

Royal Commission into Victoria's Mental Health System  
SUB.1000.0001.3449

**PERSONAL DETAILS**

My name is [REDACTED]

**Qualifications:**

[REDACTED]  
[REDACTED]

**Brief Summary - Professional Experience:**

I am a Mental Health Clinician registered with the Australian Health Practitioners Regulation Agency (AHPRA).

[REDACTED]

I have twenty years' experience in the [REDACTED] mental health system in diverse roles, including:

1. [REDACTED]
2. [REDACTED] – primary nursing (acute care; recovery);
3. [REDACTED] Mental Health Service [REDACTED] – case management of persons afflicted with serious mental health issues [REDACTED].

**DISCLOSURE STATEMENT**

The current submission is made in a personal capacity: all views and opinions are my own.

Public sector employees are subject to encumbrances in submitting information to the Royal Commission.

**Human Rights are universal and briefly, include:**

1. *Charter of Human Rights and Responsibilities Act 2006 (Victoria);*
2. *International Covenant on Civil and Political Rights (ICCPR) to which Australia is signatory:*
  - a. *Freedom of thought... (ICCPR Article 18)*
  - b. *Freedom of information, opinion and expression (ICCPR Article 19)*
  - c. *Right to take part in public affairs, voting rights and access to public service (ICCPR Article 25)*
  - d. *Rights to equality and non-discrimination (ICCPR Article 2.1, 26).*

## **KEY CONSIDERATIONS FOR THE ROYAL COMMISSION**

### **SOCIAL POLICY and REGULATION**

**Mental health services are both part of and interface with a range of social institutions and there must be policy coherence with attention to complexity in social systems - in order to support optimal outcomes in peoples' lives.**

People are exposed and subject to social policies (schools, universities, workplaces....) and governed by regulations.

In my experience, policy and regulatory agents need to direct greater care and precision in formulating social policy with attention to the impacts and possible unintended consequences (negative additive effects), longitudinally - throughout peoples' lives.

Policies and regulations should support peoples' current and future rights to self-determination, promoting: physical, social and mental wellbeing; thereby, supporting inclusion, participation and optimal outcomes.

#### **A. Educational Institutions / Universities**

In the tertiary education sector, access to support to successfully complete education may have far-reaching consequences across the life-span and subsequent opportunities and quality of life – this includes, social opportunities.

#### **Key Recommendation:**

- This means that greater emphasis and support needs to be directed to student housing/ accommodation, financial support – and real and meaningful opportunities for social inclusion and participation in educational institutions.

#### **B. Risk Assessment and Management**

It is frequently noted to the effect that interventions should be: "...early...at the right time, in the right place and in the right mode...."

#### **Key Recommendation:**

- Interventions to support and assist people need to be: evidence-based, strategically delivered and titrated to individual needs and circumstances.
- There should be standardised approaches to assessment and interventions that factor in critical periods of social development across the life-span and optimal outcomes which create real opportunities for self-determination.
- This necessitates addressing peoples' needs within a bio-psychosocial approach and with attention to intergenerational issues, including - any risks for the transmission of intergenerational stressors and trauma.