
From:
Sent: Thursday, 12 November 2015 11:28 AM
To: Advocacy and Support
Cc:
Subject: Issues paper released into advocacy and support, and therapeutic treatment services

10th November 2015

“ Advocacy and Support and Therapeutic Treatment Services”

Attention “Child Abuse Royal Commission ”

[REDACTED] I am an adult survivor of childhood abuse and trauma. I also am an advocate for those survivors who like me are faced with on-going daily struggles as a direct result of mistreatment and abuse inflicted upon me whilst in state care.

I have spent over the last two decades, also struggling with mental health issues. These diagnoses include severe post traumatic stress disorder, dissociative identity disorder, depression / panic attacks, and self harm.

During my journey toward healing and recovery, I have faced many obstacles especially a lack of understanding of the direct link between trauma and mental illness and even finding supports in the community who understand the link between abuse and its effects. Also as a result of being institutionalised I have struggled with basic daily living, etc self care, and managing emotions and completing simple tasks like shopping, participating in any normal activities due to depression and isolating myself.

The effects of the abuse from being in state care means that I rely on others to assist me . It has taken me years to be able to even find advocates and people in the community who provide simple assistance like attending appointments, due to me having severe panic attacks and dissociation.

The other problem i have faced over the years is finding a free counselling therapist (or centre a place to go ,someone somewhere) who understands trauma and many people like me are left to struggle to cope with overwhelming anxiety depression and thoughts and feelings of self harm.

Being on a disability pension means I cannot afford proper therapy and rely on the mental health care plan which only provides 10 sessions. Survivors like me often have to attempt to struggle to find any appropriate services who are specialised in providing care, support to trauma survivors.

When I left state care I was thrown into the world unable to deal with all that I had been through, whilst I commend the Royal Commission on giving survivors a voice, there is so much more I wanted to say but didn't get the opportunity.

I also as an advocate write for the mental health magazine and would like to see a lot more information made available to the public health sector on the relationship between abuse/trauma and the development of mental health disorders /illnesses. Also that the government provides unlimited resources through education and counselling, and more practical support to victims (survivors) of institutional abuse.

I have recently engaged with a private psychologist, [REDACTED], who I am struggling to be able to pay for. [REDACTED] is experienced with trauma and I am hoping that somehow the Royal Commission will fund private trauma specialists, psychologists, over the state to be able to provide real support and therapy to victims/survivors like me.

[REDACTED] counselling for the first time ever has enabled me to slowly move toward healing and recovery. Whilst it will be a long process, I am hopeful that more therapists will be made available to assist others in need. Also, that advocates are made available to every survivor of Institutional abuse. Perhaps these can be attached to hospitals, community health centres and funding made available to assist with everyday practical needs as a result of the abuse endured.

I thank you for accepting my submission and look forward to your response.

Kind regards,