

Formerly *DENDRON*

# MindFreedom<sup>journal</sup>

Human Rights in Mental Health

Summer 2001 • #44 • \$4

[www.MindFreedom.org](http://www.MindFreedom.org)

## Youth and Psychiatry

### Also Inside

- Right to Remember: Saying "No" to Shock
- Mad Pride 2001: Globalization of the Psychiatric Drug Industry
- Mad Market: Page 29

**Plus... news, cartoons, poetry, resources, and more**

Opal Whitely  
Child Nature Mystic



# Support Coalition International

**S**upport Coalition International wins campaigns for human rights in the "mental health system" by uniting individual members and 100 grassroots sponsor groups. See the back of the *MindFreedom Journal* for the SCI Sponsor Group Directory.

For more than three decades, people who have experienced the mental health system have led a social change movement for human rights.

In 1990 Support Coalition International formed. SCI publishes *Dendron*, which is now re-named for clarity as *MindFreedom Journal*.

You are invited to participate! Support Coalition is led by psychiatric survivors. But membership is open to anyone who supports SCI's human rights goals. (A membership coupon is on the inside back cover.)

Support Coalition is able to break the silence independently because of people power! Mutual support is this movement's engine for change.

If you are not yet a member, become a member or donate, now! If you are already a member, consider donating or renewing early. SCI is a non-profit and your donation is tax-deductible. And everyone, please check out the expanded Mad Market on page 29.

**MOVING?** Please remember to provide your new address to *MindFreedom* as soon as possible, thanks!

Published by Support Coalition International.

## Mind<sup>journal</sup>freedom

Human Rights in Mental Health

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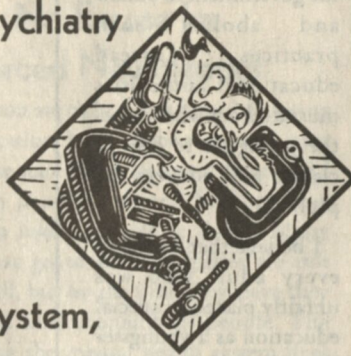
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Page 7 Opal Whitely

Cover: Opal Whitely, born 12/11/1897 died 2/17/1992. Opal was a child nature mystic from Oregon who became a famous writer, and was then locked away in a British psychiatric institution for almost 50 years. The photo of the statue is by William Grant Macdonald. The sculptor is Ellen Tykeson.

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## LETTERS

### Good Neighbor in Indiana

A nearby neighbor here has frequently complained to me about the decades-long suffering that psychiatry has caused her through the barbaric practices of both electroshock and forced drugging. Though she was electroshocked almost 30 years ago, she still understandably feels ruined by it.

Without access to any meaningful connectedness to supportive alternative viewpoints in her life up to this point, most of her presentation to me has been one of a completely stifled existence... a kind of spiritual smothering amidst the heavy pro-psychiatry environment in our local community.

Having proof now that there is fresh air available to her through connections provided abundantly by *Dendron*, it was thrilling for me to have been a part of the process of showing her that there is another way to approach living than to cave in to murderous psychiatry and truckle persistently to the feet of those completely self-serving and abusive professionals.

Without *Dendron*, I'm afraid that she sadly would have never known that there are thousands of people all around her who feel the same way about the permanent damage done to their lives by psychiatry.

*Dendron* fills the awareness void, and also shows people like my neighbor that she doesn't have to lose the remainder of her life to cannibalistic psychiatry. There is satisfaction in that. However, what is missing is still the massive lack of public understanding that *psychiatry has to be outlawed!*

P.S. I found this film, *THX-1138*, which contains striking references to the theological state/therapeutic state problem.

Jerry Lee Foley,  
Muncie, IN

### Kids and Special Ed

I am opposed to arbitrarily defining what constitutes a mental illness, and I also oppose the placing of any youngster in special education who is capable of learning at his/her full potential without such placement. I know of children who have been placed in

special education because of disruptive behavior, and have not been returned to mainstream classes when they stopped disrupting the class. This is no way to reward a youngster for controlling his or her behavior and in fact causes irreversible psychological damage. I call upon the public and the government to outlaw and abolish such practices. Instead educational authorities must find out what causes the youngster to disrupt classes and address the problem.

I believe that each and every adult who was unfairly placed in special education as a youngster should be paid compensatory damages. Only this will make it clear to all educational authorities that such placement will not be tolerated, and only this will undo only the slightest degree the pain, shame, suffering and embarrassment caused by having been a student in special education.

Sincerely yours,

Fred Arthur Tenzer,  
Brooklyn, NY

### Making Resistance Easier

I would like to congratulate and thank you for your efforts in the psychiatric survivors' movement, especially as manifested in *Dendron*. I have read the Summer 2000 issue from cover to cover, and thoroughly benefited from the information in it. In the large Southern California institution where I was recently receiving forced psychiatric treatment, I loaned *Dendron* to quite a number of the staff in an effort to spread the word about what I consider to be *our* cause: self-support, holistic treatments and resistance to forced treatment of those of us labeled with a psychiatric disorder.

On August 15, 2000, my attorneys fought for me and, after more than two years, my LPS Conservatorship was finally terminated. I have had so much experience in psychiatry



that, along with my new-found friends and comrades with Support Coalition International and the California Network of Mental Health Clients, I intend to fight actively for civil and human rights in psychiatry. Knowing that SCI exists made the oppression of forced psychiatry much easier to tolerate. I want to let you know how absolutely glad I am that your coalition, movement and magazine exist. Your 30+ years of important footwork bring me comfort and greater ease in accomplishing some footwork of my own. I thank you for existing.

Sincerely,  
Janet Newman,  
Highland, CA

### Cover Alternative Medicine

Thanks so much for the movement and *Dendron*. I look forward to each issue and wish it would be released more frequently. Yes, I too have become a recent victim of forced drugging / psychiatric abuse. I have been diagnosed "schizophrenic" and I don't deny being sick, or that I do need treatment. But, not drug treatment, and certainly not forced treatment.



For the past six months I have been going to an orthomolecular (megavitamin therapy) doctor. He reduced my drugs, and wrote a prescription for me to be on the Abram Hoffer program — 3,000 mg niacin, 3000 mg of vitamin C, 800 IU vitamin E and B complex, plus 250 mg of vitamin B6.

He also prescribed that I be taken off all drugs. The psychiatrist at the board and care where I lived said "no", and that "the vitamins have not been proven." He also said that I "must be 2 mg of Risperdal or be kicked out." I was on 1mg of Risperdal at the time, plus 25 mg of Clozaril but my white blood cell count was low, so he took me off Clozaril, and upped my Risperdal 1mg. Since that time, I've had bad dreams, thrown up, and laid in bed trembling due to fear of jumping off the local freeway bridge.

Now I need to take the medication in front of them, or be kicked out of my home, board and care. I am not refusing treatment — I take vitamins and homeopathic remedies. Also, the vitamins take awhile to work and should be only be done with an orthomolecular doctor, in case anyone's interested.

I've received two issues of *Dendron*, and I think it would be really cool if you had articles about alternative medicines for "mental illness."

Thank you,  
Kathy Apker,  
Los Angeles, CA

## Indispensable

By now I have read many anti-psych newsletters and *Dendron* is by far one of the best around. With each and every copy of *Dendron* I am always compelled to read it from cover to back page. You guys have really got it together and you sure know how to hold a captive audience.

It is indeed encouraging to see that SCI is going from strength to strength and that through constant lobbying it has acquired a knockout reputation as an identifiable force to be reckoned with!

I was particularly interested in the National Alliance for the Mentally Ill (NAMI) story. For my part, I see absolutely no credibility in the operations of this highly suspect organization. It would appear they are covertly working in complicity with the powerful, prestigious, preponderant and

utterly corrupt drug companies and therefore are traitors to the true cause. There are no depths some of these outfits would plunge to flood their despicable businesses in an effort to beget blood-money profits.

Do keep the good work coming. Your efforts are indispensable.

Yours very sincerely,

Julie N. Joneth

## No Excuse for Forced Neuroleptics

I think you are right about forced drugging and medication: It should be stopped! I have been to the state hospitals many times and I have seen people tortured because they refused to take neuroleptic drugs. Many people that go to these hospitals are not mentally ill, but by the time they leave they are turned into mentally ill people. The reason why the mental health system does not want to find a cure is simply this: they would have no more excuses for what they do to us.

David Snider,  
Salem, MA

## Psychiatrists: Label Yourselves

Thank you for the continuing work you are doing to bring some kind of sense to the Medico-Legal-Complex industry. Except for you and a smallish dedicated minority, the only ones who are being listened to by "the powers" who make the final decisions about the so-called mentally are those whose conflict of interest runs so deep they are not willing to admit the truth. As Lawrence Stevens, Ph.D., so aptly wrote, because of their inability to see what is plainly obvious to anyone who has been there, vicariously or in person, "They have met their own criteria of being *not competent*," and even more absurdly, they use such criteria to justify the unjustifiable.

Don Harden,  
Seattle, WA

## United Nations Committee Approves SCI for Consultative Status

Apparently for the first time ever, a human rights openly group led by "psychiatric survivors" has won tentative approval of "Non-Governmental Organization (NGO) Consultative Status" with the United Nations Economic and Social Council (ECOSOC). At a January 25, 2001 meeting, the UN ECOSOC Committee on NGO's voted to approve SCI for Consultative Roster Status.

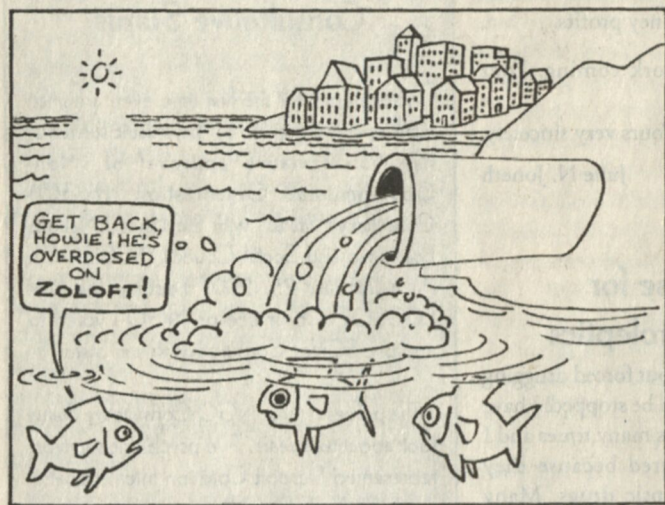
The process to win NGO Consultative Status took about two years. Two psychiatric survivors represented Support Coalition International at the New York City UN committee meeting where the final decision was made: Kate Millett and SCI board member Celia Brown. Celia said, "Kate and I were honored to be a part of this process and available to raise the issues of human rights for people labeled with psychiatric disabilities."

Kate Millett is well-known as a feminist author. She also wrote a book on torture, *The Politics of Cruelty*. Kate reported that, "I ended up spending 12 hours at UN committee meetings to see if they would vote on us. At the very end, with half an hour to go, the issue of Support Coalition International Consultative Status was raised. At first there was a long silence. None of the delegates had ever heard of this! One asked 'What is a psychiatric survivor?'"

Kate said there was quite a lively and extensive debate. She was called to the front of the huge room to answer all the questions. Some of the more challenging questions were from the US and the China delegates. But other delegates — from Russia, Bolivia and Pakistan — expressed interest and support. And then both the US and China delegates said they were flexible.

Concluded Kate, "We won! If SCI had not had representatives present, we very probably would have been voted down, or never considered at all. I'm very happy. This is a great victory. This completely changes our condition as 'psychiatric survivors' now that we have the status of human rights worker against abuses in the psychiatric system." SCI registration as an NGO becomes official in July pending approval by ECOSOC of the committee vote.





SHCHAMBERS

## Prozac in Human Excretions Can Hurt Fish

European scientists have discovered that increasing amounts of prescription drugs are passing through peoples' digestive tracts, surviving sewage treatment and are now being detected in lakes and rivers. It is estimated that at least 95 percent of prescription drugs pass through the body and into groundwater after sewage treatment. The European investigation is being launched amid valid concerns that the introduction of increasing amounts of toxic drugs may negatively affect aquatic life and inadvertently expose unsuspecting people to cocktails of prescription drugs. Some drugs, especially anti-depressants, have been found to alter the sperm levels and spawning patterns in fish and other aquatic life. [Sources: 5/7/00 *Sunday Times UK*, 11/00 *Idaho Observer*.]

## Love is More Powerful than Drugs

by David James, co-chair of SCI Youth Committee

Since June of 2000 I have been helping out people who are going to the San Joaquin Psychotherapy Center (SJPC) in Clovis, Calif. Most of them are withdrawing from psychiatric drugs, especially neuroleptics.

SJPC is a day center only, and the parents and guardians of the survivors often need more assistance, because withdrawal from psych drugs can often cause agitation, hostility, etc. And this can really scare parents. Often this is where people end up back in the system again – after losing it when going through withdrawal.

So I have tried to be as helpful as I know how to be. I am a survivor myself, and so I try to be empathic, etc. I also help out around the house.

I really feel that I am learning a lot from helping others in this way to recover from psychiatry. Honestly, they are helping me more than I am helping them.

Now, it has not been easy, that's for sure. People are very traumatized when recovering from psychiatric abuse, and it's very hard to guide them through the withdrawal from neuroleptics (which my friend Sol calls "100 times worse than a bad acid trip"). But when people do recover, it's very rewarding..

It is nice to talk with my fellow survivors and their relatives and allies all the time... they are all my dear friends and I love them all deeply.

It's definitely true that love is more powerful and has less side effects than any drug.

David James, at 22 years old, has been doing direct service for psychiatric survivor liberation. David has been providing support for other young adults who have chosen to get away from the traditional psychiatric system. These young adults, with their parents' support, have been utilizing the San Joaquin Psychotherapy Center, an SCI sponsor organization. David has recently moved to Minnesota.

David James' e-mail address is: <tearprism@pizzadrivers.com>.

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## Update from Relatives and Allies of Psychiatric Survivors

by Linda Valentine, RAPS Spoke

I wanted to let all the members of Support Coalition know that RAPS is growing. Even though we are dealing with "withdrawal, damage and lots of pain" we won't give up! Many of our people have run away from families and friends they lived with all their lives. Most of us are doing this alone. It is so difficult it could never be explained in a few paragraphs.

Some of us have hired outside help so we can keep our loved one with us instead of behind locked doors. Withdrawal is not pretty nor is *tardive dyskinesia* (a side effect of psychiatric neuroleptic drugs that can result in permanent involuntary muscular movements).

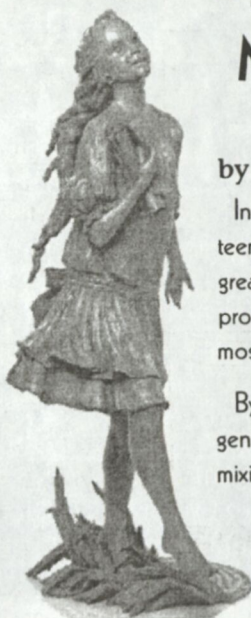
David James should be honored for his time and kindness our loved one's have received. He came to Clovis, Calif. not knowing what to expect and has spent countless hours helping all of us. He unselfishly left his home & friends and began a task that is almost unspeakable but he is doing it! His parents should be proud of him because we are.

Dr. McCready & Dr. Mark Popper are also doing their best to make their clinic a safe and "medfree" environment. Cheers to them too!

Linda Valentine RAPS; 2013 Ashlan Ave  
Clovis, Ca. 93611. Ph: 559-292-4729

RAPS is a sponsor group of SCI that networks moms, dads and other relatives and friends of people who have experienced psychiatric system human rights violations. RAPS has especially helped quite a number of moms and their adult children leave the psychiatric system, and use the San Joaquin Psychotherapy Center (SJPC) in Clovis, Calif.

## Opal Whiteley's Magic & Mystery



by Stephen Williamson

In the early days of this century, Opal was the most popular teenager in Oregon. It was thought she might become the greatest scientist, writer and teacher that Oregon had ever produced. Instead, in 1921, she became Oregon literature's most controversial author.

By age five Opal was keeping a diary. Regarded as a child genius, by age 13 she was giving talks on wildlife and geology, mixing natural science with religion. Since childhood she had heard voices from plants, animals and God. A brilliant student, she so amazed the University of Oregon with her knowledge of natural history, that she was admitted without a high school diploma.

In 1920 her childhood diary, *Opal, the Journal of an Understanding Heart*, was the number two best-seller in the world, read by presidents and kings. At the young age of 22 Opal Whiteley was a major international success. Her story of an orphaned and abused child growing up in the Oregon woods took the literary world by storm.

But, with the same speed as she rose... Opal fell from the public's favor. Just a year later her book was out of print and Opal was accused of fraud and lying about her family. She was accused of having composed her diary as a teenager, not a child.

For decades Opal Whiteley's beautiful writings about nature and children gathered dust... while she was committed to an English mental hospital. Opal was given a lobotomy, and she was electroshocked dozens of times. However, none of it made her any more cooperative with doctors. She died there in 1992. She was locked away for almost 50 years. Opal Whiteley's work and writings were forgotten.

Fortunately, Opal did live long enough to see her book reprinted by Benjamin Hoff, best-selling author of the *Tao of Pooh*. Hoff wrote a biography of this mysterious and misunderstood woman. *The Singing Creek Where the Willows Grow, the Mystical Nature Diary of Opal Whiteley* is now in paperback from Penguin Books. A poetry version of her diary and a children's storybook, both by Jane Boulton, are also available.

After 75 years, Opal is being rediscovered. The town of Cottage Grove has hosted several tourist events, and the library even has a statue of her. The University of Oregon has put her entire diary on line for readers and researchers. Opal Whiteley has made a literary comeback.

Stephen Williamson is a former mental health worker. He founded the Opal Whiteley Memorial in 1994. He currently works for the University of Oregon doing research on the life and writings of Opal Whiteley. UofO Opal Whiteley Diary <http://intersect.uoregon.edu/opal/>. The Opal Whiteley Memorial Site: <http://www.efn.org/~opal/>



# Thousands Zap Back Against Forced Electroshock



## THE RIGHT TO REMEMBER

From left: Paul Henri Thomas, Adam Szyszko (with sister Olivia), and Kathleen Garrett (with son Steve Vance).

**T**he Americans featured above are just three of the many people who have experienced involuntary electroshock within the past year. Electroshock against the expressed wishes of the client is a reality in the USA, today. Electroshock – also known as electroconvulsive therapy or ECT – runs a powerful electrical jolt through the head and in itself is harmful. But forced shock is the worst of the worst.

As *MindFreedom Journal* went to press, Paul Henri Thomas and Adam Szyszko are still at risk of more forced shock. Both have both been receiving forced electroshock – against their expressed wishes – at Pilgrim Psychiatric Center in New York State. Both have been fighting their forced electroshock in court.

Forced electroshock has spread its roots state-wide, deep into the New York Office of Mental Health. Every state in the USA, and every nation in the world, has loopholes allowing forced electroshock over the stated objection of the subject.

Juli Lawrence, founder of the SCI sponsor group and web site [ect.org](http://ect.org), said, "People like to say forced electroshock doesn't happen in the United States. It happens much more than we'd like to believe. In the last year, I've stepped in on

several forced electroshock cases. In every case, the patient was perfectly competent, aware, and able to make an informed decision. But because these doctors made up their minds to forge ahead, the patients weren't allowed to have a choice."

Support Coalition International has now built a nonviolent people power campaign that has activated thousands of people internationally to resist forced electroshock, and support Paul, Adam and Kathleen. A few mainstream media – including *Newsday*, *Associated Press*, and *NY Post* – have started to cover the campaign. Ironically, *The New York Times* covered a case of forced electroshock in China, but refused to cover forced electroshock at Pilgrim Psychiatric Center a few miles from their offices.

### Paul Henri Thomas

Paul is a 49-year-old American citizen who moved here from Haiti. Back in Haiti Paul was one of the student leaders in human rights protests in the early 1980's. More recently Paul has been active in the psychiatric survivors movement. He frequently attended meetings of the Long Island Consumer/Survivor/Ex-patient

Coalition. Paul is part of our movement.

For the past two years Paul has been held at Pilgrim Psychiatric Center in West Brentwood, New York, where he's received more than 40 court-ordered electroshocks against his will.

Movement activists helped Paul smuggle out this public statement: "I am currently undergoing forced electroshock treatment. But I would not call this electroshock 'treatment.' It is not medical. The forced electroshock is horrible. It is horrible. Other people ask me whether I think my life is miserable because I receive forced electroshock. No. The people doing this to me are miserable. I have my pride and self respect. I am strong. But no human being is invincible. This is an arbitrary process of court hearings and submitting me to a 'court order' of electroshock treatment. Do something, please! I need my total freedom out of this center. I thank you a lot. God bless you. Do whatever is possible!"

Sherry Taub, an SCI activist, frequently visits Paul. She said this about his forced electroshock: "It's terrifying. I have a psychiatric diagnosis and I'm frightened about what that could mean. You can be stripped of any semblance of human rights. There's no consideration of you as a human





National Association for Rights Protection and Advocacy, 2000 conference, with Mad Lib banner by Katherine Hodges



being. This is harmful and torturous to Paul. Any rational human being would accept his understanding of this. This is not helping people. It's doing him harm."

In a speech in front of New York Office of Mental Health Commissioner James L. Stone, Sherry said, "Wherever people stand on ECT itself, everyone that I've spoken with agrees it should not be *forced* on anyone. Everyone that I've spoken with agrees that this is a clear violation of human rights. But it is happening."

## Adam Szyszko

Adam Szyszko, only 25 years old, received several forced electroshocks at Pilgrim Psychiatric Center, even though Adam's family opposes the procedure. "I think it's horrible they are holding my son prisoner," said Lucyna Szyszko, who immigrated from Poland 12 years ago with her son and daughter. "I want the treatments stopped. These treatments are harming my son. He is such an intelligent boy. His life will be over."

Adam's sister Anna said, "I just think we can try other things instead of doing something so drastic as forced electroshock. There are so many worthwhile things that could be tried. I hope the public will speak out."

The New York State Office of Mental Health in Albany, New York has openly admitted and defended their practice of forced electroshock. What hypocrisy:

OMH's official value statement claims that, "Recovery is the process of gaining control over one's life... Individualized service plans are designed around the needs and desires of an individual."

## Action to Stop Forced Shock in New York State:

Complain to Governor George E. Pataki; State Capitol; Albany, NY 12224. Ph: (518) 474-8390, Fax: (518) 473-7669 E-mail: <gov.pataki@chamber.state.ny.us>.

Hundreds of people have already contacted New York State Senators and Assembly Members to demand a hearing and a law against forced electroshock. Help build that momentum!

## Kathleen Garrett

Kathleen Garrett is a 66-years-old woman who was receiving a series of forced electroshocks at DesPeres Hospital in St. Louis, Missouri.

Steve Vance, Kathleen's son and primary care giver, said the family opposed the forced electroshock. "I tried discussing this all with her doctor, but he avoided me. My mother repeatedly insisted she does not want these treatments."

Support Coalition International and ect.org worked together on a campaign to stop Kathleen's forced electroshock. Within hours after the campaign launched, DesPeres Hospital said they were "deluged" with citizen contacts from all over, and the series of forced electroshock was stopped (after one more shock, which seemed vindictive).

When copies of the flood of people power support arrived at the desk of ect.org activist Juli Lawrence she said, "I cannot even begin to count how many there were in my e-mailbox. And I'm reading every last one! I'm moved to tears of awe. I'm so humbled by the outpouring and the concern of everyone. Mere words cannot express the emotion I feel. The best I can do is say thank you so very much, and Steve - her son - thanks you."

But Juli also wonders, "How about the many people out there who don't have access to the Internet, or don't have a family member or friend who is willing to do everything possible to stop it? Forced electroshock is real. It is happening across America. And it's got to stop."

Ted Chabasinski is president of SCI board of directors and is a survivor of forced electroshock at the age of six. Said Ted, "Kathleen Garrett and her son had lost in a court of law. But this family won in the court of public opinion. This is all about strength in numbers."



# Mad Pride

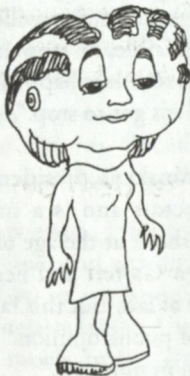
July 2001

UK:

**S**upport Coalition International helped coordinate and promote successful Mad Pride events internationally in 2000, and powerful events are planned again for 2001. You can hold small or large Mad Pride events where you live, and help grow this tradition.

A Support Coalition International group in UK began "Mad Pride" to celebrate the psychiatric survivor movement internationally. Mad Pride is modeled on Gay Pride events. Cultural approaches such as music, theatre, puppets, and tribunals are encouraged anytime during the month of July. July 14, Bastille Day, is an especially good day to schedule your event because a founding group in SCI — Mental Patients' Liberation Alliance of Central New York — has protested for psychiatric rights on this day since 1980.

This year's theme is "Resist Globalization of Psychiatric Human Rights Violations." Here are the main events organized by Support Coalition International Sponsor Groups:



Canada:

Protest Globalization of Psychiatric Human Rights Violations in Vancouver. (See poster on next page.)

Germany:

June 30 to July 2 — Free University of Berlin

*Freedom of Thought* is an international conference on human rights, biologicistic discrimination and psychiatric coercion. The United Nations High Commissioner for Human Rights, Mary Robinson, will be sending a delegate who will open the conference with a welcome address. After the opening event on June 29, the conference divides into two parts: The Fifth International Russell Tribunal on Human Rights in Psychiatry and the symposium *The Mind Challenges Genes*. A press conference on July 2 will conclude the Conference.

The UN Declaration of Human Rights ensures the fundamental right to freedom of thought for all human beings (Article 18). The Fifth International Russell Tribunal on Human Rights in Psychiatry reconsiders the psychiatric concept of mental illness, involuntary detention, and coercive treatment in psychiatric institutions in terms of violations of human rights. This event is seeking testimony from persons victimized by psychiatric coercion.

*The Mind Challenges Genes* will be a forum to go beyond the conventional production of biotechnological knowledge. With the commercialization of the biosciences, the danger increases that the value of human life is measured by the "quality" of genes.

For more info: [www.freedom-of-thought.de](http://www.freedom-of-thought.de)

*Asylum in the 21st Century* is a conference to be held on Bastille Day, July 14, 2001, in Manchester, UK in the Simon Bldg. theatre on the MMU Didsbury campus from 10:30 to 5:30. One topic will be the North West *Right to Refuse Electroshock Campaign*. The host is Psychology Politics Resistance, a sponsor of SCI. For info e-mail to <[j.acott@mmu.ac.uk](mailto:j.acott@mmu.ac.uk)>. July 14 events will also be held in London (contact Dave on 020 8223 4021) and Nottingham (contact John on 0115 841 8682).

USA

- A three-day vigil against involuntary psychiatric oppression in Albany, New York will be hosted by the Mental Patients' Liberation Alliance of Central New York. A 21st annual Bastille Day Protest will be included on July 14. Speak out against forced electroshock by the New York Office of Mental Health! More info, e-mail to <[georgebert@yahoo.com](mailto:georgebert@yahoo.com)> or phone 1-800-654-7227.

- All over USA: Prison Reform Unity Day July 14 \* Storm America's Bastilles! Info: [www.prup.net](http://www.prup.net).

- Mad Pride will be celebrated by Support Coalition Northwest on Saturday, July 14, 2001 in the Community Village in the heart of the Oregon Country Fair near Veneta, Oregon. For info about the fair itself, see [www.oregoncountryfair.org](http://www.oregoncountryfair.org). To find out more about the Mad Pride event contact Support Coalition.

For more details on Mad Pride 2001, see [www.MindFreedom.org](http://www.MindFreedom.org).



# Mad Pride

July 22, 2001

Sunday, July 22, 2001, 3 pm to 5 pm.

In front of the

Vancouver Convention Center.

**Protest Globalization of  
Psychiatric Human Rights Violations!**

**A free nonviolent legal  
public education event.**

**Sponsored by**

**Support Coalition International**

## Vancouver Canada

### Current speakers scheduled (tentative):

Laurie Ahern and Judi Chamberlin from Lawrence, MA, USA • psychiatric survivor activists.

Cassandra Freeman from Vancouver • Vancouver/Richmond Mental Health Network.

Katherine Hodges from Chicago, USA • Founder of MAD LIB of Chicago, Illinois.

Iris Holling from Germany • A worker in a psychiatric survivor Runaway House.\*

Karl Bach Jensen from Denmark • World Network of Users and Survivors of Psychiatry.\*

Gary Long from Vancouver • mental health advocate

Loren Mosher from San Diego, USA • Psychiatrist for Soteria Associates Mental Health Services

David Oaks - Eugene, USA • Director of Support Coalition International from Eugene, Oregon.

Irit Shimrat from Vancouver, Canada • Founder, Lunatics Liberation Front .

Anita Stevens from Vancouver • psychiatric survivor poet.

Rene Talbot of Berlin Germany • Irren-Offensive, an SCI Sponsor.

\* Group name for identification only.

Creative street theatre and puppets are encouraged to protest the global spread of coerced psychiatric drugging, electroshock and other human rights violations.

Help educate the public about the new World Bank mental health division, which is promoting a "template" they've helped create of how the "mental health" system should be built in developing nations. The World Federation for Mental Health is the main public link to the World Bank's global mental health plan. The protest is timed to reach those entering the opening event of the week-long WFMH World Congress.

Unite with other Mad Pride events in Germany, UK and USA! For more info on Mad Pride events, including choices for lodging while in Vancouver see the SCI web site:

[www.MindFreedom.org](http://www.MindFreedom.org)

Support Coalition International  
454 Willamette, Suite 216  
Eugene, OR 97401  
ph: (541) 345-9106  
fax: (541) 345-3737  
e-mail: [office@MindFreedom.org](mailto:office@MindFreedom.org)

### Also in Vancouver at that time are two World Congresses — one small, one large:

July 20 and 21 is the First World Congress of the World Network of Users and Survivors of Psychiatry (WNUSP). SCI is a member of WNUSP, and your participation in this grassroots gathering is encouraged. Web: [www.wnusp.org](http://www.wnusp.org).

July 22 to 27 — the five days following the Mad Pride event — is the World Congress of the World Federation of Mental Health. While open to the paying public and somewhat encouraging of the psychiatric survivor movement, this is mainly a pro-mental health system event. The psychiatric drug industry provides major funding for the World Congress, but WFMH does not have a full public disclosure policy for its event. For info: [www.wfmh.org](http://www.wfmh.org).



## SCI's MindFreedom Initiative Unites Six Projects

Support Coalition International held a second strategy gathering at the historic Highlander Center, where Martin Luther King and Rosa Parks once planned civil disobedience in the civil rights movement. This year, key psychiatric human rights activists from three nations participated in SCI's event. Drawing on their advice, SCI identified six main areas of activity for the next year. Combined, these projects are described as "The MindFreedom Initiative":

1. **Campaign: Resist Globalization of Psychiatric Human Rights Violations.**

A main focus is on international psychiatric drug corporations themselves, which are "going global." For example, drug companies are secretly funding international campaigns for increased use of coerced psychiatric drugging, even to people living in their own homes. Also, the World Bank now has a "mental health division." SCI has obtained a "template" the World Bank is planning to use to promote the current western style, drug-centered "mental health system" in developing nations worldwide. Tactics under consideration include lawsuits, picketing, public education campaigns, creative street theatre, and non-violent civil disobedience.

2. **Campaign: "Right to Remember."** SCI has a firm stand against electroshock itself, and will continue to support anti-shock campaigns. See article this issue about SCI's campaign against forced shock.

3. **Campaign: Psychiatric Survivor Oral Histories and Archives.** People labeled with psychiatric disabilities are leading

this campaign to gather personal testimony from our peers about how they have won self-determination in the "mental health system." Oryx Cohen, a graduate student from the University of Massachusetts, is designing survey questions and formats during an internship at SCI.

4. **Campaign: Mad Pride.** SCI is helping to build and promote this grassroots cultural celebration of the psychiatric survivor movement each July. See articles in this issue.

5. **Sharpen SCI's Public Education Tools.** SCI's *MindFreedom Journal* (formerly called *Dendron*) is an independent voice for the psychiatric consumers' and survivors' movement. SCI wants to raise the funds to hire an on-site editor who can put out this *MindFreedom Journal* quarterly — please help if you can! By Summer SCI's web site, [www.MindFreedom.org](http://www.MindFreedom.org) will also be completely revised.

6. **Broaden SCI's Social Change Resources:** SCI is building the power of the organization itself in several ways: SCI's full-time staffed office already provides information, organizing, and referral to thousands each year, and more help is needed. SCI has an Inclusivity Task Force to learn from other maturing grassroots organizations about building up democracy, and ethnic and geographic diversity. The board of directors has announced the creation of a MindFreedom Legal Defense Fund to raise donations for occasional strategic cases that arise from our human rights campaigns; donations are welcome.

## Mad Pride 2000 re-cap

Events last year included: • Toronto, Canada held an *Instance of Resistance Psychiatric Survivor Pride Week* with a march, music, info and

celebration. The theme was resisting outpatient forced drugging in Ontario. The organizers of the event even won a \$2,000 Toronto city award for innovative neighborhood improvement! • From England, Mark Roberts reports that the London Mad Pride All-Day Summer Festival at Clissold Park had a great turn-out - 3,000 attendees! A highlight was lots of youth musicians such as the Ceramic Hobs. • In Kampala, Uganda disabled musicians held a special cultural event sponsored by FRIDCRA Foundation. • Albany, NY was the scene of a three-day vigil despite torrential rain. It was sponsored by The Alliance to protest forced outpatient psychiatric drugging. They won great media coverage and some participants did civil disobedience at a local ward. • Blackheath's Village Library declared itself a *normal-free zone* for the month with a special display. • From the Congo, a disability group held a football tournament and folk dances to celebrate psychiatric system survivors' liberation. • In Oregon, Akasha uploaded dozens of video snippets onto the web from Oregon Country Fair's Normal Free Zone celebration in the Community Village, including internationally-renowned folk singer Jim Page who created a Mad Pride song for the occasion. • And the crowning moment was when, by coincidence, the victory of hundreds of Californian psychiatric survivors/mental health consumers and their allies was announced when they finally crushed California's AB 1800 which would have loosened commitment laws and instituted involuntary outpatient drugging. Go world!



# MINDFREEDOM ALERTS

## Grant Awarded for Oral History Project

SCI received a \$3,000 grant from the McKenzie River Gathering Foundation (MRG Foundation) to gather the stories of psychiatric survivors. The MRG Foundation is celebrating its 25<sup>th</sup> anniversary as one of Oregon's main multi-issue social change foundations. MRG is a fundraising foundation managed by a board and staff drawn from Oregon's activist community. Donors support MRG because grantmaking is conducted by activists with direct expertise in the issues funded.

## NYC: Protesting Forced Drugging

Support Coalition International protested involuntary psychiatric drugging in front of the annual meeting of the New York State Psychological Association on June 4, 2000. A solid group protested, including the director of the New York City branch of the American Civil Liberties Union. According to concerns expressed by Tipper Gore's staff, it may be no coincidence that shortly after she found out about protest plans she cancelled her keynote of this conference.

## Psychology Today Runs Bassman Story

SCI member Ron Bassman has a very powerful article in the February 2001 issue of *Psychology Today* called, *Overcoming the Impossible: My Journey Through Schizophrenia*. He challenges the abuse he experienced such as shock, solitary, forced drugging, labeling, etc. Using his own and other movement activists' stories as examples, Ron disproves the corporate medical model false claim that it is impossible to recover from

so-called "schizophrenia." Ron is also a psychologist and president of National Association for Rights Protection & Advocacy (NARPA).

## Feds Finally Form Advisory Subcommittee

The US federal government has a huge agency called Center for Mental Health Services. CMHS has an advisory committee with just one token position reserved for a "mental health consumer/psychiatric survivor." CMHS heard demands for more inclusion. So did CMHS reserve more seats on their advisory committee for survivors, or require that a majority be psychiatric survivors? Of course not. After years of study, CMHS formed a subcommittee of "mental health consumers and psychiatric survivors" to advise the advisors. This CMHS National Advisory Council Subcommittee on Consumer/Survivor Issues now meets regularly. Positions have staggered terms, so watch for openings. Support Coalition members who are currently on the subcommittee include Kevin Fitts <kevin@orocta.org>, Sylvia Caras <sylvia@peoplewho.org>, and Juli Lawrence <jal2@mindspring.com>.

## SCI E-mail Alerts Work

Support Coalition has an e-mail alert system called MINDFREEDOM alerts. You can read past alerts on SCI's web site. For instance, read about:

- How psychiatry is being used to bust unions. Activist Gregg Shotwell <Gmshot@aol.com> of the UAW Local 2151 wrote about how psychiatric labeling is used to squash workers' complaints.

- When a postal worker, Arnie Smith, got locked up in a psychiatric institution and forcibly drugged, he discovered how abusive psychiatric institutions can be, so he joined Support Coalition International. And then the abusive psychiatric institution sent Arnie the bill, and tried to take him to court to collect. Support Coalition issued a human rights alert, and many people responded. The psychiatric facility dropped their bill one week later.

- SCI member Emily Alexander issued an SCI email alert to get greeting cards to people locked inside psychiatric institutions in California during the holidays. Emily says, "For many self-help members, the only cards they received were those generated by these card drives. They had no one to send them presents, letters, or even call them. Holidays are just another boring day spent in an institution, with the usual therapeutic groups and activities having been cancelled so that staff can spend the day celebrating." Emily said it's especially moving that many of the cards are written by psychiatric survivors who have themselves experienced institutionalization.

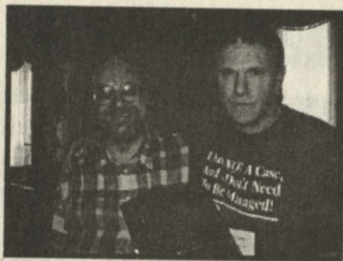
To subscribe to this free public alert list, e-mail to <listproc@efn.org> with this command: subscribe dendrite

## Thanks much...

To the approximately 100 San Francisco members and supporters who showed up on short notice to the San Francisco speaking engagement in January 2001, featuring Dr. Loren Mosher and David Oaks. Thanks also to Chance Martin for organizing the event.







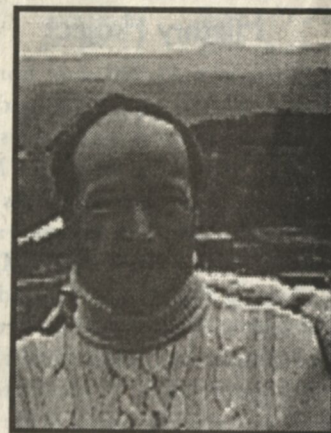
## Pat Risser (left) hands Jay Mahler NARPA Award

At the National Association for Rights Protection and Advocacy 2000 annual conference, Jay Mahler received NARPA's annual advocacy award. Jay is an electroshock survivor who has worked in the movement for decades. Among many other accomplishments, Jay has been a key leader in Mental Health Consumer Concerns in California, one of the longest-running and largest client advocacy organizations in the world. Celebrating their 25<sup>th</sup> anniversary, MHCC is a new Sponsor Group of Support Coalition International.

The presenter of the award had just won an award, himself. On October 26, 2000 Pat Risser received the *Consumer Case Manager of the Year* award for the work he's done training mental health consumers/psychiatric survivors and professionals over the years (even though he doesn't like the term "case manager"). Pat is one of the fiercest opponents to the National Alliance for the Mentally Ill's long history of pushing for more forced psychiatric treatment. Both Pat and Jay are active Support Coalition members.

## Psychiatric Survivor Human Rights Activist Gains International Recognition

Congratulations to Gabor Gombos, a member of SCI and long-time psychiatric survivor activist in Hungary. Gabor, who is President of the European Network of Users and Survivors of Psychiatry, is one of the activists featured in an important book about famous and grassroots human rights leaders all over the world. Gabor said he is gratified not so much because the piece is about him, but because a psychiatric survivor human rights activist made it into the book.



Gabor Gombos at Highlander

You can read the book online at [www.speaktruth.org](http://www.speaktruth.org). Look up Gabor's profile in the alphabetical listing of "defenders." Gabor has joined the MindFreedom editorial board.

### Family Instincts:

#### Best of Kids Lib News

63 pages, *Childrens Liberation in Ecotopia*, edited by micheel sunanda

- Natural energy sources
- Agism, adultism & fears
- Home learning works
- Cooperative parenting
- Organic instincts flow
- Rites of passage
- Birthing & bonding
- Free-self play-therapy
- Avoiding toxic tech
- Drug wars on freedom
- Healthy living & self healing
- Permaculture & trust games

**\$2 for s/h**

[michaelspun@yahoo.com](mailto:michaelspun@yahoo.com)

### Free Energetic Zines from Oness Press Ecotopia



#### Kids Lib Health

Oness Press, AinaOla-ms

RR 2, Box 3344

Pahoa, HI 96778

### Organic Health Awareness (OHA)

32 pages, *Practical Natural Ways*, edited by michael sunanda

- 30 healthy trends
- Self care & self healing
- Sharing & giving energy
- Native healthy nutrition
- Sun & yin/yang energy in food
- Natural food combining
- Foot-massage & eye-charts
- Deep Instincts & resources
- Vegie seed planting & herbs
- Permaculture elements lists
- Water purity & sources
- Bionic clay heals
- Herbal first aid & wild

**\$1 for s/h**

free Oness Press catalog

Complete table of contents and full-text articles, scan to: [www.efn.org/~ecozma](http://www.efn.org/~ecozma)



# New Concerns

## Kids and Psychiatry



by Sol Morris, co-chair  
SCI Youth Committee



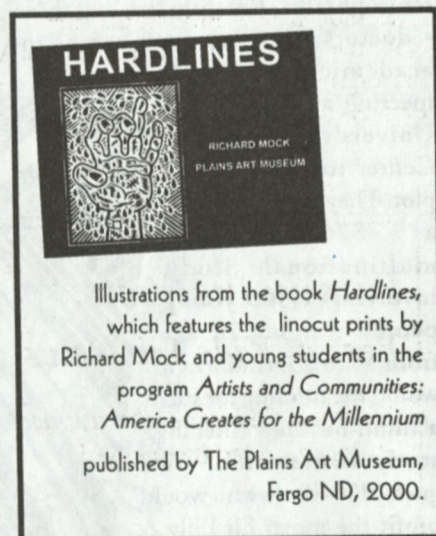
This has been a significant and troublesome year for youth and psychiatry. We have had some great breakthroughs in resistance, but we've also seen some disturbing trends. The power to force children onto mind-altering substances is rising as fast as the pharmaceutical companies' profit margin. All of the issues raised in this article should be of great interest to anyone concerned for the next generation, and the future of our country. We must continue to oppose the systematic disruption of children's minds, bodies and spirits with all our power. Our children are precious, and deserve so much better than being scapegoated, tortured, lied to, drugged, and hurt in unimaginable ways!

### Ritalin Abuse on the Rise

American schools are swamped with Ritalin type drugs. Authorities are

beginning to see a surge in abuse by other children and adults not prescribed the drug. Last year, lawmakers held a congressional hearing to look into the apparent misuse and overprescribing of Ritalin, where they heard testimony pertaining to the problem. Terrance Woodsworth, a Drug Enforcement official, urged lawmakers to tighten monitoring of the dispensing of the drug. He relayed stories such as those of a teacher who was videotaped secretly stealing some of the drug from the school nurse's office during an awards ceremony, and a child caught giving almost a month's supply to friends. He discussed how supplies were sometimes kept in unlocked desks while multiple people were assigned to dispensing the drug, and how high school students were carrying and administering it themselves.

A White House task force last year also found some disturbing facts: one in five college students take Ritalin recreationally; toddler prescriptions are



on the rise; and three to eight percent of high school seniors have used Ritalin without a prescription. School surveys, poison control centers, and emergency room records show that this trend is rising.

Dr. Lawrence Diller, a pediatrician based in San Francisco, stated that he began to question his own prescription practices after seeing more and more parents requesting Ritalin prescriptions. He had prescribed the drug for 22 years, but now emphasizes that society should focus more on reducing class sizes and assisting parents who are overwhelmed by the pressures of work and parenting.



## Pre-drugging Children? (Creating Schizophrenia)

As many of us who have dealt with and been exposed to neuroleptics know, the drugs themselves can cause "schizophrenia." What are seen as symptoms of schizophrenia are often actually the side effects of the medications. We know for certain that they cause permanent damage, ranging from brain damage and tardive dyskinesia to neuroleptic malignant syndrome and sudden death. So how can people actually be thinking of drugging children before they develop the alleged disease?

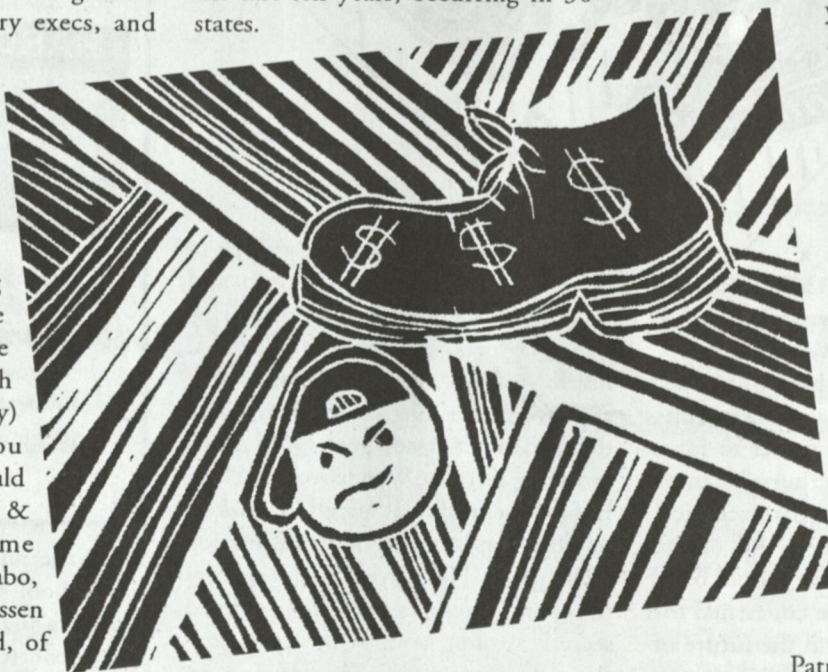
The research is aimed at "troubled" adolescents who may be in the "prodromal" (pre-onset) stage of schizophrenia. Recently the "big three" - doctors, drug-industry execs, and academics - had a meeting at New York University's Medical Center to discuss this plot. They are proposing a \$25 million multinational study involving 1,500 young people ranging in age from 15 to 25. And where would the funding for such a mind-blowing (literally) study come from? You guessed it - those who would profit the most: Eli Lilly & Co., American Home Products, Sanofi-Synthelabo, Johnson & Johnson's Janssen Pharmaceutical Inc. and, of course, Pfizer Inc.

The problem with all this is that we are currently unable to determine whether a child is going to develop schizophrenia, this raises the question, are these companies adhering to the philosophy "build it and they will come?" This is exactly the concern of people within the survivor community and those involved in bioethics, such as David Magnus, professor of bioethics at the University of Pennsylvania. Professor Magnus worries that without a set of

objective guidelines for diagnosis of potential disease, we could be exposing kids to harmful substances for no reason. This would be like removing a lung because we think someone might develop lung cancer.

## Psychiatric Deaths

With the increases in psychiatric commitment of young people, new concern has arisen regarding the deaths of young people in institutions. This issue has gained sufficient attention that Senator Joseph Lieberman called for new regulations restricting the use of force in psychiatric units. Unexpected numbers of shocking deaths have lately come to light; a *Hartford Courant* investigative report found 142 deaths in the last ten years, occurring in 30 states.



In Kane County, Illinois, an 11-year-old girl was killed when two case workers pinned her to the ground and held her hands behind her back. A pathologist found the cause of death to be "traumatic asphyxiation" due to "restraint procedures." No charges were brought; a grand jury found that the workers had not committed a criminal act. When an 11-year-old boy in Connecticut refused to move to another breakfast table, he was

crushed to death as two aides sat on his back. He weighed 96 pounds. A 15-year-old was suffocated to death as an aide demanded she hand over a family photograph. A 14-year-old was killed when he was rolled and bound in a mattress with leather straps, and left for four hours. It was found that children were disproportionately affected by this practice.

## Forced Drugging of Children

In yet another disturbing trend, parents are increasingly being forced to dope their kids, or face losing them. Such was the case for Michael and Jill Carroll, whose son had been put on Ritalin after falling behind in the first grade.

When the next school year started, the parents started to notice some ill effects of the drug; he only ate once a day, and slept only five hours a night. After they decided to take their son off Ritalin, the school guidance counselor called child protective services, who charged the parents with child abuse based on medical neglect. The parents put the child back on medication for fear of losing him to the state.

Another mother, Patricia Weathers, faced a similar situation. After she took her nine-year-old son off medications, his school called both child protective services and the police. This sort of thing is happening all over the country, as school officials eager to control children are relying on their power to enforce the use of stimulants. Some merely make suggestions, but as these cases show, others are using outright threats. Most troubling is the lack of an objective test for Attention Deficit/Hyperactivity



Disorder (AD/HD), such as a blood test. All diagnoses are made on the basis of subjective analysis and, as we have seen, are sometimes made by individuals who are not qualified even by psychiatry's own standards.

"children with varying problems caused by adult society are being blamed for things that are not their fault. They are being exposed to harmful, addictive drugs and traumatic oppression..."

### Mental Health Parity

The National Alliance for the Mentally Ill has announced support for parity for those labeled as mentally ill, including children. This would expand insurance coverage for children, so they can receive treatment for "mental illness." Besides forcing insurance companies to cover treatment for childhood "illnesses" such as depression and AD/HD, this initiative would also expand the PACT (Program for Assertive Community Treatment) system, ensure "access" to atypical neuroleptic medications, and teach teachers and physicians the signs of "mental illness."

### On the Horizon

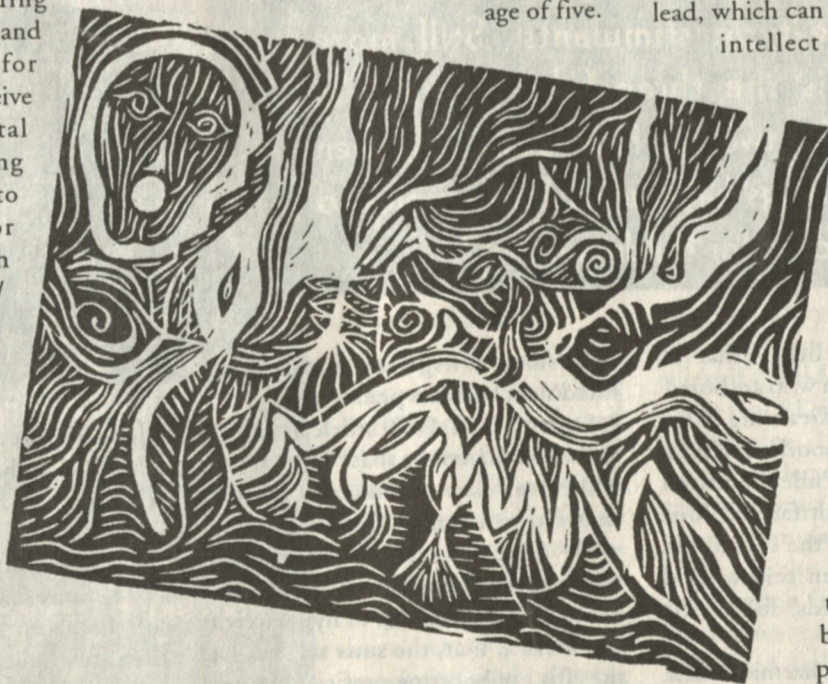
There are over a hundred new medications being developed for psychiatric illnesses. Some of them, such as the new form of Ritalin - Concerta - are being developed for children. This specific medication is designed to remove the "stigma" of taking drugs at

school, because it only has to be taken once a day, as it is time-released.

The United Kingdom is considering severely restricting the use of Ritalin, in light of the public view that the drug turns children into depressed zombies

and is overused. The extent of Ritalin use - up from 126,000 prescriptions in 1998 to 157,900 in

1999 - has led the UK National Institute of Clinical Excellence to come up with nationwide guidelines. Depending on the doctor, the drug can be prescribed for children of any age. Under the pending guidelines, it could only be prescribed for children over the age of five.



### Alternative Theories

We are seeing more and more evidence that children diagnosed with AD/HD are getting shortchanged. Increasing numbers of studies point to many factors that may be causing the "symptoms" we attribute to AD/HD - factors which are not genetic in nature.

One new study shows that some children with this diagnosis may simply have problems with their vision.

A new book, *Ritalin Nation* (see Mad Market), makes a good case that many of our kids are suffering from the pace of our lifestyle, and particularly from sensory overload. People involved in nutrition are providing help for kids by adding supplements to their diets and focusing on solving allergy problems.

A study by Health Canada has found evidence that rising health problems among Canadian children, including behavioral problems, may be due to exposure to pollutants in the environment. According to this study, children are more adversely affected than adults by toxins in food, air and water. One of the implications is new concern that AD/HD and other difficulties with learning are being exacerbated by toxins such as PCBs, dioxins, mercury and lead, which can have adverse effects on intellect and nervous system development.

When you add all of these things together, a disturbing trend arises: children with varying problems caused by adult society (either intentionally or as a result of ignorance) are being blamed for things that are not their fault. They are being exposed to harmful, addictive drugs and traumatic oppression because of the adult population's inability to deal with myriad issues.

To learn more about any of these issues, check out the Mad Market, or get involved in an SCI member e-mail discussion list on youth issues.



# Diagnosis for Dividends

by Deborah Frisch and Linda Sisson

**A**lthough Americans are supposedly waging a "war on drugs," the practice of giving mind-altering drugs to children has skyrocketed in the past ten years. An estimated 5 to 6 million children are currently taking Ritalin or other amphetamine-type stimulants. Still more astounding is the three-fold increase in prescriptions for two- to four-year-olds, even though these drugs have never been approved as safe or effective for children under five.



How have we come to believe that the best way to help children who are bored, restless, troubled, daydreaming, high energy, or performing poorly in school is to give them drugs? While the answer to this question is multifaceted, one fruitful area of study is the sometimes unholy alliance between science and business - in other words, follow the money.

The psychiatric and pharmaceutical industries would have people believe that Ritalin is a medicine that was invented to treat Attention Deficit/Hyperactivity Disorder. It may be closer to the truth to say that AD/HD is a disorder that was invented to create a market for Ritalin and other drugs.

While this claim might sound far-fetched, four recent lawsuits filed against the manufacturers of Ritalin allege

collusion, conspiracy and fraudulent business practices.

A September 14, 2000 article in the *Wall Street Journal* reports that "The lawsuits, which seek class-action status, contend that Novartis and Ciba-Geigy, along with [the American Psychiatric Association], conspired to create a broad-based definition of hyperactivity disorders ... that, the suits say, has had the effect of boosting profits." Novartis and Ciba-Gigy are also charged with employing false and misleading advertising, which played down the drugs' side effects and oversold the benefits.

Some of the attorneys involved in these drug suits previously worked on the high-profile tobacco and asbestos class actions. Having seen the horrors of tobacco promotion aimed at children,

these attorneys are now turning their attention to the millions of children who they believe have been misdiagnosed with AD/HD and unnecessarily prescribed Ritalin.

There are many reasons to be skeptical of the claim that AD/HD is a brain disease that should be treated with drugs. The symptoms of the disease are common childhood behaviors like "often fidgets with hands or feet" or "often fails to give close attention to details." Many critics have noted that such symptoms are basically behaviors that disrupt classrooms. In fact, clinicians are warned not to confuse AD/HD with rambunctiousness.

How exactly do clinicians differentiate AD/HD from rambunctiousness? AD/



HD is identified in the same way as all psychiatric conditions - from a checklist of symptoms made up by committees of psychiatrists. If the clinician decides a certain number of items on the list, say six out of nine, are applicable, a diagnosis is made. No objective medical test can confirm or rule out a diagnosis. This process is highly subjective, and, in the case of AD/HD, a decision may be made on the basis of parent and teacher reports rather than the clinician's own observations. Children suspected of having AD/HD often behave quite well when receiving one-on-one attention from adults and fail to exhibit the target behaviors in the clinician's office.

The cultural and political aspects of the AD/HD diagnosis may explain why this disorder is much more prevalent in the US than in other countries. The US has earned the concern of the International Narcotics Control Board for using nearly 90% of the world's Ritalin, "a drug widely used in a controversial way for the treatment of Attention Deficit Disorder in children and adults" (INCB 1999 Report).

Although parents are usually told that Ritalin is "safe and well-tolerated," the fact is that stimulant drugs have multiple

"parents are usually told that Ritalin is 'safe and well-tolerated,' the fact is that stimulant drugs have multiple adverse effects such as cardiac problems, disrupted growth, sleeplessness, depression and anxiety."

adverse effects such as cardiac problems, disrupted growth, sleeplessness, depression and anxiety. These drugs are rated Schedule II by the FDA, indicating that they have the greatest possible potential for abuse and addiction. Furthermore, no scientific studies have documented the safety of long-term



(more than a few months) Ritalin use on developing brains and bodies.

In response to one of the lawsuits, the American Psychiatric Association (APA) issued a statement that there is "a mountain of scientific evidence to refute these meritless allegations." This is an exaggeration, since they have yet to produce a conclusive study proving that AD/HD is a "disease" in any ordinary sense of

the word. The 1998 National Institute of Mental Health conference on AD/HD cautioned, "After years of clinical research and experience with AD/HD, our knowledge about the cause or causes of AD/HD remain largely speculative."

Regardless of the outcome, these lawsuits will provide a very useful public service. They will force the drug companies and the APA to present scientific evidence supporting their claim that AD/HD is caused by a brain malfunction. They will focus attention on the inadequately studied long-term safety and effectiveness of psychostimulant use. And they will initiate the release of internal information from drug company files for public scrutiny. This information will shed light on the question of whether the current AD/HD epidemic is due to a failure of biology or a success in corporate marketing.

*Deborah Frisch, PhD, teaches psychology at the University of Oregon. Linda Sisson is the director of Support Coalition Northwest.*



# Youth, the Mental Health System, and Activism:

We Need to Organize Ourselves Against Psychiatric Oppression!

by Katherine Hodges

Katherine Hodges is the 24 year-old founder of MadLib in Chicago, a sponsor group of Support Coalition International.

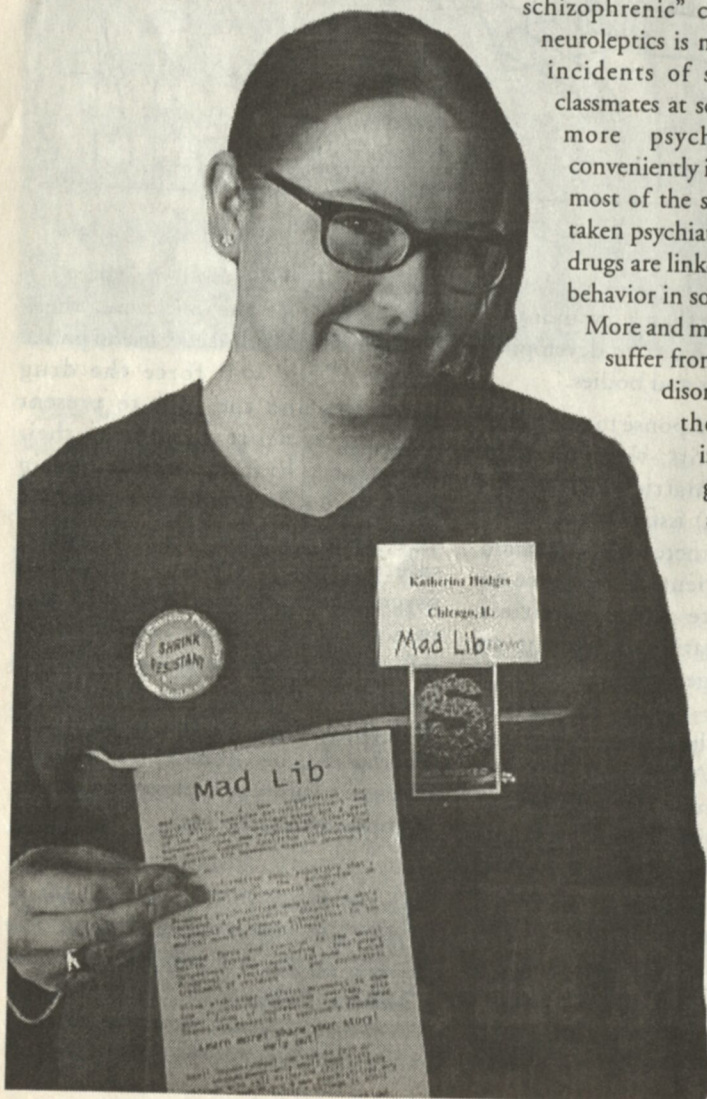
It's never been more urgent to expose the psychiatric war against youth. For the first time, dozens of mood and behavior drugs just for kids are in development... Chicago's public transportation is full of ads urging parents to enroll their teens in psychiatric drug testing... The drugging of so-called "pre-schizophrenic" children with toxic neuroleptics is now a reality... Rare incidents of students shooting classmates at school bring calls for more psychiatry for kids, conveniently ignoring the fact that most of the shooters had already taken psychiatric drugs, and those drugs are linked to erratic, violent behavior in some users.

More and more youth are said to suffer from various emotional disorders. Psychiatry and the pharmaceutical industry are directly going after them along with other supposedly "underdiagnosed" groups: racial minorities, men, elderly people. Magazines for teen and pre-teen girls regularly run articles on depression, obsessive-compulsive behavior, self-cutting, and other problems. Many

youth are emotionally suffering, but these articles only put forth the label-drugs-hospitalization approach, encouraging them to seek out and accept their abuse by psychiatry.

The epidemic of children being drugged with stimulants for the invented "illness" of "attention-deficit/hyperactivity disorder" has been questioned more and more, but the media still accepts ADHD as a definable disorder, rather than a label to describe all sorts of children's behavior that annoys adults. Many conservatives call this epidemic a "war on boys." That's partly true, but have they noticed the vigorous campaign by the drug industry and groups it helps fund, like Children and Adults with Attention-Deficit/Hyperactivity Disorder (CHADD), to diagnose millions more girls with ADHD, for symptoms such as "procrastination" and "daydreaming"? The industry is also pushing ADHD/drugs on "underserved" Black and Latino communities. So it's not so-called "innate male behavior" that psychiatry and the schools are after, it's *any* behavior that disrupts the functioning of schools, which despite the efforts of many dedicated teachers, are often crowded, boring, and authoritarian.

America's "war on drugs" is incredibly hypocritical; mind-altering drugs have been arbitrarily divided into "good" and "bad" kinds. Since psychiatric drugs are often similar — Ritalin is pretty much an amphetamine — or worse than the illegal drugs that kids are constantly told not to use, it's fair to ask: As long as any children are on psychiatric drugs and told it's "medication," do they have reason to believe adults' warnings about illegal drugs? And a well-known unwanted effect of most





popular antidepressant drugs is diminished sexual feeling. Among the many risks of psychiatric drugs to growing brains and bodies — changes in brain structure, stunted growth — is it possible that young people will be denied normal development of their reproductive systems and sexuality?

Best-selling authors have recently enthused about drugging moody children ("baby bipolar") from toddlerhood on (*His Bright Light*) and *electroshock* for kids (*The Bipolar Child*). The widespread idea that emotional disorders are "genetic" puts kids with relatives labeled mentally ill at risk of being treated for the disorder as soon as they show *any* troubling behavior. And "new, improved" electroshock still frequently causes brain damage and severe memory loss. Will children's memories be wiped out before they barely *have* any?

All this is happening amid widespread child abuse, and millions of children growing up in poverty, while politicians and the media say we're in a time of "peace and prosperity." And the legal and social repression of teenagers worsens. Mike Males, in *The Scapegoat Generation* and *Framing Youth*, has shown how Americans consider teens to be adults in some circumstances, children in others, always in the most repressive possible way [see an interview with Males on page 24]. So the media-hyped problem of "youth violence" brings demands to try young criminals as adults; meanwhile youth are subject to unwanted psychiatric treatment, denied civil liberties and reproductive rights. Curfews, school uniforms, censorship, drug testing, and compulsory religion in schools have all been promoted as quick-fixes for the complicated problems of violence and (illegal) drug abuse.

## Generation Dosed

The millions of Americans who have grown up in the past few decades have been completely surrounded by the mental health industry's view of emotion and behavior problems. We've heard constantly in the mainstream media, and quite often in "alternative" and "progressive" media as well, that our extreme emotions and

## MadLib Breaks the Silence in Less Than One Year: You Can Too!

What can we do to counteract mental health industry misinformation and the lack of attention paid to human rights in psychiatry? I'm most interested in simply *breaking the silence*: discuss biopsychiatry's flaws everywhere you can.

I started a Chicago-based group, Mad Lib, with other Support Coalition members in May 2000. Mad Lib is an information and direct action group for anyone affected by psychiatry, challenging forced treatment and promoting non-medical alternatives.

- We protested the American Psychiatric Association's convention in Chicago just five days after our first meeting.
- In November 2000 we protested CHADD's annual convention — as the head of Chicago Public Schools, Paul Vallas, was a "welcoming" speaker there!
- We put on well-attended events for the first-ever World Mad Pride Week — which I discussed on an international BBC radio show.
- We held a talk with Support Coalition's

David Oaks in November, which was covered by excellent articles in Chicago's major alternative weekly, *The Reader*, and homeless newspaper, *Streetwise*.

- I gave my first workshop July 2000 at the Southern Girls Convention in Louisville, KY, a



conference for young feminist activists, and met a diverse crowd of people who'd been affected by psychiatry.

- I was the only person representing the psychiatric consumer/survivor movement (as far as I know), among the thousands protesting at the Republican Convention in Philadelphia and Democratic Convention in Los Angeles.
- At a rally held for "Mental Illness Awareness Week," we debuted "Coercive Psychiatry Awareness Week," pointing out that mental health funding should *not* fund forced treatment, which it often does.
- I flyered outside Ralph Nader's huge Chicago campaign rally, pointing out his links to pro-force psychiatrists.
- We've debated the head of the local NAMI branch at a Chicago Bar Association lunch.
- I've had literature tables at several conferences.
- I've been a guest speaker at an Abnormal Psychology class at my college.

Some future ideas:

- I hope to have tables workshops, and flyering.
- I want to get journalists and columnists at a variety of periodicals interested in exposing psychiatric oppression; at the very least, we need to write letters to the editor when "progressive" magazines promote biopsychiatry.
- I especially want to develop our own materials to counteract the biopsychiatric advertising all around us.
- We need counter-campaigns to drug industry funded events like "Depression Screening Day," with our own brochures, stickers, information tables, and film screenings.
- I'm trying to link up with activists in many different struggles; so far I've had the best luck working with the disability rights movement and the disability caucus of the Greens. And some Chicago-area high schoolers started the internet-based RALF — the Ritalin and Adderall Liberation Front — to get youth around the country to challenge the ADHD/stimulant epidemic.

You can find out more about Mad Lib through the first two websites I'm working on: [www.MadLib.org](http://www.MadLib.org) and [www.psychiatrized.org](http://www.psychiatrized.org), or write Mad Lib, PO Box 642222, Chicago IL 60601 USA.



excessive behaviors are "real illnesses," that we must "destigmatize mental illness," that "effective treatment" is available, and the only problem is not enough people receive treatment.

Actually, the facts are very different. There's simply no legitimate evidence that *any* emotional disorder (depression, schizophrenia, bulimia, etc.) is the result of "genetic defects," "brain disorders," or "chemical imbalances." The physical treatments, mainly drugs and electroshock, are much less effective and much more risky than we're told, and don't "correct" anything in the brain. And forced psychiatric treatment is a human rights abuse inflicted on thousands of Americans every year.

It's crucial both for psychiatric oppression to become a major concern of social change activists, and for the psychiatric consumer/survivor movement to pay special attention to what the mental health system is doing to youth. After all, *all* minors are technically involuntary patients.

Unfortunately, psychiatric human rights violations are rarely an issue among other activists. Far too many see psychiatric treatment as "health care" and want more money spent on it. I know of hardly any independent media besides *MindFreedom Journal* and other survivor publications that have clearly criticized forced treatment, the medical model, electroshock, and the drugging of children. In my activist experiences, anarchists are about the only ones I've seen criticizing forced treatment — since they're against coercion, especially by government. Among political parties, the Libertarian Party is the only one I know of that had a platform against forced psychiatry. During the Green Party Ralph Nader presidential campaign that energized many young activists, Support Coalition International was possibly the only organization discussing Nader's ties to the extremist pro-force psychiatrist E. Fuller Torrey.

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**"We can show how coercive psychiatry also is a form of violent social control, and counteract the line put forth by the National Alliance for the Mentally Ill (NAMI) and others that psychiatric treatment is a humane substitute for punishing 'mentally ill' offenders."**

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## Resisting Psychiatric Globalization

There's been a significant activist resurgence in the past two years, from the huge protest against the World Trade Organization in Seattle, to demonstrations against the World Bank, International Monetary Fund, Republican and Democratic conventions, Organization of American States, etc. Tactics and goals in the anti-globalization movement have been hotly debated, but a few things are clear:

- This activism has made a significant statement against corporate and state control of people's lives.

- It has produced a big growth of independent media (to participate in the Independent Media Center nearest you, check [www.indymedia.org](http://www.indymedia.org)).

- And many young people are eager to change the world.

It's also clear that psychiatric oppression must be on the agenda. Anyone challenging the status quo is at risk of being called "crazy." The police repression many activists experienced at these protests may drive people into the mental health system, willingly or otherwise. I can say from experience that that police repression at protests was quite emotionally stressful.

Psychiatric diagnoses often cover up

social injustices; for example, homelessness may be blamed on "mental illness," instead of the lack of affordable housing and adequate jobs. And, we can link a critique of psychiatry to many other issues.

How many activists know about the World Bank's involvement in promoting the current corporate, coercive psychiatric system to developing countries? We must insist on globalizing *choice* in mental health, not drugs and force. An active movement now questions the corporate promotion of genetically modified foods — how about an equal outcry over the questionable substances millions of people are ingesting via psychiatric drugs? I'd like to propose making July 14, a longtime holiday in the psych survivor movement, and now part of international Mad Pride Week, an International Day of Action Against Corporate Psychiatry, with protests at drug company headquarters.

## We Can Make Psychiatric Oppression an Issue

Police brutality, the prison-industrial complex, and the criminalization of youth of color have become major activist issues. We can show how coercive psychiatry also is a form of violent social control, and counteract the line put forth by the National Alliance for the Mentally Ill (NAMI) and others that psychiatric treatment is a humane substitute for punishing "mentally ill" offenders. NAMI talks about the "criminalization of mental illness"; I insist that institutional psychiatry is the *criminalization of emotion*. Involuntary Outpatient Commitment involves forcibly drugging people in their own homes, which NAMI gets drug company money to promote. I call the practice of Involuntary Outpatient Commitment on the basis of past psychiatric diagnoses *mental profiling*. While many people justly criticize the "war on drugs" as ineffective, racist, and a denial of individual freedom, we must show that there's a war being waged *with drugs* too.

Emotional and behavior problems among youth may be a reaction to abuse, harassment, poverty, or just the fact of



being young in a culture that sees children as the property of parents, schools, and government. However, millions of kids are growing up falsely being told that their emotion/behavior problems are the fault of their malfunctioning brain. Kids are not being taught to turn to others to support, to take steps to solve their problems, to trust their emotions, and to challenge — or even be aware of — injustice. Instead, the mentality is “children should be drugged and not heard.” Being “fixed” with

pills often adds to the previous problems and creates new ones.

Psychiatric oppression threatens all of us, but especially youth who have the fewest legal rights to fight it. I was fortunate that my encounter with psychiatry happened when I was 22 and on my own, it was fairly brief, and it was “voluntary” — not forced, though I *did* feel pressured into seeking treatment. Many of my behaviors as a child could have gotten me into the mental health system, if my parents had been

under the pressures to label and drug faced by parents today.

Youth are the future, and deserve to grow up free of forced mental health treatment and risky psychiatric drugs. But youth are also the *present*, and young people need to organize *themselves* against those who profit financially and politically from their oppression.

Contact Katherine Hodges by e-mail at <Hoydenish@aol.com>.

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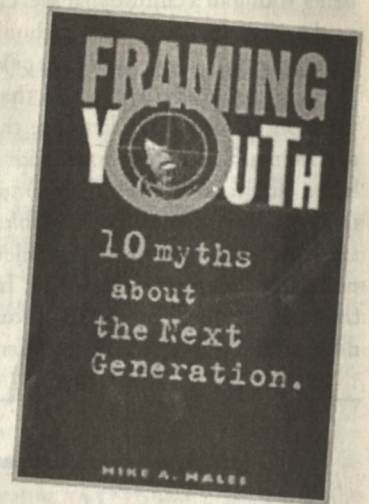
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# KIDS FOR CASH?

## Mike Males Challenges Psychiatric Violations of Youth

By Sol Morris, co-chair  
SCI Youth Committee



What follows are excerpts from an interview I did with Mike Males, author of such books as *Scapegoat Generation: America's War on Adolescents*, and *Framing Youth: Ten Myths about the Next Generation*. Mike's work primarily focuses on youth issues, with an emphasis on poverty and attitudes toward youth. The following excerpts pertain to youth and the psychiatric system.

**Sol:** Could you give us your definition of "Kids-with-Insurance Disorder" and "Not-Getting-Along-with-Affluent-Parents Disorder"?

Mike Males: The former is something that's been discovered in a number of studies, in congressional hearings, and of course the insurance companies have gotten quite an interest in this disorder. If you are a youth with insurance your chances of being sent for psychiatric treatment multiply many times. You stay in treatment much longer — for the period of time that the insurance will cover, which has no relationship to whatever it is they were trying to cure. "Not-Getting-Along-with-Affluent-Parents Disorder" is what gets you to the institution in the first place. A lot of parents don't want to raise their kids and they find it more convenient, whenever there's some problem they can't handle within the family, to take them to a therapist; and their insurance covers it.

**S:** Could you discuss how in the eighties groups like the National Association of Private Psychiatric Hospitals exaggerated numbers such as teen suicide rates in an effort to drum up business?

MM: They simply doubled the number. There's somewhere around 1,800 to 2,100 persons under age 20 that commit suicide in the United States every year. It's really tragic for the 2,000 kids, but it's the lowest rate in any age group. The Association of Private Psychiatric Hospitals simply doubled the number to 5,000 to 6,000 a year. They never gave any reason for it, just said five to six thousand teenagers commit suicide every year, and that figure has caught on and has been circulated all over the place, despite the fact that it's two to three times higher than the real number. And it's evidence of how, first of all, there's a cavalier attitude when numbers are used; secondly, there are always exaggerations; and third, they're impossible to correct once they get out into the arena. At one time back in the eighties they were circulating ads showing weeping parents standing by their kid's grave and implying that if your kid has the slightest thing wrong they were going to blow their brains out. I think it was disgraceful.

**S:** Do you think the prevention programs work — such as the ones implemented in Minnesota that brought many more kids to institutions?

MM: Minnesota went on a tear in the 1980s when they mandated through state laws that insurance has to cover psychiatric and drug and alcohol treatment. They passed a number of laws that increased the institutionalization of kids. This may have had some benign beginnings — they may have really wanted to try to help troubled kids and not put them in prison. But the result was that Minnesota became the state where kids were institutionalized far more than anywhere else. We looked at statistics on some major indexes and we found that Minnesota actually did not have as much improvement as some other states that let their kids alone. The worst part of it is that a lot of kids were sent to inappropriate kinds of treatment. And that's a very serious violation of rights, when somebody is sent to an institution when they shouldn't have been. You're taking away freedom, imprisoning them in an institution, telling them that they are at fault, they're crazy, there's something wrong with them, medicating them against their will, putting them through all kinds of regimens and stuff. There would be lawsuits over this kind of thing, but of course the people who would bring the lawsuit are the parents, who often wanted the kid institutionalized.



S: How about the overbuilding of hospitals in the seventies? How did those beds get filled and what kinds of increased youth psychiatric commitments did we see after that?

MM: In the late seventies, early eighties there were a lot of incentives for massive construction of hospitals, and they found themselves with empty beds. What was discovered in some congressional hearings in the mid-1980s was the reports by the American Psychological Association and Blue Cross Blue Shield, which was very interested in the issue of having to pay money for inappropriate commitments. They all did studies and found pretty much the same thing: that the industry had focused on filling empty beds with adolescents. A lot of the scare campaigns about deteriorating mental health and teen suicide were whipped up by the psychiatric hospital interests in order to fill those empty beds, and we have the same problem today with the youth treatment industry. It's a \$25-billion-a-year industry. It has some of the highest growth potential in the United States — something on the order of 40 to 45 percent a year in profit growth. That would be a profit-doubling time of every couple of years. And they're very interested in filling these beds; they go out and actively recruit clients to fill them.

They are the source of a lot of these ideas that 20, 30, 40 percent of the kids in this country need psychiatric treatment. Baloney.

S: Can you talk about the origins of new diagnoses, such as conduct disorder, AD/HD, etc.? Specifically, what political and economic factors may have assisted in their creation?

MM: Thirty years ago there was no adolescent adjustment disorder, which is one of the broadest and most vague "diseases." There was no *"Oppositional Defiant Disorder,"* which is what girls get tagged with, and there was no *"Conduct Disorder,"* which is what boys get tagged with. *"Oppositional Defiant Disorder"* (ODD) means not getting along with your parents or other grownups, and that is something I think we as a society need to look at more neutrally.

Conduct disorder contains a lot of

**"The most radical argument is that what we're really doing is suppressing any kind of different behavior. Maybe the hyperactive kid who doesn't get along well in a structured classroom is actually of great value to society. These are often people who have become great leaders and inventors in the past, and it's exactly those kinds of kids we now put on medication."**

things; there's actual criminal behavior — burglary, robbery, rape, and those kinds of things. It's a little strange that these have been medicalized, rather than handled through the criminal justice system. And now of course we have the immensely profitable attention deficit disorder family, and treatment with psychiatric drugs and so forth. I think there's a lot of suspicion by Peter Breggin and others who have studied this that really what we've done is pathologize normal things that kids do. Things that used to be resolved within the family — and sometimes it involved the parents changing their behavior too. And now they're blaming it all on the kids instead: saying, "You're the problem, and you have to be medicated constantly."

The most radical argument is that what we're really doing is suppressing any kind of different behavior. Maybe the hyperactive kid who doesn't get along well in a structured classroom is actually of great value to society. These are often people who have become great leaders and inventors in the past, and it's exactly those kinds of kids we now put on medication.

S: How do juvenile rights compare to those granted to adults in this area?

MM: There are no juvenile rights in this area. Basically, the courts have ruled that if parents or some other adult authority wants a juvenile locked up, there's no state review, no rights whatsoever.

S: How about the neutral fact finder; who is this person and what power does he or she have?

MM: The "neutral fact finder" is the admission personnel for the psychiatric hospital. Hardly neutral. They stand to profit by thousands or tens of thousands of dollars from the admission of a new client. This is the most ludicrous thing I've seen in court today: the idea that you can trust the admissions professionals in a psychiatric hospital to decide whether or not a youth should be committed.

S: In 1988 an American Psychological Association task force released the findings of a study on youth psychiatric commitments. What did they find?

MM: They found that a staggering number of the commitments were inappropriate: roughly 40 or 50 percent! And this assessment was done by psychologists — people who you might think would err on the side of commitment. So, in a nutshell, they found all these inappropriate commitments, and a lot of the reason was the overbuilding of psychiatric hospitals and the industry's need for clients — for a financial base.

Sol Morris, 24, serves as co-coordinator of the SCI Youth Committee. Sol is a psychiatric survivor who lives in North Dakota with his family. He is currently studying environmental science at the University of North Dakota. He is active in the field of ecological design, and hopes to be employed somewhere in this field upon graduation. Sol can be reached by e-mail: <solandmoon@hotmail.com>

To read more about issues such as poverty, media violence, and youth policies, please go to the SCI webpage, [www.mindfreedom.org](http://www.mindfreedom.org). To learn more about Mike Males or find book information, go to his webpage at <http://home.earthlink.net/~mmales/>



# Project Censored has named a *Dendron* story one of its "Top Ten Under Reported Stories of 2001."

Project Censored operates out of Sonoma State University. Each year they vote on nominated stories that they consider censored by the mainstream media.

court order. PACT is state wide in six states. NAMI wants PACT to be nation wide by next year.

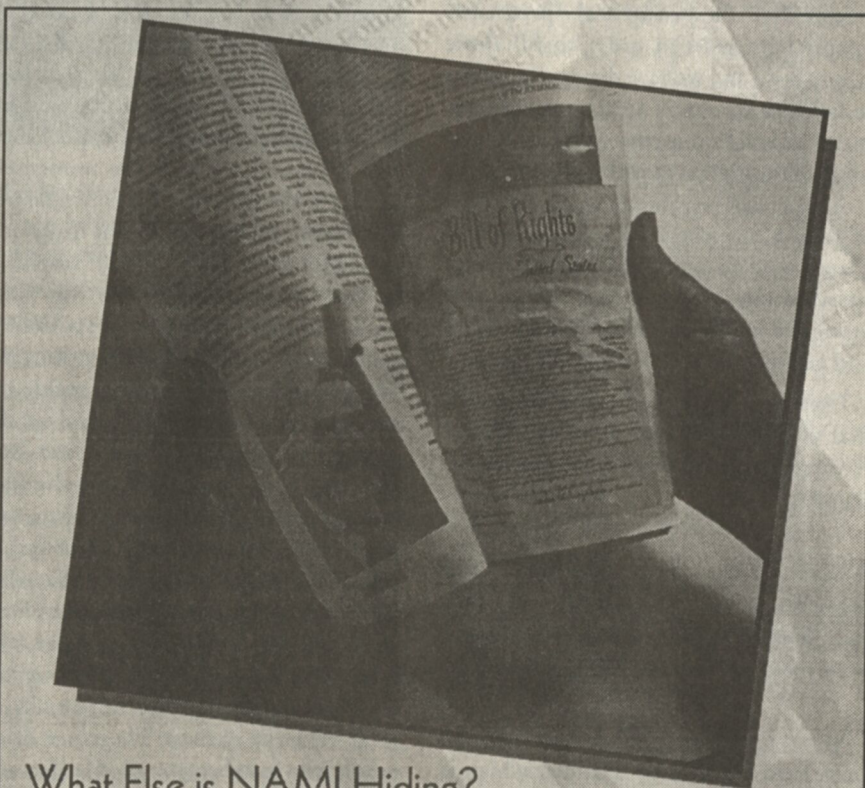
## *The Story Behind the Story in Dendron #43 is in this year's top ten!*

To read the full story, see Support Coalition's web site [www.MindFreedom.org](http://www.MindFreedom.org). *Dendron* is now called *MindFreedom Journal*.

The background: The National Alliance for the Mentally ill is still refusing to reveal the huge amounts of money they get from the psychiatric drug industry.

*Mother Jones* and *Dendron* both independently investigated NAMI's drug company money. *Mother Jones* discovered the psychiatric drug manufacturers gave NAMI \$11.72 million in just 30 months. That's more than \$12 thousand a day! NAMI defended itself by saying the money went into a separate fund.

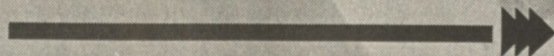
*Dendron* went the next step. We discovered that NAMI's drug company slush fund has a top priority of promoting the Program of Assertive Community Treatment (PACT). While there are some aspects of PACT that seem attractive, the core of it is "medication compliance." This can sometimes mean mental health workers delivering the psychiatric drugs to you at your own home every single day, and watching you take them, backed up by a



## What Else is NAMI Hiding?

A "mental health" group censored their own journal by gluing pages together. Here's one of the glued pages that we managed to peel apart. Yes, one of the censored pages includes an image of the Bill of Rights. And — yes — that's the First Amendment there that was shredded by the glue.

See the next page





# National Alliance for the Mentally Ill Becomes UNGLUED!

## Or should we say NAMI is in a sticky situation?

SACRAMENTO, CALIFORNIA — The National Alliance for the Mentally Ill claims it is *The Nation's Voice on Mental Illness*. But NAMI is suppressing, gagging and firing a brave voice speaking up for human rights.

NAMI has published a slick magazine called *The JOURNAL* for 11 years, through its California chapter. In a public announcement in January 2001, editor Dan E. Weisburd said that the newly-elected NAMI-California board of directors has "knowingly killed" *The JOURNAL*, censored his articles, and fired him.

### And then the story gets really weird...

The NAMI-California board has openly admitted it has used glue to stick together the pages of articles by Weisburd in two recent issues. The glue is a desperate censorship attempt. Some NAMI members who are outraged by the censorship are gleefully reporting they are able to peel back pages and peak inside to read the taboo articles, sometimes using hair dryers.

Once more, NAMI leaders' blind faith in a "chemical quick fix" is producing a side effect: *Resistance*. Said Weisburd, "Typical of their ineptitude, they didn't even do a good glue job." Sometimes, however, the glue does damage the pages when peeled apart.

In a truly disgusting twist, NAMI made "mental health clients" at a vocational rehabilitation program, Turning Point, apply the glue to thousands of issues. NAMI didn't tell Turning Point that they were being hired to censor.

Weisburd isn't surprised: "In recent years the NAMI California Board of Directors has gone from being mediocre to being a malicious absurdity. In the process I have become a prime target for the simple reason that I am pro-consumer and pro-patient's rights."



### What is NAMI trying to hide, now?

What were Weisburd's sins? First, he challenged in print the patron saint of some NAMI leaders. Weisburd questioned fraudulent statistics spouted by extremist psychiatrist E. Fuller Torrey. Torrey is one of the main champions of increasing the use of involuntary psychiatric drugging of people, even those living at home out in the community. Second, Weisburd wrote about the need for better physical medical attention for people taking prescribed psychiatric drugs, including his own son.

Weisburd remains defiant: "I am very proud of the legacy I leave behind, and will never kowtow to a dictatorship — not in these United

States. What sorry times our family movement has fallen upon, and what a sad excuse for leadership we have now holding power."

Heading up the glue brush brigade is Brian Jacobs, president of NAMI-CA board. Jacobs is married to Carla Jacobs, who recently led the crusade to lobby for AB 1800 in the California Assembly. AB 1800 would have made it easier to commit Californians, and made it possible to involuntarily drug them in their own homes. Hundreds of mental health consumers, psychiatric survivors, mental health workers, family members and advocates united to stop the Jacobs. AB 1800 was crushed in July 2000.

What the Jacobs can't win through voting they want to smother with glue. And the Jacobs label us "mentally ill"? Is this what "normal" looks like?

To thank him for his courage in speaking out, you can contact: Dan E. Weisburd; 10260 Moorpark St.; Toluca Lake, CA 91602; ph: (818) 769-3252 <danburd@aol.com>. Dan's photo is on the back cover of this issue of the *MindFreedom Journal*.



# More on Youth and Psychiatry...

## KIDS Leading the Way

by Tifnee Ezmichi of KIDS

My name is Tifnee. I ran into a Support Coalition International flyer at the Liberation Collective in Portland, Ore. I work with a youth liberation group called KIDS in Portland, and was very excited to see your flyer. We held a youth liberation conference in June 2000, including a workshop on the psychiatric oppression of youth. My interest in the subject comes mainly from my own experience and that of my friends, but also because of my interest in youth rights.

I was kept on psychiatric drugs against my will with the threat of sending me to a center in another state for "treatment." I've been on Prozac, Paxil, lithium, Risperidol, Clonipin, dextedrine, Zoloft and a couple others that I don't remember. I had to hide it when I quit them. A couple weeks afterwards my mom mentioned that I was doing much better and so I told her I quit the drugs. She was pissed. Anyway, during that period I had actually been handcuffed and detained by cops just for attempting to quit psychiatric drugs and they wouldn't release me until I promised to keep taking them. My best friend got put in an institution for a year and a half as part of a deal with the juvenile justice system.

While I do have some personal experience, what I don't have is the big picture or any idea of what kind of activism has been going on about this. I am particularly interested in the racial dynamics of psychiatric "care." I once read an article about how we send kids of color to prison and white kids to institutions for similar behavior. I'm also interested in the aspects of coercive treatment and how it's used for youth. Also, of course, ways to fight back. Please check out the website for KIDS: [www.kidspdx.org](http://www.kidspdx.org).

## Met State Youth Oppression Blasted

An article published in *New Times LA* Nov. 16, 2000 blasted the psychiatric human rights violations experienced by youth in the Los Angeles Metropolitan State Hospital. Writer Susan Goldsmith tells the story of one youth in particular, Johnny Mack Dixon. Many SCI members such as Ted Chabasinski, Loren Mosher, Peter Breggin, MD and Fred Baughman, MD — are quoted. Go to the [www.newtimesla.com](http://www.newtimesla.com) archives and search for the title "A Terrible Thing to Waste" to read both the article and the moving follow-up letters to the editor.

## Excerpts from Psychiatrist Peter Breggin's Testimony to a Congressional Hearing on Ritalin:

"Stimulants often become gateway drugs to additional psychiatric medications. Stimulant-induced overstimulation, for example, is often treated with addictive or dangerous sedatives, while stimulant-induced depression is often treated with dangerous, unapproved antidepressants. As the child's emotional control breaks down due to medication effects, mood stabilizers may be added. Eventually, these children end up on four or five psychiatric drugs at once and have a diagnosis of bipolar disorder by the age of eight or ten."

"Ritalin suppresses all spontaneous behavior. In animals and in humans, this is manifested in a reduction in the following behaviors: (1) exploration and curiosity; (2) socializing, and (3) playing." [source: US Congress 9/9/2000]

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Anyone who is interested in the history of ECT and the medical issues surrounding it should read this book. It includes chapters by Dr. Peter Breggin, Dr. John Friedberg and Leonard Roy Frank. If you only read one book about ECT, let it be this one.

## Rape of the Soul

How the Chemical Imbalance Model  
of Modern Psychiatry Has  
Failed Its Patients

Ty C. Colbert, Ph.D.

### Rape of the Soul: How the Chemical Imbalance Model of Modern Psychiatry has failed its Patients

By Ty C. Colbert, Ph.D.

2001, 279 pages, Paperback

ORDER CODE: RAPE

PRICE: \$17.95, with member discount \$16.15

NEW!

Using scientifically sound evidence, convincingly demonstrates that NO chemical imbalances exist for any so-called mental illness, and that psychiatric drugs do not cure mental illness. Explains how drugs "work" by blocking out emotional pain, thereby robbing the soul of its potential for healing.



### The Real AA: Behind the Myth of 12-Step Recovery

By Ken Ragge

1998, 272 pages, Paperback

ORDER CODE: REALAA

PRICE: \$12.95, with member discount \$11.65

NEW!

The Real AA is the result of Ken Ragge's journey through AA and its for-profit institutional variants. The book covers virtually all aspects of AA and the traditional treatment system: the disease theory of alcohol abuse; AA's origins and development; AA's ideology; use of coercion; and AA's institutional forms. An invaluable resource to alcohol abusers, their friends, and their families.



### Mad Pride: A Celebration of Mad Culture

Edited by Ted Curtis, Robert Dellar, Esther Leslie and Ben Watson

2000, 224 pages, Paperback

ORDER CODE: MADPRIDE

PRICE: \$14.00, with member discount \$12.60

NEW!

Twenty-four authors boast about liberation through madness. Celebrates Mad Pride as the means to an all-out social revolution. A book no one in their right mind will read.

## RESISTING 12-STEP COERCION

HOW TO FIGHT FORCED  
PARTICIPATION IN AA, MA,  
OR 12-STEP TREATMENT

### Resisting 12-Step Coercion: How to Fight Forced Participation in AA, MA, or 12-Step Treatment

Edited by Ted Curtis, Robert Dellar, Esther Leslie and Ben Watson

2000, 204 pages, Paperback

ORDER CODE: RESISTING

PRICE: \$14.95, with member discount \$13.45

NEW!

Every year over one million Americans are coerced into 12-step participation. Gives information you need to challenge forced participation.





### Prozac Highway

By Persimmon Blackbridge

2000, 272 pages, Paperback

ORDER CODE: PROHIWAY

PRICE: \$14.95, with member discount only \$13.95

NEW!

Entertaining and salient all-too-true fictional novel on urban madness, modern psychiatry, and the emerging role of technology in creating community.

Jam, the novel's protagonist, is an over-40 artist and cleaning lady who courts community and romance on the Internet, while avoiding "the real world" and her own looming depression. Resisting forced outpatient psychiatric drug-plays a major role.

### Sunnybrook



### Sunnybrook: A True Story With Lies

By Persimmon Blackbridge

1996, 87 pages, Paperback

ORDER CODE: SUNNY

PRICE: \$15.95, with member discount \$14.35

Unique 100% illustrated novel that combines fiction, color art, and humor. It tells the funny, tragic, sexy story of a young woman who lands a job as a counse-

lor at an institution for people with a wide range of disabilities. However, she runs into trouble when she discovers herself relating more to the sensibilities of the "patients" than those of her employers.

### Beyond Bedlam



### Beyond Bedlam: Contemporary Women Psychiatric Survivors Speak Out

By Jeanine Grobe

1995, 252 pages, Paperback

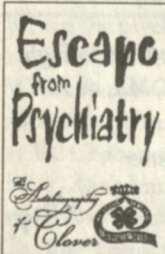
ORDER CODE: BEDLAM

PRICE: \$15.95, with member discount \$14.35

More than two dozen contemporary women, from Canada to Mexico, write about their experiences as inmates at psychiatric institutions: how they were mis-

treated, how they escaped, how they live now, and what can be done to change the system that abused them. They survived the psychiatric assault, and here, in their own words — in letters, personal narratives and diary excerpts — they describe how they did it.

Call SCI TOLL FREE:  
**1-877-MAD-PRIDE**  
**1-877-623-7743**



### Escape From Psychiatry: The Autobiography of Clover

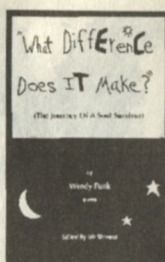
By Clover

1999, 338 pages, Paperback

ORDER CODE: ESCPE

PRICE: \$19.95, with member discount \$17.95

Clover has gone through solitary confinement, restraints, psychiatric drugging, and forced electroshock, over and over and over... Clover's experiences, and her magnificent recovery, would make a stirring film, with elements of drama, triumph, spirituality, romance and love. By the end, we were in tears as all the pieces of her amazing life came together. Clover's story must be told.



### What Difference Does it Make? The Journey of a Soul Survivor

By Wendy Funk

1998, 192 pages, Paperback

ORDER CODE: WHTDIF

PRICE: \$14.95, with member discount \$13.45

True story based on journals kept by the author during a 14-month incarceration in a Canadian Psychiatric ward where she was given a series of electroshocks. Describes emerging from the psychiatric ward with complete amnesia caused by the shocks. She learns to live without her lifetime memories. It's the story of how survival after psychiatry is possible. Speaks clearly of the potential dangers of psychiatric labeling and "treatment."



### Cry of the Invisible: Writings from the Homeless & Survivors of Psychiatric Hospitals

Edited by Michael A. Susko

1991, 334 pages, Hardback

ORDER CODE: INVISIBLE

PRICE: \$15, with member discount \$13.50

Carefully gathered first-person accounts from dozens of psychiatric survivors about their childhoods, forced drugs, life on the streets, institutionalization, and "madness." A theme is that people put in psychiatric institutions often have deep wounds going back to childhood or have suffered recent trauma. The system's neglect of their cry of pain renders them invisible. Powerful poetry and drawings illustrate surviving against great odds.



### In the Name of Help: A Novel Exposing Psychiatric Abuse

By Diane Klein

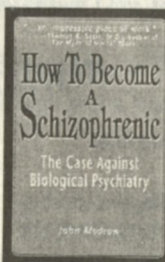
2000, 335 pages, Paperback

ORDER CODE: INNAME

PRICE: \$13.00, with member discount \$11.70

NEW!

Character Cathryn seeks psychiatric help for her emotional disturbance, and ends up in an abyss of mind-altering drugs, physical and emotional abuses, and finally electroshock. Drifts through the modern atrocities of the "mental health system."



### How To Become a Schizophrenic: The Case Against Biological Psychiatry

By John Modrow

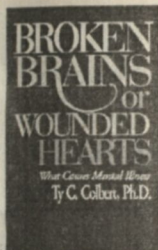
1992, 239 pages, Paperback, 2nd addition

ORDER CODE: BECOME

SALE PRICE: \$10, with member discount \$9

Author has been diagnosed as "schizophrenic," and part of the book is his own story, written in the form of a spell-binding novelette similar to *I Never Promised You a Rose Garden*. Utilizes the ideas of Harry Stack Sullivan, Gregory Bateson, and many more to construct a solid theory that explains how and why he and many other people enter the state of mind called "schizophrenic." Tackles the entire "medical model," explaining why this is such a popular explanation for emotional distress, but why it is very likely false.





## **Broken Brains or Wounded Hearts**

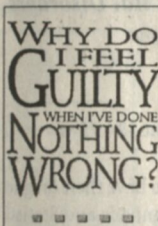
By Ty C. Colbert, Ph.D.

1996, 316 pages, Hardcover

ORDER CODE: BROKEN

PRICE: \$23.95, with member discount \$21.55

Directly confronts the "disease model" of what is called "mental illness." Relying on the same data researchers use to conclude that "mental illness" has a biological basis, Clearly shows that so-called "schizophrenia," "depression," "mania," etc. are not caused by genetic defects, chemical imbalances or any other physiological defects in the brain. Covers positive alternatives, and introduces a common-sense "emotional pain model" for extreme human distress. Shows how we all, to some degree, suffer from emotional problems.



## **Why Do I Feel Guilty When I've Done Nothing Wrong?**

By Ty C. Colbert, Ph.D.

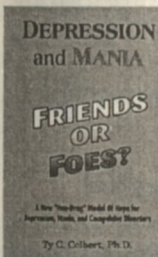
1993, 134 pages, Paperback

ORDER CODE: WHYGUILT

PRICE: \$8.95, with member discount \$8.00

Ty C. Colbert, Ph.D.

Mixes empathy, professionalism and criticism of conventional psychiatric approaches. Explains how unresolved guilt and shame may lead to losing touch with your true identity, rob you of joy, inner peace, and a sense of personal acceptance. Valuable step-by-step advice on how to understand and overcome unresolved guilt and shame. Real-life examples and worksheet exercises are included.



## **Depression & Mania: Friends or Foes?**

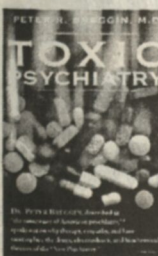
By Ty C. Colbert, Ph.D.

1995, 212 pages, Paperback

ORDER CODE: DEPMAN

PRICE: \$13.95, with member discount \$12.55

Practical non-drug model of hope for people diagnosed with "depression," "mania," and "compulsive disorders." Author is a rare professional who is willing to openly and clearly challenge the medical model of mental health. Done in a compassionate, caring way that realizes some people will feel angry and confused by this information. There are sections on a recovery program, creating soul-soothing activities, identifying areas of inner healing, understanding one's emotions each day, taking first steps toward recovery, and more.



## **Toxic Psychiatry**

By Peter Breggin, M.D.

1991, 464 pages, Paperback

ORDER CODE: TOXIC

PRICE: \$16.95, with member discount \$15.25

In a searing, myth-shattering exposé, dissident psychiatrist Peter Breggin busts through the hype surrounding the "New Psychiatry" and shows how dangerous, even potentially brain-damaging, many of its drugs and other treatments are. Cornerstone of psychiatric human rights literature. Because of the scarcity of this information, it is mandatory reading in our movement. Makes an excellent "truth package" to give to friends, colleagues, libraries, etc.!



## **Beyond Conflict: From Self-Help and Psychotherapy to Peacemaking**

By Peter R. Breggin, MD

1992, 274 pages, Paperback

ORDER CODE: CONFLICT

PRICE: \$12.95 with member discount \$11.65

PETER R. BREGGIN, M.D.

Best selling author, dissident psychiatrist, university lecturer, and ally to the psychiatric survivors movement, Peter R. Breggin, M.D. has many facets. Presents ways in which individuals and nations can learn to live in cooperation and harmony. He describes three fundamental methods of coercion, liberty and love for satisfying people's basic needs and resolving the bitter antagonisms that poison personal and political dealings. By showing the links between these three methods, Breggin sets the agenda for a vigorous and viable future for us all.



## **The Heart of Being Helpful: Empathy & the Creation of a Healing Presence**

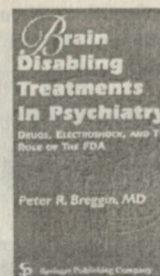
By Peter Breggin, M.D.

1997, 186 pages, Paperback

ORDER CODE: HEART

PRICE: \$35.95, with member discount \$29

Describes how to cultivate empathy and a healing presence as the underlying principles for all professionals and personal relationships in which we offer help to others. Kevin McCready of the San Joaquin Psychotherapy Center describes the book this way: "After years of detailing the myths and abuses of biopsychiatry, Peter Breggin comes full circle. With his profound and often poignant work from his own heart, he puts soul back into psychotherapy."



## **Brain Disabling Treatments in Psychiatry: Drugs, Electroshock & the Role of the FDA**

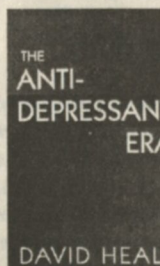
By Peter Breggin, M.D.

1997, 306 pages, Hardcover

ORDER CODE: BRAINDIS

PRICE: \$43.95, with additional member discount \$35.59

Renowned psychiatrist Peter Breggin documents how psychiatric drugs and electroshock disable the brain. He presents the latest scientific information on potential brain dysfunction and dangerous behavioral abnormalities produced by the most widely used drugs including Prozac, Xanax, Halcion, Ritalin and lithium. The harmful effects of neuroleptics such as Haldol—including the latest varieties such as Clozapine—are exposed, featuring up-to-date evidence of drug-induced brain damage, and even brain shrinkage. Includes a 59-page bibliography.



## **The Anti-Depressant Era**

By David Healy

1999, 336 pages, Paperback

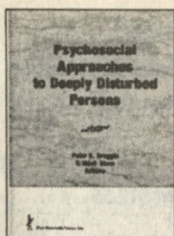
ORDER CODE: ANTI

PRICE: \$17.95, with member discount \$16.15

When we stop at the pharmacy to pick up our Prozac, are we simply buying a drug? Or are we buying into a disease as well? Complete account of the phenomenon of anti-depressants. Relates how depression, a disease only recently deemed too rare to merit study, has become one of the most common disorders of our day—and a booming business to boot.

NEW!





## Psychosocial Approaches to Deeply Disturbed Persons

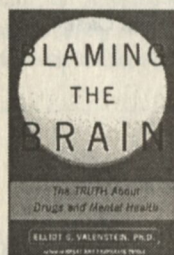
Edited by Peter Breggin, M.D., & E. Mark Stern

1996, 231 pages, Hardcover

ORDER CODE: PADDP

SALE PRICE: \$54.95, with member discount \$49.45

Peter Breggin and E. Mark Stern bring together 11 other writers—many of them mental health professionals—to answer the question, “But what’s the alternative for the person in extreme crisis?” Support Coalition’s Janet Foner has a section on her experiences in a psychiatric facility and her recovery through use of peer mutual support. David Cohen, PhD said this about the volume: “Fresh insights, forgotten insights, new ideas, good ideas abound in this unusual volume which might spearhead a long awaited transformation in psychiatry.”



## Blaming the Brain: The Truth About Drugs and Mental Health

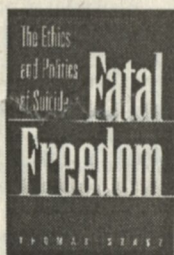
By Elliot S. Valenstein, Ph.D.

1998, 292 pages, Hardcover

ORDER CODE: BLMBRN

PRICE: \$25.00, with member discount \$22.50

Part history, part science, part exposé, and part solution, *Blaming the Brain* sounds a clarion call through our culture of quick-fix pharmacology and our increasing reliance on psychiatric drugs as a cure-all for individuals labeled mentally ill. Valenstein exposes the many weaknesses inherent in scientific arguments supporting the theory that biochemical imbalances are the main cause of mental illness.



## Fatal Freedom: Ethics & Politics of Suicide

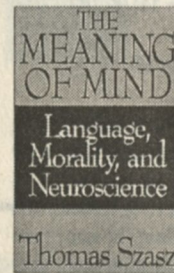
By Thomas Szasz

1999, 177 pages, Hardback

ORDER CODE: FATAL

PRICE: \$25.95, with member discount \$23.35

Dr. Szasz’s important work asks and points to clear, intelligent answers to some of the most significant ethical questions of our time: Is suicide a voluntary act? Should physicians be permitted to prevent it? Should they be authorized to abet it? The author’s thoughtful analysis of these questions consistently holds forth patient autonomy as paramount; therefore, he argues, patients should not be prevented from exercising their free will, nor should physicians be permitted to enter the process by prescribing or providing the means for voluntary death.



## The Meaning of Mind: Language, Morality & Neuroscience

By Thomas Szasz

1996, 182 pages, Paperback

ORDER CODE: MEANG

PRICE: \$19.95, with member discount \$17.95

In this brilliantly original and highly accessible work, Dr. Szasz demonstrates the futility of analyzing the mind as a collection of brain functions. Instead of trying to unravel the riddle of a mythical entity called “the mind,” Dr. Szasz suggests that our task is to understand and judge persons always as moral agents responsible for their own actions, not as victims of brain chemistry.



## Challenging the Therapeutic State

Edited by David Cohen, Ph.D.

### Part One: Critical Perspectives on Psychiatry and the Mental Health System

1990, 328 pages, Paperback

ORDER CODE: JMBONE

PRICE: \$25.00; with member discount \$22.50

### Part Two: Further Disquisitions on the Mental Health System

1994, 198 pages, Paperback

ORDER CODE: JMBTWO

PRICE: \$20.00; with member discount \$18.00

*Part One* of this special publication of *The Journal of Mind and Behavior* compiles key articles on alternative “mental health,” along with critical perspectives of psychiatry and psychology. Twenty dissident academic researchers, whistle blowing professionals, and psychiatric survivors join forces. Explosive hypotheses and findings abound: • Peter Breggin documents links between neuroleptic drug use and a wide variety of brain damage. • Ronald Leifer explains how the medical model allows for psychiatry to become an extra-legal form of social control. • Phyllis Chesler examines 20 years after her book *Women & Madness*.

*In Part Two*: • Doug Cameron delivers his detailed examination of electroshock. This crucial exposé proves most informed consent is inherently flawed and — incredible but true — that an electrical analysis of the shock devices themselves reveals that a typical “new improved” jolt is actually stronger than ever. • Authors Stuart A. Kirk and Herb Kutchins summarize their own book’s superb statistical and scientific assault on psychiatry’s bible, the pseudoscientific *Diagnostic & Statistical Manual*. • Editor David Cohen shows that mainstream medical literature documents a surprisingly pervasive pattern of failure of the much-hyped neuroleptic drugs. • Catherine D. Nugent indicts the silencing of women sexually exploited by psychotherapists. And more.



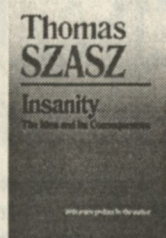
## Ethical Human Sciences and Services: An International Journal of Critical Inquiry

1999, Volume 1, Number 2

ORDER CODE: ETHISCI

PRICE: \$15, with member discount \$13.50

*Ethical Human Sciences and Services* (EHSS) is a peer-reviewed journal sponsored by the International Center for the Study of Psychiatry and Psychology (ICSPP). EHSS publishes scientific research, literature reviews, clinical reports, commentary, and book reviews that draw on broad ethical and scientific perspectives, including critiques of reductionist theories and practices in any school of thought or ideology. This issue contains articles critical of the identification, treatment, and theoretical perspective for “schizophrenia.” Authors are Jay Joseph, PhD, Tomi Gomory, PhD, Richard Gosden and Al Siebert, PhD.



## Insanity: The Idea and Its Consequences

By Thomas Szasz

1997, 414 pages, Paperback

ORDER CODE: INSANITY

PRICE: \$19.95, with member discount \$17.95

NEW!

Is insanity a myth? Does it exist merely to keep psychiatrists in business? Challenges the way both science and society define insanity; in the process, helps us to better understand this often misunderstood condition. Presents carefully crafted account of the sanity concept and shows how it relates to and differs from three closely allied ideas—bodily illness, social deviance, and the sick role.





## The History of Shock Treatment

Edited by Leonard Roy Frank

1978, 206 pages, Paperback (8.5 x 11)

ORDER CODE: HISTORY

PRICE: \$14.00, with member discount \$12.60

Editor Leonard Roy Frank is the main hero of this century's struggle by psychiatric survivors against electroshock. *The History of Shock Treatment* is an anthology of more than 250 chronologically arranged excerpts and articles by proponents and opponents of psychiatry's most controversial procedure. Fascinating, crisp, detailed, meticulous, this essential book (now out of print) traces the first four decades of electroshock with a collection of these little known historic documents, source materials, and personal stories. It is beautifully — chillingly — illustrated, with a sprinkling of irony and dark humor.



## Madness, Heresy and the Rumor of Angeles

1993, 266 pages, Paperback

ORDER CODE: MADNESS

PRICE: \$18.95, with member discount \$17.00

NEW!

Some people see visions, express disturbing views in a disturbing way, believe that they have intimations of a spiritual reality, are confused or unhappy, talk too much, and annoy their relatives. Are these people medically sick?

Should they be imprisoned and disabled with stupefying drugs and electrically-induced brain damage? True stories of individuals insulted and injured by the "mental health system," but fought back, broke free, and rebuilt their lives.



## A Lack of Control: An Odyssey into Mental Instability in America from a Black Perspective—How to Beat the Odds

2000, 209 pages, Paperback

ORDER CODE: LACK

PRICE: \$9.95, with member discount \$8.95

NEW!

As an impetuous, ebullient veteran of 10 plus psychiatric hospitalizations, readers are prone to sympathize with Mona Langdon, a victim of a near-fatal domestic dispute

where she was left marginally disfigured. When you read this book, you will be amazed by the number of ways veteran psychiatric survivor Mona Langdon "deals" in order to survive both worlds—in and out of the hospital.



## Tardive Dyskinesia Video

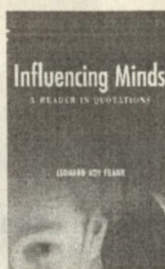
1995, 45 minute, VIDEO

ORDER CODE: TDVID

PRICE: \$23.00, with member discount \$20.70

One of psychiatry's main family of drugs—the neuroleptics such as Haldol, Thorazine and Prolixin—have caused an epidemic of movement disorders, called *tardive dyskinesia* (TD). TD is usually permanent and can sometimes

be severe, involving twisting and spasms of the head, neck, mouth, tongue, limbs and whole body, every waking moment. TD has meant incredible suffering to millions of people: half of those using neuroleptics for ten years typically have TD. A national association of TD survivors, led by human rights activist Sonja Kjaer, is a SCI group. This video is not for everyone. (Note: It cannot be used for litigation purposes. It is emotionally overwhelming. The sound is not high quality.)



## Influencing Minds: A Reader in Quotations

Edited by Leonard Roy Frank

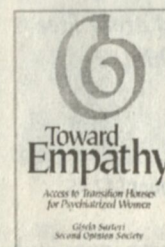
1995, 245 pages, Paperback

ORDER CODE: INFLUEN

PRICE: \$12.95, with member discount \$11.65

Leonard Roy Frank is sometimes referred to as "The Gandhi of the psychiatric survivors movement."

Beginning in Oct. 1962, Leonard Roy Frank was an involuntary captive of psychiatry in California for nine months. He received 50 forced insulin coma and 35 forced electroshock "treatments." After his release, he found his cognitive abilities damaged by the procedures. To regain his knowledge he began purchasing and reading books, amassing 35,000 quotes. *Influencing Minds* contains 1,464 of the most relevant quotes on the subject of shaping the human minds. The 32 different categories include Truth, Knowledge, Ideology, Learning, Education, Persuasion, Writers, Deception, Advertising, Propaganda, Brainwashing and Psychiatry.



## Toward Empathy: Access to Transition Houses for Psychiatrized

By Women Gisela Sartori & Second Opinion Society

1996, 213 pages, Paperback (8.5x11)

ORDER CODE: TOEMP

SALE PRICE: \$10, with member discount \$9

A practical handbook of ways women can leave the psychiatric system through empowering residential alternatives. This professionally produced manual features women's personal stories, general principles of a supportive approach, guides to specific crisis scenarios, and alternative resources. The appendix includes more than 50 pages on psychiatric drugs (including tips on quitting), plus sections on peer counseling, breathing exercises, herbs, a brief history of the movement, resources for transition houses, and reading list. The author, Gisela, is herself a psychiatric survivor who works with SOS, which is an SCI sponsor group.



## The Simpsons: Bart Simpson on Ritalin

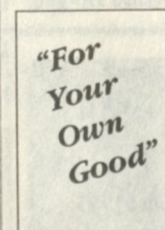
1999, 25 minutes, Video

ORDER CODE: BART

PRICE: \$12, with member discount \$10.80

NEW!

Famous episode of *The Simpsons* where Bart gets labeled with ADD and is put on Ritalin. The drug turns him into a zombie. For educational purposes only.



## For Your Own Good

By Haakon Sandøy

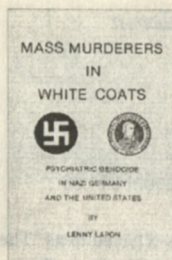
1999, 78 minute, VIDEO

ORDER CODE: FORYR

PRICE: \$24.95, with member discount \$22.45

Can you be locked up without courtroom, judge or jury? Can you legally be kept away from all that is dear to you—love, affection and your own future? *For Your Own Good* is a film investigating the "normal" uses of force and control in modern society—how psychiatry deals out diagnostic labels that stigmatize, segregate, and bring about a denial of basic human rights. This documentary, made over a decade, exposes oppression and blames psychiatry for destroying the consumer/survivor's personal and social fiber by turning them into commodities.





## Mass Murderers in White Coats: Psychiatric Genocide in Nazi Germany and the U.S.

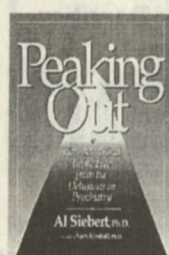
By Lenny Lapon

1986, 291 pages, Paperback

ORDER CODE: WHTCOAT

Price: \$8.00, with additional member discount \$7.20

Psychiatric survivor activist Lenny Lapon's historically important book documents the mass murder of "mental patients" by psychiatry in Nazi Germany and in the United States, a fact referred to by the author as "psychiatric genocide." Lapon shows how the killing of thousands of psychiatric inmates in Hitler's Third Reich set the stage in a practical and ideological way for the later extermination of six million Jews and other victims of Nazi persecution. Other Holocaust researchers rarely acknowledge the incredible importance of this fact.



## Peaking Out: How My Mind Broke Free from the Delusions in Psychiatry

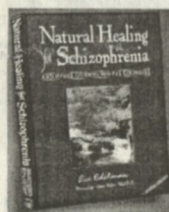
By Al Siebert, Ph.D.

1995, 296 pages, Paperback

ORDER CODE: PEAKING

PRICE: \$19.95, with member discount \$17.95

In *Peaking Out* Dr. Siebert describes a joyous, weeks long, mind-freeing peak experience, exposing undocumented practices and delusions in psychiatry, and reveals how he discovered a brilliant theory: "the survivor personality."



## Natural Healing for Schizophrenia and Other Common Mental Disorders, 3rd ed.

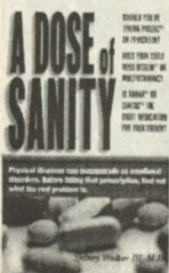
By Eva Edelman

1998, 238 pages, Large format Paperback (8.5 x 11)

ORDER CODE: NATHEAL

PRICE: \$24.95, with member discount \$22.45

Comprehensive, updated nutritional approaches for recovery from so-called "schizophrenia" and other "psychiatric disorders." Includes examination of the role of neurotoxic substances, including sugar, alcohol, tobacco, copper, mercury, pesticides, and more. Examines the physiological factors that can influence everyone's mental processes, with sections on children, autism, depression and delinquency. Criticism of potentially-toxic psychiatric treatments.



## A Dose of Sanity

By Sydney Walker III, M.D.

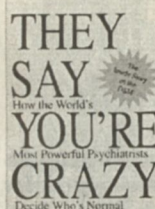
1997, 260 pages, Paperback

ORDER CODE: DOSE

PRICE: \$16.95, with member discount \$15.25

Each year, thousands of Americans who are actually suffering from common medical conditions such as hyperthyroidism, Lyme disease, and even poor nutrition are misdiagnosed with mental disorders. Explains why psychiatric misdiagnosis is so common, and how to avoid the trap of misdiagnosis.

Paula J. Caplan, Ph.D.



## They Say You're Crazy: How the World's Most Powerful Psychiatrists Decide Who's Normal

By Paula Caplan, Ph.D.

1996, 355 pages, Paperback

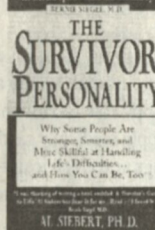
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The bible of the mental health industry is the *Diagnostic and Statistical Manual*. The DSM sells over a million copies annually. It can be found on nearly every therapist's bookshelf. DSM is the key to research, labeling, commitment, treatment, and insurance reimbursement.

Dr. Paula J. Caplan found herself among the exclusive elites who write the DSM, and she discovered how unscientific and dangerous the book really is. This veteran psychotherapist blows the whistle with an insider's look at the making of DSM's pseudoscience. She especially targets labels given to

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## The Survivor Personality

By Al Siebert, Ph.D.

1996, 293 pages, Paperback

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Sample chapters: Life is Not Fair — And That Can Be Very Good For You. The Survivor's Edge: Intuition, Creativity, Imagination. How To Be Positive About Negative People. Self-Managed Healing. Surviving Emergencies and Crises. Learnings From Survivors of Torturous Conditions. The Serendipity Talent: Turning Misfortune into Good Luck.

"As a survivor, I am impressed with this valuable tool for those who look for hope in hopelessness. Dr. Siebert provides a practical guide for anyone who chooses to be a survivor rather than a victim." — Edith Eva Eger, Ph.D. *Auschwitz Survivor*



## Culture of Healing: Correcting the Image of American Mental Health Care

By Robert T. Francher, Ph.D.

1995, 355 pages, Paperback

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Consists of detailed analyses and critiques of four influential American cultures of therapy: psychoanalysis, behaviorism, cognitive therapy, and biological therapy. Emphasis on how heavily their concepts and methods are determined by their cultures rather than by empirical data. Shows that all cultures of psychotherapy embody certain tacit assumptions as to what constitutes mental health and illness on the one hand, and what constitutes desirable life and undesirable stress on the other.

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## ***The War Against Children of Color: Psychiatry Targets Inner City Youth***

By Peter Breggin, M.D. & Ginger Ross-Breggin

1998, 256 pages, Paperback

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In the 1990's, Dr. Peter Breggin and Ginger Ross Breggin inspired a national campaign against the proposed federal "Violence Initiative," that aimed at identifying inner-city children with alleged defects that would make them violent when they reached adulthood. Many of the research plans, which are still in operation, involve searching for a "violence gene," finding "biochemical imbalances," and intervening in the lives of schoolchildren with psychiatric drugs. This book describes in detail why the use of biological psychiatric interventions to control the behavior of children is politically expedient and profitable to the pharmaceutical companies, but too often backfires, hurting the child, the family, our society and our future.

What to Do When Your Child Is Labeled a Problem by This National

## ***The Wildest Colts make the Best Horses***

By John Breeding, Ph.D.

Ph.D. Of Head Start as National Coordinator

The truth about ADHD, ADD, and other "Disruptive Behavior Disorders"

counseling children in his new book. Calls for a halt to the epidemic drugging of young people today for so-called ADHD. As never before, millions of youth are being given the psychiatric diagnosis of ADHD, which very often translates into a prescription for stimulant drugs such as Ritalin. This book gives the big picture, and viable alternatives.

## ***The Wildest Colts Make the Best Horses***

By John Breeding, Ph.D.

1996, 209 pages, Paperback

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A strong advocate for young people and a great ally to parents wanting support to resist the pressure to label and drug their children, author offers a wealth of information to concerned adults on biopsychiatry, schools, and

Becoming Anna



Anna J. Michener

## ***Becoming Anna: The Autobiography of a Sixteen-Year-Old***

By Anna J. Michener

1998, 256 pages, Paperback

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As the scapegoat for her family's many problems, author describes the physical and emotional abuse she suffered, and her incarceration in mental hospitals for most of her adolescence. The 16-year-old author provides an immediate account of the unhealed wounds and the re-traumatization by oppressive control in institutions using drugs, discipline, and monitoring. At 16 Anna was finally able to escape her family and take refuge with an adoptive family.

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Jodi Lundgren

## ***Touched***

By Jodi Lundgren

1999, 165 pages, Paperback

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Renders the emotional and intellectual implosion experienced by Jade King, a young university student. This debut novel both challenges the social stigma attached to such altered states and traces the effects of physical violation and psychic trauma. Encourages critical examination of psychiatric labels and treatments through an interweaving of family history, legal texts and medical documents.

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## ***Reclaiming Our Children: A Healing Plan for a Nation in Crisis***

By Peter R. Breggin, M.D.

2000, 340 pages, Hardback

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From recasting our attitudes as parents and getting more involved in schools as volunteers, to restructuring class sizes, limiting homework, and fostering honest dialogue about the pressures in our society, *Reclaiming Our Children* shows the way to lasting peace with our children. Beginning with a dramatic shift in adult priorities that places children at the center of our lives, Breggin demonstrates how we can create loving, disciplined, and inspiring relationships with all of our children.



Richard DeGrandpre, Ph.D.

## ***Ritalin Nation: Rapid-Fire Culture and the Transformation of Human Consciousness***

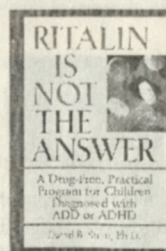
By Richard DeGrandpre, Ph.D.

2000, 284 pages, Paperback

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PRICE: \$13.95, with member discount \$12.55

In this illuminating investigation of the epidemic of ADD today and its most widely prescribed treatment, the powerful psychostimulant Ritalin, psychologist Richard DeGrandpre sounds a warning: We may be failing our children by treating symptoms and not causes with quick-fixes and ultimately unsatisfactory solutions.



## ***Ritalin is not the answer: A Drug-Free Practical Program for Children Diagnosed with ADD or ADHD***

By David B. Stein, Ph.D.

1999, 203 pages, Paperback

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Nearly one-tenth of all school-aged children in the United States are being diagnosed with ADD and ADHD, and coerced into taking mood-altering drugs with side effects that include insomnia, tearfulness, rebound irritability, personality change, nervousness, anorexia, nausea, dizziness, headaches, heart palpitations, and cardiac arrhythmia. Confronts and challenges what has become common practice and teaches parents and educators an alternative drug-free behavioral program that really works.



## ***Talking Back to Ritalin***

By Peter R. Breggin, M.D.

1998, 401 pages, Hardcover

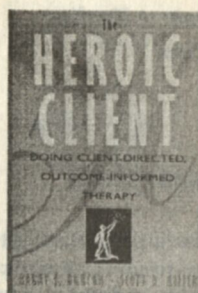
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What doctors aren't telling you about stimulants for children! Details the side effects and potential problems with Ritalin and other stimulants. Thoroughly and critically examines the condition and diagnosis of ADHD and ADD, exploring the economics of who profits from diagnosis and prescribing of stimulants for children. Emphasizes non-drug approaches to helping children these children by identifying and meeting their basic needs, such as improving school and family life.

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## ***The Heroic Client: Doing Client-Directed Outcome-Informed Therapy***

By Bary L. Duncan, Scott D. Miller

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Authors are psychologists. Challenges the traditional focus on diagnosis, "silver bullet" techniques, and magic pills, exposing them as empirically bankrupt practices that only diminish the role of clients and hasten therapy's extinction. Advocate for long-ignored but crucial factor in therapeutic success—the innate resources of the client. Uses extensive research and case studies to show the power of enlisting the client as a partner to make therapy accountable.

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Patients Past at the University Hospital for the Deaf, 1910-1915



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Stories of those who lived and died at this notorious institution. Much more than a document of patient abuse and tedium of hospital life; commemorates men and women whose courage and imagination in the face of impossible odds let them

work hard at institutional jobs and form meaningful relationships with other patients and staff.



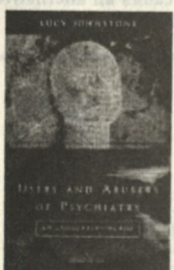
## ***A Questionable Remedy***

1999, 10 Minutes, VIDEO

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This short video is by a student from the University of Oregon. It sums up many of the controversies involved with the psychiatric drugging of youth. A number of concerned individuals, advocates and mental health professionals are interviewed. This is a good ten-minute video to start off a lively discussion at a home meeting, about the controversies involved with psychiatric drugging of youth today.



## ***Users and Abusers of Psychiatry: A Critical Look at Psychiatric Practice***

By Lucy Johnstone

2000, 298 pages, Paperback

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**NEW!**

Radically different, critical account of the day-to-day practice of psychiatry. Using real-life example and her own experience as a clinical psychologist, Lucy

Johnstone argues that the traditional way of treating mental breakdown can often exacerbate people's original difficulties leaving them powerless, disabled and even more distressed.



## ***Punishing the Patient: How Psychiatrists Misunderstand and Mistreat Schizophrenia***

By Richard Gosden, PhD

2001, 336 pages, Paperback

ORDER CODE: PUNISHING

PRICE: \$29.95, with member discount \$26.95

**NEW!**

There are no laboratory tests to confirm a diagnosis of schizophrenia, but psychiatrists are certain schizophrenia is a medical problem that should be treated. But what if psychiatrists are mistaken in their belief that schizophrenia is a medical problem? Argues that symptoms could be thought as belonging to two broad, non-medical classes: those who are undergoing a spiritual/mystical emergency, and those who do not conform to social expectations.



## ***Taking Back the System: Psychiatric Survivors and Mental Health Professionals Discuss a New Vision of Healing***

1996, 1 hour, VIDEO

ORDER CODE: VIDTAKE

PRICE: \$23.00, member discount \$20.70

Chuck Areford is a mental health worker who is willing to say "no" to psychiatric abuse. He hosts this video documentary, produced by SCI. *Taking Back the System* blends interviews, presentations and discussions by an array of dissident mental health professionals, psychiatric survivors, and alternative practitioners.

Co-produced by SCI's Larry Dobberstein (Veni Video Video productions), along with Mental Health Employees for Ethical Treatment.



## ***The Happiness Project: Transforming the Three Poisons that Cause the Suffering We Inflict on Ourselves and Others***

By Ron Leifer, M.D.

1997, 313 pages, Paperback

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PRICE: \$14.95, with member discount \$13.45

**NEW!**

The three ways to strive for happiness—trying to fulfill desires, avoid pain, and create a self-identity—are the same ways we cause suffering for ourselves and others. In Buddhism, these three components are called the "Three Poisons." Presents a view of the Three Poisons, compatible with Western science, from the Buddha's foundational teaching on the Four Noble Truths. Explores the themes of suffering, desire, self-identity, through mythology, history, philosophy, law and psychology. Offers a meditation on the problems and prospects of



**Kate Millett**

## ***The Loony Bin Trip***

By Kate Millett

2000, 320 pages, Paper

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*The Loony-Bin Trip* is the powerful, staggeringly personal story of Kate Millett's struggle to regain control of her life after falling under an ascription of manic depression. Compulsively readable, Millett's journey into "that other region" traverses a fearful terrain of self-doubt, futility, and alienation.





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Solidarity and resistance against the abuses of the psychiatric system can be demonstrated with the display of this bumper sticker. Let's show how many of us there are! This new icon by SCI Support Group, Israeli Association Against Psychiatric Assault, could become the global symbol for human rights in the mental health system (to contact IAAPA, see page 60).



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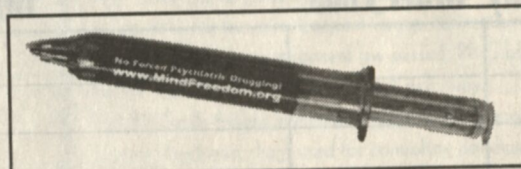
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Excellent way to raise awareness of this increasingly common but seldom discussed human rights violation! Display this bright yellow bumper sticker on your car, on your office bulletin board, or wherever you can imagine. A glimpse of this sticker could change someone's life. This one is a favorite!



## "No Forced Psychiatric Drugging!"

**NEW!**

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Bright syringe "hypo-pens" come with fluids in red, blue, green, yellow, and our favorite, placebo purple. All actually write in black ink, and can be refilled with standard ink. Each has a message against forced psychiatric drugging. These hypos are popular novelty gifts for friends and co-workers.



## No Forced Psychiatric Drugging

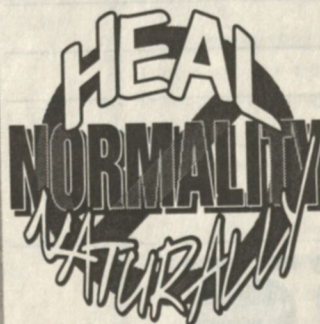
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## Ten Warning Signs of "Normality"

By Janet Foner

11 x 17 inch laminated poster

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This two color poster features Support Coalition's Ten Warning Signs of Normality. This funny Mad Pride poster packs a powerful wallop of truth about psychiatric labeling, and psychiatry itself. It was written by Support Coalition board member Janet Foner. At the Mad Market exhibit table, this item consistently gets people laughing — and thinking. These are great gift items to really turn the tables on labeling. You'll now find these on the walls and doorways inside community centers, homes, and advocacy offices all over the world.



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Linda Sisson and Coquille Houshour staff the SCI Mad Market table at the 2000 annual conference of National Association for Rights Protection and Advocacy in Sacramento, Calif.

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- #37/38: Clinton juggles on forced shock. NAMI campaign for forced outpatient drugging.
- #36: Healing through nature. Violence initiative. Opal Whiteley. Uniting ethical mental health workers
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- #17: Chapter from Kate Millet's new book. Shock cover-up. US Supreme Court approves forced drugs.
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## SPONSORING GROUPS : NEWS

### Support Coalition USA

Here are brief reports from some of the USA based members of Support Coalition. To get in touch with a group, use the Sponsor Group Contact Directory at the back of each *MindFreedom Journal*.



#### Margot Kidder is New Spokesperson for Safe Harbor

The famous actress Margot Kidder has agreed to be the national spokesperson for the Safe Harbor Project, an SCI Sponsor Group. Dan Stradford, President of Safe Harbor Project, said that, "Ms. Kidder has become a powerful advocate for the use of drug-free treatments in mental health, particularly through the use of full physical exams and nutritional treatments. More than just a pretty face, she is well-read and very articulate on the subject of nutritional brain chemistry, as can be seen by the new article she has contributed to our web site."

What is Safe Harbor Project? Gail Feger, Program Developer, said, "Safe Harbor Project is a nonprofit corporation founded in 1998 in response to growing public dissatisfaction with the unwanted effects of orthodox mental health treatments such as drugs and shock treatment. We have the world's largest internet site on safe alternatives to psychiatry at [www.AlternativeMentalHealth.com](http://www.AlternativeMentalHealth.com)."

#### SCI Represented at March for Justice

As hundreds of people — the majority in wheelchairs — gathered in Upper Senate Park in Washington, D.C. on October 3, 2000, Support Coalition International arrived with giant syringes marked with "No Force," as well as various placards. After three hours of speeches protesters marched and rolled past the



Larry Plumlee, MD, Spoke for National Capital Area Advocates

Capitol Building and the Senate office buildings to the Supreme Court. Guards blocked the entry, but the protestors remained for over an hour, chanting for a decision favorable to keeping the Americans with Disabilities Act (ADA) the law of the land.

Along with Rev. Jesse Jackson and Dick Gregory, one of the protest speakers was Lawrence A. Plumlee, representing Support Coalition International. Larry is from SCI Sponsor Group National Capital Area Advocates.

#### Excerpts from Protest Speech by Dr. Plumlee

"I am here to speak on behalf of the grassroots groups that are members of SCI. We thank the disability movement for including us. We especially thank Justin Dart [father of the ADA] for speaking out courageously with us against forced psychiatry. Even those psychiatric survivors who reject being labeled with a diagnosis stand side by side with all those who say we want to be judged by what we can do, not by the prejudices resulting from someone having given us a diagnostic label.

The Supreme Court must answer to the will of the people and affirm the constitutionality of the ADA. We will vote to see an end to such psychiatric oppressions as forced drugging, forced electroshock, solitary confinement and other forced medical interventions. A vast

number of Americans have been given psychiatric diagnoses without proof that they are any more than unhappy, afraid, angry or irrational. We want to see an end to this practice and the damage it does to people's lives by making them feel abnormal or genetically inferior, and leading them to take toxic drugs unnecessarily.

"People used to be institutionalized in buildings, but the institutionalization of the 21st century is forced outpatient drugging—forcing people into chemical prisons. You can't see any bars, but the person is cut off from their feelings and the power feelings generate in their lives, unable to discover their passion and thus to find a way to become who they really are. We need a full range of voluntary, humane alternatives to drugs for people in emotional crisis, and the opportunity to do worthwhile work when our attention refocuses. And those of us who have been psychiatrically diagnosed will be demanding nothing less from those running in next month's elections than the right to decide about our own treatments."

#### Minnesotans ask for "human rights assessment" instead of psych. labels

by Louise Bouta, Well Mind

The Well Mind Association of Minnesota advocates against forced treatment and strives to provide education with regard to the damaging effects of psychiatric drugs. The Association suggests substituting human rights assessments for mental health assessment, pointing out that those being assessed may in fact lack money for pressing physical needs, nutritional food, friends, and positive behavioral support.

The group held a public forum in November 5, 2001 focused on the abuse of civil and human rights in the mental health system. Personal testimonies were followed by evidence from mainstream medical journals that neuroleptic drugs,



including the newer "atypicals," cause psychosis and other very serious physical, mental and emotional problems.

### Issues of concern:

- Media silence about the way the major drug companies have shaped the way American psychiatrists diagnose and treat mental illnesses; media's consistent failure to ask for proof that schizophrenia is a disease or illness, and to question the fact that studies showing brain differences are usually they're done after the person has taken brain-changing psychiatric drugs; and media's lack of recognition that many people fully recover from so-called mental illness.

- The fight against Involuntary Outpatient Commitment laws.

- The urgency of acknowledging that psychiatric drugs don't "correct" anything; they blunt normal brain functioning, and are much less effective and much more dangerous than we're told.

- Why no American psychiatrist has ever had to pay damages for harm resulting from a person being mistakenly diagnosed as mentally ill

- Research findings that psychiatrically labeled people are no more likely than others to commit violence, that the drugs themselves have been linked to sudden violence and that forced psychiatric drugging is itself an act of violence.

- The FDA's failure to look into the psychiatric medications for effectiveness, safety, and appropriateness.

Well Mind members attended 11 court hearings in Fall 2000. The group is fighting for legal reform, and has been officially recognized as a Personal Care Provider Organization, authorized to start a center to teach Independent Living Skills. The members are all low-income people, most of whom have been through the mental health system.

Your group could become a sponsor of Support Coalition International.

Contact the SCI office.

Thank you to SCI members from the people of St. Louis and ECT.ORG for zapping back in the fight for Kathleen Garrett's freedom! (See story on page 8)

## ECT.ORG

SCI members  
ROCK!



ECT.ORG is celebrating its 6th year fighting forced electroshock and is very proud to be one of the many sponsoring organizations of Support Coalition International. Log on to [www.ect.org](http://www.ect.org) for latest campaigns.

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## Missouri Update

by Sybil Noble, Ark of Friends

The Ark of Friends currently has one meeting a month with residents of the largest Boarding Home in KC — Rockhill Manor, and we are really advocating for and with the residents there. We still are having weekly meetings at the Consumer Run Drop-In-Center and are holding one meeting a month in the community. In a ceremony in St. Louis in October 2000, the Governor's Council on Disabilities awarded Ark president Jerry Armstrong the "Advocate of the Year" award for the state of Missouri. On the downside we as advocates are noticing the dramatic increase in the inner city of homeless clients labeled "mentally ill" who are receiving some type of services from the system. This alarms us as people who try our best to help people and yet we see the community mental health centers billing the state for their "services" to these individuals yet they are out on the streets when the weather is at its worst. Also on the downside Jackson County (which includes all of KC Missouri) is planning to start a "mental health court." This will make it easier to hospitalize mental health clients in Kansas City and deprive them of their inherent human rights. NAMI-KC is behind this all the way.



The Sandwich Group of Hawaii protests for human rights of people in the psychiatric system.

## New SCI Michigan Branch Holds Roundtable

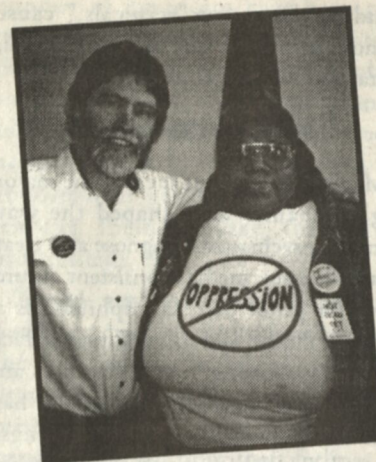
by Ben Hansen, Co-coordinator

Support Coalition / Michigan Branch sponsored a first-ever "Rights Roundtable" in the state capitol on November 9, 2000. Activists and concerned citizens from around the state gathered to discuss a variety of important issues, laying the groundwork for the formation of a new statewide grassroots network that will be a voice for human rights and justice in Michigan's so-called mental health system.

Agreeing that Michigan is a state "at risk" for rights abuse, roundtable participants identified three areas of particular concern:

1. Michigan leads the nation in the number of adults assigned "legal guardians." Despite publicized scandals and numerous incidents of fraud and neglect, the for-profit guardianship industry continues expanding in the state.

2. Michigan ranks third nationwide in the per-capita consumption of Ritalin, and Michigan children take twice as much Ritalin as the national average. A study of Michigan Medicare recipients found that of children under age three labeled with "attention deficit disorder," 60% are medicated, and more than a third are prescribed two or more drugs, such as Prozac, Risperdal, Ritalin, Wellbutrin,



Ben Hansen and Cookie Gant, co-coordinators of Support Coalition/Michigan Branch.

Zyban, etc., in various combinations.

3. Michigan's Mental Health Code, which supposedly guarantees rights and protections to "consumers" is a pathetically weak law, lacking the teeth to enforce its own provisions. For example, the Code clearly prohibits involuntary electroshock, but in a case this year a patient received forced ECT because the hospital and a local judge simply ignored the law. An appeals court finally intervened to halt the forced treatment, but neither the hospital nor the local judge face any sanction for violating the Code.

"There's no doubt about it: we have our work cut out for us," commented Michigan Branch co-coordinator Cookie Gant, who's also a board member of Support Coalition International.

This was a great opportunity to meet others from around the state who share the same concerns. It's important to know that we're not alone. A follow-up roundtable has already been held, and other meetings are planned.





## Hybrid Tree Takes Root, Uniting Nuts and Fruit

by Mark Davis

The Fruit & Nut Bar is a network of bisexual, gay, lesbian, transgender and questioning mental health consumers and psychiatric survivors. The Fruit and Nut Bar is a Sponsor Organization in Support Coalition.

The Fruit & Nut Bar mission statement (adopted on 12/11/92) at the Alternative's '92 Conference in Philadelphia, PA is:

"The Fruit & Nut Bar is an organization of gay males, lesbians, bisexuals, and transgenderists who have a psychiatric history.

"Our focus is to build mutual support among people who have this identity and make the mental health system more responsive to our needs and preferences.

"We desire to build an acceptance and affirmation of people with psychiatric labels in the sexual minority community and, likewise, of sexual minority people in the mental health consumer/survivor community."

The organization has neither funding nor organization structure. People who identify with the above mission statement gather yearly at national, state and local conferences and meetings. There are local groups in some communities. If you would like further information on organizing locally, please feel free to contact me by email <mark.davis@phila.gov>.

I would encourage you to contact Alicia Lucksted who is the author of a monograph on our issues. Funding for this



Miss Altered State (Mark Davis), spoke from the Fruit and Nut Bar, an SCI Sponsor Group.

research project was provided by the Center for Mental Health Services, SAMHSA. The full document has not been authorized by SAMHSA for distribution. The title is *Experience of LGBT People with Serious Mental Illness: Raising Issues*. The report addresses ignorance and homophobia on the part of mental health staff, straight consumers/survivors, and families; it recommends more widespread availability of exclusively LGBT services. A summary of the full report is available.

Write: Alicia Lucksted, PhD Center for Mental Health Services Research; University of Maryland; 722 Hunting Pl.; Baltimore, MD 21229-5389 USA. Email: <aluckste@psych.umaryland.edu> Ph: 410-328-5389.

At Alternatives '99 in Houston, a national consumer consumer/survivor/ex-patient conference, a LGBT consumer/survivor caucus meeting unanimously adopted a resolution.

We urge everyone to carry the below resolution to their local, state, and national mental health agencies, technical assistance centers, government agencies and the planning groups of all meetings. Urge and work for its full implementation:

### "We Resolve and Recommend:

"That increased and significant financial and human resources be dedicated to addressing lesbian, gay, bisexual, and transgender consumer/survivor/ex-patient needs, preferences, perspectives, and other issues in all your programs, conferences, meetings, and policies.

"Specific recommendations include, but are not limited to:

- "• Implementing this resolution in all workshops, presentations, and other content of all conferences and meetings.

- "• Including at least two LGBT people on all planning committees, advisory committees, P&A's, and advisory and decisional Boards.

- "• Creating other types of representation in keeping with the estimated 10% of people who identify as lesbian, gay, bisexual and/or transgender.

- "• Following other suggestions and recommendations included in *Experiences of LGBT People with Serious Mental Illnesses: Raising Issues*."

## • Speaking Engagements • Workshops

**David Oaks**, editor of *MindFreedom Journal* and Director of Support Coalition International, has presented to appreciative audiences in the USA, Canada, Europe and South America.

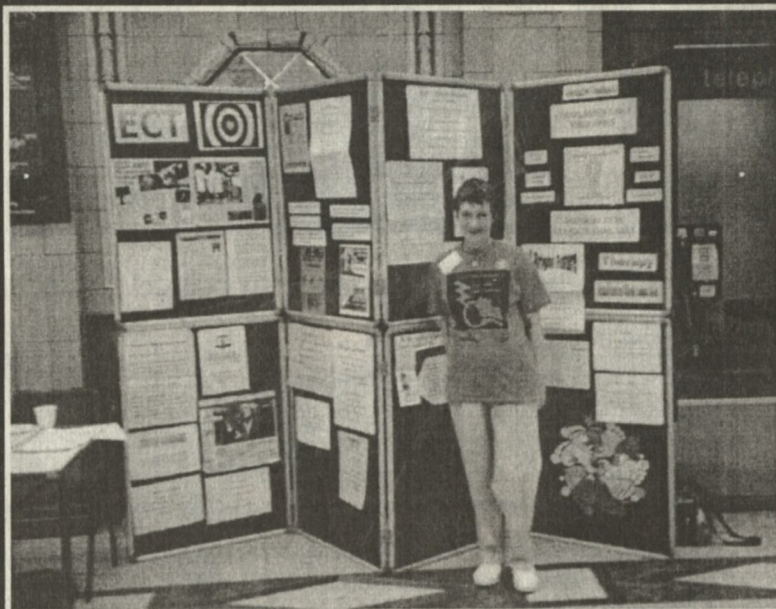


David Oaks has 25 years experience as a psychiatric survivor human rights activist.

- Topics may include:
- The international psychiatric survivors movement.
  - Community organizing for independent systems change.
  - The rise of forced psychiatric drugging: A call to resist!
  - Globalization of corporate psychiatric human rights violations.

For more info, contact Support Coalition International.  
Phone: (541) 345-9106. E-mail: oaks@MindFreedom.org





## New Zealand Update

Above, Anna de Jonge poses with an anti-shock exhibit created by Patients Rights Advocacy Waikato Inc. of New Zealand. PRAW has collected 3000 signatures against forced drugging and shock. The petition has been accepted by the New Zealand House of Representatives and has been sent to the Health Select Committee

## Welcome Aboard, WSO!

We Shall Overcome from Norway, one of the longest-running psychiatric survivor liberation organizations in the world (founded in 1968), has joined SCI. Meanwhile, in another piece of good news, WSO member Werner has been released from a Norwegian psychiatric facility. SCI members were involved in an e-mail campaign to Norwegian officials demanding his release.



## New Survivor Groups in Bosnia and Herzegovina

Rea Maglajlic <rea@bih.net.ba> is a Support Coalition member and community organizer from the UK who is now living in Bosnia and Herzegovina. Rea is helping psychiatric survivors in these Eastern European countries to start new groups named *Fenix* and *Vita*. SCI is inviting these new groups to join as sponsoring organizations.

It's been uphill to start the new groups, but Rea's done a good job. Rea had to work hard to persuade day hospital officials — who first started *Vita* — to let members set the agenda for what the group would do. Rea was successful, and *Vita* has since moved out of the day hospital. She has translated the below first-hand reports which were written by group participants:

Report from Fenix & Vita:

The Fenix Association and Vita — the Citizens' Association for Better Living — were both founded in the first months of 2000. Both groups aim to improve the quality of life, and raise the standard of living of people labeled "mentally ill," as well as providing mutual aid.

Fenix is establishing a regional users' network to change public opinion about survivors and network with similar organizations at home and abroad. They also want to develop alternative ways to live through crisis, evaluate the work of relevant medical and social institutions and take part in forming mental health policies.

Vita plans to provide education to help members find employment and to offer financial, social and legal services. Other activities include participation in an arts group, a music group, a chess group, etc. They are organizing seminars, presentations, workshops and discussion groups.

## Brazil Radio Project Part of New Sponsor Group

Perhaps you've heard of radio stations and programs in South America which are run entirely by psychiatric survivors. Well, one of them is the Radio Project in Brazil. This is one of the activities of a sponsor group in Support Coalition International. The Radio Project is famous for their name and motto: "The Revolution FM ... the radio which is crazy about you." This is a way for people with psychiatric labels to express themselves, and for a curious local people to get to know people in the system as human beings.

The Radio Project is conducted as a partnership with the Rio de Janeiro umbrella group, Mental Health Community Center, explained Annibal Coelho de Amorim, M.D., the liaison to SCI.



# In Memoriam...



## Tracy Boldt

Tracy Boldt, age 53, passed away on May 22, 2000.

Tracy was a leader in Cordial Unlimited Inc., an SCI sponsor group. Tracy was always trying to help people, and served on numerous boards. Tracy had uniquely creative ways of finding means for herself and her peers. People can purchase Cordial's State of Wisconsin Regional Areas Resource Guide for a donation of at least \$10. Tracy's autobiography is included in this 40-page guide. Send to: Cordial Unlimited Inc.; 7 Old Buck Court; Baraboo, WI 53913.



## Rob McCay

January 7, 1947 to  
January 6, 2001

by David Oaks, SCI Director

A personal friend and long-time member of Support Coalition, Rob McCay, died suddenly of a heart attack in his Creswell, Oregon home the day before what would have been his 54th birthday. Rob was one of the longest term members of Support Coalition, even going back to a preceding project, Clearinghouse on Human Rights in Psychiatry. Rob's major financial donations over the years helped build Support Coalition, and publish SCI's newsjournal. More than that though for me, Rob was a friend who loved to talk about all the philosophy and politics of the world. His steadfast support and intelligent good humor will be sorely missed by all. This issue of the newsjournal is dedicated to Rob's memory.

## Rae Unzicker — Psychiatric Survivor, Human Rights Leader

August 20, 1948 to March 22, 2001

by Justin Dart



Rae with Justin Dart

Rae Unzicker, 52, died on March 22nd at her home in Sioux Falls, South Dakota. Rae was one of the world's leading advocates for the civil rights of people with psychiatric disabilities. She was an adamant pioneer of the self-evident truth that people with psychiatric disabilities have the same rights as other people to exercise free choice about how and where they will live and how and where they will receive treatment, if any. That they must not be involuntarily imprisoned in institutions, nursing homes, group homes, back rooms, or any other places. That they must not be subjected to forced drugging or forced treatment of any kind. Over the years Rae advocated in forty-three states and several foreign countries. She authored numerous articles and appeared on prime time national television many times.

In 1995 President Clinton appointed her to the National Council Disabilities. It is my impression that she was the first — certainly one of the first — outspoken advocates for the civil rights of people with psychiatric disabilities ever to receive a major Presidential appointment.

Rae's crowning achievement was her promoting and editing of the National Council's landmark manifesto, *From Privileges to Rights: People Labeled with Psychiatric Disabilities Speaking For Themselves*. This was perhaps the first formal statement by any nation supporting the rights of people with psychiatric disabilities to exercise free choice in their all aspects of their lives.

It was my privilege to know Rae and to work closely with her for more than a decade. She was a brilliant person and a passionate, articulate supporter of her principles. She was full of love for all with whom she came in contact. I was profoundly moved by her epic courage. The monumental accomplishments of her last several years were made in the face of continuous, excruciating pain from terminal cancer.

Rae Unzicker was truly a great soldier of justice, a great American pioneer patriot.

Let us unite to honor Rae Unzicker by rededicating ourselves to the kind of passionate, courageous advocacy for justice for all that she exemplified.

Rae, we miss you, We love you, Lead on.

Justin and Yoshiko Dart

Shortly before her death, Rae expressed some of her last wishes to Support Coalition International for the psychiatric survivors movement. Rae felt it was especially important that the movement work closely with the National Council on Disability to follow up on enforcement of their historic report described above by Justin. You can view the report by going to [www.ncd.gov](http://www.ncd.gov) and putting "Privileges to Rights" in their search engine. For your own free bound copy fax NCD at (202) 272-2022. Or write: NCD; 1331 "F" St., NW, Suite 1050; Washington, DC 20004, USA.



edited by Bonnie Schell

# Poetic Justice

**Locking Up the Vulnerable:**  
"abuse of a collective power over a singular soul."

How can the people  
Who say they love me,  
Do this to me?

In the 50's bad boys and girls went to reform school — now they go to wilderness boot camps for behavior modifications. If there is an emotional component they go to hospitals for restraints and psychotropic drugs prescribed for life. An emotional component might be evidenced by withdrawal, illicit drug use, defiance and ill temper, failing grades, thinking about God, monsters, the origin of the universe, excessive poetry writing, drawing, singing, imaginative lying, computing. The child who realizes he or she thinks differently from peers decides to tell the parent in the ultimate act of trust, seeking validation. And the parent, all too often instead of celebrating and supporting that difference, takes the child to a psychiatrist.

What is happening from the child's point of view? The child's favorite Grandmother is sick and no one wants her around. Grandfather died and no one told the child. The child comes home from school and is introduced to a new mother. Mother is drinking and the child is not supposed to say anything. An older sibling or a parent commits suicide and no one talks about it. Father has a girl friend and the child knows. Father or brother is having sexual relations with the child and the child is terrified and ashamed. The child hides from alcoholic rages and abuse in the home. (The American Bar Association estimates that 87 percent of children in homes where domestic violence occurs witness the abuse.) The screaming and yelling and accusing and blaming that happens in the house starts to happen inside the child's head. What the family says about themselves to society is blatantly untrue in the child's eyes. The child's interests in drawing, religion, inventing things, designing and wearing unique attire, are made the objects of ridicule. As Clover describes in her poem, every baby is dependent on its parents and "naively vulnerable." What would prevent a baby from stretching to full human potential are frequently the germs of fear and shame, which manifest as dis-ease.

## The Eternal Mortal Prologue by Clover

Earth is the home of the human and the earth is God's world  
On earth the divinity of love and truth  
Is created into human form  
An eternal spirit  
Quickens a physical body into mortal life  
On earth a child is born  
A child of God and a child of man

Born equally worthy but unequally provided  
Fully dependent and naively vulnerable  
Susceptible to the germs of fear and its mutant forms  
Babies set out on the journey to fulfill the human potential  
Of serving God by serving others as oneself  
Earth is the home of the human stretching and flaring  
Amid the rising and the setting of the sun



Carl White trusted his mother to be helping him when she took him to a Doctor. His mother trusted the doctor and abandoned Carl to treatment that he remembers as only being harmful.

"60 DAYS" by Carl White, Santa Cruz, CA

When I walked into his office,  
I thought it was for a visit,  
to discuss what  
I didn't understand,  
like scary dreams  
and the voices  
inside my  
head.

Mama told me,  
"Son, tell the truth. The Doctor  
only wants to help.  
Don't worry I'll  
be here to hold your  
hand, if you  
should be  
afraid."

The Doctor said,  
"Please sit down,  
and tell me what's going on?"  
So I told him all about my dreams  
of monsters chasing me,  
and the voices in my  
head.

Then the Doctor asked me  
to step outside and watch T V.  
So he and my mom could  
talk about the things I had to say,  
and I went out and watched cartoons  
on the T V  
set.

Then the Doctor  
opened up the door and said,

"Carl come back in and have a seat,  
there's something you should know.  
We've decided, your mom and I,  
to keep you here for a  
while.

"Now don't be afraid.  
It's quite nice here.  
There're other boys and girls  
for you to play with.  
So lets take you to your ward  
and get you settled  
down."

So my mommy took my hand  
and down the corridor we went,  
to a big white door,  
which the Doctor unlocked with  
a large brass key,  
and together  
we went  
in.

There were children everywhere.  
But none said hello to me.  
They all just sat in  
chairs staring at the walls,  
shaking their little  
heads.

A Nurse in a white uniform  
came up to us and said,  
"Lets get you settled in."  
And took me by my other  
hand to take me to my room.  
But I wouldn't let go  
of Mama's hand, so a  
tug of war  
began.

When finally we were apart  
the Doctor said,



"Mrs. White I think  
it's time for you to go.  
It's better if you let us handle this."  
And mommy left me crying  
"I want to go  
home."

Then the nurse said,  
"Enough of this, now follow me  
and do as you are told."  
She took me to another door,  
and unlocked it with a key.  
"This will be your room the rest  
of the time you are here.  
You'll make your bed every day,  
or we will  
lock you  
in."

You'll take your pills  
as the Doctor prescribes,  
and go to every group.  
If you act out,  
we'll tie you  
to your  
bed.

Now lets go out  
and meet the rest of  
the boys and girls,  
and then you  
can have some lunch.  
Remember there's  
no crying here,  
it just upsets the  
rest.

Every things all mixed and jumbled up  
from pills I had to take.  
Mama came to see me once ,  
but the Doctor said no more.  
Because I cried and screamed  
at her to get me  
out of  
there.

Well I'm 48 and looking back,  
and I've yet to figure out,  
exactly what they did except  
scare the shit out of  
me.

On the surface Carl's poem is simplistic, child-like. Carl's even tempered and paced account of his childhood incarceration in simple phrases, arranged in a formal pattern, serves to emphasize the child's mind going over the facts again and again, but finding no reason for adult behavior. The brass key that unlocks the big white door with the nurse in white is not to anything beneficial but an experience that planted mistrust and fear in the heart of a child still with him as an adult.

---

One of Creative Arts Consortium's major poets and teachers, now deceased, Carolyn Fijalek, calls Government men agents of the Surrogate Mother, much as the mental health system claims in *loco parentis*. Carolyn's work was complex, modern, and a unique voice. Here is the second stanza of Surrogate Mother:

Surrogate Mother came down from the skies, the universe,  
Inquiring about her G-Men. Her Government men.

She often passes the role of Surrogate Mother on to others,  
Only to appear to reclaim it.  
Tell her to leave my home.

I am not surrogate Mother. I am a mere person.

Not supernatural.  
The magic lady is, and she is not, welcome here.  
She tried to steal my body.

"Don't make such an issue over this Surrogate Mother role," a man's voice said one day, as I walked down the street.

Later someone made an inquiry, even to Scotland Yard.

Code name Baby.

Code name Mother.

Like the Avengers, Surrogate Mother.

(From "Me and My Miracles: work of the CAC Border Voices Poets," ed. James Eret, 1995)

---

The myth of the Return to parental arms and forgiveness and acceptance is a strong one. The Christian Bible's story is about the Prodigal Son. But the longing is not specific to gender. The child-adult always feels responsible for the abandonment. In the myth it is the powerful Adult who runs to the Child.

The Prodigal Daughter  
by Rebecca Stevenson

I was a child of wrath  
Fully deserving of the greatest of punishments  
From God above  
Sitting in my filth  
Filled with pride, anger, pain, fear  
Twisted and ugly beyond measure  
In my sin  
But afar off  
My Lord saw me  
And in His compassion, took pity on me  
And ran to me  
He tenderly embraced me  
Like the father  
Of the prodigal son  
He announced: "There is dancing in Heaven  
The fatted calf is prepared  
Let us celebrate  
She is home."

Joanna Freeman Bragen in "Self-Sufficient," published in *Street Spirit* (June, 2000, p. 15) describes being left by her mom to be an adult in the mental health system:

I've been in the system for 10 years  
It did not teach me  
To take care of myself  
I was told  
Where to go  
When to wake up  
What to eat  
What to think of myself

---

DeMann's tribute to Kathleen O'Regan who had been at Highland Hospital in Oakland, CA so long that she couldn't leave when she finally had the opportunity, describes the awful sameness of wrecked ghostly lives. Kathleen was paralyzed at age 18 by an experimental drug and gradually her family had fallen away.

For Kathleen O'Regan  
by Jeffrey DeMann

And in the end nothing  
has been gained or changed  
merely the strenuous understatement  
of laundry heaped on the floor  
bills needing to be paid  
while the pain of wrecked lives  
and official indifference  
continue to wheel down dark  
corridors beyond understanding  
moments merged together in a vacant  
ocean of shuffling feet, ghostly echoes.

Why this ache?  
This emptiness that cannot be filled?  
Because one child may be spared  
We have no choice; we are the choice!  
We have traveled too far to return.

The heart beats.  
The catheter empties.  
Beautiful Kathleen prays.  
Homecoming queen on wheels.  
And the rain cries in the morning.  
And everything but evening has been eclipsed.

The next theme is electroshock. Poets are invited to send their hardcopy and/or e-mail meditations and lyrics on this subject to Bonnie Schell, Poetic Justice editor, 310 Walnut Ave., Santa Cruz, CA 95060. [Bonniebelle@ix.netcom.com](mailto:Bonniebelle@ix.netcom.com). Bonnie manages a Drop-In Center and will not have time to acknowledge your work or correspond, but will read and take care of your words.



## MEDIA WATCH

With Corporate media acting as cheerleader for other big corporations – such as the pharmaceutical industry – the movement for rights in the “mental health system” needs its own media. Here’s a sampling of newsletters from a few of Support Coalition Sponsor Groups. When asking for a sample, these non-profit groups appreciate a donation. For contact information on these groups, see the SCI directory at the end of this issue.

**The Advocate** (UK Advocacy Network – UKAN). Thoughtful and interesting magazine. UKAN is the largest alliance of projects run by users of the “mental health system” in the UK. August 2000: UKAN response to the new Mental Health Act, First National Conference for Survivor Workers, Advocacy and self-harm, neuroleptics and TD. The latter article makes the interesting point that neuroleptic drugs were originally developed from a compound used as an insecticide. November 2000: Proposals made at UKAN’s 2000 AGM, peer advocacy, making UKAN truly multicultural, white people as allies to Black people, the *Disability Discrimination Act* at work, “Shock Horror Silence” (an anti-ECT article); SCI member Mark Roberts on mental health law reforms.

**The Altered State** (Altered States of the Arts) poems, prose and visual art by psychiatric survivors. High-quality work, beautifully presented.

**The Ark “Ebbs and Tide’s”** (the Ark of Friends of Greater Kansas City). A great read, mainly about Missouri area news. April 2000: outpatient commitment protests, bad behavior on the part of the Statewide Consumer Network.

**Asylum: The Magazine for Democratic Psychiatry.** (*Psychology Politics Resistance*). This gorgeous glossy publication strives to present a democratic exchange of views on issues related to mental health services. Autumn 2000: Challenging vested interests through the media; recent advances in understanding psychotic experiences; ECT,

suicide and mortality; the myth of mental health; schizophrenia and the emperor’s (not so) new clothes; psychiatric imperialism – the medicalization of modern living; behavioral therapy from hell; a summary of articles in the Spanish antipsychiatry magazine *El Rayo que no Cesa* (the light which never ceases); SCI member Mark Roberts on the June 7, 2000, lobby to inform members of parliament about people’s views on proposed mental health reforms (see UKAN Report, Sponsoring Groups). *Asylum* is now a cooperative project with Psychology Politics and Resistance, an SCI Sponsor Group. But for information specifically about the publication *Asylum* itself contact: Stella Thomas (subscriptions and administration), Lane Head Farm Cottage, Heptonstall, Hebden Bridge, West Yorkshire HX7 7PB, UK.

Email: <RStellaThomas@aol.com>.

### THE LATEST CAMPUS FAD...



### ..... AUTOELECTROSHOCK

**The Bulletin** (Vancouver/Richmond Mental Health Network Society). Summer 2000: Review of *Towards Empathy*, a manual for transition house staff working with psychiatrized women, by Gisela Sartori (of SCI member group the Second Opinion Society).

Cordial Unlimited, Inc. (CUI) is a consumer-run, non-profit organization whose purpose is to educate consumers and service providers so that they can do better. Since its founding in 1996, CUI has produced: *The Stress Kit Workbook*, *The ADA*, *Gaining Access: Financial Benefits for the Disabled and Managed Care*. Currently in progress are several State of

Wisconsin regional area resource guides. Contact: CUI, 7 Old Buck Court, Baraboo, WI 53913-9773. Phone: (608) 254-5468. Email: [MrJPGallagher@aol.com](mailto:MrJPGallagher@aol.com).

**ICSPP News** (International Center for Psychiatry and Psychology). Full of interesting developments in the fight against coercive, biological psychiatry. Spring/Summer 2000: critical analysis of a major National Institute for Mental Health AD/HD study, multimillion court award in TD lawsuit.

**Labyrinth** (MC Video Productions). Mainly focused on Madison, Wisconsin area issues but also covers a variety of national issues and contains articles of interest to everyone. Summer 2000: Psychiatric survivors’ meeting with Al Gore’s staff in the White House. Fall 2000: Consumer/survivor subcommittee at the Center for Mental Health Services. Winter 2000: David Oaks and Kathleen Crowley at the 2000 Wisconsin Mental Health Consumer Conference, Gayle Bluebird on using the arts to recover mental health, PressForward Publishing House (a consumer-run publisher), highlights of MC Video’s year.

**Mad Lib:** Good things come in small packages. Mad Lib has timely info sheets printed on brightly colored paper. Short and to the point, they provide facts on psychiatric oppression, questioning the idea of “mental illness,” the harm done by forced treatment, IOC and neuroleptics, psychiatry’s war on kids.

**Mouth** is a *Voice of the Disability Nation*. Edited by Lucy Gwin, this is one of the most hard-hitting, all-encompassing, radical, humorous, no-compromise, and frequent disability magazines in the world. Professionally laid out and generously sprinkled with brilliant cartoons.

**Prison Activist Resource Center (PARC) Newsletter.** PARC corresponds with prisoners – sending them information and publicizing their voices – and is committed to exposing the institutionalized racism of the criminal justice system. Fall 2000 Update: SPAN – the Student Prison Activist Network; Resource Directory notice; prisoners’ rights protests and other activities; listing of educational materials on the death penalty; prison profits and the criminalization of youth.



**The Rights Tenet** (National Association for Rights Protection and Advocacy – NARPA). Required reading. A NARPA membership is \$35, or \$25 for those with incomes under \$7,500 per year. Spring/Summer 2000: Kids and psychiatric drugs, the need for more cultural diversity in the movement. Fall/Winter 2000: The NARPA 2000 conference, New York's IOC challenge.

**Street Spirit**, November, 2000, a publication of the American Friends Service Committee, has a fiery series of articles summing up recent history, including: "One Death too Many at East Bay Hospital" that details the patterns of torture at the hospital in Richmond, CA. "Poetic Justice Breaks Down the Walls," which celebrates the victory of Street Spirit and patients' rights advocates, whom after a 15-month campaign closed down the East Bay Hospital, the largest psychiatric hospital in Contra Costa County.

**Welfare Mothers Voice** (Welfare Warriors). "A paper by, for and about mothers in poverty." Excellent news coverage and commentary, including an article or two in most issues skewering the psychiatric system. While it has a Wisconsin focus, this is a full-sized newspaper that is packed with resistance news of interest to all low income people.



Welfare Warriors protest

## 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 and orthomolecular doctors.

5 Survivor 'tools' • progress forms • symptom checklist

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.

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."

Psychologist Al Seibert, 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 survivor stories]

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



[www.antipsychiatry.org](http://www.antipsychiatry.org)

- Mental Patient's Liberation: Why? How?
- Does Mental Illness Exist? \*
- Schizophrenia: A Nonexistent Disease \*
- The Myth of Biological Depression
- Psychiatric Drugs: Cure or Quackery? \*
- Psychiatry's Electroconvulsive Shock Treatment: A Crime Against Humanity \*
- The Case Against Psychotherapy \*
- Unjustified Psychiatric Commitment \*
- Is Involuntary Commitment for a violation of Substantive Due Process?
- Why Psychiatry Should Be Abolished as a Medical Specialty
- Suicide: A Civil Right
- Psychiatric Stigma Follows You Wherever You Go For the Rest of Your Life \*
- Current Antipsychiatry News

The seven phamlets indicated by an asterisk (\*) are available by mail by sending a self-addressed envelope with 55 cents of postage affixed and a donation of \$1 or more to Antipsychiatry Coalition; P.O. Box 1253; Topeka, Kansas 66601.



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• Support Coalition's web site has a list of many relevant links, including to sponsor groups, [www.MindFreedom.org](http://www.MindFreedom.org)

• John Breeding, author of *The Wildest Colts Make the Best Horses*, just churned out an "e-book" called *The Necessity of Madness and Unproductivity: Psychiatric Oppression or Human Transformation*. Interested? More information at [www.wildestcolts.com](http://www.wildestcolts.com).

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• National Empowerment Center has dozens of audiotapes on recovery, advocacy and the mental health consumer/psychiatric survivor movement available for only \$1 to \$3. Call 1-800-POWER2U, TTY: 1-800-TTYPOWER.

• Member Dennis Nester has some 90-minute audio cassette tapes for \$5 each, like *Psychiatry and the Holocaust*, a speech by Dr. Peter Breggin in 1988. For a complete list of what Dennis has to offer you, call (602) 494-9361 or email [<theroyprocess@home.com>](mailto:<theroyprocess@home.com>).

## 

• Member Thomas Greening has edited the quarterly *Journal of Humanistic Psychology* for 30 years. The Winter 2000 issue features the latest papers by some heroes and heroines such

as Al Siebert on non-diagnostic listening, John Breeding on electroshock, and David Cohen and David Jacobs on drug informed consent. Integrates theory, research and application. \$19. To order call 805-499-9774.

• *In a Nutshell* (Mental Patients Association). Lots of extremely thorough book reviews of new antipsychiatry books. Summer 2000: Controversial issues such as masochism and therapeutic use of psychedelic drugs. Autumn 2000: Review of *Your Drug May Be Your Problem*, by Peter Breggin and David Cohen; several insightful articles about poverty, including Just Enough for a Big Mac (a fine criticism of religious hypocrisy). Contact: MPA, 202 - 1675 W. 4<sup>th</sup> Ave., Vancouver BC V6J 1L8 Canada. Ph: (604) 738-2811.

• *Our Voice/Notre Voix* is a cleanly published magazine by and for clients of the psychiatric system, with almost all text in both French and English. March 2001: This 52-pager began with a plea by editor Eugene LeBlanc that the system open its ears to hear that it is oppressive. While several articles use "mental illness" terminology, it's still powerful. Stephen Stiles challenges the system's empty promise of "consumer partnership." Other articles include commentary, poetry, and suggestions about alternatives. Write: Our Voice/Notre Voix; PO Box 29004; Moncton, NB E1G 4R3 Canada.

• *National Empowerment Newsletter* (National Empowerment Center). "Dedicated to promoting recovery, empowerment, hope

and healing." Summer/Fall 2000: PACE: Personal Assistance in Community Existence - an empowering alternative to PACT, the coercive Program of Assertive community Treatment). Contact: NEC Inc., 599 Canal St., Lawrence, MA 01840. Call 1-800-POWER2U, TTY: 1-800-TTYPOWER.

• *Western Union* (National Empowerment Center on the West Coast). Summer 2000: A definition of empowerment; "client culture" - how we can empower each other. Contact: NEC-WEST, c/o ILRC, 649 Mission St., 3<sup>rd</sup> Floor, San Francisco, CA 94105. Email: [necwest@earthlink.com](mailto:necwest@earthlink.com)

• *Over the Rainbow* (Mobility International USA - MIUSA). Quarterly newsletter laying out opportunities for people with disabilities to travel internationally as exchange students; disability rights training. Also, the National Clearinghouse on Disability and Exchange - a collaborative effort between MIUSA, the Bureau of Educational and Cultural Affairs and 17 international exchange and disability-related organizations - offers books and videos on related subjects. To get the low-down, write MIUSA; Box 10767; Eugene, OR 97440. Call TDD: 541-343-1289, email [info@miusa.org](mailto:info@miusa.org), or log on to [www.miusa.org](http://www.miusa.org).

• *The Key* (National Mental Health Consumers' Self-Help Clearinghouse). Summer 2000: Proceedings of Summit 2000, the second National Summit of Mental Health Consumers and Survivors. Contact: 1211 Chestnut St, Suite 1000, Philadelphia, PA 19107. Ph: 1-800-553-4539 or (215) 751-

1810. TTY: (215) 751-9655. Email: [thekey@delphi.com](mailto:thekey@delphi.com).

• *The Disability Tribune* (DAA, International Disability and Human Rights Network). June/July 2000: Launching of the Global Rights Campaign, to inform the European Union and the United Nations of abuses of the human rights of people with disabilities; UN Standard rules in the Equalization of Opportunities for Persons with Disabilities. Contact: DAA, 11 Belgrave Rd., London, UK SW1V 1RB. Ph: 44(0) 20 7834 0477. Email [<info@daa.org.uk>](mailto:<info@daa.org.uk>), web: [www.daa.org.uk](http://www.daa.org.uk).

• *The Consumer Network News*, published by Consumer Network of Hamilton County, Ohio. September 2000: Kathleen Garrett, the 66-year-old saved from continued forced ECT by an SCI MindFreedom Dendrite email campaign led by SCI member Juli Lawrence. November 2000: Recent Ohio Supreme Court ruling giving doctors greater power to force-drug patients; "Blueprints for Building Self-Esteem." Contact: TCN, 2601 Melrose Ave #105, Cincinnati, OH 45206. Email [<chasemartin@mindspring.com>](mailto:<chasemartin@mindspring.com>).

• *The Cutting Edge: A Newsletter for Women Living with Self-Inflicted Violence*. Winter-Summer 2000: A 10-year retrospective by editor Ruta Mazelis; book reviews; art, poetry and personal accounts. Strongly antipsychiatry. Contact: Box 20819, Cleveland, OH 44120. Email: [utamaz@eohio.net](mailto:<utamaz@eohio.net) Rutamaz@eohio.net>.



• *Madwomen* (Liverpool Women's Mental Health Forum). A well-designed and powerful publication for women with an interest in mental health. Summer 2000: dealing with voices, the importance of anger, the Fat Woman's Statement. Contact: • *Madwomen*, c/o Room 14, 60 Duke St., Liverpool, UK L1 5AA. Ph: 0151-707-4308. Email: <madwomen@btinternet.com>.

• *Buffalo Chip*. Spring 2000: Corruption and racism in the prison system. Lawsuits and criminal charges against police

abusing prisoners. Prison health care. Contact: Nebraskans for Justice, 1314 S. 9<sup>th</sup> St., Omaha, NE 68108.

• *Fine Point* (Hyperactivity Helpline Inc.) Second Quarter 2000: What is called AD/HD can be caused by poor diet, food allergies and additive sensitivities. Contact Box 10005, Alexandria, VA 22310. 703-524-5561. www.hhi.org.

• *Southwark Mind Newsletter*. June 2000: Needle-in-the-bum psychiatry, Mad Pride book launch, rational voice-hearing,

Suicide Bridge vigil. Contact: Cambridge House, 131 Camberwell Rd. London, UK. 020-7701-8535.

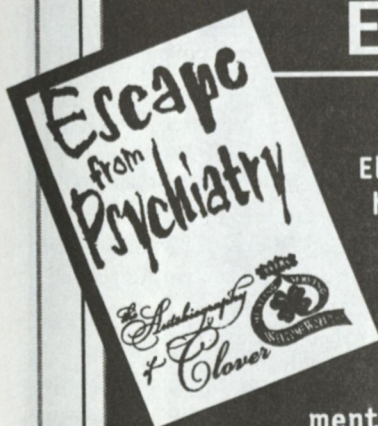
• The Survivors of Mental Health Services in West Suffolk, England, have a jam packed new zine, *The Survivor*, with poetry, the latest info on their survivor-run Monday Club, the politics of electroshock and a recipe for a steamy lentil loaf. For a copy, write to Room 3, First Floor, North Wing; St. Edmunds House; Lower Baxter St.; Bury St. Edmunds; Suffolk IP33 1ET; England.

## Papers, Reports, Pamphlets

• *Coocooloco: An anthology of creative writings from the so-called "mentally ill," the Lower East Side and beyond*, edited by Casandra Stark Mele. This collection of creative work can help the "outside" world understand the lives and emotions of people who have been labeled "emotionally ill," "crazy," "insane," "delusional," "depressed," etc." Contact: CS Mele, Community Access, 30 Cooper Square, 2<sup>nd</sup> Floor, New York City, NY 10012.

# ESCAPE FROM PSYCHIATRY

## The Autobiography of Clover



Eloquently styled and highly crafted, this candid autobiography follows a sensitive child's lack of nurturing into the intensified syndrome of naivete and fear called mental illness. Psychiatry's contemptuous, brutal, brain-crippling treatment with electricity and drugs shrunk the author down into homicidal and suicidal

terror, rage, and despair.

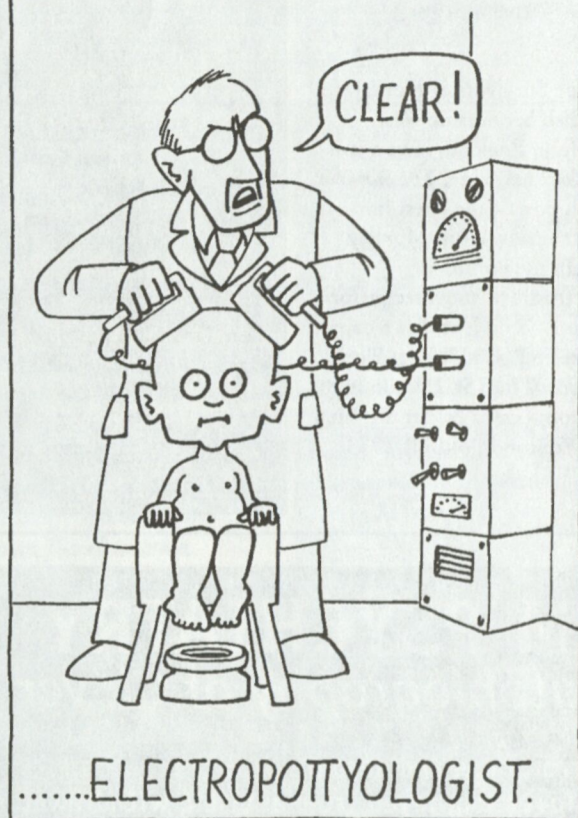
Clover journeyed from autistic withdrawal in childhood, through paranoid schizophrenia in her 31 years of psychiatric abuse to the well-being self-discipline taught by people of love and wisdom. Clover's story of survival removes the mystery from the cause and cure of mental illness. Clover's triumph over the devastation of psychiatry is an OPENING DOOR OF HOPE, JOY, LOVE, AND LIFE FOR ALL.

For ordering information, turn to page 30 of the Mad Market

*Escape From Psychiatry* is a very powerful story! I am awed by Clover's strength and courage in being able to recall and relive all of her experiences of psychiatric abuse in order to write about what she went through. Her story is very important because it shows how the core of so-called "schizophrenia" often traces back to feeling desperate for love and yet very afraid of it. Mostly, however, her story documents how the pessimistic expectations that psychiatrists have for people who are extreme mental cases can become self-fulfilling prophecies for people who remain trapped as "patients" in the "mental health" system. When Clover found different people who gave her kindness, love and hope, she recovered and healed. This is the kind of story that most psychiatrists can't stand hearing about because it shows how they contribute to the very conditions they claim they are trying to cure, and it shows that their beliefs about "chronic mental cases" can be totally wrong.



DR. MORTON TINKELMAN .....



SHCHAMBERS

• *Retrospective Review of the Mental Health Consumer/Survivor Movement and 13 Federally Funded Consumer/Survivor-Operated Service Programs in the 1980s* sums up just that: what we've been up to. If you're interested, contact the Substance Abuse and Mental Health Services Administration, and ask for the Mental Health Services Consumer Information Series, Volume 1.  
Email: <info@samhsa.gov>

• *The National Mental Health Consumers' Self-Help Clearinghouse's System Advocacy Guide* is now available. A tool for clients to start changing "the

system." To get a copy, call 800-553-4539, or email <lto:info@mhselphelp.org> info@mhselphelp.org>.

• Want to get your hands on *Mental Health Issues in the Workplace: How the Americans with Disabilities Act Protects You Against Employment Discrimination?* Copies cost \$15. Matrix Research Institute; 100 North 17<sup>th</sup> St., 10<sup>th</sup> floor; Robert Morris Building; Philadelphia, PA 19103; or call 215-569-2240.

• *Three Years of Antipsychiatric Practice at the Berlin Runaway House*, by Iris Holling. Describes daily life in an explicitly antipsychiatric institution, where people can live without psychiatric

diagnoses or drugs and regain control over their lives. Opened in 1996, the house, an SCI sponsor group, is one of the most exciting achievements of the international movement. At least 50% of staff must be psychiatric survivors. Residents are assisted in psychiatric drug withdrawal as well as with financial, social, educational and vocational issues. All files are written in cooperation with residents and totally accessible to the person they're about, and residents decide which staff members they want to work with closely. "Most residents," writes Iris, "are amazed when asked about their wishes and experiences." Published in *Changes - An International Journal of Psychology and Psychotherapy* (England), Vol. 17 (1999), No. 4 (Winter), pp. 278-288.

• *Psychiatry and its Critics: An Invitation to Dialogue*, by Ron Leifer, MD. Published in September 2000. A brilliant critique of the medical model. Includes sections on the repression of critics and dissenters by "medical-coercive" (mainstream) psychiatry; the medical model as an ideology which justifies covert social control; psychiatric abuse, coercion, force and fraud in the name of mental health; the making and marketing of false claims; collusion with drug companies and the insurance industry; the erosion of personal responsibility; and the repression and constriction of human consciousness. Contact: Ron Leifer, 215 North Cayuga St., Ithaca, NY 14850. Ph: (607) 272-7334. Email: <ronleifer@aol.com>.

• *Benzodiazepines: How They Work and How to Withdraw* — Medical research information from a benzodiazepine withdrawal clinic, by Prof. C. Heather Ashton, DM, FRCP in England. It is 47 pages long and was published Oct. 20, 2000. \$20 USD. USA e-mail <gcburns55@aol.com> and in Canada e-mail <rmb@intergate.ca>.

## Books

• *The Power of Procovery in Healing Mental Illness and The Day Room* describe Kathleen Crowley's newest lease on life: self-recovery with a proactive attitude. Books available through [www.procovery.com](http://www.procovery.com).

• *Healing the Trauma of Abuse* workbook and *The Winning Against Relapse Program* tape co-authored by Mary Ellen Copeland, M.A., M.S., aim to help guide survivors to get on, and stay on, their feet — on their own. For copies, [www.newharbinger.com](http://www.newharbinger.com).

• Member Nancy Harris's *Mental Illness — Heal Yourself*, could jumpstart the healer in you, from a Christian perspective. Call (541)-683-0671 or e-mail: <bbspublishing@earthlink.net>.

• *Random House Webster's Wit & Humor Quotationary* by electroshock survivor/activist and SCI member Leonard Roy Frank: More than 5,000 of the wittiest lines of all time. A sequel to *Random House Webster's Quotationary*, also by Leonard (famous quotations arranged by subject for easy reference). Contact Random House or a public library near you and demand they carry a



copy. Watch for lots of quotes skewering psychiatry!

- *Remembrance of Patients Past: Patient Life at the Toronto Hospital for the Insane, 1870-1940* by historian and psychiatric survivor/activist Geoffrey Reaume, Ph.D. Stories of those who lived and died at this notorious institution. Much more than a document of patient abuse and tedium of hospital life; commemorates men and women whose courage and imagination in the face of impossible odds let them work hard at institutional jobs and form meaningful relationships with other patients and staff. For more info, contact Oxford University Press, 416-441-2941 or <mackinnj@oupca.com>.

- Beryl Abdullah Khabeer expresses being a Black female in the tumultuous 60's, and how her experience led to being labeled with virtually everything in *He Calls Me by the Thunder*. Explores western empiricism as the reason her religious beliefs are viewed as mentally sick. For a copy, send \$12.25 to ROOTS Activity Learning Center; 6222 North Capitol Hill NW; Washington, D.C. 20011. Beryl makes great *Psychiatric Survivor: Liberated from Intervention* certificates for people.

- *Beyond the Coke and Smoke Syndrome: Working with people who appear unmotivated*, by Patricia Deegan, Ph.D. Training guide for those wanting to provide more effective support for people labeled "mentally ill." Comes with a two-hour lecture on videotape. Cost: \$99. Available from the National Empowerment Center (see Sponsoring Groups).

- *Creating Opportunities for Wellness and Recovery for People Labeled with Brain Disorders*, developed by Carole S. Willey. Washington State resource list ("for legislators, mental health workers, advocates, consumers," etc); legal info on consumer rights, suggestions for crisis intervention; overview of holistic; suggestions for self-advocacy; Universal Declaration of Human Rights; listing of human research articles and websites that are solidly antipsychiatry. Carole has a degree in social work and is a writer, presenter, patient rights activist and SCI member. Contact: Box 4326, Turnwater, WA 98501. Email: hhaa01@hotmail.com.

- *Documenting Psychiatry: A Human Rights Abuse and Global Failure*. An undated publication of the Citizen's

Commission on Human Rights (CCHR). Ridiculous psychiatric diagnoses (including "Caffeine-Related Disorder" and "Abuse of Herbal or Folk Remedies"); psychiatry as "junk science"; psychotropic drug pushing and tardive dyskinesia; critique of involuntary commitment (including a section on psychiatry's death toll: 150 restraint deaths a year in the US); psychiatric harm to children; psychiatry's involvement in Nazism, apartheid and ethnic "cleansing." Contact: June Parks, Public Affairs Executive, CCHR, 6362 Hollywood Blvd., Suite B, Los Angeles, CA 90028. Ph: (323) 467-4242. Email: <ghtst@cchr.org> Web: www.cchr.org. Please note that CCHR is run by the Church of Scientology. *MindFreedom* and Support Coalition International are not connected to CCHR or their sponsor.

## Other

- Buttons? Sponsoring group, *The Alliance* in New York, can send you radical buttons pressed with over 100 savvy slogans, like "Caution: Psychiatry May be Hazardous to Your Health." They'll even take custom orders for that unique message that's been ruminating in your mind. For prices call 1-800-654-7227.

- Member Richard Stubler has a new, beautifully-printed poem he'd love to send you, "Nugget, The Mentally Ill Squirrel." For a copy, call 570-322-7877.

The Advocacy and Empowerment Project was initiated to empower people with disabilities through information and decision-making skills. *Taking Charge: Responding to Abuse, Neglect and Financial Exploitation* is a



psychiatric survivor group Second Opinion Society (SOS) entered a team for the first time, and lived to tell the tale! Experienced and novice runners alike had trained since April for the event, and they weren't disappointed with the results.

SOS decided to name its team the Irritants. The Yukon's only psychiatrist unwittingly bestowed the title on them when he e-mailed to fellow shrinks the fact that the local survivors' group gets funded by the territorial government. He went on to describe us as "only minor irritants." So, Irritants it was.

## Go, Irritants, Go!

### By Brian Eaton, Second Opinion Society

It's 110 miles from Skagway, Alaska, to Whitehorse, Yukon — a mere two-hour drive. Each year in early September, runners from the Yukon, Alaska and many points south gather for the Klondike Trail International Road Relay, covering the distance over two days, in one of the continent's most grueling and spectacular races.

This Fall 2000, the Whitehorse



three-ring binder with a curriculum created by people with disabilities for those interested in conducting empowerment workshops. If interested in more information, contact Nancy at 312-413-8833 or <nfitzsl@uic.edu>.

• SAFE, a consumer-run drop-in center in Eugene, OR, has a 2001 calendar they'd rather have hanging on your walls than gathering. The glossy calendars are professionally done, with exquisite art and poetry by psychiatric survivors. Because you'd be ordering the calendar into the middle of the year, they want to give you a big discount: sliding scale \$6-8. Send check to SAFE; POB 492; Springfield, OR 97477.

## Calendar

### 2001

**May 7 to 11 • Houston • International Association of Psychosocial Rehabilitation Services**  
26th Annual Conference, Adams Mark Hotel, ph: 410-730-7190, <general@iapsrs.org> web: www.iapsrs.org

**June 13 - 16, 2001 • Washington, D.C. • 24<sup>th</sup> Annual Protection & Advocacy / Client Assistance Program Training conference.** Eighty workshops by the federally-funded national legal advocacy system for people labeled with disabilities, including psychiatric. Since it's government-funded it may have more acronyms than activism, but still recommended by a number of SCI members. Sponsored by Advocacy Training/Technical Assistance Center and National Association for Protection and Advocacy Systems. Ph: (202) 408-9514, email: <napas@earthlink.net> web: www.protectionandadvocacy.com.

### July — Mad Pride Month (see articles in this issue).

**July 12 to 14 • Washington, D.C. • National Alliance for the Mentally Ill, Washington Hilton and Towers Hotel.** Some SCI members will be raising human rights issues with this drug-company sponsored event. web: www.nami.org

**August 23 to 26 • Philadelphia • Alternatives 2001 • Loews Philadelphia Hotel •**  
ph: 800-553-4539, ext. 293, email: <info@mhsselfhelp.org> web: www.mhsselfhelp.org

### Special Thanks

SCI would like to especially thank members Lynda Wright, Hugh Harrison and Ida Moffett for their especially generous donations.

Introducing... Life time memberships:

Rita DiCarlo of New York City contacted the Support Coalition International office and asked for a lifetime membership. We didn't have one, so Rita suggested we start one — for \$500 — and she would be the first to sign up.

Thanks Rita! (Previous donors of \$500 or more can also request this lifetime membership designation, too.)

**November 1 to 4 • Niagara Falls, NY • National Association for Rights Protection and Advocacy 20th Annual Conference.** • This year emphasizes on an international theme. Eric Rosenthal, director of the Soros funded Mental Disability Rights International will be one of the keynote speakers. For more info: www.NARPA.org. NARPA is an SCI sponsor group. [Note: The below event starts the evening the NARPA conference ends, and is only a few hours away.]

**November 4 to 6 • Montreal • North American Symposium: "Madly Empowered" from Darkness to Light.** This major event is hosted by an SCI sponsor organization, AGIDD-SMQ, which stands for "Association des Groupes d'Intervention en Defense de Droits en Sante Mentale du Quebec." AGIDD-SMQ is celebrating its 10<sup>th</sup> anniversary as an advocacy umbrella association representing self-help and consumer/survivor groups of mental health services. The goals of their conference are to promote the values, information and policy underlying the empowerment of consumer/survivors of "mental health" services. For info ph: 514-523-3443. Email: <agidd@cam.org>.

**December 17 • Ten-year Anniversary of the flawed UN document, Resolution 46/119, "The Protection of Persons with Mental Illness and the Improvement of Mental Health Care."** This resolution does little to really protect fundamental human rights, it's time to challenge and change it.



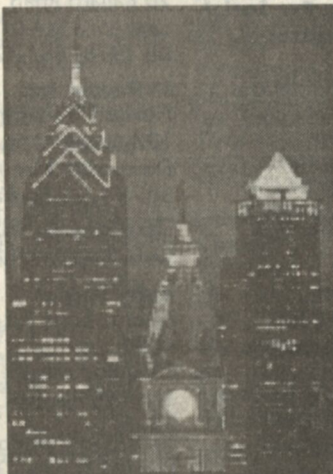
# ALTERNATIVES 2001

August 23-26, 2001

Philadelphia, Pennsylvania

*Freedom to Remember  
Freedom to Choose  
Freedom to Dream*

Join the National Mental Health Consumers' Self-Help Clearinghouse in Philadelphia for Alternatives 2001, the 17th annual conference organized by and for mental health consumers and survivors. This exciting event will bring together leaders of the consumer/survivor movement from around the country to exchange innovative ideas, renew old friendships and begin new ones. Don't miss this important opportunity for empowerment, education and fun in the birthplace of America.



## THE LOEWS PHILADELPHIA HOTEL

1200 Market Street

Philadelphia, PA 19107

**Reservations: (215) 627-1200 • 800-235-6397**

The Loews Philadelphia, a historic, newly renovated luxury hotel, is convenient to public transportation from the airport and a ten-minute walk from Independence National Park. The negotiated group room rate is an affordable \$98 per night for single, double, triple and quadruple occupancy.

### FOR MORE INFORMATION ABOUT ALTERNATIVES 2001, CONTACT:

#### **The National Mental Health Consumers' Self-Help Clearinghouse**

1211 Chestnut Street, Suite 1207

Philadelphia, PA 19107

Phone: 800-553-4539, ext. 293

Fax: 215-636-6312 TTY: 215-751-9655

Web site: <http://www.mhselfhelp.org>

E-mail: [info@mhselfhelp.org](mailto:info@mhselfhelp.org)

*The Clearinghouse  
gratefully acknowledges  
the federal Center for  
Mental Health Services  
(CMHS) of the Substance  
Abuse and Mental Health  
Services Administration  
(SAMHSA) for its support  
of Alternatives 2001.*



# So, JUST WHAT IS A "SPONSORING GROUP"?

As well as individual memberships, Support Coalition International is composed of 100 *Sponsoring Groups* who oppose forced psychiatric oppression and who promote humane empowering alternatives. Each Sponsor Group has a *Spokesperson* or two *Co-Spokes* on SCI's *International Advisory Spokes Council*. For more information, contact SCI.

## SCI/Australian Branch

Christine Bowker  
P.O. Box U15  
Wollongong University  
Wollongong NSW 2500  
**Australia**  
ph: 02-42-832236  
cbowker@uow.edu.au

## MH Community Center/Revolution FM

Annibal Coelho de Amorim, MD  
R Dr. Leal, 706  
Engenho De Dentro  
Rio De Janeiro CEP  
20730-460  
**Brazil**  
infocomunita@ig.com.br

## Association des Groupes d'Intervention en Defense des Droits en Sante Mentale du Quebec [AGIDD - SMQ]

Sebastien Maltais  
87 NE Maguire  
Montreal Quebec H2T 1C1  
**Canada**  
ph: 514-523-3443  
fax: 514-523-0797  
agidd@cam.org  
www.cam.org/~agidd

## Association des Groupes d'Intervention en Defense des Droits en Sante Mentale du Quebec [AGIDD - SMQ]

Brigitte Letourneau  
Ste. 210  
4837 Rue Boyer  
Montreal Quebec H2J 3E6  
**Canada**  
ph: 514-523-3443  
fax: 514-523-0797  
agidd@cam.org

## Les Groupes Regionaux De Defense Des Droits En Sante Mentale [RAIDDAT]

Jean-Luc Pinard  
Ste. 102, 8 Rue Gamble  
St. West  
Rouyn-Noranda  
Quebec J9X 2R2  
**Canada**  
ph: 819-762-3266  
fax: 819-762-8322  
raidat@sympatico.ca  
www.lino.com/~raidat

## Lunatics Liberation Front

Irit Shimrat  
Box 101  
Vancouver BC V5L 2X5  
**Canada**  
bat@walnet.org  
www.walnet.org/llf

## People Against Coercive Treatment [PACT]

Don Weitz, co-spoke  
Unit 1401  
38 Orchard View Blvd.  
Toronto Ontario M4R 2G3  
**Canada**  
ph: 416-760-2795  
dweitz@interlog.com  
www.tao.ca/~pact

## People Against Coercive Treatment [PACT]

Graeme Bacque, co-spoke  
Apt. 408, 319 Dundas St. E.  
Toronto Ontario M5A 2A2  
**Canada**  
ph: 416-760-2795  
fax: 416-368-5984  
graeme.bacque@3web.ne  
www.tao.ca/~pact

## Second Opinion Society [SOS]

Bruce Whittington  
708 Black St.  
Whitehorse Yukon Y1A 2N8  
**Canada**

ph/fax: 867-667-2037  
info@second-opinion.ca

## Vancouver/Richmond MH Network

Cassandra Freeman  
109-96 E. Broadway  
Vancouver BC V5T 4N9  
**Canada**  
ph: 604-733-5570  
fax: 604-733-9556  
vmhn@vcn.bc.ca

## Fungrata

Alberto Fergusson  
Apartado Aero 093563  
Carrera 12, No. 70-49  
Bogota  
**Columbia**  
ph: 571-217-8833  
fax: 571-249-6457  
cajiaomi@hotmail.com

## Stop Abus-Psy

Alain Wache  
11 Passage Desgrais  
Paris 75019  
**France**  
ph: 33-1-40384739  
33-1-49790798  
alainwache@hotmail.com

## Irren-Offensive e.V.

Rene Talbot  
Vorberg Strasse 29  
Berlin 10823  
**Germany**  
ph: 49-30-2911001  
r.talbot@berlin.de  
www.antipsychiatrie.de  
www.foucault.de

## Weglaufhaus (Runaway House)

Iris Holling & Peter Lehmann  
Postfach 280 427  
Berlin D-13444  
**Germany**  
ph: 49-30-40632146  
fax: 49-30-40632147  
Iris:  
hoelling@zelator.berlinet.de  
Peter:  
p.lehman@zelator.berlinet.de  
www.weglaufhaus.berlinet.de

## Israeli Association Against Psychiatric Assault [IAAPA]

Hagai Aviel  
PO Box 23176  
Tel Aviv 61231  
**Israel**

ph: 972-3-6911762  
iaapa@hotmail.com

## Patients Rights Advocacy Waikato Inc. [PRAWI]

Anna De Jonge & Julie Smith  
65 Tawa St.  
Hamilton, New Zealand  
Anna ph/fax: 64-7-843-5837  
Julie ph: 64-7-839-4416  
anna.dej@clear.net.nz

## We Shall Overcome

Jo Lundsbacken & Tormod Bakke  
PO Box 4481  
Torshov, 0403 OSLO  
**Norway**  
ph/fax: (00 47) 22-2018-86  
Jo: lundz@postkassa.no,  
Julie:  
tormbak@frisurf.no  
www.websenter.com/wso/

## Palestinian Committee For Social & Psychological Health

Dr. Mamdouh Jabr, President  
PO Box 1405  
Gaza, Palestine  
ph: 972-7-2844466  
fax: 972-7-2844476  
pcsph@palnet.com

## Mad Pride

Mark Roberts  
10 Grosvenor Rise E.  
Walthamstow, London  
E17 9LB UK  
ph: 44-0181-520-5728  
mark@ctono.freemove.co.uk  
www.madpride.net

## Psychology, Politics, Resistance

Ian Parker  
C/O Discourse Unit  
Dept. of Psych,  
Manchester Met U  
Manchester M13 0JA  
**UK**  
ph: 0-61-247-2573  
fax: 01-61-247-6364  
i.a.parker@mmu.ac.uk

## SHOCK: Committee for Truth and Human Rights

Jean Taylor  
120 Powell Ave.  
Blackpool, FY4 3HH, UK  
ph: 01253-697808

## Survivors Speak Out

Susan Miles  
43 Athelstan Rd.  
Kettering  
Northamptonshire  
NN16 0NE, UK  
ph: 44-01536-522-025

## United Kingdom Advocacy Network [UKAN]

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