

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

Submission. 0002.0030.0160

## Name

Anonymous

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

"More campaigns to normalise mental health experiences. Psychoeducation to communities. Education in schools, community hubs. "

### **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?**

"More resources for people at early risk of developing a serious mental illness: Funding for more staff EFT across community mental health services as they are typically the entry point to accessing support. More funding for accessing counselling support, higher Medicare rebates. More funding to psychiatric inpatient settings. "

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

"Good internal process in community mental health setting. Improvement is again more resource allocation, there are time delays in accessing this due to under-staffing and facilities to cope with influx of referrals."

### **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.**

Consistency between community and inpatient settings. There is just not enough resourcing available to staff to provide excellent care. Due to staff resource limitation there is a lot of push back from inpatient settings to community services to manage the high demand. Clients fall between the cracks when staff are expected to work within time and resource constraints. Clinical decisions are made with very limited information due to not having enough time to assess the presenting problem and this severely impacts someone's clinical care.

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

Timely access to appropriate services. Service providers are overworked due to limited resources to staffing. Staff currently manage complex case loads and are over worked. There is also not enough support for providers of mental health service own mental health needs.

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

Carer support options. A consistent referral pathway for families to access support.

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

"More resource to staffing, training, clinical setting resources, supervision, mental health care for 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?**

Unclear.

**Thinking about what Victoria's mental health system should ideally look like, tell us what areas and reform ideas you would like the Royal Commission to prioritise for change?**

"Funding to staffing EFT, there is so much demand and not enough staffing to manage the demand. Improvements to clinical settings: bigger offices, improvement in safety protocol (ie security) "

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

"Ongoing review of current resources and support to the front line staff (mental health service providers). More funding towards public mental health, the services are severely strained. More youth programs, early intervention services and youth friendly wards in the northern suburbs of Melbourne. "

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

N/A