

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

0002.0029.0024

[REDACTED]

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

"the criminal justice system is not it about intimidation the area of sex offending and drug addiction are often addiction and the end result of early childhood experiences. often the lack of correct sex education and the governments idea is to come down harder and harder with punishment . never rehab I am on the sex offender register , the harassment by the police is amazing and when they called in recently to do a survey re and mental health issues . it was funny . the whole issue from year dot is about mental health . the justice system which I could not afford was about the legal aid system, where you give in and plead guilty I was never guilty as such but was suicidal and I was advised it would be better to plead guilty. then the on going issues the dept of corrections retraining course which was inappropriate and simply bulling and crap . the woman running it spoke to me after completion , saying it was not suitable for me and did more harm. I see [REDACTED] on a regular basis and would be happy to talk with the commissioners . I am by no way trying to avoid any real guilt . the way the police handle matters is increasing the mental illness issue and should be held accountable . this change alone would held protect the community . I am very happy to speak in much detail with backing witnesses in this matter . dr s Ibrahim said to me in one session the police like to target weaker people , actually he called them soft targets . the whole sex offender register is about isolating people and the potential negative result "

## **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?**

police care about victims who are also perpetrators less criminalisation

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

good social networks

## **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.**

N/A

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

access to funding and I think group support

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

education

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

people with lived experience eg I am adopted and only people in the circle really get it

**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?**

compassion calm the justice system

**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?**

support in the criminal justice system better education in places like Morwell a low income area

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

N/A

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

start to live in the shoes of the people not head in the clouds stuff of our elected

[REDACTED]  
[REDACTED]  
[REDACTED]  
[REDACTED]

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My mother constantly told me everything was my fault

Here health problems was because of me

I would cause her an early death

Currently the queen birthday week end has unravelled

Cancelled anything social don't want to be with people especially [REDACTED]

[REDACTED] told me we should have family counselling

I got into the car yesterday day and sat for 15 minutes with the [REDACTED] with no effect thinking this is fucking hopeless

I googled how long it should take maybe hours I sat for a while and thought how pointless

[REDACTED]

There is no feeling either way

Scared no

But this a pointless life

Don't want to be with friends

Had a feeling for a while to go to mass , this week end being 30 years since I got married

So I walked up to 6pm Saturday night mass

The seats where similar to my church in Brisbane and a heater

I have lived a few hundred meters from this church and never been in it

Only to discover I had fronted up on pentecost Sunday the feast of the Holy Spirit coming up on the apostles

Wow

What timing

It was nice to be there

To day [REDACTED] contacted me to go for lunch during which we did

He told be for a while I had become less social

And less able to cope with crowds

I really can't continue the way I am

I am due in [REDACTED] Monday to see [REDACTED] and not feeling up to it

Just getting there is to much , can't concentrate to drive

She rang me on the Saturday and I put the cards on the table

She gets it all

Also the sexuality stuff I just don't feel anything in common with the gay stuff

I just feel so disconnected

Want to scream and cry and attack the world

I have lost any compassion

Enough of me



2/01/2019

Late 20018 I dared to ask the question of the [REDACTED] family what their ages where . This was in an endeavour, to find out what age [REDACTED] was . He is exactly 4 years older than me. He was able to sustain a very hard erection I remember and wanted to put his dick in my bum. To this day I can't stand the thought of being penetrated. Also it only in recent years I can preform penetration and maintain an erection either anal or vaginal.

A sudden relief came over me it was not my fault he was the person whom was older and in puberty and I coped the blame and guilt from my mother not to mention sent to fr [REDACTED] for counseling the whole experience left me in a strange place , feeling very weird. This took place in the [REDACTED] in [REDACTED] [REDACTED] who touched me up in the pool at [REDACTED] on an alter boy picnic in the pool , not to mention having strange memories about the shower there, what exactly I don't attempt to remember. Not having a father in my life from nine, It seemed to me a child that all males interfere with you and woman are against masterbation .At least my mother (the fucking idiot) made it like that way to me. Hence I had an obsession with masterbation and encouraging friends to do it and was ok and being open about it. Really fucked up thinking because of bad life experiences. I honestly thought I was the only boy in the world who did it till I was about 18. It was a movie called Rainy Days and Mondays that opened my eyes after which I had a conversation about the movie and he broke down and confessed he masterbated. The fool authorities have no idea about the difficulty then church guilt , family guilt and the common thought masterbation was a homosexual thing. Homosexual activity was against the law dumb police get the fucking picture and arrest yourselves.

One of the most obvious changes is I seem to be able to let go of my excess of stuff with less stress. I am really up set about the waste of life .

New Years eve was a drama which left me alone and very annoyed and feeling abandoned , it was a series of circumstances. No one cut me any slack and said they would wait for me after everything I had done for Christmas and foe two on my friends on that day. One a friend of 22 years with whom I cant remember not being with on new years eve. To me he wanted to rush away with another friend of his , may be is was jealous but certainly I have been enraged since. Venting on facebook which may not have been appropriate.

I have be left to cope the blame for many outcomes in life because of fucking terrible upbringing.

Mother gave little or no proper support to me especially after dad died a few weeks before my 10<sup>th</sup> birthday. She cried every night drank served over cooked meals , most of the time everything was boiled dry in the saucepan. The reason for this was she would fall asleep pissed. Support was never given for homework and I always got myself breakfast. Talking about stupidity dad would read Winnie the poo to me , I would giggle at the word poo so , poo's name was changed to something less dirty. Also wee was called wetty and poo a motion if you varied it was not acceptable.

She always was phobic about sex being so pleased when the school gave sex education in religion class. One day she found a wet spot on the sheet ,omg the performance was worth and Oscar , did you make this happen never do such a thing. I should have slapped her , but her rule was it .

She watched everything I did at about 17 she made me go to a phicatrist [REDACTED] , much to her surprise he told us she was the problem and to back off. I was forced to play the role of son , brother and partner as it suited her. Even to the point of sharing her room till the day she died.

I note as a child I was always scared of something I called the big hands it seemed to happen at night I don't want to pass blame over this as it could be a mix of happenings. I have recently discussed with [REDACTED] I seem to be sexually aware at Avery young age. By young defiantly 7 with [REDACTED] but also flashes of things to 5 , once again I don't want to get to carried away with early memories as until recently I have blocked most of my life out.

The guilt I have lived with from childhood is ridiculous .

There was incidents with neighbours show and tell being naked some with my age and other times 6 to 15 years of age. My mother caught us and I was marched to dad and plans for me to confess my sins at my upcoming first confession. This is beyond a joke the woman was fucked.

No former assessment has really been done for the police its all been a fucking gloss job. At no time have I tried to hurt anyone only free people from the obsessive behaviour of my mother about masterbation, unfortunately the inappropriate feeling go closeness kicked in with my stepson which by the way my wife was aware of all the time. She had unusual views about openness well that's what I picked up. It was wrong on my part which I realised and stopped and got help for myself. And asked a nun friend to keep and eye on him in the school.

Because of the early childhood experienced it made me open to same sex encounters and the idiot mother less open to the idea woman where sensible I find myself confused about where my real drive should be . Male sex is easy but emotionally unfulfilling. Only in recent times am I happy being a sexual being with no guilt.

By rites the Queensland government should be held responsible for not monitoring mad mothers

she had been in [REDACTED] for a break down. [REDACTED] was some sort of mad house doing shock treatment , if it was given to mum I am not sure but think not. Adoption is a serious issue and I was failed .

The victorian police have done a good job with the legal system in failing to see the full picture and one has to use the old cliché a good cop is a .... Poor fools think they are wonderful they only hear and put forward what makes them look good.

Because I could not and did not stand up against my mother I have been weak as piss and developed no moral compass. Having no real self identity and now suddenly I want and expect more. My value systems are not great and the relationships have been developed with little substance. Most of my relationships are based on a mother eg. Marriage and [REDACTED] Even my friendships have me feeling like a child with little or no authority ,its really sad at sixty to realise this. I have no idea how really to behave as an adult and it is now all too much to be honest.

22.01.19

The whole sense of family of love is totally stripped away , I feels like there is totally no connection to any base totally alone it is the most hopeless I have felt in my life. I have no idea of where too next thus this is driving the suicidal desire there is nothing in the past and no future . No future is driven by no job , legal issues and just totally worthless as a human being.

I can no longer keep living like this , I have simply had enough . No anger just peace . I don't belong here anymore. I don't fit in at all . Can stand any body don't fit I with gay circles either so over same sex encounters they are meaningless.

Just had a terrible interaction with [REDACTED] , only went out to please him and it went down hill being abused in a car park and not my fault would like to kill the cunt my rage is worse than I can ever imagine. These fuck Whitt friends just don't get it leave me alone to work through my shit they are making me feel worse.

Never felt so isolated and alone in my entire life

Police man [REDACTED] should be investigated he discouraged me from having a lower present and goaded me in to not have one by reinforcing I only want to ask you a couple of questions and you are free to go as he was aware I had a catering function on at the time having everything in my car to do it, I called chef friend [REDACTED] to do so . [REDACTED] is now the president of the chamber of commerce in [REDACTED] late I heard of him . I also recall fay [REDACTED] having talked to my lawyer [REDACTED] about my case and they could not understand that the wife new and did nothing , we the whole situation was totally fucked . I stoped and I started getting help.

The ex-wife was told by the police I would not go to jail I am sure this was to bet her and [REDACTED] to have me charged , yes my behaviour was wrong , did jail achieve anything no only victim compensation blood money. I was give a charged of assault which never happened and the police would not drop . [REDACTED] was a world authority in these matters apparently , what was he doing in [REDACTED] and he came down on me like it was over the top. [REDACTED] and myself could not understand his game . I had always said to [REDACTED] I am some sort of fall guy. Well the truth came out in the following year from memory when some world wide child exploitation ring had connections in the area , in fact [REDACTED] I believe . I was right .

The victorian police like all of them are like car sales people it about getting a conviction not about the real truth .