

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

Organisation Name

Chinese Association of Victoria

Name

Public Relation Officer Adwin Town

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

"Chinese Association of Victoria has over 1,200 members situated in Wantirna Area and over 600 students plus their families. We have activities and community gatherings all over the year and with Primary and Secondary school in our vicinity. We have our Committee members? Teachers, Community Volunteer workers who works and liaison with the Public. We need to have the access to acquire knowledge of how to understand ""Mental Health "" issue and as front line workers to the Public, the Royal Commission need to understand us that using ""Mental Health First Aid Training Course"" can be greatly enhanced the knowledge to our volunteers, teachers and Committee members. Also to know all the support links of all Government bodies and different community groups when we sense that there are potential patients and need help from various support groups who specialize in dealing various areas such as : Drugs, alcoholism, gambling, family violence, child abuse etc etc. I am also the coordinator of Australia Christian Fellowship at 1070 Stud Road, Rowville with over 1250 Church members, I manage our Migration Ministry and also Praise Dance Groups. Ours Church Pastors? Connect Groups leaders, Youth Leaders, volunteers workers meet up with thousands of people and has the first hand face to face to them. the Mental Health First Aid Training Course should be also granted to nominees from the Church to understand how to tackle these problems when we understand the signs of Mental 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?

"Chinese theory is to tackle problems at the Course better than to suppress the symptoms. Ordinary persons has no knowledge of knowing who has signs of Mental Health issues unless we were train the fundamental knowledge of it. Mental Health First Aid Training Course seems to be a good initial understanding of how to understand the signs of it. Family is one vital support to all patients, once we know any family members has signs of mental related symptoms, we need to help their family to jointly support the patient. As Family bond, love and caring is vital remedy for any psychological illness. Pastors and Connect Group Leaders meet up with all members every week to understand their personal, family, financial, work, children etc problems and could be beneficial if educated with the knowledge of the Mental Health First Aid Training Course. Physiological problems best deals with Trust, faith, love and compassion and sometime works better than drugs alone.. "

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

"Suicide do not happened in a short period of time, there are signs and reasons before it happen. Mental Health First Aid Training Course can be help to Community volunteers to understand the symptoms and various reasons that may caused such a illusion ending with suicidal thinking."

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.

"Community leaders, Pastors, Connect group leaders and Youth Group leaders were not trained or taught on Mental health that is why it is important that the Royal Commission should extend the the teaching of Mental Health First Aid Training Course to these groups . Chinese medicine and Acupuncture treatment should also be consider to include these groups in the Mental Health issues to overcome this complex problems. "

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

Communities were not trained and has no knowledge about Mental Health issues. All the patients do not have signs or symptoms until they explode and normally it was too late for everyone. Therefore Community groups should have the option to obtain knowledge such as Mental Health First Aid Training Course to understand more when they see one.

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

Family members and carers need to know the knowledge such as Mental Health First Aid Training Course and also hand book with flow charts to indicate what and if and how and where to get other supports supplied by various government bodies and community groups at present.

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

"Extend the information, linkage to all Community Groups, Church entity, Chinese Medical Association etc. to get more knowledge to these groups"

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 promote Community activities to people with slight mental illness. Often friendship, care, lover together with Faith , kindness and support can minimize many anxiety to the patients. Gradually, bring them back to have trust and faith in life again."

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 need to emphasize a pathway to seek the Cause of Mental Health issues, these can be complex and difficult but not impossible. We need more help in the Community to do it and not just the Health Department alone."

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

"We can consider the method such as Chinese Medical suggestions, ways and remedy to understand more how the Chinese deals in Mental Health issue more on the Cause than just the symptoms."

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

"I will suggest to let the Church representatives to present a report on how to use Faith, Love and Hope to assist the Non medicine remedy. Also invite the Chinese Medicine Association and doctors to submit their ways of Chinese remedy which has history over 5,000 years and understand how their methods and remedies were used."