

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

Organisation Name

N/A

Name

Ms Hannah Bekkee

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

"Increased education regarding ADHD and its comorbidities, especially in schools. Teacher training. ADHD needs to be viewed as a disability, especially for school aged children. We need more subsidized access to specialists under NDIS. "

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?

"The mental health plan is a good start, but often people with ADHD need to see a wide variety of specialists which is still expensive. Especially when usually a parent is unable to work due to having to support their child."

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

N/A

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.

"It is very difficult to get a holistic treatment for ADHD. We have been seeing paediatricians, psychiatrist, psychologist, speech pathology (for reading), occupational therapist."

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

N/A

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

"Emotional support, increased awareness and therefore understanding. Making ADHD a disability to enable us to get a carers allowance, as I have not been able to return to full time work."

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

Training and research. A day in the life of a kid with ADHD and anxiety.

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?

Fight the stigma - in schools and media

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?

Pilot the Reggio Emilia approach in schools. Move to community based care instead of institutionalising people with mental health or disabilities. Look to the Italian system. Radical change is needed to shift stigma.

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

"Planning and piloting different approaches. Community and media involvement. You need public "buy in" for any change to work."

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

"Please reconsider the devastating affects of untreated ADHD on society. Increase research, increase education and training in regards to ADHD. ADHD has far reaching ramifications for individuals and society as a whole. It needs to be treated as a disability."