

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

Organisation Name

N/A

Name

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

" the judgment of not working really embarrassed of us. It is really difficult to answer is what do you do for life. It's hard to build a friendship with other people. quite often, be honest ends up a series of curiosity, what happened, why this happened and why that happened, etc. and after people satisfied with their curiosity, they slammed the doors and stay away from us. It is getting more and the more fearful for us to meet other people. Some of us usually go out in the dark to avoid contacting people, or been seen by neighbours. but social with people who have mental health issues can be hard as well, because when people help mental health issues sometimes they can be quite abusive, or some of the beliefs can have a negative impact on themselves or other people it can be triggering or make some sensitive ones more upset after socialising with similar people. It can go into a negative cycle. "

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?

"Hear the clients, appreciate the strategies clients use to support themselves. some strategies might look stupid/unfunctioning in ordinary people's eye, but works for individual. see the merits that clients might not even see in themselves, and tell them. on an equal level with clients, people with mental health issue can have some interesting/mind-opening coping strategies as well. not enforce the standard "text book" frame on clients. "

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

" For some people, the most dangerous time for suicide is actually when feel slightly better, at this stage one starts to get out more and become hyper-vigilant. at this stage because one looks better, support worker can encourage/ push harder, and this starts to lead to conflicts with them. And they are not as caring as they were before. They started to have more expectation and this makes one feel quite distressed. and it's very easy to trigger at this stage. some people try to stay away from triggers, instead of trying to come out of comfort zone to push oneself. They are usually named "cowered", and people are labeled as "not willing to challenge oneself", "not motivated" "not willing to try", some times seen as "lazy". but staying away from triggers helps them to be safe. "

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.

"1. sometimes clients been told when people have mental health issue they don't know what is working for them Or people have mental health issue don't make the best decision for themselves this actually makes some clients feel quite insulting and putting down. If all the feelings are invalid, what is valid? Sometimes in the support workers eyes that clients do more weight more

than how they feel. For example even if one feels worse by going out/social more but as long as he is going out/socialize more they think he is making progress but ignoring the part that he feels worse. 2. Sometimes people/supervisors are in the mental health field for longer time, they lost the ability to hear clients, and create a stereotype understanding of clients 3. once comes to culture issue, same back ground people will support the culture, and western background psychologist or counsellors usually step back by saying that I respect your culture, and dont want to talk anything about it. or is your asking is it a culture issue? I'm not comfortable to talk about that. Either way people don't get much help. 4. the organizations goal for example employment, independence actually sometimes can do harm to the recovery of people's mental health. Because the organization goals can conflicts with clients individual goals. for examples if an organization has a goal of assessing the employment rate or pushing /encouraging people to go out more to the community. clients can be pushed for this, and the clients own pace will not be respected. and some clients might have their own reasons not move towards these directions at the time with the support services. but the board of the organization won't be happy about the outcome. the board or management want to implement what they think are good for the clients. although some organizations encourages the balancing between organization goals and clients' own needs, in reality, the organization goals always have a higher priority than the clients' own needs. Most of the time case managers or support workers will simply prioritize organizations goals first. even though sometimes support worker hear clients own needs, but they usually change their minds after talking to their colleagues. 5. some of us used be able to fill in a small amount of forms themselves if they feel well enough. but since they did a little bit, some support worker just assume clients have the ability. if clients ask supper worker to physically fill in the form, and clients do the oral part in a change when they are not feeling well, or to make things easier. This is usually seen as playing games, because once the clients did something, they are just seen have the ability. if he refused to do more, or ask for help later on, support worker just assume this means clients are playing games. But some of them have concentration problems, it can be difficult for them to keep going. If clients only did a little bit each time, it can takes up several months to finish the form. it becomes a huge thing and it can be overwhelming for client for several months. some mental health started decline. And some can feel worse ,and start to have more trouble filling in forms. "

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

"1. For some ethnic groups or communities, like in china, Saying someone has a mental health issue actually is a way of insulting. calling someone psychosis or schizophrenia is one of the strongest insult in their laugange. just like us calling someone cunt in Australian. Calling someone schizophrenia or psychosis is a far more strong way than calling someone motherfucker It is one of the strongest insulting or name-calling in Chinese culture. It is a way to put people down. because in some culture, once people have a mental health issue, whatever they say are invalid, because they are mentally sick. admitting one or a family member has a mental health issue is actually a way of self humiliating. People usually cover up with that themselves, if one or their family members has. Parents can be denying their children has mental health issues as this indicated that they are not a good parents and that's why their children has a problem. Moreover if their family member has a mental health issue, it is insulting in their culture. secrets can accidentally be found out by others. and this can be losing face to some parents. as this might indicate parents are failure as well. Seeking help at early stage from a psychologist or a psychologist, basically admit that their children has mental health issue. for some parents their face worth more than their children's well being. they can even prevent offspring from getting

professional help you in order to prove their children don't have mental health problem. Or they might just secretly getting some herbs for their child, since they believe it is not a big thing, just need some time to adjust. Or it can go way itself. For young ones, psychiatrist can be scary in some countries. IN some countries, like china, once admitting one has mental health issue, his/her automatically lost autonomy. everything that person said will be disbelieved. even that person claiming suffering, not willing to be hospitalise, etc. and any consequences from the treatment by a psychiatrist will be disclaimed. Like in china, children's obedience is more important than their well being. Children are like belongings to parents, without human rights. some parents send their disobedient for electro shock treatment, without anithetics.'the pins delivered a series of skull-rattling charges into his body.' it is only example how extremely things can go. there are hundreds of similar institute in china. each year, tens of thousands of children got send to these places. children doesn't really mean under 18, it means contract to the position of parents. some are above 20. Reasons can be parents doesn't like her boyfriend - it is disobedient.

[REDACTED] is just an example. He is well known in China and his behaviour scares quiet a generation. Although under some documents he is forbidden to practice his laboratory, but in reality it is still in practice.

[REDACTED] The Confucius culture, or chinese culture sometimes can make it difficult for people who come from such background to enjoy good mental health. because according to the Confucius culture, who is right or wrong is according to what position that person is in, not what he or she does or says. this because there are 5 levels of hierarchies. People at the higher hierarchy have more control over the lower hierarchy. Like parents over childeren, teachers over students, bosses over employees. etc. This might be loosens in modern society but it is still quite strong.this can give power for the higher hierarchy to be abusive and being justified. Because Asian families are like a Amy because it Asian family is family are the most important entity lots of social support items with in the family the connection have you with the relatives are more frequent are you are slightly stronger than you western culture. The interactions with with the relatives you should be 5 to 10 or even more can create a pressure for the children to be more obedient to tour the parents needs. parents have a higher hierarchy than their children so what parents said I right on the water pets are children said I wrong have a higher hierarchy than their children so what parents said I write on the word pets are children said I wrong and this relationship parents and children relationship remains forever even though the child has grew up to the 3040s but they are still required to be obedient and the rivers towards their parents. If their parents or abusive either when they were younger or when they get older the gym the general community want to believe what did the children saying the abuse behaviour but would rather believe what did the parents criticise. 2. Filial peity is used to control young people, we are like Sacrificial supplies. Chinese government is reluctant to pay a social support for the elderly in the last 20 to 30 years, instead they boost Filial piety under Confucius culture. https://en.wikipedia.org/wiki/The_Twenty-four_Filial_Exemplars This is done through early school education. younger people feel more and more emotional and financial burden from their elder than the generation before. Younger ones feel obligated to satisfy their parents need like a choose a partner that their parents are happy with, find a job that make their parents satisfied, buy gifts, and pay trips for their parents. The Confucius culture and the filial piety you make some parents feel like they are grand exploit its offsprings. and some born in 1980s feel that parents treat us like a superannuation nurses social workers banks caretakers even though they are only 50 60Cs. but they are already starting to to wait for their return. our existence is only for the satisfaction of the needs of their lives. we are treated like a tool to satisfy their lives. We never be able have the

chance to live the lives according to our will. when we were young, this include the TVs we want to watch, the games we want to play the friends we want to make. when we became older, it became the jobs that we want to choose, a partner we want to marry, which country we want to live. IN everything, every aspect of life, parents want to control for the for the security and needs of themselves. Our academic achievement, jobs, partners just make them look better. They don't really seem care the emotional wellbeing of their children. Also under the filial piety of Confucius culture, we can never be able pay back our parents. Any merits parents does when we were young, like feed us milk, help to urinate, etc, can't be pay back and they are priceless because if they didn't do this we will die, we own them our entire life. 3. The surviving fear created by the Communist the party. People were constantly fearful of their surviving, and feel that have to excessively possess material or monetary stuff to feel safe. in the 1990s there was a laid off worker wave for heavy industry. in some provinces a third of the labour market is laid off in without any warning/signs. a year or two, a middle range income family suddenly became no more stable jobs, and no more stable meals. people were told that this is all because they didn't updated their skills in time, they suffer it because they didn't to catch up with the society. Children grew up in this area were educated in the school that always have be on top of others, otherwise will be replaced. we were told that not only have to specialise in something, we have to be good at everything . Otherwise will be replaced. These memories can be so traumatising for some one grow up in that time. Even if their family get back on their feet later on. This fear of being replace from jobs to family. If male don't make enough money or if a female doesn't look young any more, they can't just be simply replaced - dumped. Having a mistress is not a something rare in China. This feeling insecure, really worsen anxiety and leading the whole culture to believe competiton, and people at the bottom get laughed at. How to address: once comes to culture issue, same back ground people will support the culture, and western background psychologist or counsellors usually step back by saying that I respect your culture, and dont want to talk anything about it. or is your asking is it a culture issue? I'm not comfortable to talk about that. Either way people don't get much help. culture became a taboo "

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

" social with people who have mental health issues can be hard, because when people help mental health issues sometimes they can be quite abusive, or some of the beliefs can have a negative impact on themselves or other people it can be triggering or make some sensitive ones more upset after socialising with similar people. It can goes into a negative cycle. "

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

"Changing case manager/support worker for the clients when there are signs of conflicts. Make changes before things go bad. a case manager/support worker may not suitable for every client. It can be ,emotionally draining for case manager/support worker, to work with a wrong match.This reduce work satisfaction and increase frustration. it is also no good for the mental health recovery of clients. change case manager/support worker for clients can be good for both clients and case manager/support worker. No one should be accuse for not being able to work together. sometimes change a case manager/support worker simply just works for both parties. Not every issue can be resolved. it is good to resolve issues, but the longer it takes to resolve conflicts with case manager/support worker, the worse the out come will be. If some support workers are very good person, have a good heart, dedicated to help, they should be help till to stay in the workforce, not

accused for not being to work with all type of person. It won't be easy for client to change support worker, but it will be much easier to start with someone more suitable than stay with someone not suitable. Management should assist support workers not blame them When things didn't work well. when there is conflicts between support worker and client, management/ supervisor should assist support worker to better understand client's needs, and better support both client and support workers. management/ supervisor should not blame the support worker as not be able to handle or manage the client. The blaming culture can be bad in some organisation"

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?

N/A

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?

"we want to have control of our life. we need help, not being pushed around. we want to be assist, not having a boss in our life when enganing with mental health services. being heard. We dont want to be invalid just because we have mental health issue. Our sayings may sound silly, but it make sense for us. We want to be heard. People with mental health issue might be make the best decison all the time, but we dont need other people to make decison for us, or tell how bad our decisons are. we dont need to make a best decision, we only need to make a suitalbe one at that time. WE WANT TO BE ASSISTED, NOT MANAGED! WE NEED ASSISTANCE, NOT A BOSS! we dont want to feel as a subordinate of support worker. This is our life, it is only a small part of support worker's job. we want to be the owner of our life. we want to be on a equal level to talk to supporworker/case manager, we dont want to feel on a lower class, and they are superior than us, just because they are in a helping role,or mentally well. "

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

"1. information to the public and support workforce what the current problems are, so people are aware what currently doing is not quite good. So people have time to ajdust mind, prepare psychologically. 2. clients feedbacks/complaints to support workforce. - need to make sure people can hear it, not reinforce the believe that how stupid/lazy/morally bad clients are. "

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

1. we don't feel that we've been given the information we need from the support workers to make a better decision . the current mental health system are more targeting spectaculars than to help people in need.