

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

Organisation Name

N/A

Name

Comrade Melissa Dent

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

"Stop Criminalising drug users for liking the only love/pleasure they can safely feel. Stop pretending drug use is problematic when it's you and your system and your laws and your weird ways that are problematic. Oh, and you could stop stigmatising and discriminating: that would help. You know of course that the discrimination mainly comes from middle class health professionals. So deal with your own people, that's how. It's not the people it's the professionals. In fact, I've NEVER met a GP in Australia that I thought was up to standard, except Dr John Sherman, he is the best diagnostician in the State. Shame you guys won't make all GPs prescribe methadone: are doctors also allowed to refuse health care on any grounds they like? Seems a waste of my tax dollars to train another single doctor to be another userphobic arsehole, but hey, it's your fantasy of a medical system, not mine."

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?

"Listen to people. Give them the help they ask for when they ask for it. Every one of today's parasuicides and suicides asked for help regularly for years before they took their own life. Again, it's simple. Stop acting like a bunch of arseholes. Also, ""support"" is practical not emotional. Support is taking my dirty washing and returning it clean. Support is buying me a dishwasher. I don't need someone to hold my hand, I need someone to bring me dinner."

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

"Prevent suicide? I don't want you to prevent my suicide I want you to assist me in dying. I want Palliative Care. You get that Suicide is a fatal illness: at what point do I get palliative care? At what point do you actually acknowledge that the person has a fatal condition? Why do I not get any compassion for my death? And where do you get off trying to pretend it matters to you whether me and another 3.5K people top ourselves, when you care nothing for the abject conditions of poverty in which you allow us to live? "

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.

"Capitalism. When people who believe that made up words like ""economic"" growth mean more than wage rises and less working hours are allowed to be in positions to abuse others/of power, then you allow your citizens to be bullied. Don't let Industry bully your citizens because it makes it hard to be well."

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

"Poverty. Lack of Action on Climate Change. You guys ignoring Pells Pedophiles Public Child Rape Service for 30 fucking years wasn't great for MY mental health thanks. Get rid of ALL the Social Workers: it is considered a discredited model because of the role Social Work played in the removal of Indigenous Children Worldwide. It was discredited in the 1980's and replaced with Community Development, a peer-based in-community model. Ask Susan Kenny at Deakin, she wrote the textbook. So we need a Community Development/Peer & Consumer Head of Discipline. We also need to fund in-community initiatives. Also, please stop hiring middle class people to work with the disadvantaged: how the disadvantaged manage to not punch them in the face daily I do not know and it is testament to our great restraint. Also, Cunt is a non-gendered pronoun, not an offensive word. Please do not hire people if they do not know this. It's galling."

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

"As a carer who watched as someone with Schitzo-Affective was denied access to medication (I don't believe you have a mental illness, I think you just like drugs, said the doctor at [REDACTED] Public Mental Health, on the basis of 3 minutes small talk that contained no assessment questions) which led to mood crash, an episode of recurrent."

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

"Well, I was made redundant by [REDACTED] while on sick leave due to management bullying because of the union action I took in supporting gender equity. So far, I have been unable to work for 5 years, suffer ocular migranes in response to [REDACTED] signage that occludes normal vision, lost my house to the bank, and have had no compensation or support. If you want to retain workers support Unionism. Also, try to attract or head hunt skilled workers back into the sector. Don't advertise; don't interview. recruit though peer networks."

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?

"This looks like a right wing bullshit question but I'll have a go. I need bank loans for housing and business. I need help applying for business grants. I need direct access to McKinsey Community Sector Hub for the very best Business Analysis to go with my business ideas. Most people in recovery want to start their own business and will fill a massive social and economic gap if they are supported in the same way government supports their useless fucking shit. If McKinsey can make your bullshit work then with their help I hope to be applying for the Chinese Grants for Women ready to go Multi-National. I want the restriction on Business Grants lifted for those of us on DHS/DSS Benefits, it is apartheid law against the poorest to prevent them getting out of it so deal with this or don't pretend you want to help. There you go, you can end discrimination UNDER the law. That is an ACTION with a strong EVIDENCE BASE: this will work. Then scan all Victorian Law for Apartheid. The Facists/White Supremacists/Zionist/National Front/so many names these Facists have that all these are the names we knew them as before. If someone believes their family is...shit..... If someone believes their family is best pre-adapted to survive the next Near Extinction Level Catastrophe...that is as it should be...and isn't it exciting that we may get to see this in action in our lifetimes? Did you know The Late Great Barrier Reef has been renamed Charlie's Reef, because the 80% of it that's dead belongs to the Australian Government and the rest now belongs to Charlie Veron? That's what WE THE PEOPLE have done to thank him for his

[REDACTED] and it will demonstrate/train/educate and it's going to be fun. (Agile training under development? Crap - now I need to print THAT as a DRAFT about something and work on it seperately because this is a Business Analyst Consultancy idea for pitch to [REDACTED] to try to help HIM understand Agile better, while ostensibly helping him to help others understand. He understand the concept and the problem solving tool it describes, but there is no way ANYONE has successfully modeled it and I can, and I want to because THIS is the only challenging task on my desk. Therefore, I will continue to give you the free stuff, you can have as much as you can be bothered with, and then you can be my first client. My first client will be Bro-Bono: that means I work for my Brother-Girls and my Sister-Kids, Comrade, it is free if I am free, because I don't work for you. I work for We The People, and so do We, all the Way. Tired now. Press submit before you loose this second Submission."

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

[REDACTED]

[REDACTED]

[REDACTED]

[REDACTED]

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Miss Melissa DENT

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

"Friends, today I received a phone call, my friend [REDACTED] called to say: I am sorry I cannot help you right now I have a situation. I have been deprived of my liberty and I am locked up at [REDACTED] Hospital. Please listen. I am safe and well looked after. I am having a very good time. I am being held without charge. I am being well fed and enjoying the food very much." and I exclaimed "[REDACTED], if that's true I am definitely picking the next cafe!" And he laughed and he continued "I need to let you know that once I am free from this situation I will get in touch to continue our language lessons."

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?

I just found support for MY recovery in this awesome language teacher and what do you aresholes do? Lock him up in [REDACTED] Psych ward for shame. Shut. Them. Down. NOW.

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

"If I am ever suicidal you stay the fuck away from me you dangerous bunch of psychopaths called Public Mental Health. [REDACTED]

[REDACTED]. I think I know this. I think it will be short work to get this established as fact. [REDACTED]

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.

It is not hard. We ask for help and get shit heaped on us and then you say we're ungrateful. No help is better than your help; best thing you can all do is FUCK OFF AND LEAVE US ALONE. Money is all I want for help because I don't want your sub-standard services. And all your services are substandard.

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

"The driver is that we increase unemployment to drive down wages and conditions, we create a permanent layer of unemployment (that was tricky to do, never been done until Thatcher) to create a flexible "spare" labour pool and then act surprised when the permanent underclass we created suffer permanent disability that is multi-generational. Are you guys seriously asking this bullshit? How can you not know that governments have been deliberately increasing mental distress to manipulate and confuse voters? What bubbles do you live in to have missed this state of affairs? I

cannot imagine where you could have received so poor an education but if you paid for it demand your money back."

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

GIVE ME CARERS COTTAGE PLEASE. Desperate for respite and you took away the cottage just weeks before I rang.

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

[REDACTED]

[REDACTED] NOT UNION: NOT FEMINIST.
Eurice Dixon said "" When I talk about equality, I don't mean equally shit."" So feminism without socialism is just being a cunt really."

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?

"Not participation: return. We need to help people with mental illness improve their wealth and market value, how to get paid for what we are worth. It's not us it's you. How about you guys participate economically in providing opportunities for us?"

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?

No more criminal charges for drug use. This is like talking to the flat earth society. The evidence says Legalise Drugs and The Earth is Round. We need a head of Peer Based Community Development. We need a Head of Discipline Community Development. Social Work is considered a discredited model within Community Development theory because of its role in the removal of Indigenous children worldwide. In-Community and With-Community prevents this error by using Power-With instead of Power-Over.

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

"Get rid of the hierarchy. Get rid of the nasty language. Throw out the DSM and get the Florey to write you a better one - that would help heaps because that Sexist DSM is really rank. Listen to people when they speak: stop disregarding all that you don't understand and you will understand more. An unbelievable story is just one never before established, it's just new. So many people speak plain truth to dumbarse doctors and nurses and get patronising lack of comprehension in response. I think you are TESTING FOR PSYCOPATHY in your medical entrance tests not intelligence because smart people NEVER get 100% in anything. Smart people, the really smart ones, would be unlikely to obey instructions until year 12. Smart kids will not continue to abide by the conditions of Childhood much past 14 years old so they leave and then the system fails to protect them FINANCIALLY which makes them vulnerable. It's that simple. Pay us a decent wage and the problem goes away. The best and brightest of every generation start to die at age 14. Most do not make it to adulthood. "

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

How do we as people take legal action against the Victorian Government should they fail to force [REDACTED] to unlock the doors in their Mental Health Units permanently?

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Ms Melissa DENT

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

"The FIRST and ONLY place to start in reducing discrimination is with General Practitioners. Do this and you fix the system. So let's not muck about pretending there is anything else wrong with this excellent system. The problem IS, WAS and REMAINS that most GPs are arseholes. I don't know how a bunch of not-stupid-not-smart people get trained to act almost-always-stupid. I suspect that the UMat or whatever you call the medical entrance test is testing for Psychopathy NOT intelligence or skills in problem solving because as a group Medical Doctors are INCREDIBLY POOR at receiving NEW INFORMATION. They disregard what they can't put into an existing model and then forget about the symptoms they disregarded and call it diagnosis. And that passes for medicine in Australia. For example: I diagnosed PTSD from observed symptoms by keeping note of symptoms and cross checking with Phoenix Institute of Post Traumatic Health and lately with the Florey Institute (I've now isolated physical symptoms into a group that indicate urgent Neurological). The former has been especially kind in allowing me to access their expertise over the last 5 years while I have had to accept that the process of obtaining help was an insurmountable barrier to getting it and if I waited for you jokers to understand medicine I'd be dead. So thanks all the same for your First World Standard Medical System. Fat lot of good it does me, unless I have an acute presentation and they're usually excellent but still DECIDE whether this victim is a lying stinking junkie who is faking their pain, laying SCREAMING in emergency, he was, and I, cool as a hand, said "" Oh, he has a very high pain tolerance. If he's screaming it means he's in pain."" Oh really and ok I'll go see the doctor and off she trundled and gave him a shot while he curled in fetal on his knees tried to stay still for the needle and then the pain reduced to the point where they should have used physical symptoms to MAX out pain relief given it was an overdose of almost 50,000mg of paracetamol and that, it turns out, is a really painful way to die. I'm sorry but I must needs say ""YOU BASTARDS"" at ██████████ Hospital A&E. That's what you did. That's why I'm so angry I cannot even speak to you and I would SHUT YOU DOWN were it not for the ██████████ Ward, who saved his liver and had wonder in their eyes so I watched you do the almost impossible and I am grateful. It makes me cry: to see how good this Victorian Health System is when one can access it, and it's got so now I don't believe the Health System is a system so much as a few nodes that do not properly connect. The community is not the problem: the mental health sector is the problem. It is the mental health sector itself that stigmatises and discriminates. Who dares to remove a person's rights as a Citizen? We do says ██████████ Clinic and ██████████. Right now there is a man locked up in ██████████ without charge. Deprived of his liberty, they lock the door. I don't like being locked inside. It is a cruel punishment even for the convicted. How dare you lock up people with mental illness who have not committed a crime. I have the right to a trial. Mental health services ROUTINELY deny people the right to have their case heard before a Magistrate or a Judge. Also, all Mental Health Imprisonment is done without the victim having recourse to legal representation. It is therefore currently illegal on procedural process alone. (TEST CASE: ANYBODY?) Mental health services

are a cluster-fuck of human-rights abuses. This is known. If you want me to elaborate I can. "

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?

"You PREVENT mental illness with good SOCIAL POLICY. SUPPORT is something that one buys: think military support. It is logistics. Logistics is support. NOT THIS PISSY MIDDLE CLASS HAND HOLDING SHIT that these annoying middle class Social Workers impose. Can you please make social work area specific because ██████ employs middle-fucking-dumbass-class and they ANNOY THE SHIT out of the clients with their HORRIBLE ACCENT and HORRIFYING USE OF POWER-OVER LANGUAGE and it's no wonder I came across a man who had set up a table opposite ██████ just to yell at them and I said ""Oh, I'll take over yelling at ██████ for you if you would like to go tell the Royal Commision"" and one of the things he brought up was the utterly culturally inappropriate choice of staff, which believe me they've been told and told and told and they don't give a fuck so far as I can tell, at least, I was the only person out there helping him and all of ██████ stayed inside and let that ARSEHOLE bloody Smiling Assassin drag their client way. I recognise your work ██████ in this I see your hand."

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

"Nothing is working to PREVENT suicide but whatever you guys are doing to increase it is working great! So if you wanted to reduce suicide 1. Don't vote liberal, the suicide rate goes up; 2. The Centrelink Jobseach Allowance is so low as to be SUICIDE INDUCING: this is not political this is un-livable; suicide will reduce at \$32,000pa. Cost it against suicide prevention costs: it is competitive AND it WILL WORK. Do not waste a single dollar paying another Doctor or Business Consultant until this is done or I will consider it corruption to give money to your mates in mental health OVER to the people who will kill themselves today because they have to milk and went for a poo and there's no toilet paper and you don't get paid for 3 days and you can maybe scrapetogetheradollar for that milk but now you just think: I can live like this but I don't want to and like the organised and reasonable person that you are you SET A DATE FOR SUICIDE like a USE BY DATE. This shit is not-life and I personally believe that I made the right decision to end date my suffering if I was unable to get the help I wanted when I wanted I must do it without help and give myself enough time to work it out and self treat. I gave myself 15 years. I managed to self-treat the depression within 5 years due to finding an excellent Psychotherapist who worked with me where I was at, understood gender/sexism/patriarchy and the joke of ""women's mental health"" under this system of semi-slavery that is the domestic role. She gave me a safe space to talk and anti-depressants, and excellent support through side effects that felt a bit like being on Tripstacy (MDMA with a high GABA effect) which was hilarious because I was scared to take Anti-Depressants because they INCREASE completed suicide, exposing the known high level of ""really I would have done it already I just can't be fucked""; And then my Logical Free-Love Hippy chimes in and says ""That is demonstrably untrue, of course you can be fucked."" And it opens a dialogue of logic expressed with humour and love and so I survive. So I would like to thank my Free-Love-Hippy and credit with my survival her enduring love to freely give a fuck wherever whenever and with whomever willing. Thank you promiscuity: you saved my life and I very much enjoyed it everytime you helped; and I thank ██████ for always being easy, with love. And of course my beautiful partner ██████ who is easy on the soul anongst other things and never begrudged me a night of easy when he was difficult or his penis locked away by the State (thanks for nothing Justice System, what did his penis ever do wrong? Nothing FFS! AND I AM ON A BODY CLOCK TIMETABLE AND THAT'S MY FRIGGEN

PARTNER so if I say domestic violence DO NOT EVER LOCK MY FAMILY UP and tell me that it's raining coz you're pissing in my pocket if you reckon ONE man can cause ME to live in fear. I'm not afraid of you dangerous basturds so why the fuck would I be afraid of men, ordinary working class men, my allies in the fight, the guys that hold up the other half of my sky while the Australian Government shits on us from above? Are you stupid or evil? I just can't tell. I'll give you the benefit of the doubt while some remains and decide it is ignorance for YOU KNOW NOT WHAT YOU DO. Actually in modern usage that phrase says ""You don't know what you're doing"" because you do not judge your work on its outcomes. [REDACTED]

[REDACTED]. Judge it on the outcomes not the intent. It's kindof like Manslaughter, Social Work. [REDACTED]

[REDACTED]

[REDACTED] All right thinking people will agree. The new Department must be located OUTSIDE OF ALL EXISTING DEPARTMENTAL STRUCTURES and reports directly to PARLIAMENT NOT TO GOVERNMENT. I could do this for you as a Head of Discipline Community Development (The Rights of The Child and International Law, Peer, Consumer, Homeschool, DIY, Punks, Freaks, Transgender, People-Who-Have-Sex-With People, In-Community Workers and Harm Reduction Victoria and VMIAC and Tandem and Valid and The Council of Single Mothers should have a desk in my office and that's all I'll need. I will personally hand pick every worker and GUARANTEE MY SYSTEMS [REDACTED] but I want a mandate and [REDACTED] to do it right). Otherwise, [REDACTED]

[REDACTED] (Check quote - it's paraphrased, her poetry is so much better than that, better than ANYONE in Australia or the WORLD, best living poet in history, for the sake of your education look her up!) 3. [REDACTED]

[REDACTED]

[REDACTED] Australia replicated his economics and got the permanent unemployment up to 10% where it has stayed and whenever Australia wants to diddle the figures Australia just chucks half those people off all benefits entirely via a process that inherently breaches all law from Anti-Discrimination to Human Rights International Law. I could sue the Australian Government for this in EVERY court from VCAT TO THE HAIG... [REDACTED]

[REDACTED]

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.

"Jesus. You ask this while today you take the babies from their mothers right here in Melbourne in that disgusting locked ward at [REDACTED]? Are you pure evil malevolence in fact? Your question is cruel but oh so usual. What are you playing at, is this a game?"

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

POVERTY POVERTY POVERTY POVERTY POVERTY lets not talk about anything stupidly minor when we know its poverty and please do not wast The People Of Victoria's time pretending it's something else because it's a lie and it is frightening when you pretend it isn't true because MY POVERTY is YOUR POLITICS.

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

"Fix the Disability Support Pension and that godawful pittance newstart. I am soooooo sick of paying for everything because Newstart is FUCKING POCKET MONEY friend, it's lunch money \$200 a week. That's lunch & coffees right? You all have a wage, you know I'm right. So fix this and it will help me as a Carer."

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?

N/A

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?

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?

N/A