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

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Name
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What are your suggestions to improve the Victorian community's understanding of mental illness and reduce stigma and discrimination?
We need to have acute services providing positive outcomes for consumers and their families. We need a workforce willing to work towards positive messages about illness and treatment unfortunately the workforce are far negative. There also need s to more open accountability for finances as a lot of abuse and wastage is occurring with creative book keeping used to hiding this

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?
Unfortunately I have not a lot of positive comments. I would say some of the work for youth early prevention but they are taking resources away from acute service provision not adding to it. There also needs to early intervention service for younger people as well as adults

What is already working well and what can be done better to prevent suicide?
More acute services plus more inpatient beds and longer stay units for recovery as people are often discharged to early with little follow up

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.
Mental health workers attitude to consumers and there complex health issues I see a lot of negative outcomes with people who use substances

What are the drivers behind some communities in Victoria experiencing poorer mental health outcomes and what needs to be done to address this?
"The community is not given enough information about positive mental health and what this is, there are not enough early intervention services at present. Government needs to put more into early intervention and prevention, provide more services to people with high prevalence disorders early before they become worse"

What are the needs of family members and carers and what can be done better to support them?
Whilst some consumers do not wish to engage with services then there loved ones are denied support because they are not an open case and there are a lack external carer support service outside the system for mental health

What can be done to attract, retain and better support the mental health workforce, including peer support workers?
An overhaul of the education of health professionals that have more hands on learning rather than

a university degree in which they have no experience in talking with people with mental health issues

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?
"There needs to significant improvement in affordable safe housing, more specific workplace support services for the individual and employers. Specific targeted funding into employment agencies with training to staff on mental health"

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?
"Needs an overhaul of acute mental health funding both in the community and inpatient, needs more services for early intervention at primary level with in designated mental health service not put out to tender at other agencies"

What can be done now to prepare for changes to Victorias mental health system and support improvements to last?
A major review needs to occur in the management of mental health funding and how public hospitals are spending it. More accountability and more auditing of the public hospitals

Is there anything else you would like to share with the Royal Commission?
No