

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

Organisation Name

N/A

Name

Mr Michael Phillips

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

encouraging the evolving of institutions along the lines of Frederic Laloux' Reinventing organisations'

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?

Develop active listening skills

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

Recognise that people contemplating killing themselves buy into the nutty (see Albert Ellis for greater detail) idea that the world would be better off without them

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.

"Parents and teachers largely set up poor thinking, emoting and behaving habits. Similar to Buurtzorg, a new cadre of human whisperers* be developed to do in home demonstrations *people who don't shout: parents, teachers, health workers shout' ie are more interested in their own needs (see Alice Miller on the job of children: to get their, not others', needs met. It rests on the philosophical supposition that new people' are not dolts in need of suppression, but geniuses in need of flowering. If you like, children of god, hence god. Also, John Holt on How children fail"

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

"Not being actively listened to How to listen? Community building. By this I don't mean a street barbie. I refer to the Scott Peck model, The different drum'. Google FCE' (foundation for community encouragement)"

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

"Firstly, to recognise that they are the problem. See Karpman's (drama) triangle' for the transactional analysis persecutor victim rescuer' game. Typically families fail to recognise the systemic toxicity they allow, and identify the patient', usually the most illiterate member: ie, scapegoat creation So, what is required is knowledge. See Cesar Millan (the dog psychologist) for his energy method Secondly, to inculcate love, respect and approving, in the sense that Louise Hay uses it, in her affirmations (forget apps, let's do affs!). We are gifts from god"

What can be done to attract, retain and better support the mental health workforce,

including peer support workers?

"Sadly, when I was training workers, I found them locked in to hierarchy, level 4 (see Laloux on level 7, aka Integral This post postmodern stage of evolution (teal) is quite easy to grasp. Most people can at least glimpse it, being based on trust and wholeness (holiness). It presumes people are good: all preceding levels assume people are bad'. Integral is second tier', it's the only level that can see and appreciate the advances that level 1 to 6 provide, especially without the judgementalism of level 6 (green) My best guess is that all involved in this Commission come from a green (pluralist, postmodern, pluralist, multicultural) level"

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?

"To allow their genius to flourish Joseph Campbell urges follow your passion'. What excites us, what gets us up in the morning, what makes us say Yes!', what do we look forward to doing? Personally, I like spending time with my partner animals (Rishi 6, Goethe 4, Panen 3, Zanna 2), people and food Zanna' is the word the prophet, peace be upon him, gave to the pointless discussions on the nature of god (or, if you like, commissions): god is, let's move on"

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?

"a) community building b) educating to integral c) being menschs d) promoting affirmations e) mediating approaches (let's find a solution we can live with') f) as a person with an IQ greater than 98% of the population, it's hard for me to know what people want' (the last part of the trilogy?), so, I read the Herald Sun g) base health care on the Netherlands Buurtzorg model (google!) ie small (10-12) units that do everything"

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

"Get over our ocd about hard' solutions (building buildings, computers, robot cars) and get into the soft (kind): listening"

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

"vote to end all commissions (really, who apart from those getting lovely fat salaries and prestige, benefits? How bout people doing their job? Recognise that the days of (conventional, hierarchical) ceo's Is gone Hold a space, so the people can flourish To rework the archetype fable of the Fisher King (when the king is well, the land is fertile, the people thrive'), internalise the king, and, as you're all green, the queen. Better yet, as Marcus Borg, the famous academic theologian puts it, the realm of god"