

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

## Organisation Name

N/A

## Name

Mr Raymond Clancy

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

"For the medical profession and particularly the Public Health System, Child Protection and criminal Justice to fully recognise, identify and treat ADHD appropriately. "

### **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?**

"Access to services and health systems that treat ADHD appropriately is completely random, depending on where you enter the system. There needs to be increased accountability on professionals who mistreat and or misdiagnose ADHD. "

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

"The stigma attached is still incredibly high. The person who screams I am about to commit suicide, it is the quiet one and possibly the one who mentioned they were feeling down and were told it will be OK. Having to access a mental health care plan is a significant barrier having to tell someone you need help to get help somewhere else is madness. "

### **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.**

"Proper diagnosis, Treatment that is affordable. I spend over \$2000 dollars a year on mental health treatment and if I wasn't working I would not be able to access the appropriate treatment. Access to services for family members to assist them cope with other family members issues would be beneficial. "

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

"Lack of funds and knowledge, "

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

Access to appropriate supports and information in a timely manner. The need to get a health care plan for a child and then not being able to use that to get assistance for the parents is madness

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

"Appropriate funding for peer support agencies. I co-facilitate an ADHD support service running monthly support meetings and organising guest speakers. We have between 30 to 90 people attend each month. It costs considerable time and money. Appropriately funded, staff numbers

and training for services, including the the public health system. "

**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?**

With appropriate support and acceptance in society hopefully things will change

**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?**

Access to publicly funded mental health services including psychiatrists

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

"Improved access to services, education and awareness that it's ""ok"" to have mental health problems and that we as a society care. "

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

"As mentioned I currently spend over \$2000 for my families mental health. Although ADHD is seen as a developmental disorder it also carries anxiety depression, OCD etc and it not treated the other mental health conditions are almost impossible to treat. I was misdiagnosed for many years which almost cost me my life, I have worked in the Criminal Justice and child protection sector and I have seen countless people stuck in these systems, with highly likely untreated or diagnosed ADHD, without treatment many are never going to escape. If this commission doesn't recognise this it will have only wasted a great opportunity to make real change to peoples lives and save the community billions of dollars. "