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

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

"Mental illness starts from grass root levels- such as school health promotion, more media coverage on mental illness and link to disability as to how it impacts people with methods illness daily activities.   More health promotion and awareness around mental illness. People with mental illnesses are more likely to be discriminated in terms of getting a job, accessing to housing.   More professional development for staff working in mental health for them to be more relevant. I see a lot of discrimination on clients diagnosed with personality disorder or people with drug issues."

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?

Under the mental health Act 2014 it has empowered and provided more right for patients. But there is very least support for carers. Careers burden is high and there are not many supports around for the carers respite. People with dual diagnosis is another vulnerable cohort clients that are marginalised. Drug and Alcohol is approached as more of voluntary action created by clients but they are very few are willing to volunteer for Drug and Alcohol program. We need more assertive management for clients with mental illness and drug issues. There are not many!

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

N/A

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.

Public health mental health is very stretched out. Client have access to public health system in the community or as in patients. But the workforce struggled to keep up with demands. It's compassion fatigue that we deal with that can generate more errors. A mental health worker case manage roughly between 35-40 cases and that unrealistic. There is not much support for workers in this area. High burnout rate results into fragmented care and support for clients where we lack to provide client centred approach. The working area is reactive from Ed to inpatient to the community. We need to change the systemic practice in mental health area hence that would be reflective in client centred approach and recovery treatment model.

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

Drug and alcohol. Homelessness Trauma Lower socioeconomic background

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

A platform for family and carers to learn and understand about mental illness. A forum for psycho education for family and carer. Respite for family and careers when they require one as there is high carers burnout.

What can be done to attract, retain and better support the mental health workforce, including peer support workers?
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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?
More accessible to workforce. -therapeutic courses - compulsory access to drug and alcohol

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?
Lately there is prevalent in mental issues in the context of drug use. More education around drug and alcohol Accessible to housing More funding in order to have more staff at in the work force this generates better care for clients and less pressure on professionals

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

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