

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

## Organisation Name

N/A

## Name

Ms Christine Badawy

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

N/A

## 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?

N/A

## 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.

money: working towards & maintaining good mental health costs \$\$\$

## 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?

N/A

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

N/A

## 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?

"from a very early age I was self-employed: this gave me freedom to work when I could; use high quality mental health help available during M-F working hours; take time out to work on my health so while this approach meant I'm as well as possible in older age, it also meant I didn't have a chance to accumulate \$ needed for older age although, given my early life, the reality is I NEVER expected to live to 50 let alone into older age"

## 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?**

N/A

**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?**

"YES 1. I find overwhelmingly that health practitioners across all fields, inc psychology, are ignorant of the effects of NEGLECT and abuse on an embryo and young child (c/f studies inc Harvard's Center on the Developing Child's research) and how this affects people in their care. When I speak of this in light of my health needs, practitioners can find me irritating or fascinating: neither attitude necessarily helps my health outcomes. 2. Adequately subsidising highly skilled & experienced practitioners is critical Over the decades, I paid high \$ to achieve and maintain mental health, working, as needed, with highly skilled, experienced clinical psychologists and psychiatrists - and then I retired on the aged pension income alone. As an aged pensioner, I've been unable to find a psychologist to work with long term to keep my mental health strong - practitioners deserve to be paid well, so psychologists available at subsidised amounts I can afford tend to be newly graduated &/or working under supervision available for 6-12 month periods until they move on - this situation of high turnover of inexperienced practitioners may meet their own & their registration requirements but is totally unsuitable for patients' good health outcomes 3. Adequately differentiate & fund mental illness in the older population As a neglected, abused and tortured young child, I never ever expected to live past 7 years, and later I never ever expected to lived to 50, but I did Recently, on asking for help, I was told that I am not special; that all older people have stories to tell Every day I work towards maintaining my physical and mental health: physical health I can resource with my GP's help, but WITH MENTAL HEALTH I'M ALONE AND LEFT TO SURVIVE ON MY OWN RESOURCES - I am not suicidal nor am I mentally unwell, it's just that as a child in this situation I devised ways to end my life and now I've come full circle

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