

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

## Organisation Name

N/A

## Name

ms frances bohan

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

more stories on the media. the good and the bad life experiences of people living with mental health issues have. perhaps the families and carers could be offered this task.

## 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?

increased involvement of carer/family appears to work well when they have a say in treatment. also in what is happening in the Mental Health system.

## 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.

N/A

## 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?

better communication between clinical staff and carers and families. regular family meetings

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

"improved training in mental health where families and carers are mentioned as been part of the recovery, and respect for all workers in the field for each others role. also regular debriefing especially when there is ongoing changes in mental health for peer support workers."

## 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 Victoria's mental health system should ideally look like, tell us what

**areas and reform ideas you would like the Royal Commission to prioritise for change?**

"provision of resources to provide sufficient manpower to support people living in the community eg. case managers etc. if there are deadlines set on acute psychiatric units for the turnaround (length of stay) for individual clients, which is connected to the funding provided by government to run such units, this needs to be reconsidered. such a policy only serves to maintain the revolving door syndrome that continues to exist within the Mental Health services. appears to be a lack of psychiatrists and clients need to see G.P.'s for help and as such rarely see a psychiatrist. even within residential care psychiatrist's hours are limited to 1/2 day a week to service 30 plus residents."

**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?**

there is inappropriate and inefficient accommodation for people with ongoing Mental Health issues in the community. People are forced to seek accommodation which also caters for drug and alcohol dependent people who at times take advantage of those who have Mental Health problems. The situation is not helped by a lack of staff resources been employed in such areas or staff who do not have the experience/training in such an area.