

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?

"often the general public consider people living in community housing as a drug abuser or alcoholic while this is not the case for quite a lot of people. there is quite a good percentage of people who are clean. (some of us find neighbours see us just as criminals, when they saw us they just slam the door, hide away. once in a while, when a new neighbour moves in, they can be quite curious about our stories, and treat us as a something to feed their curiosity but after they get enough for their entertainment. they usually turn back, especially hearing that some of us have mental health 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?

" not to push yourself forward and also not hold yourself back really helps. encouraging actually doesn't really help overall, because if we are not ready and do things, the encouragement of support worker can have a very negative outcome. If we feel being pressured. And also for some aspects of it may not be a good idea to push it forward at that time when the clients are with the support. "

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

"avoid triggers. Getting to know one's trigger, and try to avoid it. quite often, it is not a good idea of "" challenge"" one's triggers. Although the challenging culture is quite dominant. The ""get out the comfort zone"" should be better evaluated before used to ""encourage"" people. sometimes, it can push people off the edge, and further deteriorate mental health. It might be trick to tell the difference between ""trigger"" and ""just not the comfort zone"", but clients usually know themselves better than support worker. Best to respect clients' psychological space. "

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. for some of us, the pressure of living deteriorates mental health. The expectation from society, expectations to work, not living in community housing actually add stress, and making social harder, and make it harder for people to openly/honestly discuss what is going on, and to get out of there. even with psychologist, there are often still judgement. 2. some feel losing control of life when working with mental health workers or psychologist after a few months. at this time they starting to get more the more information of them, and some started to feel that mental health workers or psychologist are trying to manipulate them by push them to some directions that mental health workers or psychologist think are good for them. but situations can change and mental health workers or psychologist usually get a little bit of who they are, and started use it to imagine a whole picture of clients. people often feel this is an inaccurate reflection of them, but mental

health workers or psychologist who works in mental health field think they know better than the clients. mental health workers or psychologist usually ignore what clients say when this works, and that doesn't work. mental health workers or psychologist quite often treat clients as a playing games when clients don't agree with them. 3. Sometimes mental health workers or psychologist want clients to work in the way fits mental health workers or psychologists' imagination of clients. clients have to work with them in a way that mental health workers or psychologist think it should be working for clients, and should achieve a certain result. when things didn't go as mental health workers or psychologist think, they ask clients to keep trying. And ignore what the clients said that it is not working/suitable for us. 4. 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 feels 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. "

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

"Confucius is consists of five hierarchies. People at the top of the hierarchy how are absolutely control over the lower hierarchy. This might be loosens in modern society but the pressure from the social network is still quite strong, than people thought in Australian. Because in Asian, families he most important entity. lots of social support are within the family, and the connection one has. the interaction with relatives are more frequent and stronger than western culture. This frequent interactions with with the relatives can create a pressure for the offspring to be more obedient to their parents' needs. And also because in Asian society, quite often there are a lack of social support from the government. support, like are largely depends on family, so people are not aware of that that they can get support from outside the family. But the difficult parts could happen youngsters seeking help from outside the family in australia, if they ask help from Confucius culture background support worker, it is likely support worker will backup youngsters' parents by saying that your parents are always your parents, what they does might not to be right but I'm sure they have good incentives. Even a vicious tiger will not eat its cubs. is a well know chinese proverb. This can be devastating and confusing if the parents' incentives are not good like what is told by the counsellor of support workers. People from the same ethnic background usually tell the suffers that Their parents must love them, if they grow up they will understand, or once they become parents they will understand. Sometimes people once become parents they will starting to pass on the abusive behaviour towards their own children. 2. In the chinese culture, whatever parents do is told/interpreted as for the goodness of their offsprings, even if it is actually not. bad behaviours from parents can always be justified. if younger people complaint about their parents misbehaving, they can be told to their face that ""we don't believe you ""by people come from the same background even in Australia. This can result in mentally devastating for these younger ones. younger people suffering from parental violence from these background often say that they don't feel being supported by their own ethnic background people, either do they feel western culture people seem really understand what is going on there. the drawbacks of this culture is covered up, and people dont really discuss what is going on in the culture. (file attached) Quite often abuse was done in the form of ""for the goodness"" of other people. for example when the parents control he children , they tell the children that this is for the goodness the children. the culture supports the parents so much, most people believe that parents are really doing a good deed for their offsprings. for the offspring they can get us so confused that their

parents are doing all the best for them, but why do they don't feel well? why do we feel so upset and not happy? this""for the goodness"" for offsprings can be backed up by other people, like relative, people from the same ethnic background in australia, etc. if father sexually assaults the child, some mother can tell the children this is because her father loves her. because under the Confucius parents are always right. they are right because the position they are in. There's no doubt for parents behaviour and the parents just won't do harm to their children and there is a proverb saying Even a vicious tiger will not eat its cubs. If offsprings complaint about their parents, it's must be the offspring are not grateful, and do not to appreciating the contribution of their parents. Such children such offsprings are considered as bad children. 3. the re-education of what confuscus is really about to the youth and public might be albe to help/alleviate younger chiense who trapped in this situation. Most of the time, people dont know what is going on, have no idea what is wrong with the culture, or some aspect of the culture. "

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

N/A

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

"organizations that has strong organization goals can creat more conflicts btw clients and suppor worker. Clients might not want to work what the organizaiton set up for them, although some organizations said it depends on individual support worker to balance. this can be quite draining for individual support worker to balance, most of time, people just prioritise the orgnization's needs first to be on the safe side. a client-centered organization should prioritized the clients' needs at the most, and followed by looking after its staff. and organisation goals have to be put the last to make sure the program can last for both clients, and employee. and thus make the program/organization successful. not the other way round. "

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?

"economy participate: the more we got pushed, the less we feel safe to participate. because we start to feel that we are not living for ourselves, we are doing things for others. And one scary thing is that ,when we trying to do a little bit and we make a little progress, the support worker seems see opportunity to push us harder. Once we step out, we can't step back. The recovery is actually back-forward and back-forward constantly. But in the current health system, is not allowed to move back. if we try to go out a few times, then we are not allowed to come backwards, or take a bit of time off, and move again when we are ready. this takes our safety away.we don't feel safe to try to move forward any more, because there's no space for us to move back, our safety is taken away. The system/ programs/workers are not patient to wait either, it constantly wanting to push people, seeking opportunities to push people. we feel been treated as if we are the puppet to fulfil organisation goals, to make the boss of the program look better. Not for our own best. "

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?

"1. intelligent is messed up with mental health problem, Most health professionals couldn't tell the difference between high intelligence and a severe mental health problem. OR they expect people

with mental health issue to be stupid or fools that can hardly explain things, cannot understand anything. this makes people fearful to speak up because if one don't respond to things they expected. they just treat one as having some silly talks because one has mental health problem . but if one try to explain to them gain and again after talk to lifeline or beyond blue, and finally be able to explain oneself better, supports workers/ psychologists t will view one's explanation as if one don't have mental health problems, or sometimes even worse they interpreted the mental health problem is a moral problem, because to their understanding one can explain that means one's okay. 2. Sometimes support workers think that people with mental health issue don't make the best decision for themselves, THINK that people with mental health issues don't know what is good or bad. This is so offensive and belittling. We all make better decisions after all we grow, understands more, have more information. But we made our best decisions at that time. But how to define the recovery shouldn't consider the clients' opinion as well? even though in the support workers eyes one is doing more but actually one is feeling worse, shouldn't feeling worse be taken into account? 3. support workers sometimes see them selves at a much higher hierarchy than the clients. they think they understands better, and knows better than clients, while ignoring the fact that clients are the expert of their lives."

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

"Providing people appropriate information, especially to migrants regarding bullying and abuse behaviour before hand will work much better than curing people or treatment after they got traumatised, when people didn't recognise the situation at the beginning, and get hurt /harmed by abuser, Most people get their life knowledge from their parents or education from school however this is not the case for some migraines. people coming /grew up overseas the education can be more academically focused and might have a little or non life skill covered. Or in some countries some be some abusive behaviour is considered normal. Like domestic violence, violence toward women, and children. in Australia things works differently from the migrant's home countries sometimes. using the connection works better than contact police. Police only protects people in power. there is a lack of information on the society to provide to the general public esp. migrants about these harmful behaviours. most overseas students came to australia for universities, and australia universities assume as an adult people knows these harmful behaviour and knows how to protect their right. this might be the case for people grow up in australia, but probably not the case for some oversea students. People coming from human rights compensated countries might not have the idea what human right is even about. let alone how to protect themselves. and the ways used to to in their home countries could be very different in australia. For people coming from underdeveloped country, they quite often are not aware of their human rights because they been never given in their own country, and these are not limited to refugees. even for some economy developed countries, country like china, human rights is largely forbidden to be talked about. "

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

"The drawback of CBT should be made more publicly aware, so people dont waste too much time on it. Counsellors/psychologists got paid for these useless methods, and blame the clients that CBT is not working is because clients tried not hard enough. we have been trying for years and spend 1 hour a day, and not hard enough. IT is totally a waste of tax payer's money. CBT also implies how we should feel by teach how we should think. this is actually similar to the propaganda in some Communist country, where people are taught how to think and perceive situations, and

not make their own definition/understanding of the situation. Like when see the leaders, people are taught how to think about him, and revoke certain feelings, just like CBT. "