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I would like to make the following submission on behalf of my mother, ██████████, and I, ██████████
██████████

My brother won a state title in car racing numerous times, owned his own home, had a trade and was a popular, talented brother. However, around 2011, things seriously declined.

My mother and I have been attempting to care for our brother for the last ten years. It just doesn't stop. He cannot get the help he needs.

He's been in and out of ██████████ the mental health ward, prison, and various rehabilitation facilities. But nothing seems to work.

Five years ago, everything seemed to get a lot worse, which we pin to the changes within the Mental Health Act, which made it significantly harder for us to seek treatment, or understand the impacts of this treatment, and we've been increasingly excluded from the mental health system's attempts to treat him.

The system has made things so much worse. Whether it's the pick ups from the police, the stays in the hospital, expensive and ineffective rehabilitation, or the accommodation he's placed in, most often without properly notifying us, his family.

It was in 2011 that things began to significantly deteriorate, and my brother began showing signs of delusions. He had been taking ice recently and smoking marijuana for a long time before that, but once things started to deteriorate, he reported being sexually assaulted while young. His state became worse and worse, saying he was getting messages from the TV, and developing multiple personalities.

Around August of that year, we convinced him to enter ██████████ mental ward, he didn't want to go, but after significant challenge, he spent a month there under involuntary treatment. Back then, there were more rights to hold people against their will. He came out clean, and through a friend who worked in the system, we found a fantastic mental health worker, and my brother had a great clean twelve months, and his mental health nearly return to his more healthier self.

After around year, he had the odd relapse. He began using heavily, and became quite sick. Police came, he went back to ██████████, and they let him go after a week. He was released on a Community Treatment Order, which was around the time the Mental Health Act changed, and all the rights went to him. From there, there wasn't much we could do.

From there, the process would remain the same. He would have drugs, they would make him unwell, he would destroy the house, he would be picked up police (If he didn't abscond), and taken to ██████████. They would discharge him, prescribe him oral medication, and release him without the knowledge of the family, often within 48 hours.

The frustrating thing is that we would be responsible, or take the brunt of the impact, when he was in the community. Over the years, the offending increased, as did his drug use. He would refuse to take the medication he was provided, and there was no means to ensure he would take them. When there were Community treatment Orders in place, he was moved onto the monthly injections, which ensured he was having regular meds, however gave him terrible side effects.

For years we have tried to get support. But, the continual changes in case workers led to everything going downhill. He had so many bad experiences with mental health – One time where his case worker even fell asleep on him. These bad experiences made him hostile to getting further treatment.

So as soon as the community orders was lifted he stopped taking medication.

We have really struggled to find adequate drug rehabilitation. We found a private ice program, which he attended. We also found him a private psychiatrist facility where he was meant to attend for four weeks (As it was voluntary) and lasted only a week. He just walked out.

Over the years, he would start detox, get well, get a job, and get some money, but as soon as he got paid, he would begin taking drugs again, which escalated his mental health and the process would begin again.

After being treated so poorly by the mental health system so many times, we engaged the ombudsmen to attempt to get something that would work. But, it was just another mental health system. Once someone's trust in the system is gone, they just think, "what's the point"?

From that point, he went to [REDACTED] and again struggled to get the services to support him. For a period, he was homeless, and he got back into drugs and reoffended. Often, we didn't know where he was.

He came home around the time of his 30th birthday, and another violent incident occurred. He took off, and no one knew where he went and no one could help. Two weeks later, we had a call from a [REDACTED] jail to let us know that he had evaded a road block, and landed back in jail.

When he was arrested, he was highly delusional, and they put him in front of a judge. When he finally came down and had been given some medication, he realized he had been sentenced for around six months. It took about three more months to appeal, get him out and bring him home. But, he preferred to be homeless rather than going to back to mental health services. Most of his issues relate to the challenges of dealing with a broken system, and medication which gave him horrible side effects.

Since then, he's broken into the family home and stolen firearms. The stuff he says now is just not right, it's deeply delusional, including multiple personalities. Now, at times he sounds like a sexual pervert. There's been further criminal incidents, numerous arrests, more jail, but what's worse is that is when he is released from prison, there's no obligation on him to get help for his challenges mental health or assistance for his addiction issues.

We would have called mental health services more than 100 times. But the only time we have gotten anywhere with the system is through personal contacts who have given us tricks to get *around* the system.

As of last week, he was living in a rental property owned by the family. He'd come into some form of money, and had been on a bender which escalated his mental health. My father and brother went to the property to try and get him out of the rental property, and into some help. The police were required, and now he's possibly headed back to jail. I told the police about his background, they said there was nothing they could do about it.

Now, he's been released, with no follow up support.

A local GP who specializes in addiction, [REDACTED], has been one of the only people to help him, and now acts as his mentor.

There needs to be dedicated, publicly funded, drug and alcohol rehabilitation facilities that are long term and mandatory. These facilities need to be able to address several issues at the same time, including, sexual assault, drug use and mental illness. And, they need to be involuntary.

Providing the care to my brother has placed incredible strain on the family. [REDACTED] his mother, has seen her health decrease significantly. It's a constant stress. The only time people can relax a little

is when he's in prison. As his sister, I am on the verge of a breakdown too. It's impacted all of our health, and our relationships.

We love him, but it's extremely difficult.

How the system has failed:

- Unless something horrific occurs, there's nothing you can do, you cannot get help.
- When something horrific does occur, it's off to jail. And, he goes off his medication, and unable to get treatment for his mental health issues.
- When he comes out of jail, he's not required to get treatment for his mental health issues.
- Under the Privacy Act, he has too much power over his own treatment and the information to allow those to help him, which given his mental state, is not appropriate.
- When he was able to get mental health services, they would ignore the drug use, and provide him more drugs.
- The system is too siloed. The support for the sexual assault, the drugs, the mental health - we need all these services to be working together to support people.
- On weekends, you're on your own.
- At █████, there's nowhere for people to smoke. This makes it all too easy to abscond.
- There's a lack of continuity of care. Every time he would get a different doctor and every time he'd have a different support person, you start again trying to build trust.
- In █████ it seems no one is ensuring that he's taken his medication.
- █████ is not a place where people get well. It's too full, and the environment makes people worse.
- We need to end the merry-go-round of police, hospitals and surprise releases. And, we need to make them go to counselling, and get the help they need.