

Submission
No 151

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

Name: Danial Khan
Date Received: 28 September 2023

Submission to the Portfolio Committee No. 2 – Health Inquiry

Introduction: My name is Danial Khan. I am not just a concerned citizen but also a father of a child with very high special needs who was part of a tragic accident which took place at bankstown hospital where she was given nitrous oxide gas instead of oxygen at the time of birth, which resulted in her having a traumatic brain injury and has firsthand experience with the challenges and gaps in the mental health care system in NSW.

Addressing the Terms of Reference: I wish to address the following terms of reference:

Navigation of outpatient and community mental health services (b)

Appropriate and efficient allocation of mental health care workers (e)

Benefits and risks of online and telehealth services (g)

Accessibility and cultural safety of mental health services, focusing on men's mental health (h)

Any other related matter (j)

Issues and Recommendations:

Navigation of Services (b):

Issue: After a tragic incident involving my daughter, I felt a deep void when seeking professional help. The challenge was not only finding the right therapist but also discovering a community to share and relate experiences.

Recommendation: There should be a more comprehensive directory or platform for therapists to recommend community groups, especially those tailored to specific needs, such as men facing traumatic experiences.

Allocation of Mental Health Care Workers (e):

Issue: The cycle of therapy without tangible progress signifies a potential inefficiency in the system, possibly from a lack of trained professionals or limited methodologies in practice.

Recommendation: Enhance training for therapists with a holistic approach, emphasizing community-driven therapies and physical activities.

Men's Mental Health (h):

Issue: Men, like myself, often seek spaces where they can engage in physical activities and feel a sense of community. There's a significant lack of these therapeutic avenues in our current mental health care system.

Recommendation: Fund and promote centers that combine therapy with physical activity for men. Encourage group activities where individuals can engage and uplift each other, fostering community building.

The Importance of Active Therapy (j):

Issue: Active physical therapy, such as gym classes and outdoor activities, play a crucial role in mental well-being.

Recommendation: Integrate physical activities into therapy sessions, especially for men, and have them funded or partially subsidized by Medicare.

Supporting Material: Recent research indicates the profound effects of physical activity on mental well-being. (It would be beneficial to cite specific studies or reports here if you have them.)

Structure: This submission has been structured according to the provided guidelines, introducing myself, addressing the terms of reference, and clearly outlining issues with accompanying recommendations.

Adverse Comments: This submission avoids any adverse comments about specific individuals or entities.

Giving Evidence: I am willing to give evidence at a hearing if required and am also happy for them to share and publish my story in full.

Please let me know if you need me to add or remove anything.