

Submission to the Royal Commission into Victoria's Mental Health System

Supporting Document

I currently support someone living with mental health issues and I have accessed the carer support fund in the past.

My experience with the mental health system:

- Daughter 47yo single diagnosis schizophrenia 20 years plus.
- In the Revolving Door Syndrome/to [REDACTED] 15+ times through Lack of Insight/Non Compliance/Non Acceptance. On high dose Clozapine.
- Lives on her own in her apartment.
- We see her each 2-3 weeks on her terms.
- As [REDACTED] CTO supervision of medication ceases, so does she terminates med. compliance. We always org. CAT.

Main issues with the mental health system:

- The Public Mental Health system is unsatisfactory, because of general routine change of Psychiatrist &/or Case Manager can break trust, relationship, though generally the clinical support is good - though under resourced due to pressure of numbers, it seems.
- There are 650 outpatients at [REDACTED].
- The Psych Wards are overflowing.

Suggested changes to the mental health system to help support carers and their family member with a mental illness:

- There needs to be more GPs to address as far as possible the often poor health of the outpatients.
- For safety, there needs to be a second Dr. or nurse in attendance.
- There needs to be more psychological support to each outpatient at this stage - I'm trying again myself, but no success so far.