

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

Organisation Name

The Goldenhope Foundation

Name

trustee Max Lesser

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

emphasis on prevention start education program in primary schools look to non mainstream large organisational programs that are working well allow a different non academic approach listen to young people allow them to design mental health programs use a different approach what is being done now is not working why because programs are being driven by funding and career paths be an ambulance at the top of the cliff not at the bottom

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?

engaging young people giving them concepts that they can relate to images and markers that they can hang on to and identify with

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

different and non main stream interactments great simple publicity that the community identifies with especially young people enabling whole population to interact with engaging non service providers that have a far greater outreach than the standard mental health pathways

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 greatest stumbling block at the moment are the large scale organisations that block out alternative methods because it may cause them to lose funding and control

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

lack of simple touch points and allowing different organisations to work together stop the silo approach stop the evidence based approach that is hampering good results and helping people because organisations use the evidence based approach to lock out young people and innovative ideas

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?

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?

emphasis on the ambulance at the top of the cliff rather than at the bottom start younger with education but not programs designed by adults for children help different approaches look to non academic main stream blinkered thinking allow young people to design their mental health programs and ideas its not about funding and setting up large shop front organisations

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?

you are asking the wrong questions questions which do not apply to the organisation that may be providing mental health you need to know that there are other mental health interactments out there that don't get big publicity e.g. the organisation that I represent has been going for 20 plus years before other mainstream organisations we work as a community based outreach connecting organisations and people we focus in one area in prevention and publications we have outreached and nearing the two million mark in distribution of mental health material designed by young people for young people helped young people set up a national defeat depression day complete with symbolism etc. all this without any government funding which is great we have engaged whole communities we want to be heard showcasing a different approach having being in this field longer than most other organisations we do have something to offer we have long term data of students that are now adults tat tell us hoe effective we were above all we are a good news story of how things can work by being different and listening and engaging we are going to continue despite the outcomes of the commission with different ideas and out reach currently we are engaging with local government to introduce interactments into all schools yes and you wont find the word interactments in any dictionary but we have been using it for over 20 years a word coined by young people