

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

Group Submission SUB.0002.0017.0010

Name

██████████ Adult Residential Rehabilitation Group (SIL)

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

"-Increase people's awareness by talking about it- not being afraid to talk about it when it happens - People fear what they can't understand = Education -Addressing mental health topic in schools - how people get mental ill health -Early education is key because educating people later in life is more difficult -Shame- they can't see it: it can't be proved -Made to feel like you can't talk about it feels like you're broken -Making it up for attention- educating others to know that it's not an attention seeking behaviour but a disorder -Applaud people who seek help rather than feeling ashamed Media and Hollywood's portrayal of people with mental ill health carry ideas that people are crazy/psychopathic/dangerous -Counteract with more honest portrayals of everyday people experiencing difficulties with mental health -More peer practitioners telling their stories -Hospital staff treatment of people with mental ill health, particularly with self-harm and substance use -Many staff don't respect you as much as people with physical disorders -compassion for others and not patients with mental health difficulties -Staff can be rough and rude -Need more training for hospital staff and other public services (police, paramedics, doctors, nurses) on how to treat people with mental illness- including an understanding of prior history, adverse experiences, what leads a person to self-harm, substance use, recognise people they are treating are human and quite fragile -To encourage people to seek help, the process of asking for help should be respectful and compassionate oDoctors- spending their time doing something that could have been prevented "

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?

"-Not being afraid to speak out -Education -What symptoms/early signs of mental illness are so people can recognise this and seek treatment -Encourage people to seek help "

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

"-Hospitals don't have enough beds for suicidal people- people have been turned away -More workers; experiences of only one mental health worker for the evening in ED with many mental ill health cases -People might not go to hospital because they would risk involuntary treatment -Advertising campaigns, educating people on where and how to access help "

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.

"-██████████, origin good: follow up, -In patient treatments terrible -frequency of visits, wait times for supports in in patient are too long -Wait times for psychs are too long not enough psychs on staff -More subsidised visits for psych visits like doctor bulk billing -Hefty gap is a big deterrent to going to seek help -Too many stresses in everyday life - cost of living and financial

stresses -Societal expectations -Better govt funding for mental health services -Investment in prevention -Specialist services for drug related issues -In patient (public hospital)- more inviting spaces, food, disrespect, should be able to smoke (loss of freedom to smoke), make it as pleasant as is possible, toilets for seclusion rooms -Psych ward more staff on public holidays- more peer workers- less clinical interactions and more personal interactions whether with nurses, doctors or peer workers "

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?

"-Respite -Volunteer run organisations for carer respite services -social connection -more social groups -reminded that what they're doing is worth it and they're still a part of the wider community -More funding for carers allowance -Recognised on same level as physical disabilities"

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

"-Additional crisis leave for people working in mental health similar to police, ambos, etc. -More leave for workers and nurses -Trauma hotline for workers- EAP -More full time roles, higher pay rates for staff working in mental health "

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?

N/A

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