

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

SUB. 0002.0018.0014

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

"Start to treat Mental Health end to end and not just in and out of the health facilities. Keep Mental health off the streets, homelessness is a real concern Encourage employers to be part of the solution There is clear evidence that the message is getting out there but there needs to be more done. No good spending on getting the message out there but have daily incidences that are caused by Mental health patients, homelessness etc. Tell the community what we are going to do and when we are going to do this. - More country facilities to send patients to, this gets them out a crappy environment - More motivation inspired workshops, -At early stages have defence force inspired boot camps - More halfway homes for temporary patients - More Mental health resources at coal face - Hospitals learn not to look at stats and throw away the stats reports look at treating long term not the in an out practise -My son cannot get New start allowance because he will not go to his last employer to sign a very silly form, my son is worried that the employer will know he has a mental health issue Son now my son has no money or any independence "

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?

"Good - CAT team is excellent Austin Health - Yeps team is also excellent - Austin health Acute Psych ward doctors and staff are overall excellent - for our situation Public health was far better than the private sector doctors Bad - The hospital in and out as quick as possible approach is not working - Acute Psych ward did not take into any consideration of family opinions - Police and myself complained my son was released too soon on many occasions - Too many human rights for Mental Health patients, not many for carers or family - There is no where to send patients once released by health care facilities - There is no duty of care consideration given for family community, police patients are just released - Emergency department are so quick to send patients out on the street. - had to try and convince so many times that my son was not very well in the end he was in the Acute psych ward for 4 weeks. he was diagnosed with having a psychotic episode with manic - My son escaped for both high and low support area in the Acute ward, this was very stress full as he was not well and not in a good spot - when he escaped he caused many problems for police community and family - I had to call 000 10-15 times I had police at my place 8-11 times maximum was 6 police turned up. - currently son is with [REDACTED] team with a court order to have medicine every two weeks however no group is looking at my son long term. "

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

"Good - Many online support groups - message is getting out thereto public Bad. - Son was thinking about suicide wrong medicine was given by doctor - No one really listen when he was going through his bad periods I called [REDACTED] etc - Improvements - We need to have somewhere to send these people who go through the real bad times, these places need to be motivational as to bring back their worth, their pride and their purpose. I believe a boot camp run by the army may

solve some, mediation, yoga, etc need to think outside the box "

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.

"Good Health needs to start with Government - We must provide end to end good Mental Health practices. - No use just giving patients medicine and throwing them out the street and then expecting them to buy and take the medicine - My son cannot get New start allowance because he will not go to his last employer to him sign a very silly form, my son is worried that the employer will know he has a mental health issue Son now my son has no money or any independence - Have halfway homes - Retreats in country get aways"

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

Government hospital stats - Lack of Acute psych beds - In and out quick approach - No where to send patients after the Acute ward - Sort out the homeless most seem to have wellbeing issues - place more money where need - Use defence force for early youth issues - Train parents and carers on what to do not just dial 000

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

"- Halfway homes. - Somewhere to send patients for temporary support - Training on what to do and what to expect - allowance for parents as it is very expensive as New start is not available for patients, government has made it difficult for get for the patients - support group approach - More in home help - access to doctors and specialists - Patients have too many human rights where as the family and cares do not "

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

'- Money - Government backed incentives -ensure the support staff is well looked after - listen to them as they are at the coal face

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?

"- Start to look long term at each patient. - get their worth, respect, and their purpose back - Treat them with a goal not just give them a pocket of medicine and say good buy"

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?

"- focus on the support both Private and public - Look at the homeless why are there so many - Look at the accommodation end to end from emergency, Acute psch ward to what next - What is causing some many people to have these mental health issues - Never allow marijuana how do governments stop this"

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

"- Beef up CAT and Yelps team - Have a new group- that takes over from the Yelp team once a youth is 25 and over who assists them - More training for parents and cares. - Better security for high support area in Acute wards - Better support in high support, son was attacked whilst asleep woke up with a patient trying to scratch his eyes out - Code of practise for patients release do not just release to public it is not working "

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

"- Government needs to step up. The cost to not improve Mental Health is evident, we have a more violent city that is caused a lot by mental health issues, the impact and cost to the police and ambulance even the fire services is very high. The community is saying we need improvements. Look at Marijuana and Mental Health issues there is a direct link with some of the patients wellbeing "