

**Submission
No 6**

**INQUIRY INTO EQUITY, ACCESSIBILITY AND
APPROPRIATE DELIVERY OF OUTPATIENT AND
COMMUNITY MENTAL HEALTH CARE IN NEW SOUTH
WALES**

Name: Mr Michael Daley

Date Received: 31 July 2023

Upper House inquiry into mental health services in NSW

My name is Michael Daley. I have lived experience of a mental health condition. I experience schizophrenia. I reside in regional NSW on the Mid North Coast in Port Macquarie (PMQ). I have experience as a mental health consumer representative, and I work as a community peer support worker for a local NGO. I also study social work as an undergraduate at Charles Sturt University in Port Macquarie.

I will address items (a), (b) and (c) of the terms of reference.

I was diagnosed in Northwest Sydney in 1998. This was followed by ten years of intermittent hospitalization including two six-month CTO's. My outpatient experience in Northwest Sydney was exemplary with Psychiatrists linked directly with the LHD and community health service attending my family residence on occasion. I accessed a psychologist and occupational therapist as a part of my recovery, and this proved invaluable to moving forward in my recovery.

Despite this exemplary experience in Northwest Sydney with easy availability of clinical supports upon arrival to regional Port Macquarie NSW in 2013, support was initially paired back to one case manager and occasional support from a psychiatrist only. The local community mental health team in PMQ while being occupied by caring and efficient staff appeared under resourced with no psychologist and no occupational therapist being offered for my support. My personal recovery was so freshly invigorated by accessing skilled psychological support bulk billed directly through the community mental health team in Northwest Sydney and was not available in regional PMQ. To say these insufficiencies had an impact on my recovery is an understatement. A potential solution here is to introduce the concept of "One Model Mental Health". Within this concept right across NSW community mental health services are obliged to have a minimum level of support. This would be inclusive of GP, mental health case manager, psychologist, psychiatrist, and occupational therapist. This will ensure that people in NSW who experience a mental health condition are not disadvantaged or unfairly advantaged due to geography.

I am happy to provide evidence at the hearing.

Thank you.

Kindly,

Michael Daley

(Undergraduate Social Worker, Community Peer Support Worker, Mental Health Consumer Representative).