

MindFreedom^{journal}

Winter 2004-05 • \$3

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**Psychiatry Globalizes:
Bhargavi Davar of India says "No!"**

**Drug Corporations Want Your
Mental Health Tested**

Pfizer Fibs



Reports from Around the World
MindFreedom Campaigns • Poetry
Loren Mosher and Cookie Gant Remembered
How to Get Involved • Mad Market on page 10



MindFreedom International wins campaigns for human rights and alternatives in the mental health system.

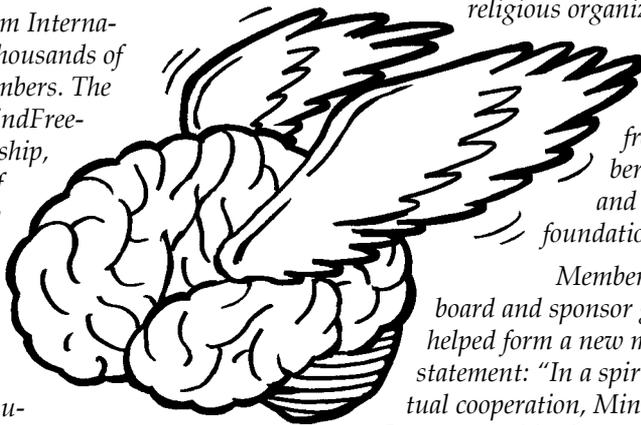
MindFreedom International unites thousands of individual members. The majority of MindFreedom's membership, board and staff are psychiatric survivors.

However, membership is open to everyone who supports our human rights goals. Advocates, mental health professionals, family members and the general public are all valued members of the MindFreedom community.

MindFreedom International unites 100 grassroots organizations. Each sponsor group has a liaison on the MindFreedom Support Coalition International Advisory Council.

MindFreedom International is rooted in a 35-year-old global movement to change the mental health system. MindFreedom International is one of the few groups in the mental health

field that is independent with no funding from or links to governments, mental health providers, drug companies, religious organizations, etc.



Funding is entirely from members like you, and a very few foundations.

Members, the board and sponsor groups helped form a new mission statement: "In a spirit of mutual cooperation, MindFreedom International leads a nonviolent revolution of freedom, equality, truth and human rights that unites people affected by the mental health system with movements for justice everywhere."

If you are not yet a member, become a member or donate, now! If you are already a member, consider an early renewal donation. MindFreedom is a non-profit organization under IRS 501(c)(3) and your donation is tax-deductible.

You are also encouraged to check out our Mad Market of books and products at www.MadMarket.org. Proceeds support this human rights work.

On the Cover: *Some of the participants pose at the end of a successful protest co-organized by MindFreedom directly in front of the American Psychiatric Association Annual Meeting in San Francisco. MindFreedom also held a Counter-Conference to the APA. California Network of Mental Health Clients co-sponsored the events. Photo by Tom Olin.*

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Meet new Administrative Assistant Laurie Hanson on left, along with Peggy Starr, a new volunteer in the office.

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Human Rights in Mental Health www.MindFreedom.org

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For a third year MindFreedom had a delegation of members inside the United Nations to help create an international binding treaty on disability and human rights. Celia Brown, board president of MindFreedom, once again led the MindFreedom team of psychiatric survivors which is the only group of its kind of be accredited by the UN as a Non Governmental Organization (NGO) with Consultative Roster Status.

MindFreedom handed out a news release about the results of a meeting between MindFreedom representatives and World Health Organization (WHO) officials in Geneva, Switzerland, in which WHO agreed to MindFreedom's request to declare a "global emergency" in human rights and mental health.

Here is the news release MindFreedom distributed inside the UN.



photo by Tom Olin

World Health Organization Initiates Call of "Global Emergency"

The United Nations was asked to declare a "global emergency" of human rights violations in the mental health system. When the United Nations held two weeks of meetings starting 23 August 2004 to work on an international treaty about disability and human rights, some of the participants were "psychiatric survivors" who say they have personally experienced human rights violations in the mental health system.

MindFreedom International calls on the UN to echo statements by Dr. Benedetto Saraceno, Director of the World Health Organization's Department of Mental Health and Substance Abuse in Geneva, Switzerland, who officially declared a "global emergency" in human rights and mental health on behalf of WHO.

Dr. Saraceno said, "I think that, indeed, there is a global emergency for the human rights of people suffering from mental health problems. I insist on the word 'global' as people tend to believe that these kinds of violations always occur somewhere else when, in fact, they occur everywhere. A human rights violation is not just a matter of denied access to treatment but also and often consists in treatment itself which is inhumane or simply of very bad quality."

Led by their president Celia Brown, the team of psychiatric survivors and allies brought up concerns about human rights and mental health during the UN meetings.

Celia Brown, President of MindFreedom International, leads MindFreedom's team of psychiatric survivors inside the UN. Celia said, "We are especially concerned that forced treatment is not in the treaty because we believe it's a violation of a person's liberty. It was difficult at first but we managed turn around forced interventions based on disability. We need to keep up the pressure. We need MindFreedom members and international sponsor groups to advocate to their governments about 'no forced treatment.'" In the photo, Celia addresses a protest in front of American Psychiatric Association Annual Meeting in San Francisco.

Examples of the global emergency of human rights in mental health:

1) Undue influence of the pharmaceutical industry: A narrow "medical model" of mental health is globalizing and squeezing out non-drug alternatives. MindFreedom is pro choice, and some members choose to take prescribed psychiatric drugs. But the drug company approach is increasingly dominating the mental health field, and humane non-drug options are often not made available.

2) The rise of involuntary and "direct" electroshock. WHO is asking for an immediate global ban on forced and direct electroshock. The power of the "medical model" is growing, but drugs are expensive and electricity is cheap. That leaves electroshock, which is also known as "electroconvulsive therapy" or ECT. Shock is at times given against the expressed wishes of the subject. In poorer nations, "direct" shock is often done without the use of anesthesia or muscle paralyzing drugs, raising the risk of trauma and broken bones.

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FEATURE

World Health Organization leaders claim to be on our side. But in developing nations the World Health Organization (WHO) is leading the globalization of corporate psychiatry with its disempowerment and human rights violations. One of the 100 sponsor groups in MindFreedom is in India. Here's a MindFreedom exclusive report from their founder and director.

ACTIVIST LEADER IN INDIA SAYS GLOBALIZATION OF PSYCHIATRY THREATENS POOR Is WHO ON OUR Side?

BY BHARGAVI DAVAR, DIRECTOR,
CENTER FOR ADVOCACY IN MENTAL HEALTH, INDIA

I live in Pune City, Maharashtra, India. I have been working since 1989 as a researcher and human rights activist to change the mental health system in India.

My mother was labelled with "schizophrenia" in the late 1960s. A mental health institution treated her with drugs and a thousand electroshocks, also known as electroconvulsive therapy or ECT. The shock was done without any anesthesia, which is called "direct electroshock." She used to run away every time, by stealing money or selling her jewelry. My mother would go and live with the hundreds of wandering people labeled mentally ill in a South Indian temple, called Guruvayur. Every time, my family would have her arrested, tied up and brought back.

My mother was in lock ups, solitary, and given all kinds of abusive modern as well as traditional treatments. Before she died she suffered severely disabling tardive dyskinesia (permanent twitching caused by neuroleptic psychiatric drugs). The so-called modern institutions are still like that in India.

I started my organization in her memory. My childhood days were filled with mental hospitals, electroshock, etc. Center for Advocacy in Mental Health (CAMH) is a group of social scientists, lawyers, psychologists and healers, working towards systems reform in mental health. We are particularly engaged with a highly oppressive law regarding persons labeled as having an "unsound mind" in India. In India, we create alternative models and approaches to mental health which emphasize caring and healing, rather than drugging and shock. For me, being in the developing world, MindFreedom has been one of the two vital sources of information and support. I would like to give more time and effort to MindFreedom's global efforts.

India is welcoming a globalizing economy and free trade. This has brought in many leading multinational companies, such as Eli Lilly, the drug company. Policy makers, the World Health Organization (WHO) and various well meaning non-governmental organization's (NGO's) have been talking about the "great burden of mental disease." This "awareness" has led to more drugs and more shock.



photo by Lise and Tom Jul Pedersen

Bhargavi Davar, Director, Center for Advocacy in Mental Health in India, a sponsor group in MindFreedom. She is seen here in Denmark at the WNUSP conference.

We say "No" to the globalization of psychiatric oppression and especially the pharmaceutical stranglehold on the psychiatric industry in India. We also say "No" to the barbaric treatments meted out to defenseless and incarcerated people in this country including forced and direct shock and aversion therapy. We also say "No" to the mindless replication of the WHO models.

I have concerns about the WHO role in third world countries on the topic of mental health. WHO data are being quoted far and wide in India, to give visibility to the view that we are suffering from a huge "burden" of mental disorders. The reasons for this "burden" are much less publicized, as the social, economic and political linkages which result in psychological distress are not well studied in India. Most psychiatrists in India don't care about the social determinants model of health. As a result, the picture painted is very bio-medical. Even in remote areas of India, people mistakenly believe that "depression is a type of mental

illness." This is itself all very depressing.

The few human rights forums in India are taken over by psychiatrists. Now human rights in mental health in India have been reduced to spreading awareness about various types of "mental illness." What else can you expect if psychiatrists run the human rights discourse? Such persons are comfortable talking about deaths or horror stories within institutions. But they resist discussion on the kind of abuses that can happen in everyday clinical practice: overmedication, cultural stereotyping, electroshock, colluding with the family, colluding with drug companies, paternalism, coercion, etc.

Increasingly in India we have psychiatrists working closely with state authorities to control behaviors of people seen as "problem" populations. In Pune City, discussion of the official national psychiatric society is limited to approving talking about the single drug produced by the company which funded the event. These meetings end up being very opulent food and booze sessions.

The psychiatric association conferences are also like that. Doctors and their families get airfare, free busing, local hospitality in plush hotels, and various other freebies. As there is no consumer pressure to act responsibly, drug companies are having a great time here in India.

There are serious worries about the WHO data and how it is being used in India. We have a whole range of experts now saying that poor people are susceptible to mental illness. This data is going to lead to mass psychiatrization of our poor. Our poverty alleviation programs will soon be flooded with psychiatric drug prescriptions, when what such people need are healthy food, safe environments, social security, jobs and housing. In conflict-filled places like Kashmir drug companies are doing very highly profitable business selling directly to consumers.

There is no regulation whatsoever of research or practice. Our human rights and regulatory systems far too weak to take on this assault by psychiatric commerce.

Against this scenario, we cannot expect the WHO models to be implemented without serious human rights violations, however well intentioned WHO may be. The WHO regional offices have been active in all this mental health work for a while now in India. However, no where has WHO made any attempt to involve consumers

or consumer forums or even social justice forums. No authority in India has tried to alert or foster consumer leadership in this area. WHO has seen it sufficient to deal with psychiatrists, psychiatrists, and more psychiatrists in the Indian subcontinent.



photo by Tom Olliv

Electroshock survivor Lynda Wright helped start MindFreedom's Zapback Campaign against electroshock violations. Pictured here at the Lied Center MindFreedom Strategy Summit, Lynda is now a counselor in Hawaii.

Psychologists, counselors, advocates, case workers are nearly absent in India. Their numbers are far, far below the required numbers.

Already, there is some damage happening with an increased "awareness" about people diagnosed with Post Traumatic Stress Disorder (PTSD). While trauma models can be robust, what is utilized in Indian practice is the shock and drug model. It is argued that these are the cheapest and most effective forms of treatment.

Some well known psychiatrists are today advocating the use of shock without anesthesia, or "direct ECT." They say that in a poor country, where laboring people must get back to work the next day, ECT must be given as the first option, even if anesthesia is not available. Instead of spending more resources and imagination in thinking up creative community based options, these doctors are doing serious damage

to mental health in India by promoting an obsolete and barbaric practice.

As psychiatrists leave the country in busloads, looking for greener pastures in the USA and UK, we are left with more ECT machines and the most hazardous form of ECT.

We are doing a campaign against direct ECT. There is a resurgence in professional advocacy for this practice, and the lobby is quite large. I suspect that there is a link to globalization. In India, there is no regulation, policy or law about ECT, therefore it is rampantly abused. They have given direct ECT to pregnant women, children and the elderly. The international user community will hopefully respond to this issue.

We are among the very few organizations in India which has openly protested direct ECT. We plan to give the issue as much publicity as possible. We say that those given direct ECT should be seen as victims of torture. Their fear and terror are evidence of trauma.

To implement the WHO models, you need to have some basic ideas about user rights, good practice, etc. Here, such concepts do not exist as the Indian Psychiatric Society has not set up any standards of practice. Even our paan waalas in the corner shop selling cigarettes

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Is WHO ON OUR SIDE?

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and sweets extend courtesies and information about their trade. I emphatically reject the highly literate, well paid professionals who don't even extend this minimum courtesy. I hold the IPS responsible.

Some private doctors were even practicing insulin coma shock in our small city. Recently, a psychiatrist was arrested in North

of India for issuing false certificates of mental illness upon a payment of 10,000 rupees (approximately \$200 US) per certificate. With this certificate, it becomes easy for husbands to dump their wives.

Those speaking on behalf of persons labeled with mental illness are very few in number. We are easily silenced. We keep with it in the hope that some day our turn to speak will come.



photo by Tom Olin

Queen Radia encourages the Mind-Freedom Counter-Conference to embrace MAD PRIDE. See article on page 9.

Is WHO Following Through?

Dr. Benedetto Saraceno is a psychiatrist from Italy who is now Director of the World Health Organization's Department of Mental Health and Substance Abuse. Dr. Saraceno brought in several MindFreedom representatives, including MindFreedom director David Oaks, for two days of meetings with him and his staff in October 2003 at WHO headquarters in Geneva, Switzerland. At MindFreedom's request he declared a "global emergency" of human rights violations in mental health. In a follow-up interview with MindFreedom he called for a ban on forced and "direct" shock. He said, "involuntary electroshock or electroshock without anesthesia should be banned and should be considered unacceptable." One year later is WHO following through?



Global Emergency Declared

continued from page 1

3) The rise of coerced psychiatric drugging. There is an international trend to pass laws allowing court ordered psychiatric drugging on an outpatient basis, even of people living peacefully in their own homes.

4) Lack of full informed consent. A number of psychiatric drugs are now linked to structural brain changes, addiction, suicide, and other hazards. Clients, families, and policy makers are seldom informed of these product risks. The public is fraudulently told that science has now proven that mental problems originate from a genetically-caused chemical imbalance. No such evidence exists.

5) Youth and infants are targeted by psychiatric drugs. Some nations are even experimentally drugging youth before they have been diagnosed with any psychiatric disorder in an unscientific attempt to "prevent" mental problems.

6) The voice of psychiatric survivors and mental health consumers is not supported and ignored. Developing nations often have no organized groups.

7) Advocacy and human rights protection programs are scarce or non-existent in many countries, allowing horrendous abuses such as cages, chaining, etc.

8) Alternatives are not supported. Sustainable, empowering, effective non-drug options do not receive adequate funding for programs and research.

The USA Government Implements Plans to Screen all Americans for Mental Health Problems

MindFreedom Forms “True Freedom Campaign”

A plan promoted by President George W. Bush to screen all Americans for “mental health problems” is being opposed by MindFreedom and a network of advocacy groups who say the plan was cooked up by the drug industry.

On its face, the idea of locating people, especially youngsters, with severe mental and emotional problems sounds humane. But critics — including the internationally prestigious *British Medical Journal* (BMJ) — maintain the Bush plan could result in many more Americans being placed on the most expensive psychiatric drugs.

The Bush initiative is the outcome of a year long task force called the President’s New Freedom Commission on Mental Health. The task force recommended a nationwide screening program based on the Texas Medication Algorithm Project (TMAP), which was created in 1995 while President Bush was governor of Texas. Despite its technical-sounding name, TMAP is simply a series of flowcharts that directs doctors to a step by step treatment plan for their patients

BMJ reported that Allen Jones, an investigator working for the Office of Inspector General in Pennsylvania, claims in court documents that pharmaceutical companies promoting TMAP were influencing politicians with “trips, perks, lavish meals, transportation to and first-class accommodations in major cities.” Jones was fired and has filed a lawsuit against Pennsylvania maintaining that he is a whistleblower.

BMJ also reported about Psychiatrist Stefan Kruszewski, who was fired on July 11, 2004 from his position at the Bureau of Program

Integrity in the Pennsylvania Department of Public Welfare, and who is also suing the state. Dr. Kruszewski was in charge of the state’s mental health and substance misuse programs to protect against fraud and waste. He maintains that TMAP has led to the death of patients, some of whom were placed on five or more psychiatric drugs at the same time.

One of the main goals of the President’s New Freedom Commission is to ensure “Early mental health screening, assessment, and referral to services are common practice” with subsequent recommendations to promote the mental health of young children, improve and expand school mental health programs... screen for mental disorders in primary health care, across the life span, and connect to treatment and supports.”

In response, MindFreedom has created the True Freedom Campaign, and maintains that the President’s New Freedom Commission promotes a biomedical approach to mental and emotional problems that relies on an unproven theory that people’s problems are caused by a chemical imbalance.

The medical model tends to lead to chemical and electrical solutions, rather than other alternatives, such as counseling, psychosocial alternatives, peer support, housing, jobs, etc. Electroconvulsive therapy (ECT or shock therapy) also found its way into TMAPs treatment plan. If drugs fail to get the expected results, TMAP patients diagnosed with a wide range of “disorders” can expect to receive shock treatment.

MindFreedom also maintains that if Americans screened for mental illness refuse their drugs,



Psychiatric survivor Laurie Ahern, now on the staff of Mental Disability Rights International, a MindFreedom sponsor group, testifies at the President’s New Freedom Commission.

they are vulnerable to laws in 42 USA states that allow for court ordered psychiatric drugging on an outpatient basis. Thousands of Americans are now under these programs, which require individuals to take psychiatric drugs against their will even while living in their own homes out in the community.

MindFreedom previously reported that President Bush appointed extremist psychiatrist Sally Satel from the American Enterprise Institute, to the National Advisory Council for the US Center for Mental Health Services. At the June 2004 National Advisory Council meeting Dr. Satel identified increasing forced treatment as a high priority. The NAC minutes add that Dr. Satel endorsed “coercive... intrusive, highly paternalistic... involuntary care.”

For a lot more information on President Bush’s planned screening see www.MindFreedom.org.

HUNGER STRIKE

Krista Erickson is a young psychiatric survivor, blind, and an active leader in the cross-disability community. Krista works in a Chicago area independent living center and is on the MindFreedom board.

The Fast for Freedom: Reflections and a Call to the Disability Community

BY KRISTA ERICKSON

I participated in the Fast for Freedom in Mental Health. Six core hunger strikers and 18 solidarity hunger strikers from around the world fasted on a liquids only regimen. We talked to the media and the public, and challenged our opponents. The Fast for Freedom asked for scientifically valid evidence supporting their claims that conditions labeled as “major mental illnesses” are “biologically based brain diseases” and that medications are effective treatments.

The Fast for Freedom was not and is not a judgment of any person who may choose to take psychiatric medication or accept the dominant theory of the mental health system often referred to as “biopsychiatry.” Biopsychiatry is a belief in “biologically based brain diseases” caused by chemical imbalances in the brain or by genetic determinism and that psychiatric drugs are, therefore, the treatment of choice.

People must have the freedom to make this individual choice. The fast was and is about human rights and choice in the mental health system. It was and remains a protest against the mental health systems’ lack of human rights and provision of fewer real choices besides psychiatric drugs, the use of which can cause additional disabilities. Although alternatives other than psychiatric drugs exist, they are usually not offered nor available.

I came away from the fast strengthened, deeply touched and inspired by many of the people I met and by the experiences they shared with us. Participating in the Fast for Freedom left me with a reinvigorated determination to personally work harder to advance human rights and alternatives in the mental health system and to speak out more, not only from my

own experiences as a psychiatric survivor, but also as a person who, as a staff member of a center for independent living, daily witnesses the disempowering and devastating effects that the lack of real choices and increasing coerciveness of the current mental health system has on too many peoples’ lives.

One of the main reasons why I volunteered to be a hunger striker in the Fast for Freedom was to call upon the disability community — my community — to increase awareness of and become involved in advocating more noticeably and passionately for human rights and real choices in the mental health system. We people with disabilities are the largest and most diverse minority group in the country. A fast-growing majority by definition or identity within the disability community are people labeled with psychiatric disabilities.

Over the past few years, I have continued to observe, with dismay, that the disability community has allowed discriminatory, segregationist, separate and unequal programs, services, policies and even laws harmful to people labeled with psychiatric disabilities.

While the Fast for Freedom has officially ended, the highly relevant and urgent questions it raised remain before us all, essentially unanswered. Additional information about the Fast for Freedom in Mental Health including the official Fast for Freedom statement, photos of the event and news updates are online at www.mindfreedom.org.



Much thanks to the core hunger strikers (from left) Mickey Weinberg (Pasadena, CA), Vince Boehm (Wilmington, DE), Romi “Cat” Sayama (CA), Krista Erickson (Chicago, IL), David Oaks (Eugene, OR), David Gonzalez (NYC). Plus, thanks to solidarity strikers and hundreds of people who took action in support of the fast which won international publicity, including the Washington Post.

MindFreedom is pro-choice. Many members choose to take prescribed psychiatric drugs; many others do not. But we unite to challenge the way the psychiatric drug industry dominates the mental health system with its "chemical imbalance" model, squeezing out other alternatives. Al Galves is a psychologist and MindFreedom board member who is on the MindFreedom Scientific Panel that debunks psychiatric drug company myths.

MindFreedom Exposes Psychiatric Industry Lies

BY AL GALVES, PHD

With the hunger strike, MindFreedom threw down the gauntlet to biopsychiatry. The hunger strikers said, "Please provide us with scientific evidence that mental disorders are biologically based brain diseases. Prove that psychotropic drugs correct chemical imbalances in the brain. We are not going to eat solid food until we get evidence that meets the conventional standards of scientific truth."

After a back and forth exchange of letters between the American Psychiatric Association (APA) and the MindFreedom Scientific Panel, the APA issued a news release to defend themselves from the hunger strikers. The APA was forced to admit, "[B]rain science has not advanced to the point where scientists or clinicians can point to readily discernible pathologic lesions or genetic abnormalities that in and of themselves serve as reliable or predictive biomarkers of a given mental disorder or mental disorders as a group."

MindFreedom has moved on to challenging psychiatric drug corporations who fund the APA. Television viewers in the USA regularly hear Pfizer, Inc. claim that their psychiatric drug Zolofit "helps correct a chemical imbalance in the brain."

Earlier this year MindFreedom sent a letter to federal agencies charging that these claims by Pfizer, Inc. constituted false and misleading advertising. Cath-



ryn Clary, MD, a Pfizer Vice President, replied to MindFreedom on behalf of Pfizer, Inc. This led to a back-and-forth written debate between Pfizer, Inc. and MindFreedom, for a total of five letters.

The upshot of this debate is that mainstream psychiatry has been unable to answer a simple request from MindFreedom for scientific evidence to back up their claims that mental disorders are biologically based brain disorders and that psychotropic drugs are suitable treatment for them.

Much thanks to the founders of the MindFreedom Scientific Panel during the hunger strike: Fred Baughman, MD (CA), Peter Breggin, MD (NY), Mary Boyle, PhD (United Kingdom), David Cohen, PhD (FL), Ty Colbert (CA), Pat Deegan, PhD (MA), Thomas Greening, PhD (CA), Albert Galves, PhD (NM), David Jacobs, PhD (CA), Jay Joseph, PhD (CA), Jonathan Leo, PhD (CA), Bruce Levine, PhD (OH), Loren Mosher, MD (CA), Stuart Shipko, MD (CA).

Readers who want to read the full text of the letters from the APA and Pfizer and the responses from MindFreedom's Scientific Panel can find them by going to www.mindfreedom.org.



photo by Tom Olin

Al Galves speaks at MindFreedom counterconference.

MindFreedom provides a significant amount of public education, networking and action alerts. Far more than 90 percent of that communication is using the Internet. Please regularly check out MindFreedom's revised web site:

www.MindFreedom.org

And while you're on the web check out the all-new Mad Market web site. Webmaster Brian Schaeffer has worked hard to allow the Mad Market to frequently offer discounts, sales, gifts and products that are one-of-a-kind, to benefit MindFreedom's human rights work. Visit often:

www.Madmarket.org

MindFreedom Shield Begins

BY KRISTA ERICKSON, MINDFREEDOM BOARD MEMBER

When MindFreedom is notified that any person is subjected to coerced or forced psychiatric treatment, we do what we can to improve or end the situation. In order to better utilize our limited resources, MindFreedom is collaborating with sponsor group The Law Project for Psychiatric Rights (PsychRights) to initiate a program called the MindFreedom Shield. "Through this mechanism people saddled with psychiatric labels can unite and offer effective resistance to psychiatric abuses," explained Jim Gottstein, director of PsychRights.

If someone who has registered for MindFreedom Shield is verifiably found to be subjected to coerced or forced psychiatric treatment, an alert will be sent to the MindFreedom Solidarity Network. Everyone in the MindFreedom Solidarity Network is expected to do something in support of the person for whom an alert has been issued. While we can't guarantee the results of issuing alerts, it has been our experience — including recently using this very method to help free a person from a Canadian psychiatric facility — that it can improve or end situations of forced psychiatric treatment.

Any current member of MindFreedom can register at MindFreedom Shield free. No separate fee, apart from the standard membership dues in MindFreedom, is required to register for MindFreedom Shield. To register, please complete and mail in a MindFreedom Shield Registration Form, available online at www.mindfreedom.intenex.net/shield. If you cannot access the online form, please notify the office and we will be glad to assist you with the form.

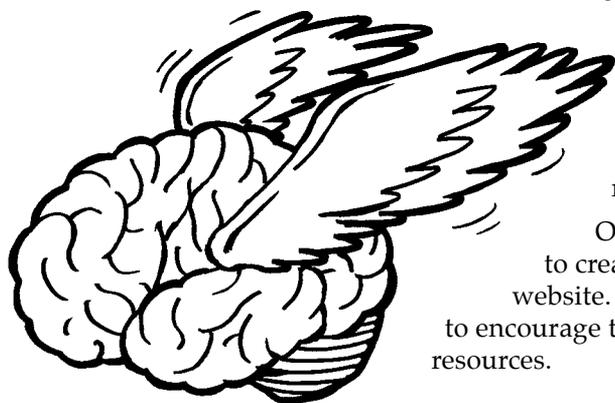


MindFreedom Shield issued a public alert that Gabe Hadd, a young MindFreedom member and taxi driver in Michigan, was under court-ordered involuntary outpatient psychiatric drugging. Members offered personal support. Gabe took the plunge. Leaving his treasured books behind he evaded and escaped by slipping over state lines. He now works for the movement in Colorado with plans to return to school. Gabe sends his gratitude to everyone, and has decided to go public with his story. Watch for it on www.MindFreedom.org.

Choices in Mental Health Campaign

BY JANET FONER, MINDFREEDOM BOARD MEMBER

The Choices in Mental Health Campaign is about finding, creating, and promoting the activities, lifestyles, projects, places, etc. that would allow psychiatric survivors to find solutions to difficulties, to flourish, to fulfill their dreams. These are alternatives that people would want to use for healing and growth, instead of the mental health system. They might include cooperative living quarters, survivor-owned businesses, places to get off psychiatric drugs, safe houses, holistic healing processes, peer support initiatives, survivor-run arts festivals, etc.



We are forming a committee of MindFreedom members to begin to do the above, and to plan a conference, to be held in 2006 or 2007. The conference would gather together people who lead working alternative centers and projects that are already going, and those interested in creating new alternatives.

One short term goal would be to research such people and projects to create a directory that would become available on the MindFreedom website. Another goal would be to foster networking among such people to encourage the exchange of workable ideas, to inspire new ideas, to share resources.

Mad Pride is an idea inspired by watching a Gay Pride Festival in London in 1997. A few psychiatric survivors said, "We could do a festival like this." Since 2000, MindFreedom has promoted Mad Pride globally. Mad Pride 2004 featured events in France, UK, Canada and the USA. Here are two reports.

Mad Pride in Albany, NY

BY MENTAL PATIENTS LIBERATION ALLIANCE

A group of people who have been labeled "mentally ill" camped out on the East Lawn of the state capitol building in downtown Albany, New York for 72 hours from July 11 to July 14.

The event marks the 24th Bastille Day Celebration/ Demonstration of the Mental Patients Liberation Alliance. The Alliance is a statewide organization of people who consider themselves survivors of the psychiatric system. The members and friends of The Alliance hoped this peaceful vigil called attention to concerns about the use of controversial psychiatric treatments.

George Ebert, who helped organize the protest, told the media why the group protested: "Anyone suspected or accused of a mental health, alcohol, or substance use problem can be taken into custody, transported to a psychiatric unit and held 72 hours for an evaluation. Denial of a problem, arguments in defense of one's self, or failure to comply are recorded as symptoms of a disease. A diagnosis of a mental disorder or substance abuse alone is sufficient evidence that a person needs treatment. The mental illness industry projects that up to one third of our population could and should be treated."

George also told the media that, "Most people who receive 'mental health' or 'behavioral health' services are convinced or compelled to accept psychiatric drugs. Most psychiatric 'hospitals' use shock treatment as well as drugs. In New York State shock treatment is even used on children.

"Drugs and shock treatment are used on people over their objection, and without their willing and informed consent."

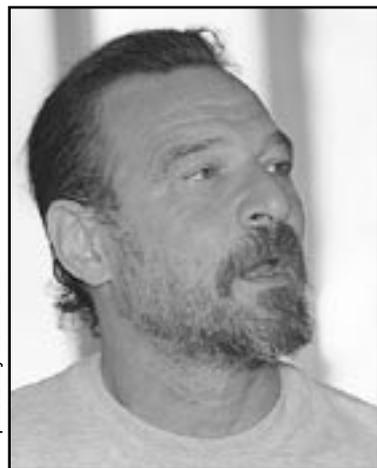


photo by Tom Olin

George Ebert, one of the founders of MindFreedom International, helped organize a protest of the American Psychiatric Association Annual Meeting in New York City in May 2004. George is pictured here at a MindFreedom strategy summit.



photo by Tom Berg

MindFreedom Oregon celebrated two Mad Pride events in July 2004, including this musical event on the Community Village stage at the popular Oregon Country Fair.

Mad Pride in Toronto, Canada

BY RUTH RUTH

The Mad Pride Theatre Festival at The Friendly Spike Warehouse Theatre in Toronto ended in hopeful smiles. The event, dedicated to understanding and celebrating marginalized people and ideas in a theatre contest, was beautiful. On stage Peaces, written and performed by Srimoyee Mitra, told fragmented tales of deceit, violation, and power.

An official Mad Pride ceremony and celebration took place on Mad Pride Day, July 14. We then held *A Common Cause Part #2*, the second episode in a reality theatre series. Added attractions were parties and barbecues. A salute to organizations who recognize and celebrate Mad Pride.

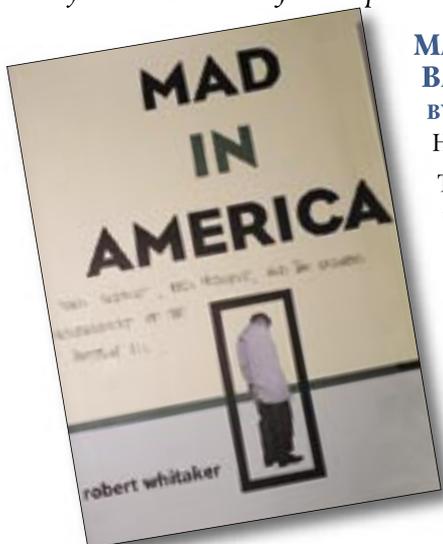
MindFreedom Alert:

Mad Pride events can be tiny or big at any time of the year. Including music, picnics and camp outs seems to help. A great time for this is July, Mad Pride month, especially July 14, Bastille Day. 2005 will be the 25th anniversary of celebrating psychiatric survivor rights on Bastille Day. When rebels stormed the Bastille in Paris in 1789 two mental patients were among the freed. To this day, psychiatric survivors from MindFreedom's French sponsor group lay a wreath at the real Bastille each July 14.

Is it time for Mad Pride to take off? It's up to you to make history on the International Mad Pride 2005 Committee by contacting the office.

MAD MARKET

These are just an appetizer for the approximately 100 books, bumper stickers, t-shirts and other gear in the Mad Market. Many of these products are difficult or impossible to get anywhere else. Watch for new products and gift items at www.MadMarket.org.



**MAD IN AMERICA -
BAD SCIENCE, BAD MEDICINE, AND THE ENDURING MISTREATMENT OF THE MENTALLY ILL
BY ROBERT WHITAKER**

HARDCOVER PRICE \$27.00; MEMBER \$24.30. PAPERBACK; \$17.50 MEMBER \$15.75; (2002) 334 PAGES

This book shatters illusions by shedding light on the artful marketing of inhumane, toxic, even debilitating treatments that have been promoted as breakthrough successes, even cures. Psychiatry continues to lack any objectifiable scientific tools for diagnosing psychiatric disorders; the field is open to unverifiable interpretations. Currently it is claimed, but not proven, that people with mental disorders, including schizophrenia, depression, and even ADHD, have a “chemical imbalance” in the brain, while no one knows what a “chemical balance” of the brain should be. It is further claimed, without evidence, that the drugs restore the brain’s “chemical imbalance” by some sort of “balancing act” that improves patients’ condition and their ability to recover. Whitaker challenges those unsubstantiated claims with sustained evidence of treatment outcome from the scientific literature and data from the World Health Organization. The data demonstrates that recovery for an American schizophrenia patient is less likely than for such a patient in an underdeveloped country where psychotropic drugs are in short supply.

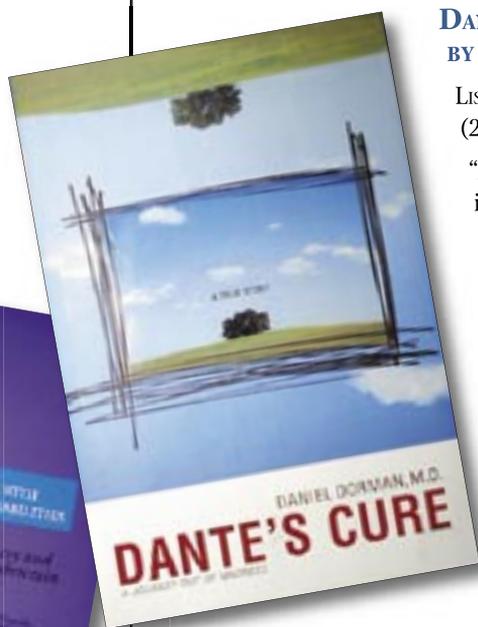
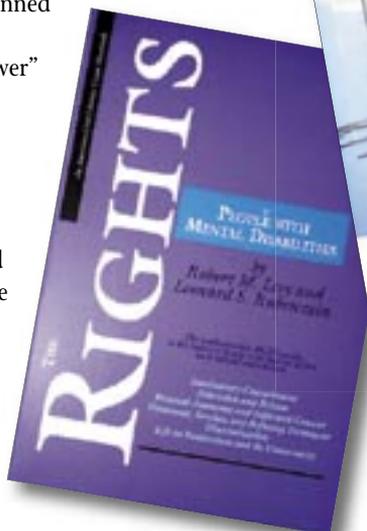
**THE RIGHTS OF PEOPLE WITH MENTAL DISABILITIES:
THE AUTHORITATIVE ACLU GUIDE
BY ROBERT M. LEVY & LEONARD RUBENSTEIN**

LIST PRICE \$13.95; MEMBER SALE PRICE \$6
(1996) 370 PAGES – PAPERBACK

This book is part of a continuing series of handbooks published in cooperation with the American Civil Liberties Union. The books have been planned as guides for the people directly affected, in a “question and answer” format.

Chapters include:

- Standards for Involuntary Commitment • Procedures for Admission and Release
- Personal Autonomy, Informed Consent, and the Right to Refuse Treatment • The Right to Be Free from Discrimination
- The Right to Treatment and Services • Rights in Everyday Life in Institutions and the Community
- The Legal System.



**DANTE'S CURE – A TRUE STORY
BY DANIEL DORMAN, M.D.**

LIST PRICE \$25; MEMBER \$22.50
(2003) 266 PAGES – HARDCOVER

“*Dante's Cure* is a book that both inspires and haunts the reader. Daniel Dorman’s vivid recounting of Catherine Penny’s descent into madness and her subsequent recovery, without medications, is a powerful tale of how human connections can heal the mind, and a much needed reminder that so many who suffer in this way can recover, if only given the chance to do so. And that is why the book haunts as well, for it raises the obvious question of whether our current paradigm of care for schizophrenia — antipsychotic drugs for life — chokes off the possibility of real recovery.

What would Catherine Penny’s fate have been if, instead of finding a doctor like Daniel Dorman, she had been told that she had a ‘broken brain’ and could never expect to be well again?”

– ROBERT WHITAKER, AUTHOR OF MAD IN AMERICA

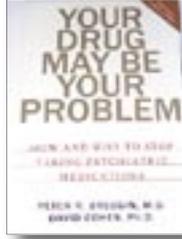
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**YOUR DRUG MAY BE YOUR PROBLEM:
HOW AND WHY TO STOP TAKING PSYCHIATRIC MEDICATIONS
BY PETER R. BREGGIN, M.D. & DAVID COHEN, PHD**

LIST PRICE \$17; MEMBER \$14; (1999) 271 PAGES – PAPERBACK

Society is becoming increasingly dependent on prescription drugs to solve psychological and social problems. Are these drugs safe and do they really help? Internationally-known psychiatrist Peter Breggin and David Cohen paint a controversial yet substantiated picture of the hidden hazards of psychiatric drugs. They argue that although some people report that psychiatric medications mask their symptoms, returning them to a more functional state, psychiatric medications actually numb the brain; they don't treat the problem. It is a must-read for anyone who is considering taking, or wondering about stopping, psychiatric drugs, and for every health care professional working in psychiatry. Although not intended as a substitute for professional help, it is the first book to explain how to safely stop taking these drugs.

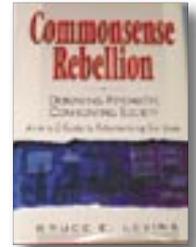


**COMMONSENSE REBELLION: TAKING BACK YOUR LIFE FROM
DRUGS, SHRINKS, CORPORATIONS AND A WORLD
GONE CRAZY PSYCHIATRY
BY BRUCE LEVINE, PHD**

HARDCOVER PRICE \$27.95; MEMBER \$25.15 (2001)
PAPERBACK PRICE \$17.95; MEMBER \$16.15;
(2003) 330 PAGES

Commonsense Rebellion is about rehumanizing what psychiatry has dehumanized. It's about reacquainting us with those aspects of our humanity which — though not fitting neatly into institutionalized existence— are in fact fully human. It's about confronting societal institutions that exist to meet their own needs — not human ones — and which are creating the current epidemic in unhappiness and self-destructive behaviors, which psychiatry is trying to drug away. *Commonsense Rebellion* is, above all else, about solutions that neither behaviorally manipulating psychologists nor drug-pushing psychiatrists are talking about.

(Paperback has a different subtitle from hardcover.)



**COMMUNITY MENTAL HEALTH: A PRACTICAL GUIDE
BY LOREN MOSHER, M.D. & LORENZO BURTI, M.D.**

LIST PRICE \$17; MEMBER \$15.30; (1994) 278 PAGES – PAPERBACK

At the heart of *Community Mental Health* is an orientation toward meeting the needs of persons experiencing emotional distress as defined by that person. This is an approach that is practical, respectful, individualized, client centered, problem oriented and solution focused using a strength, growth and recovery model.

Conventional biomedical psychiatric practice, with its focus on the use of hospitals and drugs, is challenged and alternatives to the traditional practices are described in a "how to" manner. Principles, values and attitudes are seen as the key ingredients to implementing these alternatives. The authors also discuss the successful revolution in Italy's mental health care system as well as summarizing important lessons.



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On Diversity:

Resist Categorization!

Send poetry to bonniebelle@mindspring.com

Edited by Bonnie Schell

The theme of diversity elicited contributions about the many souls caught in the mental health system net.

Beth Greenspan, from "Tribe from New and Revised Poems," September 2000:

In a town of money
 We are the ones who sleep in libraries.
 We are the ones in second-hand coats
 That hang off our bodies by threads.
 We are the ones who plead in drugstores
 Over a prescription problem
 Or a price mistake
 To get that much-needed dime
 And it's easier to yell
 When it seems they're expecting it from you.
 We are the ones smoking and pacing
 At train stations.
 We are the ones staring deep
 Into the ground, the sky,
 Beyond the worlds
 Of approaching people
 Who glare and rush by.
 In their eyes is the belief
 That their precious town
 Is infested with savage souls.
 And college students throw beer bottles
 At everything, including the places
 Where we seek help
 And we are the ones who are blamed
 For being the problem.

No matter the reason for being considered different, ultimately the diversity portrayed in American society is about the distribution of wealth. People labeled mentally ill exist at the bottom of economic society, many in the basement. **Tormod Bakke**, of Norway, inspired by Johnny Cash, sent his song that answers "Do you wonder why I always dress in blue?"

I wear the blue for the poor and beaten ones
 living in a restless, shabby part of town
 I wear it for the prisoners
 and for those lost in psychiatry...

Leah Harris described the diversity of teenagers locked up for their differences:

Oak Grove Institute was a warehouse a madhouse
 for troublesome troubled kids of all sorts
 Little Jason had Tourette's Syndrome
 Sue loved Michael Jackson "obsessively"
 Jack was a cross-dressing Nirvana fan
 Andy, lil white gangsta kid, once beat up his mother
 Marie was "developmentally disabled"
 Kizze and Li' Brazy were self-proclaimed 'hood rats'
 Angie was a beautiful black gothic girl
 Sarah-Lynn had Satan worshippers for parents
 Sue and Sarah-Lynn loved one another
 For which they were separated
 Cause you ain't allowed to love no one in there
 Yeah; they look down on that in there.

Starlene Rankin, a Green activist, paid tribute to her lover and co-worker and friend "stash." Rankin raises the possibility that multiple personalities is a kind of diversity:

my darling stash, was society's child
 born into the violence of an
 alcoholic, dysfunctional household

beaten from infancy
 raped by the brother
 tortured by the drunk dad

disowned by everyone
 when she didn't act like a girl
 the so-called caregivers
 left her to institutions and jails
 and a nurtured-less existence

she survived
 being an artist
 she created what she needed
 to get through it
 the shrinks claimed her
 to be a "multiple"
 I claimed her to be diverse!

MindFreedom lost several members and leaders, and all are missed. Three were especially close to the core of this organization.

Ross T. Kurzer

16 July 1965 to 28 February 2003

MindFreedom's dedicated web master for two years, Ross collapsed at a clinic after an allergy injection and never revived. Ross believed in MindFreedom. The discipline and vision Ross brought are remembered. We offer our support to Margit, Ross's widow.

Cookie Gant

*12 April 1949 to
8 June 2003*

Cookie Gant was her own coalition: An African American disabled lesbian electroshock survivor. Friend to many, photographer, human rights activist, Cookie was there at MindFreedom's founding. For many years until her death she served on the board of directors, and could often be seen at conferences distributing MindFreedom gear. Her radical sense of humor is missed. After Cookie's cancer diagnosis she became upset. The hospital took away Cookie's wheelchair and transferred her into a psychiatric facility where they forcibly drugged her. Cookie quipped, "There's one thing I hate worse than a diagnosis of lung cancer, and that's another forced psychiatric drugging!" MindFreedom Michigan activists quickly helped free her for the final time.

MindFreedom board member Janet Foner said, "Cookie Gant was a dear friend and colleague who always stood personally by me and MindFreedom especially at hard moments. She was dedicated to our movement and to supporting MindFreedom."



Cookie Gant at the MindFreedom strategy summit at Lied Center.



Loren Mosher speaks at the MindFreedom Counter Conference to the American Psychiatric Association Annual Meeting in San Francisco.

Loren R. Mosher, MD

3 September 1933 to 10 July 2004

Loren Mosher, dissident psychiatrist and author, also served for many years on the MindFreedom board of directors. He died not long after a diagnosis of liver cancer. MindFreedom's board extends its support to Judith Schreiber, his widow, and issued this statement:

"Of course." Those two words sum up Loren's participation in campaigns by and for people who have experienced human rights violations in the mental health system. He would testify. Travel. Speak. Write. Strategize. Protest. He never said no. Fight a forced electroshock? Resist a coerced drugging? Join the MindFreedom board? Support an alternative? Challenge the American Psychiatric Association to prove the "chemical imbalance" theory of psychiatric disability? Of course.

Loren liked psychiatric survivors personally. He liked to hang out with survivors, sharing his low key humor, keen intelligence and tolerance for a wide diversity of viewpoints. As well, we will remember Loren for some of his great contributions to our movement:

Soteria House, his pioneering humane alternative where non-professionally trained staff actually helped clients as friends more than as therapists. No drugs and no coercion meant that clients recovered way faster and better than in the mental health system.

On our board, Loren was often the voice of reason that smoothed conflicts and provided better solutions to problems. He modeled acting on courage and conscience when he resigned from the APA.

Loren was soft spoken but his life shouts a question to the heavens: "Where are other mental health professionals with the moral courage to tell the truth like Loren Mosher?" Loren showed they may have little to lose. Loren was a dissident who, since his Soteria project turned psychiatric gospel on its head, was fiercely opposed by the mental health establishment, but he deeply enjoyed life anyway.

Loren was an Oskar Schindler of mental health. A hero. With Loren's death, another 1,000 mental health professionals ought to step up to the plate, and challenge — perhaps even save — their own profession. Of course.

The MindFreedom board of directors has created the MindFreedom Loren Mosher Memorial Travel Fund to assist activists traveling to human rights events. Please note this in your donation. Watch the Mad Market for three of Loren's co-authored books: Soteria: Through Madness to Deliverance is published posthumously. Another recently published book was co-edited by Loren: Models of Madness.

And, of course, Loren literally wrote the book on Community Mental Health.

MindFreedom Sponsor Group News

MindFreedom International unites about 100 grassroots sponsor groups. Each organization has a liaison on the Support Coalition International Advisory Council. There is a list of sponsor groups with contact information on the web site www.MindFreedom.org. We can't fit all the news from these inspiring groups, so here are brief reports from just a few.

INTERNATIONAL

UK Advocacy Network *by Terry Simpson*

Since the establishment of an office and paid workers in 1993 UKAN has encouraged advocacy by providing information and training and has supported all the major survivor initiatives in Britain since then, for instance ECT Anonymous, Reclaim Bedlam and Mad Pride.

In 2005 UKAN faces a new challenge. The government wants to introduce "mental health" legislation that will make it legal to treat people against their will. They are considering introducing a "right" to advocacy to make this law more palatable. Professional groupings are springing up to fulfil this need. Advocacy in the UK could thus be subverted by being drawn into the status quo. UKAN's status is already being undermined by these changes and we face a difficult period of trying to respond in a way that ensures we stick to our original vision as well as evolving.

MindFreedom Ireland *by Mary Maddock*

MindFreedom Ireland started in January 2004 and we have had regular meetings since. Some of our members have been on Irish television highlighting the destructive nature of psychiatry, such as an hour long prime time program on the pharmaceutical industry. The show highlighted the cozy relationship between drug companies and doctors, and the terrible overprescribing of drugs, especially anti-depressants, in Ireland. In other activities, some of us protested at an important meeting of health ministers in a local hotel. Two of our members went to Denmark to a combined conference of World Network of Users and Survivors of Psychiatry and European Network of Users and Survivors of Psychiatry in July. We received some valuable information there.

Patients Rights Advocacy Waikato Inc. in New Zealand *by Margaret Jongeneel*

We at PRAW had a very informative seminar called Education Day with good speakers including two psychologists and a doctor of natural health that was very enjoyable. We are still waiting for the result by the Review Panel members about our petition to parliament against electroshock, before it goes to the New Zealand Minister of Health. That result will be out hopefully by the end of this year.

Runaway-House in Berlin, Germany *by Iris Hölling*

The Runaway-House in Berlin — a crisis center for homeless survivors of psychiatry — is in its 9th year and is still doing well. Survivors who have lived in the house describe it as a meaningful alternative to the psychiatric system. The Association for the Protection Against Psychiatric Violence that runs the Runaway-House has started two other initiatives. The project "Support" allows survivors to live in their own apartments, receive support from a worker of their choice, and withdraw from psychiatric drugs if they wish. The association also offers a forum that shows films that deal with psychiatry, "normality" and all other issues of life. Free discussion after the films is popular and creates a space for meaningful exchanges.



photo by Tom Olin

Psychiatric survivor Iris Hölling from Germany is a liaison to MindFreedom from the sponsor group Runaway House in Berlin. Here Iris attends a MindFreedom strategy summit.

Psychiatry Busters of Ottawa Canada *by Sue Clark*

I've been a mental health advocate for over 20 years. I'm a psychiatric and electroshock survivor. We've decided to have a group in Ottawa, called Psychiatry Busters of Ottawa. We've already held two protests against electroshock at the Royal Ottawa Hospital. We also intend to hold a Mad Pride protest.

Gruppe Aufbruch in Bonn, Germany

Members helped plan a conference on the future of psychiatry in the North Rhine Westphalia. 300 psychiatric survivors, family members and professionals attended. Pharmaceutical professionals were not invited. We have also been busy writing letters and joining in protest marches to oppose forced psychiatric drugging in the community. They have also been showing films, and holding discussions about the pros and cons of psychiatric drugs. The members of our group are active on committees, commissions, and they meet bi-weekly to exchange information and plan activities.

Vancouver-Richmond Mental Health Network in British Columbia, Canada *by Ron Carten, Coordinator*

We are an alternative mental health organization run by and for mental health consumer/survivors. Our focus is self-help. We run a half dozen self-help groups in the Vancouver area of Canada. We have also supported alternative therapies of choice for the psychiatrized and the development of a safe house for women. We have an office in Vancouver, a budget of about \$100,000, 180 or so members, and a newsletter. We struggle with the system as most of our funding comes from the local health board, who do at times pressure us to conform to their sunny view of current mental health practices. We stage events throughout the year for the benefit of our members and the general public, such as speakers' series, Mad Pride, healing retreats, etc. We are hoping to beef up our advocacy, both systemic and individual. To that end, our connection with MindFreedom is very important.

We Shall Overcome *by Tormod Bakke*

WSO, a support organization for people in psychiatry and their friends in Norway, was founded in 1968 and is one of the first psychiatric survivor organizations in the world. During the last 15 years WSO has focused on work against forced drugging, and for alternatives to biological psychiatry. WSO is accepted as a talking partner for national health authorities and is well known for our magazine *Søkelyset* and the yearly *Amalie Skram Week*. (Amalie Skram was a Norwegian naturalist who spent two years of her life in a psychiatric institution.)

Second Opinion Society in Whitehorse, Yukon, Canada *by Gisela Sartori*

A number of SOS members hiked the famous Chilkoot Pass, duplicating the route that Gold Rush era miners took on their way to Dawson City. We also repeated our highly successful Street Festival. It's an occasion for our friends and neighbors on our street downtown to gather together for a day full of music, good food and fun. We're getting ready for an exciting development, a six-month pilot project to help people in crisis on a 'round-the-clock basis.

World Network of Users & Survivors of Psychiatry

The World Network of Users and Survivors of Psychiatry met along side the European Network of Users and Survivors of Psychiatry in the town of Vejle, Denmark in July 2004. Approximately 200 participants worked well together and produced the Vejle Declaration. Here are excerpts: "How we propose to deal with each other: In all organizations we should... build a constructive, welcoming, friendly, attrac-



Sarah Edwards, Oryx Cohen and Will Hall, psychiatric survivors from the Freedom Center in Massachusetts, rest after they trained the local mental health crisis system about psychiatric survivor and trauma/abuse issues.

tive atmosphere, respectful of all the opinions of others, not trying to decide what is good for them and support each other in developing our individual and creative capacities... underline the importance of transparency, good governance and responsibility in financial matters... integrate minorities in a proactive way... be patient to each other... be careful in the election of representatives and consider their experiences and prevent ourselves and our colleagues [from experiencing] burn out and subsequently [leaving] the organization... demand that psychosocial services are made for the users/clients/survivors/people in recovery, under our influence and with respect to our equal rights as citizens in a democratic society."

Association for Medical & Therapeutic Self-Determination (in Dutch, MeTZelf) *by Mira de Vries*

MeTZelf collaborated with the International Commemoration Committee on Eugenic Mass Murder to organize annual memorials for the victims of psychiatrists during the Nazi regime. On May 2 memorials were held in Toronto, Chicago, Bernburg (one of the mass murder sites) and here in Amsterdam. We prepared a black poster with white letters that read: "They were people too. Who will commemorate them?" (In Dutch it's, "Ook zij waren mensen; Wie zal hun herdenken?")

Curious passers-by came up. Some admitted to not knowing anything about this sorry history. One woman who works in a nursing home spoke in favor of the Dutch euthanasia law. A very young woman related the good news that she was taught about the T4 program in public school. One man complained that the war was a long time ago and the memorials should stop. There was also somebody who said he thought the murders were a good idea, and he wished Amsterdam would likewise be cleaned up of its undesirables.

USA

MindFreedom San Francisco Bay Area by Howard Shryock

For the past year San Francisco Bay Area met twice a month to form a MindFreedom affiliated activist group. We decided a seminar series would incorporate different issues into a single project that everyone could work on. I was active from 1976 to 1985 in a group called Network Against Psychiatric Assault that held successful seminars. We put together a series of five called the Free Summer Seminar Series "Critical Perspectives on Psychiatry." We put up and passed out thousands of leaflets in laundromats, cafes, transit stations, etc. The total attendance at the five seminars was about 150. Our e-mail list has increased. Now many people know we exist. We're now planning our next seminar series.

Freedom Center in Northampton, Massachusetts by Oryx Cohen

It has been a busy and exciting time as Freedom Center turned three years old. We brought Loren Mosher here to speak in front of 200 people at Mt. Holyoke College. Little did we know that this would be the last time we would see Dr. Mosher. He was a friend and we are still deeply saddened. Dr. Mosher has inspired us through his legacy to create a Soteria New England as a tribute to this great man and hopefully as a safe haven for generations to come.

Our weekly support groups are the Freedom Center's foundation, and act as temporary safe havens for around 15 to 25 people. Everything else we do springs forth from the relationships formed in these groups. We brought

Elliot Valenstein author of "Blaming the Brain: The Truth About Drugs and Mental Health" to speak. We have provided advocacy for over 50 people going through forced treatment and other abuses in the system. Our free weekly yoga class continues to meet every Monday.

Current campaigns include: Transforming our local mental health provider, ServiceNet; inserting consumer/survivor issues into the Smith College School of Social Work curriculum; provide advice to a local Disability Task Force to



photo by Tom Olin

Louise Bouta, director of MindFreedom Sponsor Group Well Mind Association of Minnesota, is networking our movement with other holistic health rights groups, such as those fighting dental and medical misuse of mercury.



photo by Tom Olin

Howard Shryock, one of the leaders of MindFreedom San Francisco Bay Area, speaks at protest of American Psychiatric Association Annual Meeting.

educate the police, emergency services, the courts, etc. on issues of disability and violence, including forced treatment; sponsoring speaking events and the third Experiencing Madness film series; and continuing to be in the news. Major articles were published in the *Hampshire Gazette* and *Forbes*.

PsychRights in Alaska by Jim Gottstein

PsychRights is proud to be a sponsor group of MindFreedom. PsychRights is dedicated to mounting a serious legal campaign against forced psychiatry, especially forced drugging. We provide technical assistance and help to arrange legal representation. We have posted numerous scientific studies on our website at www.psychrights.org debunking psychiatric drug myths.

We have significant efforts in Texas, New York, Massachusetts and Utah. In Alaska we have two challenges to forced drugging. One against the state hospital is awaiting a decision from the Alaska Supreme Court in the Faith Myers case. The other is against the Department of Corrections in the Etta Bavilla case. We anticipate a lawsuit against the state hospital for its systematic failure to tell patients the truth about drugs, which is a violation of "informed consent." Our biggest goal is to recruit attorneys from around the country to fight forced drugging and other forced psychiatry. PsychRights has an electronic newsletter with almost 800 subscribers.

Zuzu's Place in Massachusetts by Joshua Kriegman

The survivor community turned out en masse from all over the USA for the conference at Zuzu's Place. Together we explored strategies for building true survivor-run alternatives. Some of the limitations of creating Zuzu's Place in the house we chose in Whitman became clear. The rent is too high and the house is not close enough to an active and supportive community. We decided to sell the house and move the project to a place where Zuzu's Place members could be part of a thriving survivor community. As the energy at the conference can attest, there is a large community of active survivors who are deeply committed to seeing such a vision become a reality.

International Center for the Study of Psychiatry & Psychology by Al Galves

The official description of ICSP is a "research and educational network of professionals and lay persons who are concerned with the impact of mental health theory and practice upon individuals' well being, personal freedom, families and communities." I call it a bunch of smart rebels who aren't buying into the medicalization of human experience.

Since its founding by Dr. Peter Breggin 30 years ago, ICSP has stopped the use of lobotomy and psychosurgery by the federal government, alerted the medical community and public to the dangers of neuroleptic drugs and exposed the lack of scientific evidence behind mainstream psychiatry's use of psychotropic drugs and electroshock as the primary treatment for "mental illness." ICSP members see the experiences of people who become diagnosed with "mental illness" as normal and understandable reactions to difficult life situations.

San Joaquin Psychotherapy Center (SJPC) in Fresno, California by Doug Graves

SJPC is a community-based treatment center offering a broad range of innovative psychological services that positively impact the full spectrum of emotional, psychological, physical, social and spiritual dimensions that make us fully human. SJPC is dedicated to alternative services without the use of psychiatric drugs. SJPC expects to open a San Francisco Bay Psychotherapy Center. In Walnut Creek, California, the Mount Diablo Psychotherapy Center is offering outpatient individual and group services to the public. SJPC continues to be an active force in educating other clinicians.



photo by Tom Olin

Psychiatric survivors Leah Harris and Katherine Hodges, both on the MindFreedom Youth Committee, are pictured here at the MindFreedom Counter-Conference to the American Psychiatric Association in San Francisco. Leah is organizing MindFreedom Washington, D.C. Metro Area. Katherine is liaison with MindFreedom sponsor group Chicagoland Alliance for Psychiatric Alternatives.

MindFreedom Oregon

In Eugene we packed the house at a seminar inside Lane County Mental Health. MindFreedom also succeeded in convincing the City of Eugene Human Rights Commission to adopt mental health and human rights as one of their main goals for the year. Bradlee Mertz is organizing a MindFreedom Earth Sciences Project to promote the use of ecopsychology, that is using nature for recovery. MindFreedom is supporting a new group in Portland, Empowerment Initiatives, Inc., that offers an innovative "brokerage" model where psychiatric survivors use vouchers to purchase alternatives of their choice. Psychiatric survivor activist Dave Romprey has been named as the new coordinator of MindFreedom Oregon.

ANNOUNCEMENTS

MindFreedom Chapters & Sponsor Groups

As well as the 100 sponsor groups in MindFreedom, there's growing interest in starting MindFreedom chapters in various parts of the world: MindFreedom Ireland, MindFreedom Georgia, MindFreedom Oregon, MindFreedom Canada, and more. The board is working out details and your involvement is encouraged. Imagine 100 more MindFreedom chapters starting soon. If you want to help start a chapter contact the office.

Internet

Most members can access the web. Because of our movement's low resources, the Internet is vital for getting out news and taking action internationally. Those not on

the Internet may want to try a free e-mail account at your local library or Internet cafe to get monthly updates and check the MindFreedom web site. If you can't get on the web, perhaps a friend or member in your area may serve as a liaison to inform you about Internet alerts.

E-mail

There's no guarantee in grassroots work, but when you join as a member of MindFreedom there are often ways you can network with other members. One of those ways is that MindFreedom has about a half dozen e-mail lists to link up members and committees. Go to the web site www.MindFreedom.org and click on "Member Services." The general public is invited to be on the Dendrite public human

rights alert list, just e-mail to office@mindfreedom.org.

Web

Check out the MindFreedom web site at www.MindFreedom.org. For instance, see the favorable LA Times Sunday Magazine article about MindFreedom, director David Oaks, and the Mad Pride movement. There's also information there about how you may order your own color photocopy of the article.

Speakers & Training

If you need a speaker, trainer or consultant why not ask MindFreedom for a suggestion? We have a network of leaders and community organizers with years of experience who may provide exactly what your group, publication or special event needs.

MINDFREEDOM TALKS WITH MICHELLE SHOCKED ABOUT PSYCHIATRIC SURVIVORS AND REACHING OTHER MOVEMENTS

photo by Tom Olin



The story of musician Michelle Shocked is featured in the new issue of *The Tenet*, published by National Association for Rights Protection and Advocacy, a founding organization in MindFreedom. Michelle spoke at the NARPA conference. MindFreedom interviewed Michelle and asked:

What advice do you have for psychiatric survivors to reach other movements?

Michelle: "After the protests of the Republican Convention some people said they felt that the protesters' messages were disjointed. We ought to

refer to the South African movement for independence and freedom as a good example because they had a unified message in everything they did. Did you ever see the movie *Amandla*? The protesters did not divide among themselves. No one said, My message is more important. The larger picture was always the same. That was powerful and it forced away the shame. I don't have any problem with learning from larger successful movements."

What was it like going to the NARPA conference with psychiatric survivors?

Michelle: "The whole is greater than the sum of its parts. It was very healing to be in the presence of others who had been very hurt in the same way as me, such as forced Haldol. These are my brothers and sisters in spirit, who know my pain better than my biological relatives."

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CONFIDENTIAL – BY MAIL ORDER – DEPRESSION SURVIVOR KIT

Proven ways to restore normal mood and recover zest for life without adverse effects.

- 90 pages, tips & traps about treatments, personal success story.
- 90 references, "secret" European scientific research, natural medications used by conventional European orthomolecular doctors.
- 5 Survivor "tools," progress forms, symptom checklist.

Recent reviews of the Depression Survivor Kit by healthcare professionals:

Psychiatrist Dr. Abram Hoffer, MD. Ph.D., FRCP(C) wrote: "I received your *Depression Survivor Kit* and went over it with interest. It is probably much more informative and less dangerous than most books dealing with depression."

To order *Depression Survivor Kit* by mail, send check or M.O. for \$19.99. Or send \$1 for confidential information and review with no obligation.

**SEAR Publications c/o R. Sealey BSc, CA
291 Princess Avenue
North York, ON M2N 3S3 Canada**

Psychologist Al Siebert, Ph.D. (author of *Survivor Personality and Peaking Out*) wrote: "You have produced an excellent book! With your permission, I will enter your book into the Donaldson archives" [a collection of first person stories].

www.searpubl.ca

Upcoming MindFreedom Events

January 2005

Disability Rights Tour

**L.A.-March, Dallas-May, Chicago-July,
Washington, D.C.-August**

The National Coalition for Disability Rights, a MindFreedom sponsor group, presents the Campaign for the Human Rights of People with Disabilities, a nationwide bus tour and concert series to develop new advocacy initiatives and build stronger alliances: "Beyond the medical and charitable models of defining disability, we support individual empowerment." www.adawatch.org

January 2005

New York City

The MindFreedom team will be back in the United Nations Ad Hoc Committee on the Human Rights of People with Disabilities.



Survivor Story

Derrick Churchwell signed up with the US Navy at the age of 18, but problems back at home led

him to despair and he considered suicide. "I felt real pressure from the Navy to take psychiatric drugs for depression," said Derrick. "I wanted to have non-drug alternatives like counseling. But the Navy said 'If you don't take psychiatric drugs we'll have to discharge you.'" Derrick refused, and the Navy did give him an honorable discharge this year.

Derrick is concerned about how other military personnel may also be pressured to take psychiatric drugs without being offered alternatives.

Meanwhile, at home, he's doing better. "My family is playing a big part in my recovery. My family is religious, and now so am I. So they give me support and advice. If somebody is suffering from depression, and nothing seems to make them smile, there are people willing to help. Whether it be family, friends, or God."

29 April to 2 May 2005

Washington, D.C.

MindFreedom Action Conference

**Activism for Human Rights in Mental Health: How the Law Can Support
Grassroots Action for Human Rights in the Mental Health System
Co-sponsored by American University Washington College of Law
and MindFreedom Support Coalition International**

This conference supports grassroots community organizing campaigns for human rights and alternatives in the mental health system, especially campaigns that are led by psychiatric survivors and mental health consumers. The conference will focus on activism and on how the law can assist these campaigns. Conference topics will include some of the most important issues facing the grassroots today including choice in the mental health system, including stopping coercion, "mandatory mental health screening", and "involuntary outpatient commitment." The undue influence of pharmaceutical corporations inside the mental health system and federal agencies. Creating and sustaining alternatives to the traditional mental health system.

This will not be a "traditional" conference where experts lecture to a passive audience. The conference supports attendees becoming personally involved in long-term action for human rights in mental health. At the end of the conference, on Monday, May 2, participants will have multiple opportunities to engage in human rights campaigning, such as through lobbying, meeting with government officials or joining a nonviolent protest. May 2 is an international day to remember the mass murder of people diagnosed with psychiatric labels in Nazi Germany.

To receive updates about this conference, e-mail office@MindFreedom.org and check www.MindFreedom.org.

PAID AD

articles debunking psychiatry

www.antipsychiatry.org

MindFreedom Committees

BY KRISTA ERICKSON

MindFreedom is building an empowered committee structure to involve as many members as possible in campaigns, complete more projects, and grow the organization. Committees work closely with the MindFreedom board and office but take the lead on projects and organizational needs.

Volunteers are needed with good follow through, communication, organizational, advocacy, research, writing and technical skills. MindFreedom is missing out on the talents, skills and passion of too many members and we are determined to change this.

If interested in any of the committees listed below, please e-mail to office@mindfreedom.org with a page or two that lets us know 1) why you're interested, 2) relevant experience or skills, 3) what you have a particular interest in doing, and 4) any experience in our movement so far.



Krista Erickson being interviewed during the hunger strike.

• Campaign For True Freedom

Challenge the dominance and globalization of corporate psychiatry. Hold WHO to its declaration of a "global emergency" of human rights violations in the mental health. In the USA, resist the New Freedom Commission's "mandatory mental health screening."

An initial project: Develop a "sign on ad" based on our core principles to advance human rights and alternatives in the mental health system. Individuals and organizations will be invited to sign on to the ad, to be published in one or more media.

• MindFreedom Shield

The "Shield Committee" maintains and publicizes this program, responds to requests for information, helps investigate reports regarding allegations of coerced or forced psychiatric violations, and assists with writing and dissemination of alerts.

• Development

This committee helps MindFreedom diversify our funding base by actively engaging in such tasks as assisting with the planning and implementation of fundraising events, seeking sources for donations, assisting with completing grant applications, and creating new chapters of MindFreedom.

• Action Conference

Help plan, publicize and implement the Action Conference scheduled for April 2005.

• Choice in Mental Health

This new committee will compile a directory of available alternatives in mental health, network them with each other, and begin planning for a conference on the topic.

• Publications

Help MindFreedom publish more frequent issues of the *MindFreedom*

Journal, and create a series of brochures and posters about human rights and alternatives in mental health.

• Mad Pride

Increase, coordinate and promote Mad Pride events globally.

• Zapback!

Challenge human rights violations related to electroshock. Engage with the World Health Organization on their supposed opposition to forced and direct shock, and monitor the US FDA's regulation of electroshock.

• Web Advisory Committee

Assist the MindFreedom webmaster to improve and expand MindFreedom's web presence, including Mad Market, core accessibility standards, better discussion lists, and a database-driven news site that several volunteers may add to in an organized way.

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A Schizophrenia Breakthrough: Progress Toward Freeing Our Minds from Our Minds

by Al Seibert, Ph.D., author of "The Survivor Personality"

Foreword by William Glasser, M.D.

Each chapter includes "Issues for critical thinking and research."

258 pages.

"Transformation and resiliency – we all need more of both. Al Siebert got his the hard way, by shaking off a cook-book psychiatric diagnosis and growing past it. His book takes you on a heroic journey that might help you with yours. I found it fascinating and inspiring to read."

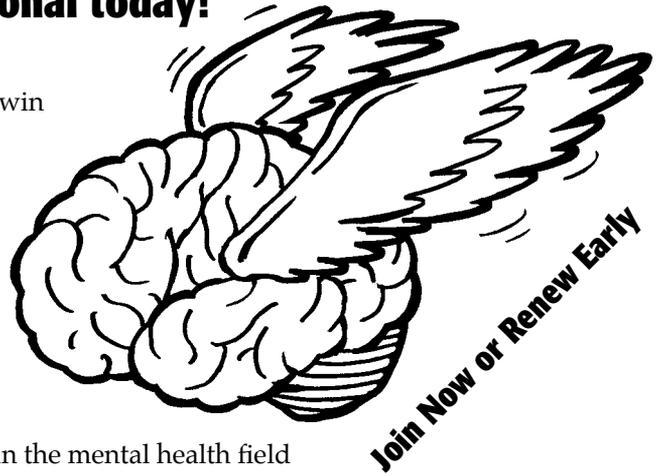
– TOM GREENING, PH.D. EDITOR, JOURNAL OF HUMANISTIC PSYCHOLOGY

Available from the MindFreedom Mad Market, www.MadMarket.org

**MindFreedom International is here because the human spirit and mutual support never ever give up.
Please donate to MindFreedom International today!**

Top 10 benefits of MindFreedom membership:

- You unite with thousands of others and 100 sponsor groups to win freedom, equality and human rights for those affected by the mental health system.
- You take action to stop human rights abuses such as forced electroshock, forced psychiatric drugging, solitary confinement, restraints, labeling, illegal experiments and discrimination.
- You challenge the growing domination of the psychiatric drug industry internationally.
- You promote and discover empowering humane alternatives.
- You make history by building a crucial coalition rooted in a 35-year-old social change movement
- You maintain the total independence of one of the few groups in the mental health field not funded by governments, mental health providers, drug companies, or religions.
- Current members may sign up at no cost for the MindFreedom Shield program to issue alerts if you are ever threatened with psychiatric human rights violations.
- You enjoy the award-winning *MindFreedom Journal*.
- You get 10 to 75 percent off of 100 books and other products in the all-new Mad Market.
- You access member-only services such as a dozen member e-mail lists, special member-only web areas, a staffed office, special alerts, networking with other members, and more.



The amount you give when joining or renewing is up to you. Most people give \$35 or more. Low income recommended rate is \$20. Some give \$50, \$100, \$500 or more. Give as much as you can. Thanks!

Remember MindFreedom: If you have a question about the proper way to leave a bequest, create a trust, name a beneficiary of your retirement or insurance plan, do a bank transfer, or transfer stock to benefit the non-profit human rights work of MindFreedom please contact the office at (541) 345-9106, office@mindfreedom.org.

Join MindFreedom – your support helps win campaigns for human rights in the mental health system

Donation (circle one): \$1000 (life time member) \$500 \$100 \$75 \$50 \$35 (regular level) \$20
(recommended low income minimum) other: \$_____

Please sign me up to give a monthly donation of \$_____ automatically. I realize regular monthly gifts can add up to provide stable funding for MindFreedom.

Your Donation is Tax Deductible

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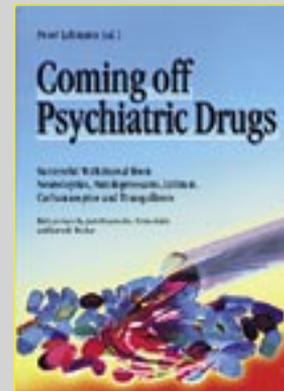
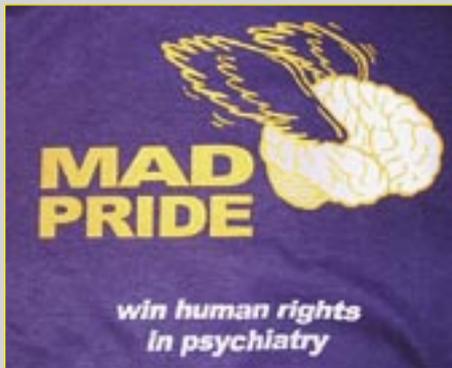
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order to:
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P.O. Box 11284
Eugene, OR 97440
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**You may also join on-line at www.MindFreedom.org
or toll free at 1-877-MAD-PRIDE or by fax at (541) 345-3737**

See the new online Mad Market at www.MadMarket.org

MindFreedom has an all new Mad Market of more than 100 books, bumper stickers, t-shirts, CD's and more. Proceeds benefit MindFreedom's human rights campaigns. See more examples of products and ordering information on pages 10 & 11.



Mad Pride T-Shirt

Choose from fabulous shirt colors: Aqua, Purple, Black, Sand, Stonewashed Green, and Stonewashed Blue. Sizes: Small, Medium, Large, XL, XXL and XXXL.

The flying brain is in two graduating colors. The slogan says, "MAD PRIDE: Win human rights in psychiatry." Wear yours with pride today.

T-Shirts are \$16; \$14 for members.

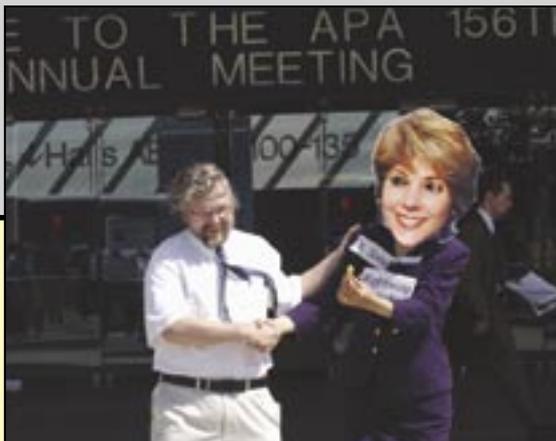


photo by Tom Olin

Coming Off Psychiatric Drugs edited by Peter Lehmann

List price \$24.95; member price \$22.45; (2004) soft cover 352 pages.

This new book is all about successfully quitting psychiatric drugs. It is mainly for people on psychiatric drugs but also addresses their relatives and therapists.

In this practical book 28 people from Australia, Austria, Belgium, Denmark, England, Germany, Hungary, Japan, the Netherlands, New Zealand, Serbia & Montenegro, Sweden, Switzerland and the USA write about their experiences with withdrawal. Eight professionals, working in psychotherapy, medicine, psychiatry, social work, natural healing and even in a runaway-house, report on how they helped in the withdrawal process.



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MindFreedom director David Oaks is offered a pill by a protester wearing a mask of psychiatrist Sally Satel during a protest in front of the American Psychiatric Association Annual Meeting. Every person in the US is now slated for "mental health screening" in a plan written by the psychiatric drug industry and approved by the Bush administration. Dr. Satel, a Bush appointee, promotes using court orders to force outpatient psychiatric drugging. See article on page 5.