

Back to school?

Learn your rights first.

DENDRON

issue #8 September 1988 (late) one dollar



JOSE ORTEGA

Campus mind control!

You're absolutely correct if you think this reads as if it were a wild "paranoid" fantasy.

But there's documentation of key facts. Much of the story has even been admitted by college administrators. Survivors — and their friends — began to speak out.

Unfortunately, the bottom line is that at many colleges, counseling becomes control.

For over 13 years, a secret organization of state employees existed on the campus of the Evergreen State College. In a zealous attempt to identify & single-out students who they regarded as "psychologically disturbed" this organization used student informers to report on the private & personal affairs of individuals. They met on a regular basis to report the results to a central group of college administrators who gathered secretly every week (during most of the thirteen year period) in the Campus Police conference room.

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Who is the woman behind a newsletter that has publicized alternatives to psychiatry for 28 years?

The Shirley Burghard story!

(Told in her own words.)

After I was released from the Syracuse Psychiatric Hospital back in 1959, I realized that there was a terrible stigma attached to having been psychiatrically labeled. My relatives and friends wanted nothing to do with me. I truly felt abandoned.

I realized there was a stigma attached to those labeled alcoholic, but that they had Alcoholics Anonymous where they could go and be accepted. I was not really an alcoholic, but at one time in my life I had drunk what I considered to be too much. So I went to A.A. and was totally accepted there.

I began to think, "Why can't ex-mental patients have a group sort of like A.A.?" So I founded one at a church. It did not work out, but instead became a social club with lots of fun and parties. This lasted for about ten years.

I realized that clubs come and go but I am going to be around until I die. So, I decided to become very active in activities going on around Syracuse — the symphony, the pops, the theatre, etc. These were activities that I enjoyed, and they were so-called "normal." Also, they offered a challenge in just trying to have enough money to buy the tickets. I also began to go on one-day bus trips to various places in Central New York State that I had never been to, but had always wanted to see. I called this "GO PLACES AND DO THINGS THERAPY."

"Go Places and Do Things Therapy" has worked for me. I consider it a really great alternative to psychoquackiatry, and peers meeting in self-help groups. I call what I do "PERSONAL SELF-HELP."

In truth I am a "loner." I do not particularly like people. I relate much better to things, animals and sometimes babies, than I do to adults. Therefore I always asked for aisle seats at the theatre so that I only had to have someone sitting on one side of me.

However, I found the ushers at the Syracuse Civic Center to be

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DENDRON

The goal of *Dendron* is to provide an independent service to the many individuals & groups concerned about human rights in — and alternatives to — the current psychiatric system.

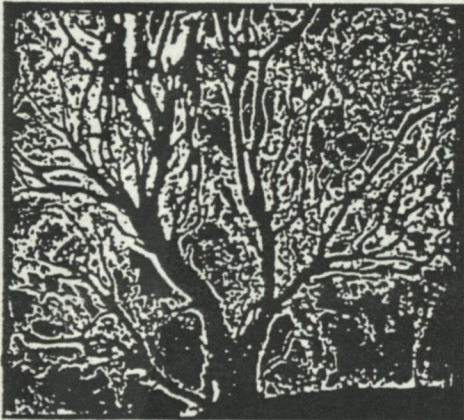
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CHRP

PO Box 11284

Eugene, OR 97440

To make an additional donation, tax exempt under 501(c)(3), please make the check to "McKenzie River Gathering," and send to CHRP.



Your articles, poetry, letters & art work are encouraged: Network with activists & allies, today! Space is limited. Please type, write very clearly, or use a Macintosh disk. Your name & address will be printed, and your writing might be edited, unless say otherwise. Return of what you send isn't guaranteed. If you'd like it returned, please include a self-addressed stamped envelope.

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CHRP, P.O. BOX 11284, EUGENE, OR 97440

Editor's note:

You've all made Dendron happen in many ways. Thanks! Ah-h-h, but of course, there's the future!

First, as *Dendron* #7 readers know, we are asking you to answer the question: "What are the alternatives?" Please take a few moments, if you haven't already, to write up what has helped you or people you know during times of intense emotional needs. Your vision of what is helpful will very likely benefit people in the *Dendron* community, and the many people with whom our readers network.

Several absorbing & compassionate articles have been received on this subject. In the next issue, we plan to feature them.

Thanks again for your patience. We are still not up to speed in publishing on time. People have been very encouraging about *Dendron's* overall effectiveness, so its long-term growth looks promising. Thanks for telling people about *Dendron*, since this has been our main source of new readers!

Such a campaign is now vital because *Dendron* must be self-sufficient. Our start-up grant from the Levinson Foundation is done. Please mention *Dendron* to folks!

Also, do you have interesting drawings, cartoons and other graphics? Or are you inspired to create some for *Dendron*?

Finally, thanks to all the people who have pitched in lately to help (Tom, Martha, Mycall, Debra). And belated thanks to the people who helped choose & start up our computer one year ago: Allen Markman, Tony Oaks, Stephen Mallery, & Ed Bishop. If you need a computer to do anything except high-level math, please consider a Mac first. Desk-top publishing, for example, is — without exaggeration — 100 times easier on a Mac than on an IBM. *Adios amigos! Gracias!*

networking:

Linda Salwen; Stone Ridge, New York:

Keep up the great & important work.

I am an ex-inmate, healing my life and continually regrouping my energies in the quest toward making my life a vehicle to not only end psychiatric abuse, but to bring understanding, in the deepest broadest sense, to people about the meaning (evolutionarily, existentially, spiritually, etc.) about the phenomena called "metal illness."

The last nine years have been a journey through not only two major upheavals (breakthroughs, psychosis, what have you) but all the ramifications of these processes as they impacted me and my life. I am now just beginning, in the smallest ways, to have the strength and courage to "come out" (in very safe contexts such as this) as to what my experience has been.

Stigma is such an enormous burden. My commitment is to make use of all my experiences to the benefit of other... not only the inner experience but the implication of its interface with society. Each time I find a new "ally" like *Dendron*, I gain renewed strength. Please send ANY information on ANY related resources.

Linda Salwen

RD 2, Box 89

Stone Ridge, New York 12484

Correction:

We printed the wrong address of a letter-writer last issue, and we apologize for any inconvenience. The writer, Jacqueline Johnson, says she would like to connect with as many ex-psychiatric inmates as possible who are concerned about human rights. Please write her at:

Jacqueline Johnson

255 South 45th

Philadelphia, PA 19104

rapids:

Survivors to protest shock doctor meeting!

October 17-18, in Philadelphia, many electroshock doctors will be holding a "50th Anniversary Symposium." At noon on the first day there will be a protest demonstration sponsored by the National Mental Health Consumers Association and the National Alliance of Mental Patients. [For information about the protest call Susan Rogers, 215/790-2290.]

One of the participants listed in the shock fest brochure is Lothar B. Kalinowsky, M.D. The brochure states he practiced psychiatry for sixty years, including in Germany. By looking his name up in Lenny Lapon's book on Nazi Germany psychiatrists (copies of White Coats are available at cost from Dendron), you can see that Kalinowsky practiced during the Nazi era in Germany.

Even more astounding, Kalinowsky allegedly was present during the first electroshock, administered by Dr. Ugo Cerletti fifty years ago in Rome, Italy, during the fascist era.

As discussed in the last issue of *Dendron*, this event was where the very first human being given electroshock shouted out in Italian, "*Non una seconda! Mortifere!*" This means, "Not another! It's Deadly!"

Nazi-hunters should be alerted to this evidence of Kalinowsky's medical experiments. He should be arrested & tried, with full legal protections of his rights, for his alleged crimes, even if this means conducting a citizens arrest.

The Nuremberg Code certainly would justify such actions. This Code established, during a post-war trial of Nazis, the necessity that citizens obey a higher moral law even if this means disobeying the laws of a nation.

Video of classic film expose now available

Richard Cohen's acclaimed film "Hurry Tomorrow" is now finally available as a high-quality videotape. Of utmost importance, the quality of sound seems sharper than on some film versions.

THE film on being a psychiatric inmate, "Hurry Tomorrow" still rings true in its portrayal of a ward, with nursing station, restraints, solitary confinement, forcible drugging; Revealing scenes of pharmaceutical sales, commitment, drug side effects, and the psyche of a psychiatrist.

Photographed over a five-week period in a psychiatric ward at Metropolitan State Hospital in Los Angeles, the film received high praise. Victor Canby, film reviewer for the *New York Times*: "An agonizing, involving spectacle to watch... with more bitterness and outrage in any three-minute sequence than in all of 'One Flew Over the Cuckoo's Nest'..."

The video is available for \$275. for purchase, \$90. for rental.

Contact Richard Cohen at:
Hound Dog Films
607 Palms Blvd.
Venice, CA 90291.
Or call him at 213/827-8252.

Guardianship Reform Claimed

The Associated Press claims that its major study of the nation's scandalous guardianship system has lead to reform legislation. Rep. Claude Pepper, D-Fla., and Rep. Don Bonker, D-Wash. introduced the National Guardianship Rights Act in the House on Sept. 8. Sen John Heinz, R-Pa. was to introduce a similar bill.

Currently, more than 500,000

Americans are under guardianship. Elder persons are often targeted, but anyone is vulnerable. The sponsors say their bill would require better notice, attorney representation, independent examination, jury trial, and appeals. The AP study looked at 2,000 cases of guardianship, and showed that many resulted in theft, fraud, abuse and neglect.

Neuroleptic drug conference planned for Spring

Marion Wolf, M.D., pioneering author on Tardive Dyskinesia, leads off the speakers roster for the neuroleptic drug conference to be held April 7 & 8, 1989. Dr. Wolf is the chief of the Tardive Dyskinesia Program at the North Chicago Veterans Administration Medical Center and Clinical Professor of Psychiatry at Loyola Medical School in Maywood, Illinois. She has a forthcoming book on the subject.

Tardive dyskinesia is a form of brain damage caused by the major psychiatric drugs, such as Thorazine. It can result in intense, constant twitching of the face and limbs for which there is no known cure.

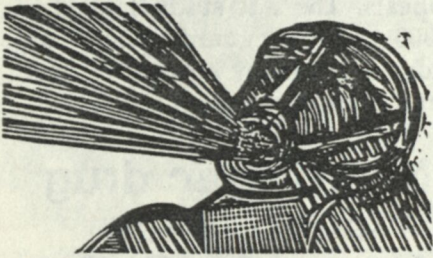
Mark Mills, J.D., M.D. is a second expert on the subject at the upcoming conference. President of Forensic Sciences Medical Group in Santa Monica, California, he presented a paper on neuroleptic-caused impairment at the Annual Meeting of the American Psychiatric Association.

This will all take place at the Hyatt Hotel at Sea/Tac, with attendance expected from people throughout Canada and the U.S. Advance registration is \$235. and must be received by December 15 of this year.

This event is sponsored by Washington Neurological Alliance, TD-TD Association (which includes TD survivors), and several other Northwest groups.

For information call Dave Austin at 509/963-1141. Or write: WNA, 1809 15th Avenue, #101, Seattle, WA 98122. Phone 509/325-4618.

rapids:



Woodcut by Cecil Skotnes. From: TRIQUARTERLY 69.

Survivors of Canadian psychiatry break silence with new book!

SHRINK RESISTANT: *The Struggle Against Psychiatry in Canada.* by Bonnie Burstow & Don Weitz, editors.

From an announcement by the publishers, *New Star Books*:

Today, a decade from the 21st century, "mental illness" and "mental patient" are labels which still carry a profound stigma. *Shrink Resistant* is a passionate and disturbing book by Canadians who bear that stigma.

The 35 contributors to the book have been incarcerated in mental hospitals in seven provinces over a period of 25 years. Among them are several well-known Canadian authors and a current member of the Ontario legislature...

In describing their daily experiences in mental hospitals across Canada, the authors of *Shrink Resistant* speak for themselves. In language as eloquent as it is painful, they tell of

involuntary committal, forced drugging, electroshock and the cruelties of everyday life in Canada's mental hospitals.

Dr. Bonnie Burstow is assistant professor of social work at Carleton University, a former chairperson of the Ontario Coalition to Stop Electroshock and is active in the anti-psychiatry movement. Don Weitz has an M.A. in psychology, is a former psychiatric inmate and is a founder of PHOENIX RISING, an anti-psychiatry magazine published in Ontario.

The cost of the book is \$11.95 in paper, or \$19.95 in library binding. To order a copy of the book call in Canada: New Star Books 604/738-9429. Or in the U.S.: Book people, Berkeley, CA 800/227-1516 or 800/624-4466.

Media questions call: Bonnie Burstow 613/564-3677 (work) or 416/538-7103. Don Weitz 416/461-7909.

Drugs rake in big bucks, usually.

You might have seen recent media reports that SmithKline Beckman Corp., makers of the psychiatric drugs Thorazine & Stelazine, are having some money problems.

But don't think for a second the other big drug companies have had such financial woes.

SmithKline says it had disappointing sales of its anti-ulcer & hypertension drugs, reports the Associated Press. Earnings dropped 25%, so 1,600 workers are being laid off. Sixty-percent of the Philadelphia corporate staff are being fired. John Chappell will head a newly-reorganized U.S. & international drug unit.

However, most other huge pharmaceutical corporations are still addicted to huge profits.

In January (*Dendron* #1), we

showed how the pharmaceutical industry was the most profitable of all large industries in the U.S. by three key standards.

This year's *Fortune* 500 list shows that, again, drugs are still on top (even a bit "higher") by two important standards, but slipped to a close second place by a third standard.

Specifically, the pharmaceutical industry's profit on sales was the highest, a phenomenal 13.2% in 1987. Try that with a small business. This is almost triple the big-industry norm of 4.6%. Also, drug companies' profit on assets was 12.5%, more than double the *Fortune* median for all industries: 6.0%.

Only in return on stockholders' equity did drugs slip to second place, slightly behind transportation equipment.

A disabled women's newsletter would like submissions of poetry, art work, stories and other writings by disabled women. Topics include access, housing, sex, politics, madness, institutions, labeling . . . Write to Disabled Women's Newsletter; 2 Sun Lane; Poughkeepsie, NY 12601.

Announcement:

"We are preparing a review and analysis of developments in the psychiatric rights protection and advocacy field since World War II. Several related constituency groups will be covered, including ex-inmates and consumers, paid advocates, attorneys, families, government, citizen advocates, psychiatric professionals, and others. Information about relevant people, events, documents, and other products would be greatly appreciated.

"Please contact Paul P. Freddolino, Ph.D., School of Social Work, Michigan State University, 254 Baker Hall, East Lansing, MI 48824, phone: 517/353-8630; or David P. Moxley, Ph.D., School of Social Work, Wayne State University, Room 10 Cohn Building, Detroit, MI 48202, phone: 313/577-4418."

Alternatives '88 conference: A Success!

About one thousand survivors of psychiatric institutions gathered from August 3 to 7, 1988 in Salt Lake City, Utah in a federally-sponsored conference.

Both national advocacy groups of people given psychiatric labels co-existed at the event. And a debate on the subject of focihle treatment was held.

In this special section of *Dendron*, participants talk about what excited them about Alternatives '88. More comments are welcome.

Janet B. Foner:

The Alternatives '88 conference was superb — the best organized ex-patients' conference I've been to yet. Peggy Timblin and the rest of the U-CAN-DO organization of Utah deserve a lot of recognition and appreciation for that.

Howie the Harp gave a wonderful keynote address in which he asked the audience to agree with him on the list of things we all (all factions of our movement) agree on, which was a long list and was resoundingly agreed with. We also talked about how inspiring and exciting it is that we've come such a long way in the last 20 or so years, from a handful of folks that mental health professionals thought couldn't meet for very long "without supervision" to thousands of us influencing the system in many places.

Some of Howie's best statements are:

"When it comes to knowing what are the needs of mental patients, who are the experts? We are! ... Once others spoke for us; we now speak for ourselves... We are now becoming credible but we will remain as always *IN*credible... Vital to our success is common ground — we need each other. We must work together for common ground because without that we will not achieve our goals."

There was a standing ovation and

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Berserk in the Bluegrass

with Andrew January Grundy III
National Mental Health Consumer Association
Kentucky Representative

This is a simple test: The Alternatives '88 conference held in Salt Lake City this August was: (a) Where about 950 psychiatrically-labeled people successfully met, learned and networked. (b) Where the National Mental Health Consumers' Association House of Representatives failed to have a quorum. (c) Where Andy Grundy met a lot of people he found attractive. (d) Where the National Alliance of Mental Patients showed its true, beautiful colors. (e) All of the above. (f) None of the above — Andy Grundy is hallucinating again.

Well, friends, you passed the test!

Wednesday night, August 3, the activities kicked off with a candlelight vigil in front of the Utah Statehouse. We were protesting "stigma" in front of the media, which means the whole world. Guitars-and-singing, speeches, and hundreds of candles in the Salt Lake City twilight demonstrated that we were sick and tired of the pattern we have to follow because the public has a perception of "mental-health-consumers/ex-inmates/mental-patients" that hasn't as yet changed.

Yet the rally might have started a mighty juggernaut rolling over that concept the public has in its collective head. I read a statement on how to overcome the problem of stigma (a solution which was featured in the June *DENDRON*, page 8). As the night moved forward, we saw, as did countless others, that this was Destiny — Synchronicity, actually — yes, even Predestination, that we should be here saying and singing these things.

* * *

On Wednesday night, back on the Utah State University campus, where the conference was being held, NMHCA didn't have a quorum. Not enough Representatives like myself showed up to be able to actually vote. I don't know why. Instead, Joe Rogers moved that we have an informal meeting and pass a bunch of resolutions to be voted on through the mail by all the elected representatives. I haven't heard anything more since. Especially vocal at the meeting on various resolutions was Barbara Peller, from Illinois, who really shook the room with her eloquence, poise and intellect.

❖ ❖ ❖

Late that night in one of the dorms some of us had a Utah-Wyoming-Ohio-Florida-Kentucky beer party. At one point a professional from Ohio, a consumer from Wyoming, and myself, were exchanging massages, a kind of non-sexual manage-a-trois. The next morning when I woke up I realized I had a flight to catch. Five cups of coffee brought me back together enough to get on the flight that would head me back to Kentucky.

As the jet banked sharply high above Great Salt Lake, I looked at the water, the Rocky Mountains, and the nearby city. That's where I realized Utah would never be the same.

And neither would I.

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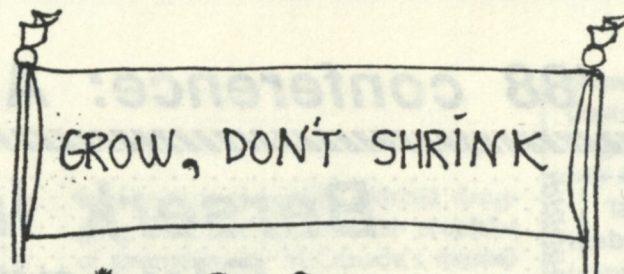
Stay tuned. See you next month. And remember, maybe "The Force" (from the movie *Star Wars*) actually exists, but only survivors of psychiatry can see it...

two very long periods of clapping for Howie, who then clapped for all of us.

Both NAMF and NMHCA had interesting programs going on simultaneously during one day of the conference but the speakers were staggered so that one could easily go to some of each of the programs. I believe lots of people did just that and therefore got "double their money," so to speak, out of the conference. They got a chance to be exposed to multiple perspectives and also people got to know each other who otherwise might not have.

Another exciting feature was the plenary session debate on forced treatment with three from each national organization on either side of the issue. Peggy Timblin, as moderator, showed her excellent strength and leadership here once again by insisting a number of times that no one interrupt anyone else, that people keep to the time limits set up so that no one dominated the debate and basically seeing that everyone's points of view got a hearing.

Audience participation was moving and brilliant as many people spoke from their hearts at the open mike after the debate. Here again Peggy saw to it that no arguments were allowed to erupt and all got a hearing. Hats off to all of us, as we proved that we CAN all listen to each other and hear opposing points of view with no harm done.



Excellent entertainment and food for thought was provided by the Stigma Busters, the project Return players. The talent show was the best I've seen at one of our conferences, perhaps because Gayle Schucker organized it, asking for liberation-oriented performances to be given first. In this way, the focus for most of the show was on our liberation, providing extremely inspiring and moving entertainment. It looked like a lot of people spoke or sang from deep conviction that we WILL succeed and make things right for ex- and current mental patients/survivors/consumers/inmates everywhere. (Brock's poem was one of the ones from that show.)

The final part of the closing ceremonies of the conference typified the wonderful spirit of this movement: Words to the popular song "Celebrate" had been passed out. The Stigma Busters circulated among the crowd, encouraging everyone to sing & dance. Spontaneously, a huge circle was formed as we all danced together to the music. What a picture it made — I wish everyone who thinks we are "crazy" or incompetent or stupid or dangerous or whatever stereotypes they hold about us could have seen the joy & community with each other that was evident in that dance. We are examples of spontaneity and warmth to fight the stiffness, conformity, & lack of connections promoted by our society.

I'm pleased & proud to be one of us. I will be at the National Association for Rights Protection and Advocacy conference in Portland, for sure.

"We will have
a 10
minute video
available..."

*Beverly Jones &
Michael Weinberg;
Pasadena, California:*

We were introduced to your newsletter at the Alternatives '88 conference in Salt Lake City where we began filming a documentary on ex-

patient/inmate organizations and the meaning of "help." Back issues of Dendron are now a well spring of information for us.

At the conference we met dozens of bright, energetic, warm and dedicated people from all over the United States who were helpful to us in many ways. We're only sorry we couldn't interview and film all the people who volunteered their time and services.

Our film will focus on the discrepancy between help as an esteemed social value and "help" as it has been actually experienced by psychiatrically-labeled former patient/inmates. It is our experience that few mental health professionals can define help (the alleged object of their work). Nor has anyone found a generally accepted definition of "mental illness." So the average citizen has learned knee-jerk respect for persons engaged in work most can't define with clients labeled with a disease that may not exist.

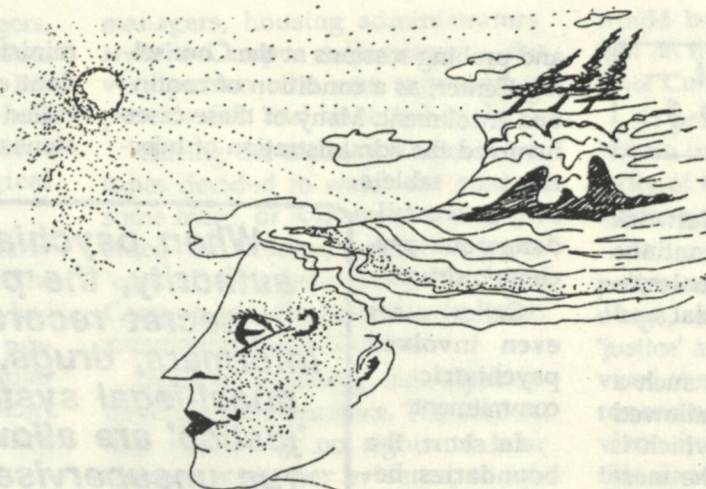
Is it any wonder that abuses occur or that self-help alternatives are blossoming?

Persons who have seen the raw footage of our Salt Lake City interviews with Judi Chamberlin, Joe Rogers, Howie the Harp, Sally Zinman, Larua Van Tosh and George Ebert and heard the music of Jeanie Matulis have been riveted and deeply moved (and those were persons not previously knowledgeable about the Movement or its issues). We hope our final product will be useful for both Movement organizing efforts and for the education of open minded citizens (and even some who have previously been close minded).

In the meantime, we will have a 10-minute video available by the end of September which we plan to use for fund raising. We will make the video available at our cost of \$7.50 to groups or individuals who would like to help us raise the money needed to complete our film or who believe it would be helpful in their own organizing efforts.

One more thing: We are soliciting poetry and short statements written by psychiatrically labeled people about their experiences with the mental health system. In particular we are looking for short statements and poetry related to experiences with and feelings about electroshock, drug therapy and other forms of "help." Literary efforts of this sort could be useful to our project. Mail them to us at Box 702, Pasadena, CA 91102.

Beverly L. Jones & Michael H. Weinberg;
2556 East Villa Street; Pasadena, CA 91107;
Phone: 818/449-0104.



Two psychiatric survivors talk

by Andrew January Grundy III

As you know, there are two national advocacy groups composed of people given psychiatric labels: The National Mental Health Consumer Association (NMHCA) and the National Alliance of Mental Patients (NAMP). Can a Representative of NMHCA interview the NAMP coordinator fairly and without bias?

This reporter (who is an NMHCA Rep. from Kentucky) thinks so.

In my view, Rae Unzicker, the famous coordinator of the National Alliance of Mental Patients, is wise and beautiful.

I had a short interview with Rae during all the crazy events at Alternatives '88 in Salt Lake City Utah. We sat on a bench near the student union building, site of most of the activities, at the University of Utah.

We found a lot in common. Rae, who turned 40 on August 20th, is a Leo. So am I. She loves the media. So do I. And we're both labeled "crazy" to the extent, like many of us in the movement, that we've been hospitalized in psychiatric hospitals.

Rae made a dynamic speech during the conference, using a Lily Tomlin quote, where she said when she asked herself if she was crazy

and the answer was "yes."

"Being crazy is the best thing that ever happened to me," Rae said during her speech.

Since Leos like the spotlight, Rae found plenty of attention being on the Donahue television show three times, on Oprah Winfrey two times, on Sally Jese Raphael once, on Sonja once, with many other media appearances.

Now about her personal life: Rae is married to a 56-year-old TV producer named Jim whom she helps with his work, while still devoting much time to coordinating and speaking for NAMP.

They have been married 15 years "happily," says Rae. Together they have raised six children who Jim brought into the family, plus four adopted children. These offspring are all in school or working.

When I asked Rae what role she sees NAMP playing in the future, she replied: "NAMP will get more specialized. We will focus more and more on forced treatment."

Her stand on forced treatment is: "We believe forced treatment is wrong — plain and simple." During her conference speech she noted, "The issue is the right to liberty for all people."

NAMP has become a far-reaching

organization. "NAMP has members in every state and several foreign countries," she noted. Included are Australia, England, Canada, Mexico, Germany, Holland, & New Zealand.

Although Rae says she saw a real need for such a group when NAMP was first organized, she commented that one of the driving forces was that "all Leos love attention." I agreed with her.

She quickly added, though, that "the message is more important than the person."

When the interview with Rae was over, I asked what kind of interviewer was this NMHCA Representative from Kentucky?

"You're real nice," she said, comparing me to all the other reporters who had asked her questions.

So are you, Rae!

Rae can be reached at:
NAMP
P.O. Box 618
Sioux Falls, SD 57101

Prison Coalition starts at conference:

The National Coalition for Appropriate Treatment Services (NCATS) was organized during Alternatives '88 in Salt Lake City, Utah.

In a nutshell, NCATS focuses on getting humane treatment and services to those incarcerated in jails or prisons who happen to be labeled "mentally ill."

Anyone interested in joining or helping NCATS should write:

Jim Audrich
c/o NCATS
214 Summit Ave., #201
Seattle, WA 98102

Conference quote by Eugene B. Earle, Jr.:

First we started out in society's eyes as "inmates."

Then we graduated to being regarded as "patients."

Then we were called "clients."

Now social consciousness has evolved to the point where they call us "consumers."

Hopefully the day will eventually arrive when our civilization recognizes that we are

HUMAN BEINGS.

As the activities of Network members were allowed to continue unchecked, Evergreen's formal system of justice fell into partial and then total atrophy.

It is hard to believe that such a thing could have ever been allowed to exist at a state college which is widely regarded as one of the most progressive and liberal in the nation.

But documentary proof exists which clearly shows that this clandestine group of 10 to 20 full-time State employees took advantage of vagueness in Evergreen College's loosely-structured system of justice, and assumed authority grossly in excess of state law.

Over one hundred persons were banned from the campus of the Evergreen State College under so-called "criminal trespass citations" despite the fact that the college had not even given itself the authority to issue any such orders.

At least forty persons were forced to undergo highly invasive, personal

and probing sessions at the Counseling Center, as a condition of continued enrollment. Many of these cases involved the administration of injections or tablets of powerful, dangerous psychiatric drugs.

Other cases even involved psychiatric commitment.

In short, the boundaries between psychiatry and punishment were blurred.

This situation did not come into existence all at once, but evolved over a long period of time. The Network began as a sort of "crisis intervention team." In its heyday, THE EVERGREEN STATE COLLEGE EMERGENCY COMMUNICATIONS NETWORK, often referred to by its member as simply "The Network," met every week in secret to discuss students who were rumored to have real or potential "problems."

The Network was composed of representatives of Campus Police, the Housing office, and college ad-

ministrators, including a Vice President and at least two deans. A so-called "Adjudicator" enforced decisions and acted — from afar — as investigator, judge, jury and psychiatrist with absolute power over students.

All this has now been reported in the press, and is acknowledged by the College as a matter of public record.

Here's how the basic process

When psychiatry, authority, the police, secret records, informers, drugs, and a quasi-legal system of 'justice' are allowed to run unsupervised the results are terrifying.

worked:

In the Housing department, student managers were required to keep secret logbooks describing their fellow students, and were often called in to discuss "cases" with members of the Network.

"Third World Peer Counselors" performed the same function for foreign students and people of color. The Network violated the rights of all racial groups equally.

continued on next page

How it worked: A survivor speaks out against campus mind control

On May 3, 1988, Lee R. Unterseher filed suit in Thurston County Superior Court against Evergreen State College, board of directors, and others. Why?

Here's what Lee says happened to him, and he claims campus records document his story:

One day, Lee was suddenly summoned to the office of the campus Adjudicator, Richard Jones, a faculty member in psychology. Jones alleged that he had received "complaints of your socially disruptive behavior" and was taking disciplinary action. Jones would not specify who had made these complaints. No hearing was held, no mediator contacted.

Lee was required to seek treatment from "a mental health professional" as a condition of continued enrollment. He was referred to the campus Counseling Center.

Says Lee: "The Adjudicator implied I was being watched by some group on campus that he was part of, but he wouldn't say why, what the charges were, or who 'they' were. At the time, I dismissed the whole thing as too paranoid to be real. Now, in retrospect, it's clear that he meant The Network. Basically, my 'problem' was that I tended to question authority."

At the Counseling Center, Lee was seen by the same counselor whom the Adjudicator had told him to visit. Though never seen by a psychiatrist, the College began a series of injections with Prolixin, a powerful psychiatric drug. Prolixin is one of the family of neuroleptic drugs, the powerful Thorazine-type drugs that are also called "anti-psychotics." They can cause an enormous range of harmful effects, including brain damage and even death.

The injections were performed in Evergreen's Seminar Building, with cooperation from the College Physician.

Lee developed side-effects to the drugs. In fact, he was almost paralyzed, and had difficulty walking, a fairly common effect. Instead of discontinuing the shots, the college prescribed more neuroleptic drugs: Mellaril, and then Stelazine tablets.

Shortly after Lee discontinued this so-called "therapy" he was permanently "disenrolled" from the college, and placed on "Criminal Trespass" status — banned from the campus. Subsequent psychiatric examination revealed no evidence of alleged "mental illness."

Now, Lee hopes his lawsuit will bring these human rights violations to light.

These student housing managers, living in the dormitories, often heard a rumor or observed some behavior from another student which made them think that a student might have a psychological "problem."

Student managers were regularly recruited to become members of The Network. Some of these students had been given a taste of training in psychology, were egged on by the Adjudicator (some were his Psychology students), and were told that they were a part of a special elite.

Some Housing managers had no training in psychology. But all of them could keep records in a secret logbook, and follow the instruction in the "Housing Manager's Handbook." Most could also throw around a few psychiatric-sounding labels

After the student managers collected gossip, they submitted written comments, or attended a weekly Network meeting, which was held in secret in the Campus Police office. Here, there was full access to "Behavioral/Informational" reports on students.

At these weekly meetings were campus police officers, social-workers and counsellors, student

managers, housing administrators, and the Campus Adjudicator — the very person who was supposed to provide fair and impartial trials!

During the meeting it was sometimes decided to watch the student some more, or sometimes it was decided the student needed help to "control their behavior." If so, the Campus Adjudicator sent out a letter, summoning them to appear.

Without a hearing, the Adjudicator imposed a sentence. The student had absolutely no rights to hear charges, to gather evidence, to appeal, to confront witnesses, to legal assistance. No rights.

Documentary proof exists that students were told that they had to take drugs — powerful neuroleptics, like injections of Prolixin, or Stelazine tablets — at dosage levels comparable to those used in psychiatric institutions.

On several occasions, when they stopped taking the drugs due to side effects, students were taken involuntarily to a psychiatric institution.

Almost without exception, any student who refused "treatment" by the college for an alleged behavior-problem was placed on "Criminal Trespass Status" and told that they

would be arrested if they ever set foot on the campus of the Evergreen State College.

At present, more than 70 persons remain in this category, the vast majority of these achieved without any hearing.

When psychiatry, authority, the police, secret records, informers, drugs, and a quasi-legal system of 'justice' are allowed to run unsupervised the results are terrifying. Terror and self-blame kept Network survivors from coming out and exposing this scandal, but a group of survivors and allies hopes to offer whistleblowers their support.

Although Evergreen College claims to have disbanded the Network, almost all of its members remain employees of the college. According to Dean of Student Development Stone Thomas, these employees will continue to function under the new name "Crisis Intervention Team."

Much of this information was gathered from *The Evergreen Free Press*, and activists at Evergreen College itself. Watch for future updates. To help the group (called "SACRED") that's exposing The Network, contact *Dendron*, for their address & phone.

A witness *breaks* the silence:

Scott F. Buckley; Olympia, Washington:

Evergreen College doesn't just have a scandal. The story that sleeps here is one of the saddest and most ironic examples of psychiatric abuse in Northwest history. And only now is the truth beginning to come to light.

Have you ever heard of Evergreen College? It is a school which Time Magazine called "one of the best-kept secrets among the colleges." It's the very same school which the Washington Legislature attempts to close from time to time because of its reputation for an excess of TOLERANCE!

Yet a self-appointed band of busybodies who call themselves "The Network" keep thousands of pages of secret files on students and other "troublemakers." They spy on us. And they have forced many students to take injections of psychiatric drugs like Prolixin under the threat that they will be expelled if they don't comply.

I first found out about all this three years ago, when a

friend who used to talk to himself suddenly showed up with the Thorazine "shuffle," a well-known side effect of the neuroleptic family of psychiatric drugs.

He showed me his official school-issued bottle of Stelazine. He was being required to take 12 milligrams per day, as an outpatient! He also showed me a letter from Evergreen which required him to "seek counseling." The letter had been sent to him by the "Campus Adjudicator."

My friend developed twitching side effects known as severe extrapyramidal symptoms. They tried to control these with a drug to combat side effects called Cogentin, but no luck. The severe side effect, called "pseudoparkinsonism," became worse.

SACRED (The Student Alliance for Constitutional Rights and Equal Determination) is fighting these sort of abuses in court through the lack-of-due process angle; obviously, there are many angles — privacy violations, civil rights violations, public-records law irregularities, and malpractice) through which it could be approached.

Please help if you can.

The Shirley Burghard Story— continued from page 1

quite friendly and often had interesting discussions with them during the intermission. I began to really enjoy and look forward to these theatrical activities. In the course of time I became known as "a patron of the arts" as I bought a ticket for anything. I found it nifty when arts organizations would phone me and say, "We are offering you the first choice of tickets." At least within the framework of the theatre I was an acceptable human being and not just an ex-looney.

I also began to review books for various small printing companies. I have had some of my poetry and short stories printed in small magazines. I began to write lots of letters to the editor of local newspapers and I was often printed, and really enjoyed seeing my name in print. Sometimes people would respond with their letter to the editor, and occasionally someone would phone me. This sort of thing made me feel more human and more a part of the society I live in. I realized I have just as good a brain and just as much ability

as many other people. This made me feel good about myself.

I also was well aware of the atrocities of psychiatry that I had suffered during the two years I was a patient at Syracuse Psychiatric Hospital. I was drugged to a vegetable zombie on Thorazine, was subjected to "Brutality Therapy" which was scrubbing one toilet for eight to ten hours straight. Or scrubbing the long hall with a toothbrush. I knew many others had been tortured and tormented as I had been.

So I started a small newsletter which originally was called "John Henry" (named for the mythical steel-driving man), then merged with another small newsletter that William Moore in Binghamton, NY was publishing. It became "John Henry/Search."

After the first conference of former mental patients that took place in Washington, D.C. in 1960 this newsletter became "Constructive Action Newsletter" which has been published continuously now for 28

years. Through the Newsletter I have met psychiatrically-labeled people all over the U.S., Canada, England and several other countries. No matter what else was going on in my life, I always felt life to be 10 somewhat worth living just to get out "Constructive Action" every month.

In 1974 I attended the first Conference on Human Rights and Psychiatric Oppression in Topeka, Kansas. Psychiatrically-labeled people from throughout the country gathered together. I felt at home and at ease there. It was really great. Later I at-

continued on next page



networking:



As a *Dendron* reader, Shirley speaks out on social security, work . . . and guinea pigs.

Shirley Burghard; Syracuse, New York:

I beg to differ with Stephen Mendelsohn. In *Dendron* #7 he wrote, "I find glaring hypocrisy in the position of self-styled radicals who insist that taking government funding is evil but that welfare and SSI/SSDI [federal disability payments] are perfectly OK."

When I got out of the psychiatric institution I tried hard to return to nursing but at one hospital I was fired on the spot when the Director of Nurses somehow found out that I was an ex-mental patient.

At another hospital I was accused of plotting to murder infants in their cribs. The Catholic nun in charge did her best to railroad me back to the psychiatric institution. Of course, there was no truth to her allegation, in fact she was a religious fanatic crackpot herself who probably only escaped the psychiatric institution because she was a Franciscan sister.

I had horrible jobs unpacking junk coming in from Japan. At Christmas time I rode the merry-go-round in a Toyland to keep the little brats from falling off the horses. I stood and ironed papers at an insurance company that had a fire so that they could refile them. I worked whole summers in camps up in the mountains for room, board and \$100. salary.

In time my physical health failed and I was forced to take Social Security

Disability unless I wanted to become a street person, or starve in the gutter. Actually I feel that every dollar the government spends on me is a dollar they are not spending to fund the murdering Contras, or to give to Israel so they can murder the Palestinians, etc.

Yes, I have worked at baby sitting, but no one could live on \$1.25 an hour, which is what they want to pay.

I mean, I live in public housing, use food stamps, stand in line for free government food... not because I want to but because I have to in order to survive.

If I had died, or been forced into the street, who would have published the newsletter "Constructive Action" for 28 years?

"Constructive Action" does not,

continued on next page

tended other Conferences in San Francisco, Philadelphia, Boston, and Syracuse. Unfortunately, I developed severe arthritis, allergies, lung problems that kept me from attending other conferences.

Despite my physical problems and not being able to do as much as I would like to do, I was recently elected to the Board of the National Alliance of Mental Patients. I am well aware that psychiatrically-labeled people have got to have decent apartments, jobs (and I don't mean in workshops), medical care, human rights, civil rights, legal rights, etc. No one can ever get any of these things through psychiatry or



the system as it currently exists. Things must be changed.

I don't believe things can be changed for our benefit by actively cooperating with our oppressors (the shrinks) and I know that accepting money from the system will lead to their taking over. I urge groups to become financially self-supporting. "Constructive Action" has always been self-supporting through subscriptions, paid advertising and small donations. I think my main purpose in life these days is to urge self-help groups to be self-supporting.

I still have problems, namely in living in public housing with all its asinine rules and regulations, not being able to get a decent job, but having to settle for baby sitting which I have come to hate, having to buy my clothing at church rummage sales or the Rescue Mission Thrift Shop because I don't have money enough to go to the store and buy clothes, often having to eat cheap and very fattening food because I can't stretch the money and the food stamps any further.

But my worst problem is securing decent and adequate medical care on Medicaid. They won't pay for this

and they won't pay for that. I find that if doctors know about my so-called nervous breakdown that happened 30 years ago, I am still "once crazy always crazy" and hence I have great difficulty securing real or helpful medical care, for my physical problems.

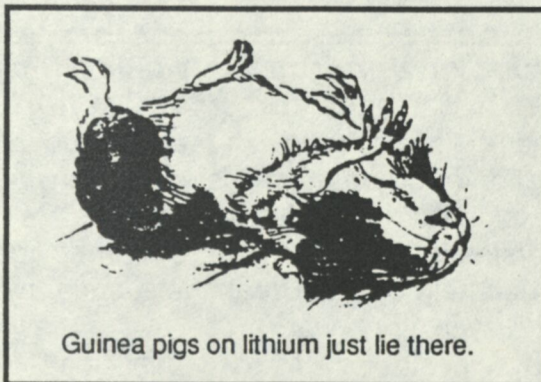
But without PERSONAL SELF-HELP I would have given up and committed suicide a long time ago.

My biggest problem is still my parents, who become upset if "Constructive Action" is ever mentioned in the local paper! How anyone can guess that this title has anything to do with mental illness is beyond me, but somehow my parents think everyone in the whole city is going to know that it has to do with mental illness — I guess they think it reflects badly on them somehow.

Shirley Burghard
B 1104 Ross Towers
710 Lodi Street
Syracuse, NY 13203

[Note: The paper Shirley Burghard edits, called "Constructive Action Newsletter" (CAN), is available from her at the above address. Subscriptions are \$10. in USA & Canada. \$25. overseas.]

never has and never will accept outside funding because to do so compromises whoever accepts the money. They money-giver has the right to feel they can dictate how things will be done thereafter. So, for my personal life I accept the money because there was no alternative, but for "Constructive Action" never ever because I will not allow it to be compromised. But by not accepting outside money "Constructive Action" has remained rather small.



Guinea pigs on lithium just lie there.

carried a fact sheet about lithium experiments on guinea pigs. As a person who has had guinea pigs for more than 25 years, I know for a fact they do not ordinarily and of their own accord lay on their backs. If one is seen laying that way he/she has been placed that way by some person, for some reason.

Guinea pigs are really rather tiny so even a minuscule dose of any drug is more than enough. To inject a guinea pig with lithium was undoubtedly torture for that animal. I can well understand it

becoming lethargic. Guinea pigs startle easily — in fact when I go to pick one of mine up I always talk to it and get its attention because otherwise they become frightened as they do not know what is happening and if they get scared enough they can and do bite. I can well understand that a guinea pig given enough lithium would even when poked just lie there.

Of course, I am against all animal experimentation for reasons such as this.

Guinea pigs also leap into the air when they are happy. Mine can and do sometimes leap a good six inches into the air. Basically they are very sweet little creatures.

Shirley Burghard [For an address, see the end of above article.]

On another subject: *Dendron* #7

National Rights Conference to be held in Portland, Oregon

This event — scheduled October 26 to 29, and sponsored by the National Association for Rights Protection & Advocacy — is crammed full.

First, Thomas Szasz, M.D., internationally known lecturer & author of 19 books, will be the keynote speaker. His topic: "The Myth of the Rights of Mental Patients."

"Psychiatry and the Holocaust" will be a plenary address by Jeffrey Masson & Peter Breggin, M.D.

You might have caught the *Mother Jones* article about Jeffrey Masson, who is a past director of the Freud Archives. He lost his membership in the International Psychoanalytical Association after exposing a fascinating controversy. It seems Freud, early in his career, denied the prevalence of child abuse, saying it was all in the survivors' minds. Freud later changed his mind, but Freud's followers have continued to this day to cover up this conversion!

Psychiatrist Peter Breggin will talk about his criticism of shock treatment & psychiatric drugs.

"The Making of a Radical," is the title of the plenary speech by electroshock survivor Carla McCague. McCague is an attorney involved with the Ontario, Canada, Coalition to Stop Electroshock.

Other topics to be explored in workshops include: Elimination of Restraint and Seclusion; the Right to Refuse Treatment; Mutual Support Systems as a Tool for Advocacy; the Rights of Children and Adolescents; the History of the Mental Patients' Movement; Outpatient commitment; Homelessness; the dangers of Ritalin (a form of "speed" given to literally thousands of schoolchildren to control their behavior); and strategies for political change.

For further information call conference chair Lynda Wright as soon as possible at 503/243-2081.

PSYCHO-SPASMS

The nurse floats in
With an angel's grin.

She carries a hollow-needled syringe.

"Hi doll, why don't you take our Haldol," then I cringe.

"Relax, relax, this won't hurt a bit."

(It's fitting and proper to treat you like shit.)

This wondrous injection is something you lack.

Seconds later my neck arcs toward the back,

Straining to break at the spine.

"Relax, relax, and all will be fine."

The arms jerk too — sheer terror takes hold.

The body likes fear in small doses, but not in a flood!

A second degrading shot in the ass,

Counters the first shot in time.

Time that is to realize

Some cures are worse than the disease,

When modern medicine uses us

To the modern gods appease.

read by Brock MacDougal,
at Alternatives '88
Salt Lake City, Utah

Back issues of *Dendron* are waiting for you!

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#7 — Forcible drugging, how does it feel? Animal rights.

#6 — Co-operation or co-optation: How can we work with professionals? Gay & lesbian rights.

#5 — Controversies in the movement. Childrens liberation.

#4 — Inside a self-help group. Break the silence, by George Ebert. Psychiatry & war.

#3 — Tardive dyskinesia. Psychiatry & pesticides.

#2 — Interview with R.D. Laing. Wilderness alternatives.
Call for alternatives for women.

#1 — Psychiatric drugs. Civil rights movement.

Make check to CHRP, and send to CHRP, PO Box 11284, Eugene, OR 97440.