

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

SUB: 0002.0019.0023

Name

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

"Ensuring NO EXCUSE for ignorance and an ill educated Victorian population about mental illness and disability. Every course, teacher, child carer, health professional, welfare professional and business owner must complete a disability and mental health course with proper content approved by Victorian disability and mental illness advocacy groups. Tougher anti discrimination laws; businesses must be policed and prosecuted for distributing application forms that ask if the applicant has a disability. Schools and tertiary education facilities must ALL be disability/mental health inclusive with proper supports in place approved by the disabled/ mentally ill person's advocacy group of choice. "

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?

"HOMES, ending homeless, more social housing, more affordable housing options. Medicare subsidised learning disability screening tests; ADHD, autism etc. Policed and Regulated mental health professional practices at health industry clinics. All health professionals must have approved regulated accredited practices and services. Child care facilities must not be allowed to refuse or terminate a child from their care because of their disability or varying level of difficult behaviour. Instead disability inclusion must be embraced and childcare facilities must have immediate access to occupational therapist employees on site to provide the child its individual needs, advocacy, personal care plan and child development report meetings to the child's parents. etc. There needs to be a strong sense of belonging to the community at a young age to all children. This should be carried out through school and adult life. Disabled and mentally ill youths should not have to feel like they are falling through the cracks, experience social isolation and feel there is no choice other than school resistance. "

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

"Anti bullying and aggression laws must be in place with dehumanising job agency and case workers. A job seeker should be able to have the human right to refuse an unsuitable job, course or an interview provided by the job agency or centerlink case worker without having to put up with being bullied or threatened to have their pension suspended. A job seeker should be legible to sue a job agency for exacerbating their mental health condition in court with the simple procedure of getting a doctor's evidence of decline in mental health at no extra cost to the job seeker. Over all tougher laws and intervention on domestic abuse, family violence, workplace violence. On going social skills therapy services. Disability inclusion movement is working but we need more of and it be more extended. Advocacy groups like Aspergers Victoria have quality, helpful services. "

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.

"Dyslexics, learning disabled adults not getting the support they need and immediate help to fill out forms and address paperwork. They need constant support throughout their whole life. NDIS takes too long and is too ineffective. System needs major improvements.| Social Isolation of the disabled, poor elderly, underemployed and unemployed they need free social support initiatives. Poor Taxi services for the disabled and elderly. No one should be refused by a taxi coz of a short trip from their house to medical/ recreational facilities and visa versa. They need competent and reliable transport facilities available ASAP. A dehumanising, bullying welfare system that still exists and needs to change and need to be made accountable immediately after a complaint especially after a complaint from a disability advocacy group or a doctor. "

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

"Dyslexics, learning disabled adults not getting the support they need and immediate help to fill out forms and address paperwork. NDIS takes too long and is too ineffective. System needs major improvements.| Social Isolation of the disabled, poor elderly, underemployed and unemployed they need free social support initiatives. Poor affordable housing options, overcrowded share houses. Poor quantity of social housing. Poor Taxi services for the disabled and elderly. No one should be refused by a taxi coz of a short trip from their house to medical/ recreational facilities and visa versa. There needs to be competent and reliable transport facilities available ASAP. A dehumanising, bullying welfare system that still exists and needs to change and stop. More funding for disability advocacy groups and reputable mental illness groups. Autistic friendly social housing options for adults. Not enough being done about homeless people. Everyone needs a home and the largest anti depressant out there. An over homogenised discriminative job market. "

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

Easier access to the help they need to get for the disabled or mentally ill loved one they are caring for. Affordable access to therapies that are credible and available already. Carers/ gaurdians and parents are often too devalued and don't have a voice in education institutions when they are advocating for their loved one. they need to be taken more seriously by whoever they are expressing their loved ones needs.

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

"Better, more effective support in the work places administered by occupational therapists not unethical job agency case 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?

"Affectively tackling discrimination abolishing social isolation. Supporting and fund safe inclusive places they can go to so that they can feel safe and a sense of belonging. On going Support to help them break through the barriers and gaps to be able to apply themselves social, educational

and economic participation. "

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?

"The Ideal system should ideally provide: A sense of safety, belonging, shelter, clothing, food, water, amenities, smart phone with internet, more and better medicare rebatable services, co-operative childcare, education and tertiary educational institutions that are actually catering to the needs of the neuro diverse immediately by disability inclusive and credibly educated principals and teachers, educational support workers. Animal therapy dogs will be provided. Anti discrimination reformation in workplaces and tertiary education. NDIS is efficient and competent. More input by Occupation therapists in workplaces to regulate fair treatment. More funding for disability initiatives like Aspergers Victoria. Immediate jail time for any form of abuse especially restrain and assault. Welfare system needs to be more accountable for dehumanising and life threatening behaviour like emotion verbal, abuse and pension suspension, as we all know or should know this could be the difference between a person being at risk of homelessness or not eating for a week and a huge participation to provoking a suicide as well as! forcing women or men to live with domestic abusers without any other option for immediate homesteads or alternative accomodation forcing them to sleep in their car or braving it out on the streets for months maybe even years before they are able receive appropriate accomodation and!!! better regulated rental housing, illegalising tenant overcrowding and policing inhabitable rental houses and make sure Landlords are forced to fix health concerning housing issues like black mould infestation, unserviced gas heaters, roof leaks and no heating and cooling installed in the house. An accessible disability/ elderly taxi service that won't refuse to take them for short trips and just leave them waiting for hours. "

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

MORE FUNDING!!!! MORE MEDICARE REBATEABLE SERVICES!!! LIFE LONG ACCESS TO SUPPORT AND THERAPY SUPPORTS. HOUSING!!!

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

Action