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

Organisation Name
N/A

Name
M Alex Canning

What are your suggestions to improve the Victorian communitys understanding of mental illness and reduce stigma and discrimination?
N/A

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?
N/A

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

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.
"I was diagnosed with Post Traumatic Stress Disorder in 2010 (complex, chronic). The PTSD was caused from experiences when I lived in out of home care as a child, and from growing up in an abusive family environment. Since that time I have searched, struggled and met constant dead ends trying to find support and treatment. The flashbacks are frequently debilitating, to the extent that they cause me to feel suicidal - not because my life is a problem (it's not, I feel very satisfied and grateful for my family and friends, my career working in allied health, and my health otherwise) - but because I just cannot find help to recover. While I've found wonderful clinicians who work in private practice, I can only afford sessions a handful of times per year (with the medicare rebate). I wasn't eligible for the PTSD program at the Trauma Centre as my injury wasn't caused in service. I tried calling community health centres and was told none of their social workers or psychologists worked or specialised with PTSD. At one point I went to the hospital, and was connected to the CAT team - however each day a different person called me, there was no consistency or focus no treatment or recovery - it was a short-term focus on stabilisation and medication. I know recovery is possible - I need trauma-informed, psychological treatment and support to recover. Yet, there is no services available. I feel helpless. "

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

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?
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?
"Please design, establish and invest in trauma-informed services with an emphasis on long-term recovery. "