

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

Organisation Name

N/A

Name

School Nurse Elisabeth Paterson

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

Continued improvement of knowledge and understanding. Ongoing funding for schools to support wellbeing and safety of young people at risk .

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?

Organisations with good access to mental health are now accessible from a GP visit. The use of a mental health treatment plan has less stigma and our society has now accepted that young people have many issues. Disability sectors are now receiving funding for dual disability support. More disability focused organisations need to be made available. Assessment of mental health needs within the disability cohort and persons with a loss of capacity is very poor.

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

"More access to services. Media awareness of mental health support teams and crisis intervention services Risk assessment and safety tools that are becoming available within mental health services, especially those developed that allows non mental health clinicians to assess the risk quickly ie; teachers, after school workers"

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.

"Sometimes the stigma exists Lack of family understanding Limited awareness from professionals out with mental health professions Not enough service availability Continue to promote better health and beat the stigma Create a home directory of service wide organisations (white pages) that includes, children's, youth, adult, older adult and disability Better access to health history data base for health professionals. Include mental health and other significant illness impacting on the wellbeing of individuals. "

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

"Funding Locality Access and long waiting times Community involvement - Centrelink, activities, housing, schooling,"

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

"Burn out, frustration, financial hardship, lack of support from family, embarrassment and humiliation, housing, Carers and peer groups, better funding available, community support and

understanding, mental health and disability awareness groups, "

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

Funding for supervision and support for managers to give mental health workers the safety they deserve. Continued professional development Encourage mental health days - remove the sick element by employers Wellbeing coordinators employed within organisations - no need for mental health plan

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 are recommendations from the commission to improve the better health of people living with a mental health issue. Communities to engage and develop through individual community visions. Less isolation and more therapeutic community groups and housing areas would create foundations for building friendships, learning skills, understanding needs of others, and generally allowing the individuals to feel welcome "

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?

Better services for disabled people Support for better access to homes and employment Access to care for young adults with incapacity through injury or organic illness

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

Listening to the general public Reviewing the benefits and funding them Keep listening to the service user and carers

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

"As a mental health worker, I can see change and improvement since the review of the mental health act in 2014. Individuals have better access and use their voice to make decisions about their care I hope in the future access to mental health and recovery is easy to find and well funded "