videos describing how health services in various domains have been improved at Country Health in South Australia through an application of the MetalImpact Framework. MetalImpact Case Study - South Australia Health Care Reform, MetalIntegral YouTube - Feb 9, 2019 MetalImpact Interview with Tanya Lehmann / HealthCare, MetalIntegral YouTube - Feb 24, 2018. Seems to me the MetalImpact Framework opens opportunities that are not available in other frameworks. Nevertheless, any single framework both opens and closes opportunities. Other frameworks prioritise their own opportunities. But all frameworks, including the MetalImpact Framework, are partial and limited. Life is always full of conversations with others that are full of surprises!"

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 refer you here to my submission [REDACTED] in which I attempt to describe various habitats and horizons on Mount Thriveability. To prevent the extinction of the human species, sooner or later we must transform from our current self-destructive systems. Economics, for example, needs to move from focusing exclusively on financial capital to giving attention to the triple bottom line of prosperity, people and planet to an expanded multi-capital model that addresses more fully what is involved in integrative multi-dimensional thriveability. Likewise,

Victoria's mental health system needs to move from focusing on people as objective units in the great interlocking order to giving more attention to making coherent their personal and interpersonal narratives and concerns to co-ordinating in individuals, groups and organisations an integrative multidimensional understanding of human development that embraces subjective, intersubjective and objective considerations at each stage of a person's life from young child to older child to adolescent to adult to mature adult. "

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

"Research in human development indicates that people with kosmocentric capabilities do a better job than most in many areas of life. I have in mind Robert Kegan, Lisa Lahey, Jennifer Garvey Berger, Kurt Fischer et al. (Harvard Graduate School of Education), William Torbert, Hilary Bradbury et al. (Global Leadership Associates), Don Beck et al. (Spiral Dynamics), Theo Linda Dawson, Zachary Stein et al. (Lectica), Susanne Cook-Greuter and Beena Sharma (Vertical Development Academy), Terri OFallon and Kim Barta (STAGES International), and many others, who have put into practice an integrative multidimensional understanding of human development. Question: is this Royal Commission ready to see and hear people with kosmocentric sensibilities? Some final comments: I have had my struggles with bowel diseases and cancer for much of my adult life. I also have struggled to make sense of a world in which in 1972 the Club of Rome warned everyone about the limits to growth on a finite planet, yet virtually no one in Australia lives within their intergenerational natural limits. When life does not make much sense, depression grips one's life. So I ask: What does the State of Victoria stand for? Our actions reveal our values. Are they mainly about egocentric me? ethnocentric us? sociocentric experts/achievers? worldcentric all of us? or kosmocentric truth, goodness, and beauty? "

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

I want to thank all involved for the work you are doing to redress Victoria's mental health system. I expect it is both a privilege and a burden to conduct this investigation. I pray you enjoy plenty of grace as you encounter people who have suffered too much within a system that does well for some but occasioned harm for them in their lives. May the Kosmos bless you and your work!