

PSRANM Conference
Portals to Recovery
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Advocacy and the Transformation Triangle

James B. (Jim) Gottstein, Esq.
Law Project for Psychiatric Rights
Jim.Gottstein@PsychRights.org
<http://PsychRights.org/>

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While Some People find Neuroleptics Helpful . . .

- Psychiatric Drugs Causing Massive Amount of Harm
- Minimizing Neuroleptic Use Could at Least Double the Recovery Rate of People Diagnosed with Serious Mental Illness
 - 5% vs. 40% recovery Rate in recent study
 - One Third vs. Two Thirds in Other Studies
- 6-fold Increase in Mental Illness Disability Rate
- Current System Does Not Allow Non Drug Choices
- Hugely and Unnecessarily Expensive
- Huge Unnecessary Human Toll
- Life Spans Now 25 Years Shorter

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Science Informed Approach:

- Selective Use of Neuroleptics
- Only When Other Approaches Fail
- Even Many Long-Timers Can Get Off and Most Can Reduce Dosages

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Why? . . .

- . . . are we taking such a harmful, counterproductive approach?
- . . . are other choices unavailable
- . . . are established legal rights dishonored as a matter of course?

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Fear and Absolution

- Fear
 - People Diagnosed with Serious Mental Illness Prone to Violence
- Absolution
 - By Accepting "Medical Model," No one is Responsible
 - 2003 MindFreedom Fast for Human Rights in Mental Health

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Other Factors

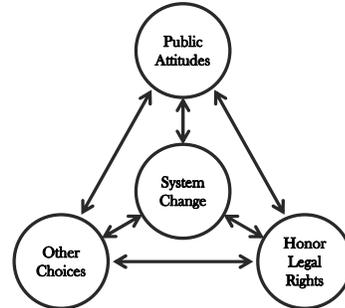
- Social Control
 - It is Not the Psychosis, but Objectionable Behavior
- Big Pharma Corruption of Research
- Psychiatry's Drive for Legitimacy
- FDA Abdication/Capture by Industry
- Magic Pill/Drug Culture (Better Living Through Chemistry)

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How Can This Be Changed?

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The Transformation Triangle



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Goals

- Substantially Increase Recovery Rate after diagnosis of Serious Mental Illness
- Substantially Reduce If Not Eliminate Force
- System Support of People's Non-Medication Choices

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Soteria-Alaska

- Non-coercive, Non-Drug option for Newly Diagnosed with Psychotic Disorder.
 - Be With, Not Do To
 - Expect Recovery
 - Let People Be "Delusional"
 - But Insist on Safety/Responsibility
- Replicate Original Soteria-House
 - 6-8 People
 - Two staff at all times.
- Opening in 2008

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Consumers
Having
Ownership
In
Creating
Effective
Services

- "Consumer" Run
- Non-coercive, Non-drug (& drug) Choices In Community
- Available for people in the system a long time
- Started Providing Services in July, 2007

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Peer Properties

- Peer Run Housing
- Allows Non-drug Choice
- No "services," but peer support principle
- One 4 bedroom House Owned & Operated
- Proven Concept, but
- Needs infra-structure support
- CHOICES may be able to fill breach

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Law Project for Psychiatric Rights (PsychRights®)

- Public Interest, Tax Deductible, Law Firm
- Mission: To Mount a Strategic Litigation Campaign Against Forced Psychiatric Drugging and Electroshock.
- National in Scope
- Adopted Kid Drugging as Priority

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Strategic Litigation

- Force System to Honor People's Rights
- Change Path of Least Resistance
- Help Create Environment Supportive of Other Choices
- Public Education Potential

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Alaska Supreme Court:

- *Myers* (2006)
 - Best Interests
 - No Less Intrusive Alternative
- *Wetherhorn* (2007)
 - Unable to Survive Safely in Freedom
 - Not consider Effective Representation Issue
- *Bigley* (On Appeal so far)
 - Define Unable to Survive Safely in Freedom
 - Necessity for Transcript by Masters
 - State Must Pay for Less Intrusive Alternative
 - File Open to Public if Wanted

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Public Education in Alaska

- Whitaker in 2002, 2003 & 2007
- Perlin in 2003
- Menn in 2007
- Numerous Newspaper & Some Broadcast Coverage
 - *Myers* Case
 - Feature Front Page Story in November 2005
 - Zyprexa Papers local coverage
- Accept All Speaking Invitations

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Opinion Shift—Soteria-Alaska

- 2002: Not Endorse -- Just Educational
- 2003: Implies Need Non-Drug Alternative
- 2004: Needs More Development
- 2005: Not If, But How
- 2006: Trust Formally Supports
 - Wanted State Participation in Funding
- 2007: Funded by Trust for 2008 Opening when didn't get in State Budget.

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[General Alaska Attitude]

- Widespread Support for Idea that Non-Drug Choices Should Be Available.
- But, Limited or No State Funding (Yet).
 - Not on Governor's Radar Screen
 - Not Legislature Priority
 - Some State Employee Opposition

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[Suggested Reading]

- *Mad in America: Bad Science, Bad Medicine and the Enduring Mistreatment of the Mentally Ill* (2001) by Robert Whitaker
- *Alternatives Beyond Psychiatry*, Peter Lehman & Peter Stastny, MD, Editors (2007).
- *A Fight to Be: A Psychologist's Experience from Both Sides of the Locked Door*, Ronald Bassman, Ph.D. (2007)
- *The Hidden Prejudice: Mental Disability on Trial*, (2000) by Michael L. Perlin
- *Rethinking Psychiatric Drugs: A Guide to Informed Consent*, by Grace E. Jackson, MD, (2005)
- *Brain Disabling Treatments in Psychiatry: Drugs, Electroshock, and the Role of the FDA*, Ed. 2 (2008) by Peter Breggin, MD.
- *Community Mental Health: A Practical Guide* (1994) by Loren Mosher and Lorenzo Burti
- *Soteria: Through Madness to Deliverance*, by Loren Mosher and Voyce Hendrix with Deborah Fort (2004)
- *Psychotherapy of Schizophrenia: The Treatment of Choice* (Jason Aronson, 1996), by Bertram P. Karon and Gary R. Vandenbos

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[Suggested Reading (cont.)]

- *Schizophrenia: A Scientific Delusion*, by Mary Boyle, Ph.D. (2002)
- *Let Them Eat Prozac*, by David Healy, MD. (2006).
- *Creating Mental Illness*, by Allan V. Horwitz (2002).
- *Toxic Psychiatry: Why Therapy, Empathy, and Love Must Replace the Drugs, Electroshock, and Biochemical Theories of the New Psychiatry*, by Peter Breggin, MD (1994)
- *Commonsense Rebellion* by Bruce E. Levine (2001)
- *Blaming the Brain : The Truth About Drugs and Mental Health* (1998) by Elliot Valenstein.
- *Escape From Psychiatry*, by Clover (1999)
- *How to Become a Schizophrenic: The Case Against Biological Psychiatry*, 3d Ed., by John Modrow (2003)
- Other books at <http://psychrights.org/Market/storefront.htm>

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