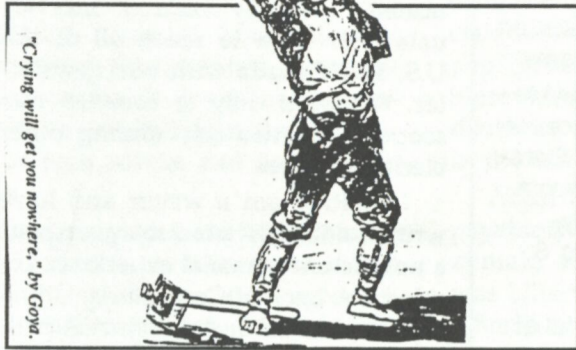




Special insert:
Lobotomy by drugs
 &
U.S. censors critic

DENDRON

NEWS * issue #13 * July 21, 1989 * \$1.



"Crying will get you nowhere." by Goya.

What did Abbie Hoffman & the Contras have in common?

They may both have been prescribed the newest antidepressant psychiatric drugs.

First, the untold Abbie story:

When Abbie Hoffman died, neither the mainstream nor alternative media mentioned a fascinating fact: Abbie Hoffman personally believed in much of the psychiatric system. For several years he took prescribed psychiatric drugs for so-called "manic depression."

If it's true he killed himself, then we wonder: What would have happened if years ago he had turned away from the medical model, to use mutual support & wholistic methods?

You know Abbie's history with drugs ran deep, but did you know how deep?

Before he became a full time activist he was a pharmaceutical salesperson for a straight drug company. In fact, he used the company car to drive down to a civil rights demonstration in the south in the early 1960's.

In the late 60's, of course, Abbie praised the

continued on page 6→

Let Us Say NO to psychiatric drugs!

**Ira Gruber kicks off national tour
 to protest brain damage
 caused by psychiatric drugs!**

by David Oaks, *Dendron* editor; Eugene, Oregon:

Almost as an omen of creeping fascism, a jail just one block from the *Dendron* office has expanded during the last few years. An especially bad sign was the re-opening of Lane County's 15-bed psychiatric unit next to this jail, complete with forcible psychiatric drugging, solitary confinement and restraints. It's a way to say to the homeless, poor, isolated & despairing: "Let them eat Thorazine."

On June 27th, Ira Gruber of Seattle visited the *Dendron* office to kick off his 65-day national tour exposing the brain damage caused by psychiatric drugs. He spoke with the media, and a group of supporters. Then we all took a short walk over to that psychiatric unit.

Who is Ira Gruber?

Ira was once a New Yorker with a pretty good life, and lots of street smarts. But without warning Ira of harmful effects, his doctor prescribed Haldol between 1982 and 1984. Haldol is a neuroleptic, and all neuroleptics today have the potential to cause brain damage. One day, Ira's friends noticed that he seemed to have a tic, but by then it was too late. He began to have "earthquakes" in his face. Periodically his body twisted. His eyes occasionally closed in a spasm for several seconds at a time, leaving him functionally blind. Years later, it hasn't gone away. For most people, it never does.

Ira is not alone. Three million Americans take neuroleptics, with familiar brand names like Thorazine, Mellaril and Prolixin. It is well-established that neuroleptics can sometimes severely damage the motor systems of the brain, resulting in syndromes such as the twitching of *tardive dyskinesia* and the persistent spasms of Ira's painful *tardive dystonia*. Even the most conservative authority, the American Psychiatric Association, puts the risk of getting more than minimal *tardive dyskinesia* at between 10 to 20 per cent for people taking the drug more than six months. But some authorities say that rate is as high as 50 percent for all long-term users.

see news clipping on page 7→

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.

Published by the non-profit organization Clearinghouse on Human Rights & Psychiatry (CHRP). Edited by David Oaks. Thanks to John, Martha, Norma, Debra & others.

Write to:

Dendron

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 *Dendron*.



Your articles, letters, poetry & art work welcome. Network with other active citizens! Space is limited. Please type, write very clearly, or use any Macintosh disk. Your name & address will be printed, and your writing might be edited, unless you say otherwise. Return of what you send isn't guaranteed, but is helped if you ask & include a self-addressed stamped envelope. Thanks.

Ask about: Work exchange. Back issues for \$1. How to contact CHRP on international PeaceNet computer bulletin board. Advertising rates.

Telephone: Leave up to a 30-second message at (503) 341-0100. We can call back more easily if you say we can call collect, & you give the best time to call. Or please give your address for our response.

Editor's note:

This issue has more written by me than usual, and more than I like. It's reading like "What I did on my summer vacation." Since *Dendron* means *tree* in Greek (as in *dendrites*, which connect billions of neurons in all of our brains), I hope people are not thinking that tree is an Oaks! Seriously, articles from you on human rights campaigns and on alternatives that work are very much appreciated (as are drawings and poetry). If we don't run your work, please keep trying. Your feedback on improving *Dendron* is also welcome.

I will write at least one more article myself next month: I'll have live coverage of Alternatives '89 in South Carolina, where 800 psychiatric survivors will gather for an annual federally-funded conference, August 2 to 6.

Sorry, subscribers...

A bad side effect of doing a lot of the work here myself, is when I'm lax the paper is down. I'm sorry this issue is so late, I'll try to speed it up! Personally, I'm attending to some healing. (Dissatisfied? Please ask for refund.)

I believe *Dendron* can grow. There's more support here. There are more & more subscribers. And there's one heck of a need for this service.

Maybe you can help us brainstorm ways to help get the news out. Here are some ideas. Write if you're interested or if you have ideas yourself:

◊ Extra copies of each issue are available at discount, for you to distribute to local groups, bookstores, etc.

◊ Back issues are available.

◊ Our organization is open to ideas for working with other groups, for grant writing, publishing, public education, campaigns, projects, etc.

◊ We are also a publishing service. If you have a job that needs typesetting, editing, lay out, etc. contact us. We use a Macintosh & laser printing.

◊ We are now funded only by you, with no grants. The secret? Donations (tax-deductible) keep us afloat. And that is one heavy hint to donate now!

networking:

readers... write

**Mrs. LaRita Booth Pryor;
Austin, Texas:**

Please allow me to introduce myself. My name is LaRita Yvette Booth Baptiste Pryor; and together, my husband, Alex & I write & publish *The BELLE of Central Texas*.

Alex and I are black, formally educated, "mentally restored" individuals who wish to reach all of the U.S. and Canada with our newsletter. We want only to broaden our scope — particularly among other black consumers.

I, LaRita, am a writer and have written a 62,000+ word manuscript of a non-fiction personal experience entitled: "A Lack of Control: An Odyssey into Mental Instability in American from a Black Perspective — How to Beat the Odds." It concerns my having been shot inside my mouth by my first husband; my 8 to 11 psychiatric hospitalizations in five different public, private and military hospitals; my lack of luck in the work world; my quest for love; and my marriage to Alex after our meeting at the First Texas Consumers Caucus in 1987 after exactly for months.

We have experienced subtle forms of racism and petty differences even within this small arena of Texas consumer organizations; and decided that since, even Alex & I, as blacks, have experienced discrimination, to publish our own newsletter.

**LaRita Pryor
2006 C. Kirksey Drive
Austin, TX 78741**

**John Simcox; Minneapolis,
Minnesota:**

Thank you so much for sending the copies of *Dendron News* and the really great posters on the dangers of psychiatric drugs. I'm having them photocopied, and am going to put up 50 or more of them on bulletin boards around Minneapolis in the next two months or so.

continued on page 6→

SUBSCRIBE to *Dendron*, approximately 10 issues per year. For sample: \$1. For a subscription: Regular supporting subscription for one year: \$20. Very low income: \$5 for five issues, \$10 for ten. Overseas & organizations with paid employees: \$40. Send to *Dendron*, PO Box 11284, Eugene, OR 97440.

Warning: Heat waves can kill people taking common types of psychiatric drugs!

Everyone knows the decade of the 80's has had some awfully hot summers. But how many know that common psychiatric drugs, including the neuroleptics such as Thorazine, can harm the brain's temperature regulation system? Many deaths, thoroughly documented in mainstream media & psychiatric literature, have resulted from the combining of heat waves and neuroleptic drugs.

Also, imagine what it's like to be court-ordered to take these drugs while living at home (through outpatient commitment). Imagine you have no air conditioning. Imagine no one is there to watch for medical problems. This is simply fascism.

Investigations have resulted in a flurry of publicity about the problem

of heat-caused death in San Bernardino, California.

A media release from the Citizens Commission on Human Rights (a branch of the Church of Scientology) states that California licensing officials reviewed charges that criminal negligence of officials at Patton State Hospital led to at least one death at the psychiatric institution in the last year.

According to a citation filed by psychiatric technician Steve Wegrzyniak, a patient at the hospital was killed in September of last year when temperatures in his ward rose to over 100 degrees during a heat spell. The inmate was on Lithium, Haldol and Cogentin.

Despite allocation of enough funds, and despite several warnings,

the director of Patton, Donald Stockman, did not get around to fixing the air conditioning system.

Since then, two "whistle-blowing" psychiatric technicians, who have pointed out problems in the institution, have been fired, according to Mike O'Brien of CCHR.

For a packet of information, call toll free 800-869-CCHR. (Note: Although this information is absolutely proven, bear in mind that Scientology is a therapy system itself that some like, and some do not.)

Meanwhile, in Maine, the Portland Coalition for the Psychiatrically Labeled announced its support of a class action law suit against the Augusta Mental Health Institute. Five people died last summer at AMHI, at least one of whom died while tied in restraints. Some of the deaths were apparently related to a combination of high temperature and psychiatric drugs.

For a copy of their packed newsletter, write to Portland Coalition, P.O. Box 4138, Station A, Portland, Maine 04101.

Jury gives psychiatric inmate \$600,000.

Prosecutor tries to ban survivors of psychiatric drug-induced brain damage from courtroom!

On June 12, 1989, approximately the 18th successful lawsuit in the U.S. against a type of psychiatric drug-induced brain damage (called *tardive dyskinesia*) was decided.

The trial featured an outrageous human rights infringement by the prosecutor: One day, two individuals who also had *tardive dyskinesia* (TD) came to watch the jury trial. The Attorney General's office became upset that the jury would be influenced by the twitching exhibited

by these observers.

The next morning, a representative for the state phoned one of these individuals, Sonja Kjaer, at home. Sonja is executive director for a national organization of survivors of *tardive dyskinesia*, and the related syndrome *tardive dystonia*. This state official asked Sonja for information about the other observer, and openly discouraged people with TD from attending the trial. The official said a mistrial might result.

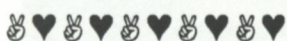
Word of the state's phone call soon got back to Judge Marsha Pechman and she was incensed, ruling that no person with a disability was to be intimidated.

Sonja will report her personal impressions in a later issue of *Dendron*. She can be called at (206) 522-3166.

Trial results hit pocketbook:

The jury ruled that Western State Hospital, near Tacoma, Washington, was negligent of using neuroleptic drugs on a 30-year-old man because the drugs left him with permanent brain damage, resulting in severe muscle spasms. The jury awarded \$600,000 to James M. Angliss, who has the drug-induced injury. Another \$60,000 was awarded to his mother, LaVelle, for emotional distress.

Ex-inmate activist Jerry Fordyce was quoted in a Washington newspaper: "At best it shows that you can't just give someone a pill and say they're fine. A person has a right to know acceptable alternatives. It's a drug-dependent system."



JOKE — from Dan Quayle

Vice-President Dan Quayle addressed the United Negro College Fund. He tried to refer to their slogan "A Mind Is a Terrible Thing to Waste."

But Quayle garbled it, saying, "What a waste it is to lose one's mind — or not to have a mind. How true that is." (*Newsweek*, 5/22/89.)

U.S. Greens consider psych. lib. movement

The Green Party has had surprising recent victories in European elections. A U.S. Green movement has slowly brewed for years. They held a national meeting in Eugene, Oregon, June 21 to 25, to develop a platform. Hundreds of proposals were submitted, and considered by 250 participants.

Dendron editor & psychiatric survivor David Oaks submitted a position paper on psychiatry. Now the U.S. Greens proposed platform includes a call for "exposing & eliminating atrocities, including within the mental health system," "building user-owned mutual support systems," and "creating a range of wholistic options." An explanation was also included.

The plan now is for 200 grassroots Green groups to consider the huge rough draft, and for a conference next year in Boulder, Colorado to consense to an official platform.

At least one other progressive multi-issue social change organization adopting psychiatric liberation viewpoints: Ex-inmates helped write the "Mental Health Plank" in the 1988 platform of Berkeley Citizen Action, a party which usually runs the municipal government.

(For the Green paper or BCA platform send \$1. for each, to *Dendron*.)

Shock news

Marilyn Rice, electroshock survivor & anti-shock activist, reports that the Food & Drug Administration (FDA) is still waffling on its classification of shock machines.

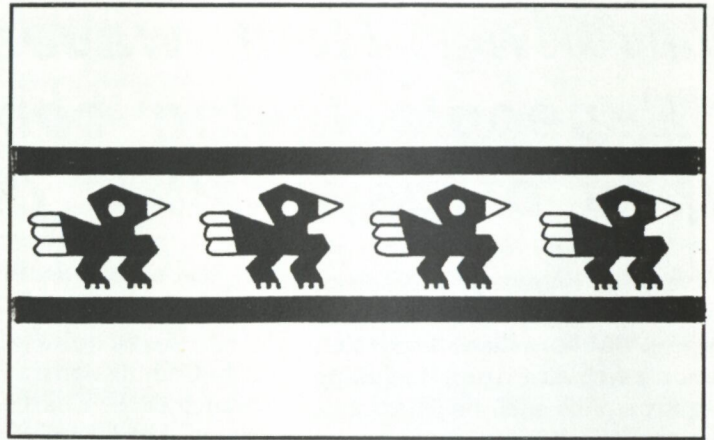
For ten years now, with little media attention, the FDA has kept shock devices in its most restricted category, Class III, saying they present "an unreasonable risk of illness or injury" and should be tested for safety. The American Psychiatric Association has since been trying to give shock a more palatable label. Join CTIP now!

Contact Committee for Truth in Psychiatry, c/o Marilyn Rice, 2106 S. 5th St., Arlington, VA 22204. Or phone (703) 979-5398.

Big homeless protest set for October in D.C.

National Alliance of Mental Patients will be a co-sponsor for a national demonstration against homelessness and in favor of appropriate low-income housing alternatives. NAMP member Ron Thompson is coordinating NAMP's activities in behalf of this march. The national march on Washington, D.C. is scheduled for Saturday, October 7. The purpose: flood Washington with hundreds of thousands of peaceful demonstrators from around the country to deliver a simple message to Congress and the Bush administration: we want an end to homelessness through the creation of affordable HOUSING NOW!

Planners state that caravans will leave from



sites around the country in mid-September and converge in Washington on Thursday, October 5. The marchers will stay at campsites around Washington, and lobby Congress in the days leading up to the demonstration.

For additional information, write or call HOUSING NOW!, 425 Second St., NW, Washington, DC 20001 or phone (201) 347-2405.

For a copy of the: NAMP News; P.O. Box 618; Sioux Falls, SD 57101

The Return of Radical Therapy

Once upon a time, starting somewhere in the mid-1970's, there was a publication called *Issues in Radical Therapy*, which published indictments of the mental health industry from a leftist political perspective. It went through six name changes in ten years, ended up as *State and Mind*, and then stopped publishing. After a several-year hiatus, the publication has emerged again as *Issues in Radical Therapy*. Articles in the re-awoken issue (Winter-Spring 1988) include an attack on pacifism, and a fascinating story about researcher Ken Asp, who is

meticulously documenting the history of psychiatry's close relationship with Nazi Germany. For a copy of this nicely done 100 page journal, send \$5. to Saxifrage Publications Group, 1484 Wicklow St., Boulder, Co 80303.

Teen Expose

As predicted, the *Wall Street Journal's* indictment of psychiatry's treatment of teenagers led to other media coverage. But in terms of sheer quantity, the *Chicago Tribune* takes a prize. For four days in May (28 to 31), on every day, the top headline of the front page of the paper trumpeted their expose "series of articles about the explosive growth in the number of teenagers being admitted to psychiatric hospitals."

Those headlines included, "Inpatient psych units find market in youth," "Psychiatrists get rich, but do patients profit?" "Psychiatric ads bring patients and protests," and "Enough is enough, youth psychiatry critics say."

Strong stuff. Omitted was an indictment of psychiatric drugs and electroshock, an analysis of youth oppression in our society, a discussion of

empowering and wholistic alternatives, and a generalization of the expose to psychiatry as a whole.

An excerpt:

"By all estimates, the psychiatric hospitalization of adolescents will continue to grow at a breakneck pace. ... Stock analysts predict that revenues and earnings of companies that sell these services will grow by 20 percent for the next several years.

"This phenomenon has been expanding so fast that by even the most conservative estimates, 150,000 teenagers are expected to be locked up in hospitals for psychiatric care this year. Several researchers put this year's figure as high as a quarter of a million.... Psychiatric beds in for-profit hospitals increased by 150 percent from 1969 to 1982."

Network plea

NAMP member Barbara Garrett is looking for people who experienced sexual abuse in the psychiatric system. Contact her at: 17 Meadow Drive, Billings, Montana 59102.

Annual Human Rights Meeting

For information about the National Association for Rights Protection and Advocacy annual conference, which is happening September 27 to 30, in St. Paul, Minnesota, write to the below address (and while you're writing, ask for a their excellent newsletter, the Tenet).

Bill Johnson, who is helping to coordinate the 1989 conference, states that the conference location is a few blocks from

one of the few humane crisis centers, where several ex-inmates help provide voluntary emotional support. He feels this will help prevent a repeat of last year's difficulty, in which a conference attendee ended up locked into a psychiatric institution in Portland, Oregon.

Write Bill Johnson/
Mary Olympia; c/o MHA;
328 E. Hennepin Ave. 2 fl;
Minneapolis, MN 55414

Supreme Court will rule on forced drugging next session

Ron Thompson, who is a Washington, D.C. attorney, writes to warn us of a US Supreme Court case about forcible psychiatric drugging. While the case won't be heard during this session, it's only a matter of time before the Court's consideration will throw the national spotlight onto this subject. (*Dendron* will carry more information in later issues.)

Ron explains: "As part of the general conservative trend in Federal Constitutional Law, the 'rights' of persons with serious mental disabilities, which have always been more formal than real, are now under an assault which has as its goal the explicit rejection and extinction of those rights (such as they are).

"In the case *State of Washington v. Harper*, the U.S. Supreme Court is being asked to hand down what amounts to a *Dred Scott* decision for mental patients. In the 1857 *Dred Scott* case, the Court tried to 'settle' the dispute about slavery by declaring

that Black human beings are the property of the Whites who own them, and have NO civil rights which those Whites must respect."

For information about this Supreme Court case, be sure to get the superb June 1989 issue of *Peer Advocate*, edited by A.M. Earl. This newsletter is packed with the text of the Harper decision, and the American Psychiatric Association brief, so you can know what arguments you'll be up against.

Though no price is listed, send a few dollars for costs to: Psychiatric Survivor, P.O. Box 60845; Longmeadow, MA 01116-0845.

The Rack

An expose, news article, column and editorial broke the silence in Arizona about the practice of tying down inmates in the state's prisons. On April 27, 1989, Gov. Rose Mofford called for an independent medical investigation of a torture that is dubbed *The Rack*. The practice is well known to psychiatric inmates throughout the U.S., where it is called *four point restraints* because each limb is tied down. "Inmates at the state's maximum security prison have been chained, naked, to bed posts and left there 20 hours a day for up to three days at a time," began the *Arizona Republic's* expose.

For these clippings, write to Dennis F. Nester; 4510 East Willow Avenue; Phoenix, AZ 85032. (And Dennis still has tapes of the 1988 NARPA meeting — ask him for details.)

Healing space for Rainbows

Each year, around the 4th of July, more than five thousand people leave their vehicles, and hike deep into the woods of a different national forest, where they are met by hugs, and calls of "Welcome Home!" It's the Rainbow Gathering of the Tribes. Media labels it "hippy counterculture," so they generally doesn't cover it much. But this anarchist collection of mystics, musicians, and back-to-the-landers is huge, strange & enchanting. There's music, free food, workshops, drumming, instant villages, none of it controlled from above. The only planned event is an enormous peace circle at noon on July 4th.

This year's Rainbow Gathering met in Nevada, where a dry, flat, scrubby plain hid beautiful sacred canyons, creeks & caves. Iris Springflower, active in the psychiatric right's movement, organized an "Emotional Support Uplifting Camp" by a stream, as an alternative to establishment psychiatry.

"It was a quiet camp, for introspection," reports mycall sunanda. Iris encourages people to get involved in the Rainbow Gathering, which she says is, "A free, non-commercial event to promote love, peace and cooperation." It's fantastic and liberating, but bring-your-own-everything, because the drinking water is sometimes unsafe.

Write to Iris Springflower; 2118 Guadalupe St., #136; Austin, TX 76705.

Abbie & Contras

continued from page 1 →

use of recreational drugs as a shortcut to non-linear thinking and rebellion. He was later set up for a cocaine drug bust, and went underground to a brutally lonely existence

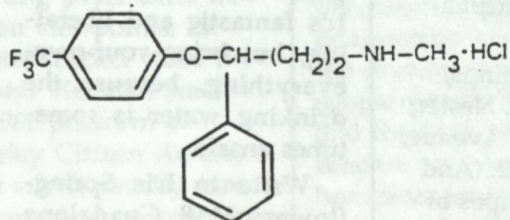
But it is hardly ever discussed that about that time Abbie began an intimate involvement with psychiatry. He had a psychiatrist he liked who diagnosed Abbie as "bipolar." Abbie took lithium, and attended a group strongly oriented toward a belief in lithium.

Syracuse, New York activist George Ebert once attended a small political meeting with Abbie and tried to reach him with criticisms of psychiatry. George gave him literature indicting lithium. But George says Abbie just wasn't interested.

According to psychiatric-critic Jeffrey Masson, Abbie was taking a new stimulant-type anti-depressant called "Prozac." According to the drug company's own studies, 10 to 15 percent of Prozac users experience anxiety. Masson wonders what role such anxiety might play in encouraging suicide.

In the flash of media attention given Abbie's death, almost all neglected to say he was psychiatrically labeled, that he believed in that label, and that he was prescribed powerful psychiatric drugs.

If Abbie had been offered alternatives would he be alive? How many other Abbie's are out there could still be reached? We know that Abbie wasn't the only one...



Abbie's friend or enemy? Structural formula for Prozac, a new antidepressant by Eli Lilly.

The untold Contra story:

Physicians Susan Cookson and Tim Takaro are members of the Committee of US Citizens Living in Nicaragua. They visited a Contra camp in Tegucigalpa, Honduras on March 1, 1989 to look for young kidnapped Nicaraguans who were forced into the Contra's guerilla army.

The physicians' experience was like visiting a cult of approximately 8,000, in a ragged camp. Welcomed by Contra representatives who have a new sensitivity to public relations, their team successfully located a number of young people in the Contra camp who expressed a strong desire to return home. But overnight almost all these residents were "convinced" by Contra authorities to retract their requests. (Due to the physicians' later lobbying, in early April four of these individuals were finally released by the Contras.)

At one point, the physicians were given a tour of this Contra camp. Cookson & Takaro were intrigued:

"The medical clinics are well equipped with US material. We wish our clinics in Nicaragua were so well supplied. Tim noticed a supply of Asendin, a powerful anti-depressant, which the doctor told us is in big demand."

Asendin is one of the newer tricyclic-type anti-depressants. Apparently, being coerced into working for an unwanted terrorist army that kills civilians has its sad moments.

What's it all mean?

Both Abbie and the Contras — strange bedfellows indeed — have been part of the growing psychiatric drugging of a bedraggled world. Although both have been in the international spotlight, their close ties to psychiatry have generally been ignored by the media.

There are better ways to help despair than a bottle of dangerous chemicals. We need to all say that, now. And in Abbie's, memory, be sure to get a huge mischievous grin on your face once in a while as you struggle.

Special insert! →

Please pull this insert, photocopy & distribute!

Ask others to help out!
Start a news * * *
snowball to
break the silence! ❄️

networking:

continued from page 2 →

I do expect the posters to rock a few boats here. Amazingly, I've never seen anything at all negative about psychiatry on a bulletin board here, excepting a notice of my own designed to attract people who have given up all forms of psychiatric and psychological therapy.

The need to get the word out here, is just colossal. I wish I knew an M.D. in this area skilled in helping people get off the meds, but haven't yet found such a person. I was myself a psychiatric patient between 1957 and 1970 and became increasingly addicted to the drugs. Fortunately, I then lived in New York City, and was able to find a couple of doctors who helped me become drug free.

Dendron is a tremendous periodical. I hadn't heard the stories about the Golden Valley Health Center [issue #11] from anyone here. I had suspected them of some of that. They have ever new and changing T.V. ads, offering to save the lives of our young people alcoholics, etc. Minnesota is unfortunately the land of 10,000 chemical dependency treatment centers.

John Simcox
5049 Thomas Ave. S.
Minneapolis, MN 55410

Dendron News (except insert) is printed on unbleached recycled paper by Save-Our-EcoSystems.

Use of drugs on patients protested

By JAMES THALMAN
The Register-Guard

A Seattle man who has been rendered functionally blind and is in chronic pain as a result of taking a prescribed psychiatric drug began a national tour in Eugene on Tuesday to raise public's awareness of the drug's effects.

Ira Gruber, 43, said he is one of 1.5 million Americans who have permanent brain damage after being given — sometimes by force — powerful drugs called neuroleptics that calm people who have acute emotional or mental illnesses.

As a result of taking Haldol from 1982 to 1984, Gruber's eyes regularly close for several seconds at a time. His face twitches involuntarily. About every 15 to 20 minutes, muscles in his upper body spasm, a side

Man blinded by neuroleptics begins tour

effect of the drug that he said creates the feeling of suddenly trying to bench press 500 pounds.

Experts say that neuroleptics, a class of drugs designed to treat schizophrenia and psychosis, can cause motion disorders called tardive dyskinesia — involuntary twitching or writhing — and tardive dyskinesia, a more serious condition that affects Gruber.

Experts disagree about the percentage of the drugs' users who are affected by side effects — projections range from 15 percent to 50 percent.

The Eugene-based national Clearinghouse on Human Rights & Psychiatry took

the opportunity of Gruber's Eugene visit to note that injections of neuroleptics, with familiar brand names such as Thorazine, Mellaril and Prolixin, have been given by force to patients at the Lane County Psychiatric Hospital.

Members of the group gathered outside the 15-bed hospital to protest the practice and said in a letter of complaint delivered to hospital staff that forced drugging is a violation of human and constitutional rights.

"The answer to people's problems — even those who might be violent — is not to do more violence to them," the letter said.

"The neuroleptics cannot only cause brain damage, they can also cause neuroleptic

malignant syndrome and other health problems that can kill."

Hospital supervisor Alan Levine said some patients have been forcibly given neuroleptics. But only those people who display signs of imminent violence to themselves or others are injected, Levine said.

The facility, which is attached to the Lane County Jail at 151 W. Fifth Ave., provides intensive, short-term treatment for acutely disturbed people who may need to be medicated without their consent, he said.

But the drugs never are used for more than a few days and any signs of involuntary muscle movements in patients are closely monitored, he said.

"We are acutely aware of the possible

Turn to PROTEST, Page 4C

The Register-Guard

Page 1C

Eugene, Oregon, Wednesday, June 28, 1989

Note: This forcible psychiatric drugging has entered the community. Many states now have *outpatient commitment*, which allows long-term court-ordered coercive psychiatric drugging of individuals living at home! For information on how you can fight this human rights atrocity, write to:

Dendron News
P.O. Box 11284
Eugene, OR 97440

PROTEST

Continued from Page 1C

side effects," he said. "We do all we can before using them, we never use them to just control behavior and we never use them long term."

David Oaks, spokesman for the Clearinghouse on Human Rights & Psychiatry, said that besides obvious motion problems caused by the drugs, they can also produce lobotomy-like apathy, audio and visual hallucinations, and a loss of higher-level mental functions.

Newer and supposedly safer drugs designed to reduce the risk of tardive dyskinesia and tardive dyskinesia actually increase damage to the mental functions, he said.

"There are better ways to deal with violence than to respond with an inherently violent act," Oaks said. "The fact remains that people in this unit are

forcibly being given drugs that can cause brain damage and death. That's fascism."

He said that alternatives to drugs and isolation that focus on helping disturbed people through crisis centers and peer group support need to be devised.

Gruber said he hopes the least his 65-day national tour will achieve is a new requirement that all such medications carry a warning label noting that the medication "can cause a permanent neurological disorder." At least those who decide to take the drug will have enough of a warning to ask their physicians about risks.

Dr. Stewart Shevitz, director of Psychiatric and Behavioral Medicine at Sacred Heart General Hospital in Eugene, said the issue is not new.

Treating involuntary patients against their will with medications that may have potentially serious side effects is a situation the profession continually discusses, he said.

Shevitz said every patient who is "reachable" and can consent to using the drugs is advised of all the possible risks of using and consequences of not using any medication.

The drugs create a "paradox," Shevitz said, in that the involuntary muscle movements that can be caused by them are then masked by the drug, with spasms often revealed only after people stop taking them.

Using a neuroleptic is not the rule but is not uncommon in Lane County, he said. "But we are making a conscientious effort not to use them. They are clearly our last choice."

During the beginning of May, David Oaks visited the U.S. Midwest, and returned home via San Francisco to attend a protest by psychiatric survivors at the American Psychiatric Association Annual Meeting:

The mind trip

The Midwest Networker

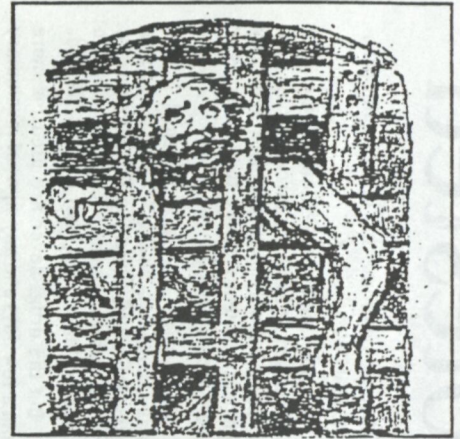
In Chicago I met tour guide Barbara Peller, a creative, energetic "Cosmic Networker" as she calls herself. Born June 19, 1947 in Brooklyn, Barbara is a 1964 graduate of NYU. She traveled, got married, worked. Then in 1974 she was locked up in a psychiatric institution, given Thorazine, Stelazine, and many other drugs. Soon she experienced 20 psychiatric professionals, five institutions, and electroshock.

"I was a bin bunny," she laughs about it now. "I remember once getting myself out of restraints. When the psychiatric workers finally arrived, I was sitting in their chair

with my feet up on their desk, smoking a cigarette. I was forcibly drugged for that."

Barbara even had the dubious honor of seeing the famous, premier Lithium-pusher Ronald Fieve. "He thought he was Napoleon. He charged me \$250 for the first visit, and gave me tons of drugs, seven or eight different things."

Today Barbara is in seven (count 'em, seven) mutual support groups: ACORN, a homeless drop-in support system in Evanston, Illinois. GROW (more about that later). Adult Children of Alcoholics. Co-dependents support group. Recovery. Depressive and bipolar support. And a spiritual



"Raging Lunatic," by Goya.

exploration group of ex-inmates and counselors, acting as equals.

We were off on a two-state whirlwind tour. We began our trip in Evanston, Illinois by passing the Albany building, occupancy 430 ex-inmates. The local yuppies were upset. It seems the residents dared to cross the street and hang out in a little park there during the day.

We then passed the Raintree, occupancy 150. The yuppies are a little

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Stunted GROWTH?

GROW might be a pleasant surprise to many people working for alternatives to traditional psychiatry. Unfortunately, it turns out GROW has at least one unpleasant surprise, too. This may be a case where mutual support has taken root, but without the nurturance of enough grassroots democracy and empowerment.

The planting of GROW

GROW is a huge network of self-help groups for ex-mental patients that began in Australia in 1957. GROW has since moved to a few states in the U.S., spreading rapidly especially in Illinois where GROW reports 100 active groups. The people I've talked to who have been personally involved in GROW groups say they felt helped. During a visit to the only U.S. GROW residence I met four individuals who had successful-

ly withdrawn from long-term psychiatric drugs.

GROW self-help groups are based on a little booklet about mutual support methods and many lists of self-help suggestions, which are rigorously followed during meetings. Participants are encouraged to contact each other out of meetings, to form caring networks. Newsletters and participant-written reports focus on practical tips for dealing with problems such as unwanted thoughts, seeing things that aren't there, feeling sad, making more friends, etc.

Sources report GROW might have recently obtained a large grant to move into three more U.S. states.

No room in the garden for all

However, it turns out that this highly-organized movement, led by an ex-inmate Catholic priest named Con Keogh, has an official prejudice against gays and lesbians, says Mark A. Davis, Director of an advocacy group in Philadelphia. Writes Mark. "My concerns arise from some-

thing that occurred at the New York State mental health consumer/ex-patient conference sponsored by the Mental Health Association in New York State, where over 150 consumers/ex-patients attended."

Con Keogh also attended, and issued a statement called "The Truth About Mental Illness" that said, "The condition is maladjustment, not disease. This is true whether the symptoms are those of schizophrenia, impotence, homosexuality, manic depressive psychosis, drug addiction, alcoholism or psychopathic personality..." Mark says Con continued to defend his anti-gay statements publicly, and in personal discussions with Mark.

"These concerns are not mine alone," wrote Mark in a June 13th letter to Richard Surles, Commissioner of Mental Health in New York. "The conference as a whole passed a resolution condemning GROW statements and demanding that New York State offer neither

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happier here. The Raintree has a lot of their outdoor functions on the roof so the neighbors are less disturbed.

These two hotel-institutions or boarding houses are signs of the times. They don't have privacy locks on any of the doors, so stealing is rampant. Psychiatric drugs are heavily pushed. People pay with their government checks, and are given back a few dollars to spend during the month. People are afraid to risk deviction by complaining.

We then attended an ACORN self-help group for homeless people. ACORN has a friendly drop-in center, but it is not user-run and so was somewhat disempowering.

Later, Barbara and I traveled to Lambs Farm in Libertyville, Illinois, where 170 people labeled retarded staff a huge tourist complex of farms, restaurants, a crafts shop, a candy store, a petting zoo, residences, etc.

And soon we found ourselves in Milwaukee, Wisconsin, visiting a new, spacious comfortable drop-in center for ex-inmates in an old

church. Then Barbara and I went for a walk by Lake Michigan with ex-inmate Pat Irick, one of the leaders today in the Wisconsin movement of psychiatrically-labeled people.

Within days, Barbara and I were driving to a small town in the heart of rural Illinois to visit a GROW residence (see article on this page).

San Francisco Protest

On Sunday, May 7th, I flew on alone to the West Coast. A record 14,000 psychiatrists were arriving at about the same time to attend the Annual Meeting of the American Psychiatric Association (APA). (Note: Get ready, people, next May they'll be in New York City!)

I went early to the Moscone Center, site of the protest, to see what it looks like. A Defense of Animals protest was already happening. About a dozen people had signs against the torture of animals. Probably because they were earlier, they had much better media coverage.

At 5:00 our protest started. Turn-

out was good, although Sally Zinman, staff person of a user-owned drop-in center in Berkeley, only had a month to help organize the event, which was sponsored by the National Alliance of Mental Patients. Many ex-inmates took vans and buses from local drop-in centers to attend. Support from the San Francisco community was almost non-existent, except for a few Earth First'ers.

About 75 of us marched in a circle, chanting that golden oldie, "One, two, three, four, we won't take your drugs no more; five, six, seven eight, smash the therapeutic state."

Speakers started, but I was involved in guerilla theatre with passing psychiatrists. Luckily, a visiting group from Santa Cruz, Psychiatric Inmates Rights Collective, made a 90-minute tape. Send \$3. to PIRC attn: Jane Kysor; 4941 East Walnut; Soquel, CA 95073.

Only one television station attended, but the protest was covered by a team of private film makers,

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funding nor any other encouragement to GROW to take root and spread."

Inside Grow, USA:

Diane Maxwell of Illinois has the quiet dedication of a person involved in a religiously-based service organization. She has been involved in GROW for ten years. Though not an ex-mental patient, she felt GROW offered her personal support. With her Australian accent, she described the organization:

"GROW started in 1957 in Australia. Several people had been in the psychiatric institution, and didn't have support. They based GROW on Alcoholics Anonymous, and formed their own group, for helping. They built up a whole philosophy, which is based on common sense. Like AA, there are twelve steps — up and down. In Australia there are 400 groups. Now, GROW is in five English countries. In the U.S. GROW has been in Hawaii since 1971.

"GROW has had support from the Illinois Department of Mental

Health for the past four years. They increased the number of residents in our group home to six, and are increasing the residents to 15 in two residences. It's a highly structured program, based on exercise, meetings, families, groups. They utilize their own time to avoid isolated thinking, to build community. It's based on friendship. They reach higher stages, and the staff provides support."

Successful drug withdrawal

At that GROW residence, which I visited with activist Barbara Peller, we could tell it was like an extended family with close ties to Australia. While it was based on a spiritual belief in God, they claimed there was room for non-believers.

I talked with four residents who successfully de-toxed from neuroleptic drugs. While others have done this alone, all these residents credited GROW. Here are two interviews:

#1: "I've been off psychiatric drugs for two years. For a ten year period, they tried every neuroleptic

on me: Haldol, Mellaril, etc. I had lots of shock, perhaps 35 to 40 over a ten year period. I went off the drugs cold turkey.

"Having a supportive environment at GROW had a lot to do with it. I could never do it without support. How else could I? I wasn't getting that kind of support. Here there's lots of activities. There's daily contact. They help to bring me into reality."

#2: "I have been off psychiatric drugs for one year. I was on Elavil, and other drugs. I'm replacing drug dependency with risking, pushing through problems, finding another source. Two days a week I'm a staff person here. If there's hope for me, there's hope for anyone. I don't have all the answers. I still need support."

Write GROW and ask about Con Keogh's policy on homosexuality. If he's anti-Gay, GROW should prove they're democratic & fire him now. Write GROW, Inc.; 301 West White Street; Champaign, IL 61820.

Mind Trip

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led by Michael Weinberg & Beverly Jones. They are making *The Committed*, which they say is a film about the meaning of help & the psychiatric client movement. They hope this documentary, which won't be finished for at least a year, will make it onto national TV via the Public Broadcasting System, as well as be used for local organizing efforts.

Someone brought huge cardboard needles for guerilla theatre, but without adequate preparation those skits didn't go far. I tried to interview psychiatrists in front of the film crew, but it was hectic and the doctors uncooperative. We need role playing before hand to plan, especially how to interact with psychiatrists at these protests and still maintain our dignity.

The next day the *San Francisco Chronicle* missed our story completely, but covered the Annual Meeting. They quoted a psychiatrist about the theme of their gathering: Overcoming Stigma. This Washington, D.C. psychiatrist, Brian Doyle, seemed very concerned about stigma against him: "There is no question that, by and large, being a psychiatrist carries a negative charge with it in the public view and, with it, in the view of the rest of medicine."

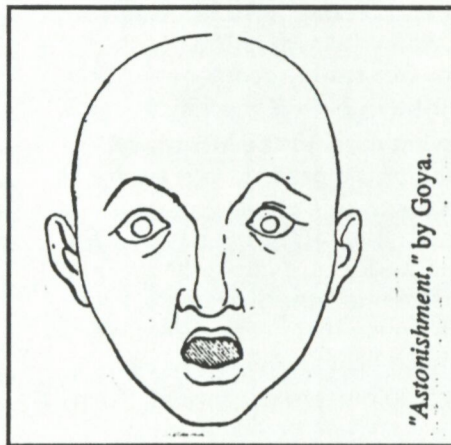
The *Chronicle* also covered a Scientology media conference on children who committed suicide as a result of withdrawal from the drug Ritalin, which is given to hundreds of thousands of American children for so-called "attention deficit hyperactivity disorder (ADHD)."

But the best front page *Chronicle* coverage was of Kitty Dukakis, partner of Michael Dukakis. She spoke to a large meeting, saying psychiatrists should not "rush to identify drugs as the first solution to ... patients' problems." Her road to drug addiction started when she was 19 with a prescription for diet pills.

After the protest, we headed to a local drop-in center for a party.

More APA adventures

The next day I went to a skit & discussion by the Mental Patients Liberation Front, of Cambridge, Massachusetts. Only one or two psychiatrists came to watch. The ex-inmates, including one psychiatrist/ex-inmate, role-played a family interacting with the psychiatric system, based on control. And then they role played an ex-inmate at a user-run drop-in center, based on freedom & empowerment. The startling contrast revolved around democracy.



MPLF member, Lou Budd, however, expressed concern that some other members with drug & alcohol problems might "drag him down," too.

Later I dropped in on a packed neuroleptic drug lecture, which compared the different neuroleptics, including the latest one, clozapine, for their effects on receptors in the brain (see poster this issue). At the end of one speech, I asked, "What about brain damage from long term neuroleptic use, like tardive dyskinesia?"

"Brain damage?" the speaker asked backed innocently.

"Tardive dyskinesia sure isn't liver damage," I answered.

"Well, there's sometimes a brain CHANGE from neuroleptics, but there isn't any proven neuronal death" of the brain cells, he answered. (Actually, there is proof of neuronal death. However, even without that, brain changes in the receptors are still brain damage.)

I asked, "What about the effect of very high salaries on people's

thinking?" But he didn't answer.

I then attended a lecture on electroshock, and for asking more questions I was almost arrested. The speaker was saying that, "The uninformed are prone to wrongly assume that ECT is dangerous. I've listed here some of the things that have discouraged ECT: Antipathy at the hospital. Public censure. Legal hurdles. Hostile laws. ECT as a symbol of disrespect of human rights ..."

He said that shock doctors were experiencing stigma. "The problem is the language we use makes shock sound like punishment. Look at the words we use: Shock. Convulsion. Seizure. I've created a modest proposal. Let's use informed consent, show them a videotape. But let's call ECT 'central stimulation -- with a patterned response.'"

I asked him: "Do you have a euphemism for persistent memory loss?" Guess not. Security was called.

I left as about six security officials showed up, headed by Wes Pomeroy, head of APA security. Wes claims he's a friend of human rights and the Movement, but for some reason he refuses to be videotaped or quoted saying such things. I was ready, however. Next door was the official APA debate between survivors of psychiatry & psychiatrists.

So I said to the group of security staring at me, "Hey, Wes, there's some shock doctors in that other room who give shock without warning about persistent memory loss. You better arrest them. Oh, that's right, you don't want to get involved." Then I walked into "our" room, knowing they wouldn't touch me.

Matulis & Miller team up

The debate featured ex-inmate advocates Jenny Miller & Jeannie Matulis, who is now an attorney in California. The opposition: psychiatrists Captane P. Thompson, M.D. of Sacramento and W. Bradford Lyles, M.D. of Gainesville, Florida.

Jenny started by saying it was very fitting for the debate to take place in Moscone Center. Dan White openly assassinated San Francisco politicians Moscone and Milk. Expert

psychiatric witnesses said White was on junk foods, and he received a reduced sentence. This was the infamous "Twinkie Defense."

Jenny then ran over the history of psychiatry, especially its support of slavery in the U.S., and its role in eugenics and Nazi Germany.

Jeannie's point centered on the legal definition used in cases such as not guilty by reason of insanity. "There are two prongs: Ability to appreciate right & wrong. And ability to conform action to this. Psychiatry itself has been unable to meet these two standards." She pronounced psychiatry guilty, despite its proven diminished capacity. Jeannie also referred indirectly to a woman who died recently after being "cared" for one of the doctors she was debating.

The debate moved to the subject of outpatient commitment, with one doctor saying it was "kinder & gentler" to forcibly drug outpatients, than to lock people up in institutions. I interrupted to call outpatient commitment "fascism."

During the question period a representative for the usually non-political National Depressive & Manic Depressive Association (NDMDA) said she backed "whatever it took" to force psychiatric drugs into people, including outpatient commitment. (I've written to NDMDA for an official position, but have received no response. You can write to them for clarification, too. Tell us what you find out: NDMDA; 53 West Jackson Blvd., Room 618; Chicago, IL 60604.)

Then, even a representative from the usually silent Recovery, Inc. stood up to praise psychiatrists.

Activist and user-run drop-in center staff person Judi Chamberlin responded by saying that, "Someone might have liked their treatment, but we're saying that we have the right to refuse. What's our documentation? The US Constitution!"

Down to the Exhibit Area

Later, anti-electroshock activist Leonard Roy Frank & I visited the loosely-guarded APA huge floor of drug & paraphenalia exhibitors.

For me, a bizarre moment was at the electroshock machine display from Mecta Corporation, of Portland Oregon. As Leonard, one of the foremost fighters of shock machines of the 20th Century, watched, the salespeople did a "test run" of the machine, without any brains in this case. The machine emitted a long grey tape showing post-shock read-out. We talked for a while about a competing machine, Thymatron (made by Somatics in Lake Bluff, Illinois). The Mecta people made fun of Thymatron's "select-an-age" fea-



ture. It seems that Thymatron has a feature in which they advise the doctor to, as they say in their literature, "just set to your patient's age and treat." Sounds really scientific.

I said to the Mecta folks, "Listen, I know unemployment has been high in Oregon for a while, but can't you guys find better jobs than this? What this company is doing is evil."

I visited the Haldol exhibit very briefly. "I had Haldol," I told the salesperson, "It was like a rape of my soul." He smiled broadly and said, "I'm sorry to hear that."

I talked to the Thorazine salesperson. "What about tardive dyskinesia, which is an epidemic of brain damage? Don't you feel neuroleptics are overused?"

"Oh, no, not at all" she answered.

"Careful," I said, "You might end up feeling like a salesperson for Exxon after the oil spill." She laughed.

And so it went. I ended up at the enormous Prozac booth. Prozac is a new so-called antidepressant manufactured by Dista Products, a divi-

sion of Eli Lilly in Indianapolis, Indiana. A doctor was giving his thanks to the Prozac salespeople, for how well the drug worked. I joined the conversation and said, "I hear Abbie Hoffman was on this drug, and that there's a side effect of anxiety for a number of people on Prozac."

"That's true," said the salespeople. About 10 to 15 percent, according to their own study, experienced anxiety, nervousness and insomnia.

The doctor interjected that he found minor tranquilizers helped with the nervousness side effect.

"Doctor," I asked, "Have you tried non-drug alternatives? There's more than just drugs, talk therapy and shock treatment." We talked for a while, and the doctor left.

"Let me see your credentials," barked the Prozac exhibitor. I briefly showed him an APA pass. How fitting, I thought, that this was happening at the booth for the drug that Abbie Hoffman chose to take, and that Abbie himself had been a pharmaceutical salesperson.

"Are you a psychiatrist?" the Prozac person asked.

I paused. "I know I'm not a drug pusher," I answered, and headed to the next booth, which so happened was Thymatron made by Somatics.

After Leonard and I talked with them for a while, I said, "You have a feature to just select the patient's age for the electroshock, don't you?"

After a while they admitted, "Yes, it does have that feature."

I said, "The Mecta sales people at the other shock booth are really laughing at that. They've been pointing that out to people, and yucking it up. I have to agree with them, it's really ridiculous."

At this point, a guard arrived, probably summoned by the Prozac sales people. I told the guard I was objecting to drug and shock effects on people. He forced me to leave.

Leonard & I headed to a juice bar to wonder why more people weren't protesting. Leonard felt it was the effects of Reagan. We talked about the chances of nonviolent revolution.

State-wide conferences of psychiatric survivors have become popular. Here's an organizer's-eye view:

Pennsylvania's Psychiatric Survivors Gather for State-Wide Meeting

by Janet Foner

A grand total of 169 people given psychiatric labels, plus 18 psychiatric professionals, attended the second annual Pennsylvania statewide mental health consumer conference in Harrisburg, May 21 to 22, followed by a legislative day on May 23.

Spirits were high as people shared expertise and support freely. By Monday night dinner there was so much enthusiasm going around, you could hear one table laughing from any part of the huge ballroom.

The theme of the conference was "Growth of a Movement" (see our sun logo by Barbara Phillips).

Spirit-raising started Saturday, with 65 attending a leaders' training to encourage activists in self-help groups and elsewhere. Jay Mahler from the California Network of Mental Health Clients, Jamie Alexander from the Ohio Protection and Advocacy Board, and Bill Nordahl from the New Jersey Coalition of Mental Health Consumer Organizations came from out of state to help conduct sessions.

Topics included training others in assertiveness and speaking up for one's rights. Taking charge of interactions between mental health consumers and professionals. Statewide organizing. Legislative action. Effective communication. Gaining allies. Developing & maintaining consumer-run alternatives. Peer support & training other leaders. Conflict resolution & running better meetings. Training others about consumer rights & advocacy. All of the training sessions were to have no more than about 20 participants.

We also used various methods: role playing, sharing ideas with a partner, small group discussions, brainstorming, group problem solving of a hypothetical situation, and

sharing of experiences relevant to the topic by participants. (Most of these were taped.)

Speakers at the plenary included state representative Allen Kukovich; Barbara Peller, Communications Coordinator for the Tardive Dyskinesia/Tardive Dystonia National Association; and Marti Knisley, Deputy Secretary for Mental Health in Pennsylvania.

Deputy Sec. Knisley, an outspoken friend of our movement in Pennsylvania & nationally, spoke movingly about the need for us as a movement to speak up about what we propose to be the limits of forced treatment. She said that blaming the victim is what leads to forced treatment and that usually when any problem comes up in a mental hospital, people go straight to seclusion and restraint when there are a whole group of other things that can be done.

Thirty-five workshops, virtually all presented by mental health consumers, included how to use computer programs as a tool for advocacy, addressing your rights through the protection and advocacy system, self-empowering approaches to hallucinations and delusions, racism in the mental health system, tokenism on mental health boards, organizing self-help groups, and a dialogue on electroshock.

Caucuses were held where various interest groups could meet to discuss their issues, write a report and

present it to the conference at the final plenary session. These included people who were committed to institutions, elders, people with both psychiatric and drugs/alcohol diagnosis, survivors of psychiatric drugs, survivors of electroshock.

Fun times included get-acquainted groups, a talent show, videos (including *The Couch Trip*, a satire on psychiatrists in which the doctors end up in seclusion and the ex-patients go free), and a strategizing evening about legislative day where people made humorous picket signs.

The next day, at the media conference and rally of the Pennsylvania Mental Health Coalition legislative day, with about 400 people in attendance, probably 200 of these being mental health consumers, one could easily see how good the conference had been. People were "wound up" and full of spirit as they chanted "1000 yes, 5 no," concerning bills now in the state legislature.

(HB 1000 is a much more progressive piece of legislation than the one we are trying to fight, SB 5, which would loosen the commitment laws and lock more people up). Several meetings were also held with representatives & senators.

The conference was sponsored by the Pennsylvania Mental Health Consumers' Association (PMHCA) in conjunction with the Office of Mental Health Community Support Programs, Involved Consumer Action Network (I-CAN), Leadership Education and Advocacy Development (LEAD) and Pennsylvania Protection and Advocacy, Inc. I'm sure there will be a bigger and even better conference next year.

To contact PMHCA, write c/o MHAP; 900 Market St.; Harrisburg, PA 17101. Or call (717) 236-7742.

Growth of a Movement

