

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

SUB. 0002.0030.0080

Name

[REDACTED]

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

"Greater media focus on the normality of mental health as part of our society. Greater promotion through the visual arts and sculptural installations. A broadening of community inclusion to have grants that enable health and community organisations and individuals to put on food/art and music festivals - where public and artists are the focus. Enter in the community where people can go if they are experiencing difficulties, without having to be admitted. The role of Pharmacists where they have identifiable window displays that indicate to the public that they are able to come in and sit for a bit (funded). Where geographical individuals can access their most direct accessible service, reduce jurisdictions to increase accessibility. Increase the Human Rights Charter specifically relative to mental Health. Have more general signage in the community that supports sympathetic practice and improves empathy in the community. For example, signage near hospitals saying please do not make unnecessary noise. TAC advertisements with a caring empathy and concern focus. Anti-Violence advertising, less hype and more cool focus. The focus of electoral supports and avenues to participate in elections, where NDIS Participants require support it should be identified in their Plan and should be a Safeguard that the Victorian Government asks to be implemented nationally. "

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?

"RU Ok, I think is a good promotion but I think others can be endorsed. A greater promotion of caring for another is caring for me. To promote the symbiotic positive nature of caring, not just taking. When I try to encourage my profoundly disabled child to eat and make noises that indicate the food tastes great he turns the spoon around and offers it to me. School curriculum to include programs of morality and awareness of managing your own self care and mental health and that the support of others is support of yourself. A better process of identifying people with mental health and allowing them to have a pension but also a program of support to help them to step up. Ensure that NDIS recipients are not exposed to trauma relating to Plan reviews and that NDIS employees are informed and understand the fragile nature of this situation - and support it."

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

"See above, also a greater focus on positive self image and respect for others. Every birthday is a blessing celebrate your life - its easier to say!"

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.

"A greater focus on being than owning, a focus on being secure where you are - mindfulness, but

practiced in School curriculums. A greater promotion of belonging within the community. "

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

"Isolation, lack of prospects and financial hardship and lack of empowerment and worth. Occupation and participation to unify individuals under artistic endeavours and broaden employment prospects alone self expression and help provide more secure career options, focused on fulfilment."

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

"Greater community support. Recognition when dealing with health professionals that individuals should be included and not excluded, particularly where funding is concerned - but at any rate there must be something on offer and involvement given. "

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

A greater recognition for and the implementation of staff initiatives to be taken up by the team to maintain consistency and structured support but also to provide a sense of ownership amongst staff and a focus on positive outcomes. Better OHS and independent incident recording processes which are numbered at the place of incident and represent both a professional document as well as a receipt.

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?

Provide individuals upon assessment with a Plan - containing options and a review process to examine interests and limitations.

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?

"There are base line eligibilities that need to be identified, such as the right to a pension, a support program, a plan of practical and achievable outcomes and there recognition. Community programs and mentors for one on one support. Available places in the community where you can take refuge. Support with out having to be admitted to a psychiatric ward. General admittance at local hospitals for monitoring and short term. No smoking at psychiatric wards to help individuals de-tox. In home support where appropriate in line with NDIS and home supports by qualified workers."

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

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Commonwealth Law - it, individuals who require support in these areas must be engaged and an electoral engagement register conducted via the NDIS."

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

"I am fearful of the stress and anxiety of being denied supports for our disabled son as we were in 2010, 2011, 2017 and in the transition to the NDIS in 2018, and what further stresses will I have to endure. The NDIS supports are to allow our son to be supported at home. However they are also much more, they allow us to function as a family and for my wife's mental health and my own to be supported via what is a symbiotic supported relationship, our family. It is important to identify this because our situation is not unique and the Royal Commission must include the importance of preserving the family with also a greater responsibility towards our ultimate scenario where parents can not support their profoundly disabled son anymore - there should be a plan for this way ahead of its happening. The Royal Commission into mental health needs to identify this pressure of ongoing qualification of supports and the Federal responsibilities under the NDIS Act. to ensure families governed by these systemic influences are recognised and protected under both State and Federal systems and that the State of Victoria in recognising these jurisdictions insists that a National Human Rights Charter is implemented to help sanction collaborative differences of legislations and Human Rights."