

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

SUB. 0002.0001.0045

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

"More funding in community sectors, more staff and increase mental health literacy across professions including the Police force, inclusive to family and friends, aged care, disability sectors and Centrelink. Provide cultural awareness training to address the growing diverse needs of the community and tailor it according to the needs of the people in that community. Have representatives working within that community to increase community capacity in terms of addressing the issues of mental health and encourage early intervention. Implement the Australian headspace model to approach needs within the community regarding to mental health. More concern towards working with vulnerable groups such as Aboriginal and Torres Strait Islander Peoples in regards to addressing youth suicide. More needs to be doing to support CALD communities, migrant and refugees (Muslim communities, Indian communities, Vietnamese communities to improve mental health literacy). Improved vocational support and physical health support. More funding into peer work consultation as a navigator within tertiary services and early intervention services. Transparency of the police force towards their role in terms of intervening with a mentally ill person and what needs to change in the police force to improve consumer experience (e.g. mental health literacy, understanding, increase resource using other professions in the process to mitigate over using under-resourced police intervention)."

## **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?**

"Youth mental health is improving according to the use of the headspace model however, a mental health care plan of 10 sessions is not enough to address mental illness. "

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

"Addressing the needs of the community. Community leaders need to collaborate with mainstream services and supports to improve mental health literacy, take action towards suicide prevention and providing adequate support for those who needed it most."

## **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.**

Long wait times. Providing documents with the NDIS to 'qualify' for support. Lack of transparency of the police force in terms of addressing and approaching mentally ill people. No idea where to go. Bad experiences of accessing the service. No support from family and friends. Loneliness. Isolation.

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

Language barriersLack of cultural understandingStigmaCost to get help

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

Administration needs to improve

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

"More funding, increase peer work consultations and consider it as a profession, provide support for health professionals and enforcers (police) and increase effectiveness of community involvement/participation in the process."

**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?**

SchoolsUniversityJob network organisationsEducation sectorsDisability sectorsHealth clinicsPrivatesCommunityChurchHospitalityLaboring jobs

**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?**

ADDRESSING THE NEEDS OF EARLY INTERVENTION AND COMMUNITY PSYCHOEDUCATION.BE RESOURCEFUL IN TERMS OF HANDLING MENTAL ILLNESS THROUGH CAPACITY BUILDING BY TAKING PEER SUPPORT WORKERS INTO ACCOUNT.TACKLE THE STIGMA THAT EXISTS IN VULNERABLE GROUPS.BETTER ADMINISTRATION IN ADDRESSING THE NEEDS OF INDIVIDUALS.TAKE ON A HOLISTIC APPROACH TO MENTAL HEALTH.

**What can be done now to prepare for changes to Victorias mental health system and support improvements to last?**

"Funding in community sectors.Awareness training across professions.Improve the needs of the community by addressing concerns that exists in vulnerable groups (CALD, refugee/migrant, homelessness, schools)"

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

"DON'T MAKE THE NEXT GENERATION SUFFER BECAUSE OF THE CURRENT PRACTICES OF TODAY. Please reconcile with the vulnerable groups in the path of forgiveness (referring to LGBTQI and Aboriginal Torres Strait Islander, Low SES, homelessness, drug and alcohol affected individuals) and empower them with the resources needed to move forward and surpass the 'illness culture' so that mental health is a community effort rather than an effort of one organisation or one person alone. Make it accessible and timely. Provide early intervention!"