

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

Organisation Name

N/A

Name

DR angel rockstar

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

My suggestions to improve overall Mental Health Stigma and Discrimination and to reduce the impact of suicide and further disease - mental illness on homeless and potential death related incidents due to over medicating vulnerable Patients -- --create a USER-friendly positive approach where the MEDICAL INDUSTRY -WORK COVER INDUSTRY -INSURANCE COMPANY AND THERE DOCTORS AND STATE TRUSTEES AND VCAT --are GOVERNED BY AN INDEPENDENT BODY -- --REDUCE GOVERNMENT COST and IMPACT ON ENVIRONMENT and BETTER LIVING FOR PEOPLE --TO HAVE JOY AND HAPPINESS CHANGE THE JUSTICE SYSTEM --LOOK AT VIOLENT MIGRANT INTAKE - LOOK AT ROOT CAUSES OF REFUGEES THAT COME INTO VICTORIA---WHY THEY FLEE THERE OWN COUNTRY --- TORTURE ABUSE NEGLECT -VICTIMIZATION-- -- number 1 -Would be to address the need for FULL SPECT scans of the BRAIN by DOCTORS AND INCLUSION ALL MEDICAL PRACTITIONERS INVOLVED IN THE TREATMENT - A FULL SPECT SCAN WILL identify head trauma -and or past head traumas caused by an accident or abuse assault or neglect or stressful toxic environments -- IMPORTANT --NOTE ---WHY IS A PSYCHIATRIST --never look at the BRAIN --RE A SCAN --they just diagnose of behaviours and HISTORY --we need to look at all areas of the brain regions -- before we make a decision on medications and treatments that are safe for each individual -- 2.Would be to address the issues of education to medical professionals to ask the right questions and to identify the underlying problematic childhood trauma--- childhood trauma issue that has not been resolved this would be to reintroduce more protocol and more questions to the DOCTORS practices --and make it a compulsory law --a checklist for doctors to follow on specific childhood trauma related issues and trauma -- 3.Self Leadership and Self-identity looking at self-expression of dress and the medical professionals and their judgement on one's dress and self-expression of oneself without judgement and love and compassion --to be respectful of beliefs of one with mental health issues -- a holistic approach 4 -A protected positive Health state - that align with the person who wants to use alternative health supplements and or diet --and a positive state of health --ie if a person does not believe that they have a mental illness why should anyone else ---LABELS STIGMA ADDRESSED -- 5-Personal GROWTH --and LEARNING --looking at personal development and opportunities for the person to have their needs met in Rehabilitation ie - and not forced or coerced and independent review of one's right and beliefs and values that may be challenged by such medical professionals-- ie beliefs -- 6.the opportunity to have their name changed by law --to help the person move forward and not be victimized and traumatized ' 7 introduce HEALTH COACHING -specialization complex trauma and addictions to be recognised as a legal practice and listed title on the medicare -----a coach moves people forward with the focus on the personal goals in mind - coaching can move people within 30 seconds to make huge impacts to reduce lengthily stuck in victimhood NO --state induced stigmas --moving from victim to warrior --

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?

What is working --LOVE COMPASSION AND EMPATHY SUPPORTIVE ENVIRONMENT -
HOLISTIC APPROACH TO MENTAL ILLNESS AND HOLISTIC CHOICES --

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

suicide can be prevented by detoxing the brain from then medications and drugs addictions and toxic environments-- the toxins from the brain and underlying childhood issues --- an introduction on the correct nutrition-- language and supportive environment -- A holistic approach to healing and time to heal complex cases --no two brains are the same there for the introduction of whole food supplements and nutritional diets and education --yoga -dance -mediation -coaching --self expression -- of oneself identity

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.

The services need to listen and respect the personal beliefs and values and be judged pp free safe protected and a positive approach and empathy to support --love compassion look at the individual not a case book or medical book as a human being -- their rights to be voiced and listened to and there should be one caseworker assigned to each person so not story has to be repeated over and over again ---just focus on time spent with moving forward and this won't happen if the staff are not educated and have delt with there own issues inside themselves as this is a dangerous outcome when a medical professions projects or casework or who involved in the personal treatment plan vomits there own beliefs onto the vulnerable person

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

THE DRIVERS BEHIND THIS IS GREED and failing government systems ---INSURANCE COMPANIES --LAWYERS -GOVERNMENT AGENCIES --MEDICAL INDUSTRY -BIG PHARMA -
-STATE TRUSTEE -VCAT --polical issues have to be looks at the changes to the way the system is broken

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

support in a loving environment --a caseworker assigned to each family --

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

BRAIN SPECT SCANS to Identify the professional's ability to work with the person re eliminating brain trauma and compulsory review SPEC scans ---especially in a higher position of medicating people coaching for all involved a trained world-class coach in HEALTH and niche complex trauma and addictions -

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?

resources and resourcefulness --public knowledge and education --media and caseworker

education and medical professionals education --

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?

INDEPENDENT GOVERNANCE OF HEALTH STSYEM STATE TRUST -VCAT - -SPECT SCANS --BRAIN --Psychiatrist to look at the BRAIN --SPECT SCANS - before medications are written --HOLISTIC TREATMENT --NUTRITIONAL SUPPLEMENTS EDUCATION OF MEDICAL PROFESSIONALS AND HEALTH COACHING --SELF IDENTITY AND SELF LEADERSHIPS - BELIEFS RESPECTED AND VALUES -MEDICAL PROFESSIONALS PROPOSAL ON QUESTIONS AND GOVERNANCE -POLICE TO BE EDUCATED ON DOMESTIC VIOLENCE AND DIVORCE ISSUES --WORKPLACE VIOLENCE EDUCATION -LAWYER ABUSE AND NEGLECT ----

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

CAMPAIGN ----

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

YES I AM A WARRIOR OF VICTIMIZATION AND HUMAN RIGHTS ABUSE --