

Paul Gray

Survivor from childhood
Abuse and Trauma

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Submission
Productivity Commission
Mental Health Inquiry.
PROTECT THE CHILDREN

Dear commissioners:

The mental health system needs to go through a major overhaul. The focus currently is on the effects without seriously considering the factors to why mental health is such a major problem in society today.

Unfortunately, most mental illness comes about from trauma people suffer as children. Meaning that yes, we do need to finance and support those already suffering from mental illness. Regrettably there is no or little support for education and training on how to treat children in their formative years.

At present we have courses supporting parents in physical care for the new born child. The lack of any form of education for parents in the psychological field is a problem that needs immediate attention.

The inclusion of a psychological program helping parents understand the fundamentals of Attachment theory, Transactional Analysis and Boundaries may seem simplistic to some people, but most meaningful things are simple. Like a smile how simple and how empowering.

Communication and interaction as a child are fundamental to the attitudes and behavior we take into the outside world. Many parents are unaware that elements of their own behavior learnt from their parents are detrimental and in so cases debilitating in the long term to the wellbeing of their child never mind themselves.

A program that educates parents as to the profound effects their behavior has on their child would reduce the amount of money needed to support mental illness by tackling the most substantial course of mental illness. Early childhood Trauma and Abuse.

Sincerely,

Paul Gray