

Supplementary  
Submission  
No 20b

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

**Name:** Name suppressed

**Date Received:** 24 August 2023

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Partially  
Confidential

My submission is in relation to the Stigma and Discrimination of people who are being put on CTO,s community treatment orders and the unfair controlling nature of those who are also on Clozapine. Anyone in government who is of the opinion that the MHRT Mental Health Review Tribunal is not capable of making mistakes and granting orders for people, who should not be put on one. Their mistake rate for Civil patients on unneeded orders is at 86%. These people are being discriminated against because even though the majority are completely recovered from a setback or mostly a Dr,s mistake regarding the medication. They are being labelled as people who are a danger to themselves and the community. It's like giving a Jewish person a Yellow Star to wear. CTO,s official identify people as a risk.

Even though the majority, like my daughter have never ever ever showed any sign of aggression or any self harm tendencies. Once on these orders it's hard to get off them. Also if by some uncontrollable event you even have a minor breach, then there are severe penalties. This seems to be the purpose of these unneeded CTO,s. They can entrapp a person for decades in a merry go round of being forced to surrender to the direction of a Dr and treating team. I noticed none of the politicians and high profile sports people and wealthy people are not treated the same as someone from other backgrounds.

These orders are selective and discriminatory. They control people whose only offence was to have an adverse affect from a medication that they could not tolerate. Every Psychiatrist will tell you that mental health is all Trial by Error. These orders make the patient responsible for the errors that the Dr makes. These people are Not criminals. There's a big difference between Forensic patients and Civil patients on orders. 86% of Civil orders are not needed. They are being used to restrict the person from enjoying everything that you take for granted. A holiday is controlled by the CTO everything is restricted.

That is the thing the LEAST RESTRICTIVE TYPE OF TREATMENT is where a person is able to live in the community as a voluntary patient without a CTO. The orders are an invasion of privacy and freedom of innocent people with no criminal history. They are discrimination. Especially when they are punished for any indescrpancy. People are being set up to Fail. There's no need for orders in Australia in 2023. We are spoilt for choice when it comes to Services. Anyone with an NDIS package can access anything they need, just by asking. These orders need to be ended.

Clozapine is also another controlling medication that needs to be made easier to access for people who wish to go away for a holiday or even travel around Australia. A person on Clopine ATM has to attend a designated Clinic every month and also have a monthly blood test. This monthly visit comes around so quickly. If you are away or miss a clinic, guess what they do???. They stick you on a CTO. They even make it as difficult as possible for a person to have a holiday or travel. They consider a person on Clopine as that Clinics personal property. This needs to stop today. Clopine needs to be available anywhere a person goes. All other medications are. Discrimination and Stigma. People are being treated like homeless people who are relying on free meals from charities. It's a double whammy when a person is on Clopine and a CTO as well.

A person should be able to go to a hospital when they are away from home and say they need to get their Clopine and submit a blood test a copy can be sent to the regular clinic. Then the Clopine can be dispensed from the hospitals pharmacy. Totally without any fear of reprisal. It's hard to plan a trip around being at a clinic and not factor in a change in plans or an unseen event. Maybe a special card for people on Clopine that can be presented to other hospitals and then that hospital knows it's OK to dispense the Clopine. Two simple changes that will allow some very worthwhile people to have a better life. I hope these changes happen as soon as possible.