

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

Organisation Name

N/A

Name

Ms Kimberly Williams

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

"Greater availability of qualified staff, education availability for families, schools, higher education and more accountability with adherence of the Mental Health Act, Human Rights Charter, and a person's treatment preferences and planning. Redaction of case histories where recurrent diagnosis are absent need to occur to prevent preconceived ideas and discrimination."

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?

Community Support Services were partially working prior to the introduction of the NDIS. Mental Health care systems should be mandated to implement diagnosis reviews and assessments on hospital admissions every twelve months to ensure misdiagnosis and historical opinions.

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

The implementation of a fair and just Mental Health system would encourage more engagement in services and avoid labelling.

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.

People are reluctant to engage in services where labels and discrimination occur on a daily basis ? increasing education and community resources would make for a better mental health care system.

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 employment and community involvement throughout low socio-economic societies seems to add to poor mental health amongst community members ? providing better education opportunities, increasing employer incentives, creating community projects, and installing more social supports to these communities would see a decrease in poor mental health."

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

Better community infrastructures would allow for carers to seek support and education which in turn would reduce the stress placed on them and alleviate the health systems.

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

"More accessible, higher quality education opportunities, wages increased and set in relation to

skills, experience, and surrounding needs in the communities in which they work."

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?

Increasing accessibility and removing stigmas and discrimination needs to occur before an individuals recovery journey can be realised.

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?

Historical reference should not be allowed in the mental health sector where forensic assessments have not occurred or where they have occurred and found to be unwarranted. A person's case history should be destroyed unless a high-risk element has been justified. Psychiatrists should be held accountable to rediagnose a person every 12 months as most mental illnesses are triggered by environmental stresses and are often situational.

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?

N/A