



## Royal Commission into Victoria's Mental Health System

**SEND TO [contacts@rcvmhs.vic.gov.au](mailto:contacts@rcvmhs.vic.gov.au)**

# Formal submission cover sheet

### **Make a formal submission to the Royal Commission into Victoria's mental health system**

The terms of reference for the Royal Commission ask us to consider some important themes relating to Victoria's mental health system. In line with this, please consider the questions below. Your responses, including the insights, views and suggestions you share, will help us to prepare our reports.

This is not the only way you can contribute. You may prefer to provide brief comments [here](#) instead, or as well. The brief comments cover some of the same questions, but they may be more convenient and quicker for you to complete.

### **For individuals**

Written submissions made online or by post, may be published on the Commission's website or referred to in the Commission's reports, at the discretion of the Commission. However that is subject to any request for anonymity or confidentiality that you make. That said, we strongly encourage you to allow your submission to be public - this will help to ensure the Commission's work is transparent and that the community is fully informed.'

Audio and video submissions will not be published on the Commission's website. However, they may be referred to in the Commission's reports, subject to any preferences you have nominated.

### **For organisations**

Written submissions made online or by post, may be published on the Commission's website or referred to in the Commission's reports, at the discretion of the Commission. However that is subject to any request for anonymity or confidentiality that you make. That said, we strongly encourage you to allow your submission to be public - this will help to ensure the Commission's work is transparent and that the community is fully informed.'

Audio and video submissions will not be published on the Commission's website. However, they may be referred to in the Commission's reports.

Because of the importance of transparency and openness for the Commission's work, organisations will need to show compelling reasons for their submissions to remain confidential.

Should you wish to make a formal submission, please consider the questions below, noting that you do not have to respond to all of the questions, instead you may choose to respond to only some of them. If you would like to contribute and require assistance to be able to do so, please contact the Royal Commission on 1800 00 11 34.

Your information	
Title	Australasian Confederation of Psychoanalytic Psychotherapies
First name	Patrick
Surname	Burnett
Email Address	patrickburnett5@gmail.com
Preferred Contact Number	0439945042
Postcode	2479
Preferred method of contact	<input checked="" type="checkbox"/> Email <input type="checkbox"/> Telephone
Gender NA	<input type="checkbox"/> Female <input checked="" type="checkbox"/> Male <input type="checkbox"/> Self-described: <input type="checkbox"/> Prefer not to say
Age NA	<input type="checkbox"/> Under 15 <input type="checkbox"/> 15 – 17 <input type="checkbox"/> 18 – 24 <input type="checkbox"/> 25 – 44 <input type="checkbox"/> 45 – 64 <input checked="" type="checkbox"/> 65 – 84 <input type="checkbox"/> 85+ <input type="checkbox"/> Prefer not to say
Do you identify as a member of any of the following groups? Please select all that apply	<input type="checkbox"/> People of Aboriginal and Torres Strait Islander origins <input type="checkbox"/> People of non-English speaking (culturally and linguistically diverse) backgrounds <input type="checkbox"/> People from the Lesbian, Gay, Bisexual, Transgender, Intersex, Asexual and Queer community <input type="checkbox"/> People who are experiencing or have experienced family violence or homelessness <input type="checkbox"/> People with disability <input checked="" type="checkbox"/> People living in rural or regional communities <input checked="" type="checkbox"/> People who are engaged in preventing, responding to and treating mental illness <input type="checkbox"/> Prefer not to say
Type of submission	<input type="checkbox"/> Individual

	<p>X Organisation - Australasian Confederation of Psychoanalytic Psychotherapies</p> <p>Please state whether you have authority from that organisation to make this submission on its behalf: X Yes <input type="checkbox"/> No</p> <p>x<input type="checkbox"/> Group</p> <p>How many people does your submission represent? 450</p>
Personal information about others	<p>Does your submission include information which would allow another individual who has experienced mental illness to be identified?</p> <p><input type="checkbox"/> Yes X No</p>
	<p>If yes, are you authorised to provide that information on their behalf, on the basis set out in the document</p> <p><input type="checkbox"/> Yes <input type="checkbox"/> No</p>
	<p>Prior to publication, does the submission require redaction to deidentify individuals, apart from the author, to which the submission refers</p> <p><input type="checkbox"/> Yes No x</p>
Please indicate which of the following best represents you or the organisation/body you represent. Please select all that apply	<p><input type="checkbox"/> Person living with mental illness</p> <p><input type="checkbox"/> Engagement with mental health services in the past five years</p> <p><input type="checkbox"/> Carer / family member / friend of someone living with mental illness</p> <p><input type="checkbox"/> Support worker</p> <p><input type="checkbox"/> Individual service provider</p> <p><input type="checkbox"/> Individual advocate</p> <p><input type="checkbox"/> Service provider organisation;</p> <p style="padding-left: 40px;">Please specify type of provider: _____</p> <p>X Peak body or advocacy group</p> <p><input type="checkbox"/> Researcher, academic, commentator</p> <p><input type="checkbox"/> Government agency</p> <p><input type="checkbox"/> Interested member of the public</p> <p><input type="checkbox"/> Other; Please specify:</p>
Please select the main Terms of Reference topics that are covered in your brief comments. Please select all that apply	<p>x<input type="checkbox"/> Access to Victoria's mental health services</p> <p><input type="checkbox"/> Navigation of Victoria's mental health services</p> <p>x<input type="checkbox"/> Best practice treatment and care models that are safe and person-centred</p> <p>x<input type="checkbox"/> Family and carer support needs</p> <p>x<input type="checkbox"/> Suicide prevention</p> <p>x<input type="checkbox"/> Mental illness prevention</p> <p>x<input type="checkbox"/> Mental health workforce</p>

	<p><input checked="" type="checkbox"/> Pathways and interfaces between Victoria's mental health services and other services</p> <p><input checked="" type="checkbox"/> Infrastructure, governance, accountability, funding, commissioning and information-sharing arrangements</p> <p><input type="checkbox"/> Data collection and research strategies to advance and monitor reforms</p> <p><input checked="" type="checkbox"/> Aboriginal and Torres Islander communities</p> <p><input checked="" type="checkbox"/> People living with mental illness and other co-occurring illnesses, disabilities, multiple or dual disabilities</p> <p><input checked="" type="checkbox"/> Rural and regional communities</p> <p><input type="checkbox"/> People in contact, or at greater risk of contact, with the forensic mental health system and the justice system</p> <p><input checked="" type="checkbox"/> People living with both mental illness and problematic drug and alcohol use</p>
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**For individuals only**

Please identify whether this submission is to be treated as public, anonymous or restricted

While you can request anonymity or confidentiality below, we strongly encourage your formal submission to be public - this will help to ensure the Commission's work is transparent and the community is fully informed

Please tick one box

<input type="checkbox"/> Public	My submission may be published or referred to in any public document prepared by the Royal Commission. There is no need to anonymise this submission.
<input type="checkbox"/> Anonymous	My submission may only be published or referred to in any public document prepared by the Royal Commission if it is anonymised (i.e. all information identifying or which could reasonably be expected to identify the author is redacted).  If you do not specify the information which you would like to be removed, reasonable efforts will be made to remove all personal information (such as your name, address and other contact details) and other information which could reasonably be expected to identify you.
<input type="checkbox"/> Restricted	My submission is confidential. My submission and its contents must not be published or referred to in any public document prepared by the Royal Commission. Please include a short explanation as to why you would like your submission restricted.

Please note:

- This cover sheet is required for all formal submissions, whether in writing or by audio or video file. Written submissions made online or by post, may be published on the Commission's website (at the discretion of the Commission) subject to your nominated preferences.
- Audio and video submissions will not be published on the Commission's website. However, they may be referred to in the Commission's reports subject to any preferences nominated.
- While the Commission will take into account your preference, the Commission may redact any part of any submission for privacy, legal or other reasons.

**Your contribution**

***Should you wish to make a formal submission, please consider the questions below, noting that you do not have to respond to all of the questions, instead you may choose to respond to only some of them.***

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

SEE SEPARATE ATTACHMENT FOR FULL SUBMISSION

2. 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?

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

4. 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.

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

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



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

8. 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?

9. Thinking about what Victoria's mental health system should ideally look like, tell us what areas and reform ideas you would like the Royal Commission to prioritise for change?

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10. What can be done now to prepare for changes to Victoria's mental health system and support improvements to last?

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

Privacy  
acknowledgement

I understand that the Royal Commission works with the assistance of its advisers and service providers. I agree that personal information about me and provided by me will be handled as described on the Privacy Page.

	<input type="checkbox"/> Yes <input type="checkbox"/> No
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