

Live coverage, p.7:
1,200 psychiatric
survivors gather for
Alternatives '89

DENDRON

NEWS * issue #14 * September 15, 1989 * \$1.



Virginia Davis: "Surfacing in the Movement."

Her trip to New Zealand might
spark a "World Federation of
Mental Health Consumers"

Psychiatric survivor and long-time activist Virginia Davis flew to New Zealand August 17 to attend the annual conference of the World Federation for Mental Health (WFMH).

Virginia met with 20 other psychiatric survivors to form the World Federation of Mental Health Consumers. Excited by the possibilities, Virginia is now writing a special report for Dendron News, including several addresses of groups and individuals throughout the world. "I want to be the group's archivist and thirty years from now write the history of the 'Revolution' in mental health!" she exclaimed.

WFMH would seem a tough place to revolt. As Dendron #6 reported, Eugene B. Brody, M.D., one of the WFMH's secretary generals, met last year with American Psychiatric Association leaders and told them, according to the APA: "The WFMH has become a major force in resisting the antipsychiatry move-

U.S. Supreme Court to hear oral arguments on *forced* psychiatric drugs

Will they follow California & five other
states, creating a limited right to refuse?

According to attorney/activist Ron Thompson, the U.S. Supreme Court will hear oral arguments about October 11th on whether or not a prisoner has a right to refuse psychiatric drugs. It's the case of *Walter Harper v. The State of Washington*.

The timing of the oral arguments adds to the drama. One month after George Bush's anti-drug posturing, how can he be against street drugs, but allow forcible injections of addictive & brain damaging prescription drugs? October 11 will also be four days after the large Housing Now! protest in Washington, D.C. Homeless people have especially been targeted for maintenance forcible psychiatric drugging, sometimes by roving mental health police ("Mobile Needles") in special vans. Advocates & activists might get a lot of mileage by contacting local and national media now to give "their side of the story." (The decision date itself is unknown.)

Chief Justice William H. Rehnquist himself once had severe reactions to a psychiatric drug, apparently given for muscle problems, that required him to withdraw for a few days from from the court. This drug-experienced justice has influence. *The Wall Street Journal* (June 29, 1989, p 1) reports that: "The presence of five fairly consistent conservative votes for the first time in decades gives Mr. Rehnquist's wing of the court a chance, unequaled since the height of the liberal Warren court in the mid-1960's, to unite behind common themes... Mr. Rehnquist's consensus-building is aided by the more friendly and informal style he has imposed at the court..."

Pro-force attorneys will "cut" arguments for this conservative audience, such as the American Psychiatric Association's amicus brief's "get-off-our-backs-theme." The APA claims that protecting rights means "interposing daunting, costly, and time-consuming procedural obstacles to the administration of necessary medical care." Also, Harper has been violent (note: only after neuroleptic injections began) and a prisoner. This combination will be played up.

Even if The Supremes rule that a court order is necessary for

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continued on page 11→

DENDRON

An independent service to the many individuals & groups concerned about human rights in psychiatry, and interested in exploring options for emotional support.

Dendron

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Editor's note:

Literally minutes before printing time, I look at my material for this column, always the last one I write.

It says, "health." Oh, that's right, I was going to remind all activists & advocates & people who are fighting to save the ecosystem, to take care of your health. At Alternatives '89, I talked to several people who had health problems; some have not taken a vacation in years. But the ends and the means are connected. So, I've nagged you. You can nag me to take care of my health, because this field and this job are both overwhelming. Which is why I'm rushing today.

Many of you agree information services for this movement are vital. Please take some time & consider how we as the community of *Dendron* readers can expand this service.

If we all brainstorm for a while and work together, we could produce a printed version of *Dendron* that would reach several thousand more people — both people who use the systems and people who run the systems.

One first step: Please ask your friends, co-workers, and the groups & organizations you use, whether they subscribe to *Dendron*.

I listed some other brainstorms in the last issue: These included making a donation, buying bulk copies, buying back issues, taking out advertisements, and contracting with *Dendron* for publishing jobs.

One idea that came up: Your group or organization can buy one or more "sponsored" pages, so that you can reach the many *Dendron* readers active in this movement.

Write to us soon to help.

I'd like to thank everyone again for keeping up the flow of information to *Dendron*. This is the paper's lifeblood. Please continue to keep *Dendron* in mind!

networking:

readers... write

Roxanne; Santa Rosa, California:

I'm questioning the appropriateness of the label given me and am in the process of collecting data. I'd like to find out if there are any other "schizophrenics" out there who are no longer using medication; and if so, for how long have they been off meds, what type meds did they use, and what are they doing now? How old were they when they were diagnosed? And how old are they now? How did they make the transition? What symptoms did they display? This much info I would like at least; anything else they may want to add is fine.

Roxanne; c/o Community Support Network; 1110 Petaluma Hill Road, #7; Santa Rosa, CA 95402

[Editor's note: Roxanne is a long-time *Dendron* worker & supporter. She will make available to *Dendron* a summary of her findings. So write to her now!]

more networking, p. 10→

Clarification:

We've received complaints about a report in *Dendron* #8 of shock doctor Lothar B. Kalinowsky, a psychiatrist from Nazi-era Germany who was present at the first electroshock in fascist Italy in 1938. Although the report did not state Kalinowsky was a card-carrying member of the Nazi party, some felt this was implied. We apologize for any confusion. As we tried to explain in a follow-up article in issue #9, Kalinowsky is guilty of well-documented medical crimes against humanity, for which he should be tried under the Nuremberg Principles and the United Nations Universal Declaration of Human Rights. It is his proven, unrepented involvement with electroshock experimentation then & over the next 50 years — not his affiliations — that we hope you will help us spotlight.

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Send to *Dendron*, PO Box 11284, Eugene, OR 97440.

rapids...

Raphael just says "No"

Electroshock survivor Sandra Everett of Birmingham, Alabama reports partial success of a campaign she has aided to free a seven-year-old black child from a psychiatric facility. Raphael, an abused child beaten by his mother, had been taken away by Juvenile Court judge Sandra Ross and placed in psychiatric facilities, where he was repeatedly drugged with heavy doses of psychiatric drugs. Raphael has finally been returned to his father, Lee Comier. Says Sandra: "I just talked to Raphael on the phone. He said, 'Oh Sandra, on those drugs I was so tired, I just couldn't play, now I'm playing outside.'"

However, a class action suit by the Civil Liberties Union of Alabama to free other children who are also being tortured is still pending.

One way Sandra fights for children's rights: Distributing sheet music & lyrics for a song she wrote with Stephen Sedberry called "Just Say No." It bitterly compares a billboard trumpeting the anti-drug message, with a near-by school where children are given psychiatric drugs to control their behavior.

Write to Sandra Everett; 9220 A-1 Pky. E., Suite 153; Birmingham, Alabama 35206. Or call (205) 836-4319.

Obituary:

R.D. Laing, dead at the age 61. Born in Scotland Oct. 7, 1927, Laing was a

hero of the '60's counterculture. The psychiatrist was famous for his books directly challenging the concept of "schizophrenia," and for his personal experiences at Kinglsey Hall, a refuge for those called "mentally ill."

A prison is a prison

In Toronto, Canada, a commemoration, caravan and rally spotlighted both the notorious Queen Street Mental Health Centre and the Don Jail on August 10th, to commemorate the tenth annual "Prison Justice Day." For the first time, former psychiatric inmates succeeded in shaping the event. Ex-inmate Don Weitz served on the organizing committee, and reports this coalition experience both "frustrating" and "historic." Says Don: "I urge activists to use the same term, "Psychiatric Prison," for all psychiatric facilities wherever they are."

The group Resistance Against Psychiatry (RAP) explained in a Prison Justice Day media release: "Prisoners of both [the psychiatric prison and criminal prison] systems are locked up against their will and subjected to solitary confinement, sensory deprivation, forced transfers, damaging 'treatment' and other human rights abuses."

(Note: Don also has an excellent Canadian article comparing psychiatric to street drugs, and interviewing a Native American healer who works with ex-inmates.)

For more information call Bonnie Burstow (416) 538-7103 or Don Weitz (416) 465-3883. Or write to Don at the hibernating magazine:

Phoenix Rising, Box 165,
Station A, Toronto, Ontario
M5W 1B2 CANADA.

Mystic meets mainstream

Mystic, song writer, singer, activist, author and former psychiatric inmate Hazel Gay reported that the mainstream professional conference of the International Association of Psychosocial Services, held June 13 to 17 in Miami, opened its doors for the first time to a significant number of "consumers." According to other reports, many of these consumers held an impromptu caucus next to a pool. As jets noisily blew by overhead, they mourned the divisions in the movement, and discussed the future.

Hazel reports on two workshops:

"Rae Unzicker, Coordinator of the National Alliance of Psychiatric Survivors, and Don Culwell, ex-president of the National Alliance for the Mentally Ill Clients' Council, made a good effort at reconciliation of radical and conservative elements in the movement by co-conducting a workshop on "Fighting Stigma." It could have had less discussion and more concrete examples of methods of doing it. I saw a couple of professionals that were brave enough to attend this workshop and speak out. From my observation it's still the minority of profes-

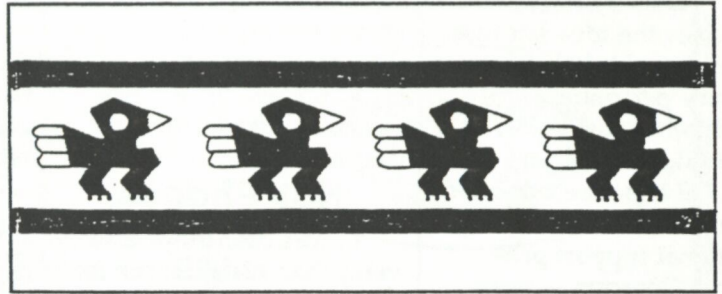
sionals that are this open-minded.

"One of the high points of the conference for me was a workshop I attended conducted by Judith Miller, Ph.D., called "Mental Illness and Spiritual Crises: Their Relationship to Psychiatric Rehabilitation." In fact, Jacqueline Parrish, Director of the National Institute of Mental Health's Community Support Program, later wrote to Hazel that she too found this workshop to be "one of the most interesting and thought-provoking I have been to in a long time."

Hazel has tapes and articles covering some of these workshops, along with many letters, articles, song tapes and a book that she has written on the subject of psychiatry and what are called "mystical experiences." Ask about availability and price (and just say "hi" to an intriguing activist) by writing to Hazel Gay; 914 NE Jackson; Hillsboro, OR 97124.

Triumph of Will

Anti-drug czar Bill Bennett's crusade, according to The Wall Street Journal (September 6, 1989, p.1) includes a call for "military-style boot camps" for first-time offenders. "The camps, which now operate in 11 states, stress extreme discipline and strenuous physical exercise as character-building tools." Why? →



"He likes the idea because of his 'hunch' that if former military personnel were hired to run the camps, 'it would work out pretty well.'" But Bennett doesn't believe much in voluntary emotional support programs: "Coercion — even brining addicts to treatment 'in handcuffs' under court order — may be the only way to help many people, he believes."

Nuclear Sanity

On August 9, Patricia Nicholson Parker, a professional dancer, was forcibly taken to Bellevue's Psychiatric Emergency Ward after she began performing an interpretive modern dance about nuclear war at the Riverside Research Institute, a defense industry think tank.

Parker has performed this dance annually for the past 10 years at Hiroshima/Nagasaki Day commemorative protests held by religious peace groups in front of the institute.

Some 30 other activists told the cops Parker was performing a dance, not exhibiting insanity. Sergeant Joseph Pignataro ordered Parker brought to Bellevue anyway, but psychiatrists there refused to detain her.

"It was humiliating. The police handcuffed me to a stretcher," said Parker. "But the doctor said I didn't belong there." A police spokesperson said the anti-nuclear dance looked insane because she was wearing white paint on her face. (Village Voice, 8/21/89).

Dendron also has two other proven cases of street performers "arrested" for insanity: A person reading an anti-Pope poem to a

crowd during a papal visit. And a well-known street comic dressed up as Uncle Sam outside a Democratic convention.

Hot Phones

There's been more controversy than usual on the federally-funded national teleconference, which for years has brought together about 75 former psychiatric inmates each month through a network of 30 sites and speaker phones.

Why? Dennis Nester submitted a resolution against the insanity defense, and other so-called "special" rights for ex-mental patients. That in turn led to discussions about the role of the teleconference, and the vagueness of any decision-making.

Joe Rogers of Philadelphia, PA made a large number of objections during the teleconference, even to the point of whether or not the volunteer minutes-taker should write down who interrupts.

Some other news from the September 9, 1989 teleconference:

Martinez, California ex-inmates held a picnic to mark Bastille Day and protest psychiatry. That July 14 date has become an annual event for human rights in psychiatry.

Diane Cox reports that the annual consumer conference in Texas will be held in Houston this year. It's first trip outside of the trouble-making Austin area.

Shaking up D.C.!

Ron Thompson reports that for information on the huge Housing Now! protest to be held in Washington, D.C. October 7th, make a free call to (800) 729-7187.

If that doesn't work, call their regular number at (202) 347-2405. (Note correct area code, listed incorrectly last issue.)

Indiana ex-inmates are meeting with their governor on September 11th, to discuss psychiatry, housing, and jails. They are planning a retreat with workshops and leadership training.

Resources

Conferences:

November 3-4.

"Michigan Right to Choose/Right to Refuse Consumer Forum." Southfield. Workshops include: Consumer Run Initiatives, Peer Counseling, Psychiatric Drugs, Minority Issues. Write to Michigan Right to Choose; c/o Cookie Gant; 109 West Michigan Ave., Suite 900; Lansing, MI 48933-1709 or call (313) 473-2990 or (517) 349-6337.

November 17 & 18.

"Organizing Oregon." Imperial Hotel, Portland. Eight workshops for Oregon's psychiatric survivors and allies on organizing, advocacy, alternatives. Two keynoters each have started user-run community centers in California: Sally Zinman (featured in Mother Jones, July/August, p.13). And Howie the Harp. For registration and scholarships write now to Oregon Consumers Network Incorporated; c/o Evan Kaeser; 308 NE Thompson; Portland, OR 97212.

Buttons, etc.:

45 different buttons, \$1. each, with such sayings such as "Why be normal?" "Abolish Forced Psychiatric Treatment." "Avoid Freud." "Electroshock is a crime against humanity." "Shrink Resistant." "Free

all psychiatric inmates." Six buttons (such as these six) are just \$5. (Be sure to mention you saw this in Dendron!)

Also available: facts sheets available on: Lithium toxicity. Neuroleptic malignant syndromes, in which such drugs as Thora-zine can cause death.

Newsletter: "the fine line."

Write to: The Alliance, 826 Euclid Avenue, Syracuse, NY 13210.

Newsletters:

Self-Help Center Newsletter. The September issue of this Missouri newsletter looks at the: The death of psychiatric inmate Roy McCracken, killed by another committed inmate at a state facility. Write to The Self Help Center; 305 Sante Avenue; Kirkwood, MO 63122. Or call (314) 966-4980

Videotapes:

A four-part series exploring electroshock, featuring survivors such as Louise Wahl and Linda Andre, is available. Produced by volunteers in a community access cable TV studio, these interview-format shows try to pack in both a information & interviews. That mix sometimes results in the moderator talking directly to the camera too long. However, this series in an oasis in the silent desert of information on electroshock. Price: standard 1/2 inch VHS cassette for home use is only \$20. (Professional rate \$200; institution rate \$500.)

Also available on two 3/4 inch semi-commercial tapes that can be used in four parts on your local Cable-TV station. That →

commercial version can be rented for \$20, with a \$40 refundable deposit.

Write to the anti-shock activist producer: Bill Clidakis; 175 West 93rd St.; New York, NY 10025.

Publications:

"Tardive Dyskinesia: Questions & Answers."

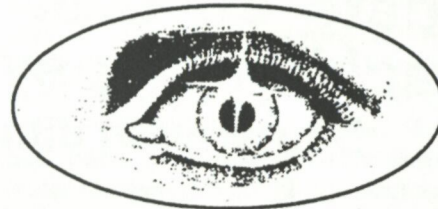
Newly published by survivors of this potentially irreversible "side effect" of psychiatry's neuroleptic drugs, which can result in disfiguring twitching. The booklet estimates between 400,000 to over one million Americans are afflicted, and that 20% to 30% of those taking the Thora-zine-type drugs are susceptible. 15 pages of information and advice not found anywhere else. Write to 4244 University Way, N.E.; PO Box 45732; Seattle, WA 98145-0732. Or call (206) 522-3166. (No price listed; include donation.)

"Organizing for Empowerment." This is an excellent manual drawing upon traditional community organizing methods, written specifically for — and in conjunction — with the Massachusetts psychiatric survivors's movement. Many other movements have used these successful methods — now it's our turn. Write to Empowerment Sponsoring Committee, M*POWER, 50 New Edgerly Road; Boston, MA 02115. Or call (617) 262-0728.

Health Pac Bulletin, Spring 1989 issue, has a special article about Sharon Kowalski, a recently disabled 32-year old woman. Before a brain-damaging accident, Sharon Kowalski lived an active life with her lesbian lover Karen Thompson. After the acci-

Preview!

In the next Dendron live coverage of...



The 1989 annual conferences of both the National Association for Rights Protection & Advocacy and National Alliance of Psychiatric Survivors, St. Paul Minnesota, September 27 to October 1, 1989! Keynote speakers are ex-inmate author Huey Freeman, AIDS-diagnosed activist Don Schmidt, and controversial federal official James W. Stockdill. Other speakers include: Tardive dyskinesia survivor Sonja Kjaer, attorney Susan Stefan, dissident psychiatrist Peter Breggin, and advocates George & Mary Ebert. (Joe Rogers, once a boycotter of NARPA, now an employee of a Penn. county Mental Health Association, says he plans to attend.)

Highlights of feminist Kate Millett's hard-hitting, incisive speech at Alternatives' 89! Graduate of Oxford & Columbia, Kate was one of the key leader/authors of the 1970's women's movement, but ended up labeled & incarcerated in psychiatric prisons. Once out, her friends & family convinced her to "voluntarily" take psychiatric drugs. Now in our movement, she recently became drug free, and her book "The Looney Bin Trip" is to be released in April 1990.

dent, Sharon's father isolated Sharon and kept the two lovers apart. This resulted in a national campaign that has just proclaimed victory. Write to: Health Policy Advisory Center; 17 Murray Street; New York, NY 10007.

White Coats, a 1986 book by Lenny Lapon, traces Nazi-era psychiatrists who left to practice in the U.S. Includes history of psychiatric survivors movement. 291 pages. Send \$10.50 to Psychiatric Genocide Research Institute; PO Box 8431; Santa Cruz, CA 95061.

A series of booklets concerning spirituality and psychiatric issues are available for \$1.50 each to cover costs only from Sara Street; P.O. Box 616; West Newbury, MA 01985.

Survivors Speak Out is a quarterly newsletter from the English grassroots movement for human rights and alternatives in psychiatry. They're active in networking internationally, holding workshops. If you write for a copy, ask for their fact sheets, including "Address List of Groups Involved in Mental Health Self-Advocacy." No cost is listed for these resources, but send a few dollars to cover cost. Write to Peter Campbell, Secretary; Survivors Speak Out; 33 Lichfield Road; London NW2 2RG ENGLAND.

The Tranquilliser Trap: An Alternative Approach. That spelling of tranquilizer is correct — it's also a British pamphlet, published by a network of wholisitic practioners, about the over-use of psychiatric

drugs in England, and alternatives. In the back of this 16-page booklet is a listing of "useful addresses" of support groups and organizations promoting alternatives. Write to The Natural Medicines Society, 95 Hagley Road; Birmingham B16 8LA ENGLAND.

Dragonfly. The issue I have, Vol. 1 No. 2, is a 14-page publication exploring ideas that most psychiatrists would dismiss as "mentally ill deviance." Dragonfly makes heavy use of black-and-white collages to illustrate and border articles on: "lunar calendar," "flight of ideas," "disengaging from the controlling mechanism," and San Francisco street rituals. Write to: 534 Texas, San Francisco, CA

Update on U.S. government blacklist of psych. critics: Dinner with Jim Stockdill

by David Oaks

"In essence they [U.S. officials] were setting up a blacklist," confirmed Natalie Reatig, director of U.S. Protection & Advocacy (P & A), in an exclusive Dendron interview.

The background:

The federal National Institute of Mental Health (NIMH) enforced a blacklist by threatening to de-fund a Kentucky state-wide consumer conference featuring two dissidents: psychiatrist Peter Breggin and author Jeffrey Masson. (See Dendron #13 special insert).

Natalie confirms this policy was openly discussed at an informal meeting of 12 to 15 federal officials, held May 2, 1989 at a Washington, D.C. Chinese restaurant.

Sweet or Sour Meeting?

Natalie says during the dinner she — and some other unnamed officials — openly opposed a main proponent of the blacklist, Jim Stockdill, director of a division at NIMH. "I felt very strongly about it. The meeting got heated. I was the most verbal, because I was the safest." P & A funds, though administered by NIMH, were purposely separated from NIMH by Congress.

Natalie says, "We discussed whether or not it was advisable or wise to make known concerns of the Community Support Program (CSP) at NIMH to state groups about speakers. We had never in the past sought to control or comment on speakers and agendas. In essence they were setting up a blacklist."

Dendron editor David Oaks also interviewed Buddy Ruiz, Branch Project Manager in NIMH, who was also at the May 2 meal. Buddy said much of what Dendron reported about the incident was incorrect. When asked about how he felt about Peter Breggin speaking in Kentucky, Buddy said he

personally would have preferred that Peter appear at the same time as someone with opposite views. ("The Buddy System"?) When asked whether there was any disagreement between individuals at the May 2 meal, Buddy repeatedly answered a clear "No." Certainly, Buddy and Natalie report a startlingly different memory of that Chinese dinner. (Was it the MSG, folks?)

Breggin comments:

In a letter to Dendron, Peter Breggin writes: "Using government funds and influence to prevent the communication of criticisms of psychiatry not only offends my individual rights but those of everyone who wishes to have free access to scientific information and ethical evaluations concerning psychiatric technology."

Why did they choose this conference? Peter believes, "That NIMH chose to strike in Kentucky is due in part to my vigorous activities in that state as an expert witness in a number of successful cases on behalf of inmate rights. NIMH's action is therefore an assault as well on the integrity of our legal system in throwing its weight against a psychiatric expert in the very state in which he has been most active on behalf of patient rights."

Controversy blamed

After 29 years of editing Constructive Action Newsletter (CAN), a publication on alternatives, ex-psychiatric inmate Shirley Burghard is quitting. The last straw, she says: Reading about the blacklist in a packet from a federally-financed teleconference of psychiatric survivors.

Shirley says: "I warned, repeatedly against being taken over by the 'moneybags.' I personally can't bear it, so I am ceasing publication of 'Constructive Action Newsletter' with the December 1989 issue." She is looking for a new editor.



Corrections & responses:

The wrong by-line was given for the Dendron #13 blacklist article. While John Basham provided a 44-page packet of background material, the article from that packet originated as a media release written by Peter Breggin himself. Says John: "Although I believe wholeheartedly that the information in the article is accurate and believe your newsletter is the best in the nation, I can only say that article is the best that I never wrote... I am impressed by your desire to be factual." David Oaks of Dendron personally apologizes for this editor error.

Also, John prefers his mail c/o ATAK/MI, 421 South Second Street; Louisville, KY 40202.

Natalie Reatig, director of P & A, is an advocate, but not an attorney as Dendron reported.

Joe Rogers states that when he heard from the federal teleconference that Peter Breggin was speaking in Kentucky, Joe did contact NIMH official Neil Brown, but not Jim Stockdill as Dendron reported. Joe says he instead talked with CSP's Paula Tame. Joe also claims he did not want to "exclude" Peter from conferences. Note: Dendron has available a copy of a letter to all P & A's in which Joe named Peter as a key reason to boycott the 1988 National Association for Rights Protection & Advocacy conference.

Alternatives '89:

This 5th annual federally-funded conference drew more than 1,200 psychiatric survivors to Columbia, South Carolina, August 2 to 6th.

Meet some of the people...

Alternatives '89 featured dozens of workshops. The personal contact was the heart of the conference though. Here are some of them.

"Hollering" with Harold Mayo, Florida:

"Have you read *Animal Farm*?" asked Harold. Sure. That's the famous story of animals rebelling, but some becoming just like their former human oppressors. "Well, with all this federal funding that's definitely a danger in this movement. You've got to come in with a commitment and a conscience. Don't hesitate to scream, holler, be theatrical."

Harold helped start, and now runs, a drop-in center in Tallahassee, "in a very nice residential neighborhood. We spent \$9,000 on furnishings. We wanted it to look better than the board room of the Mental Health Institute that helped pay for it!"

He works with the group "People Period, Inc." because, he says, "We're people, period!" Harold is also a board member of the National Alliance of Psychiatric Survivors.

Write to Harold A. Mayo; Rt. 1, Box 3425; Havana, FL 32333. Or call (904) 539-6895.

"Fighting" with Althea Fiore, Massachusetts:

Just ten months ago, 34-year-old psychiatric survivor Althea co-founded a new group in western Massachusetts, "GOOD," (which stands for "Guiding Our Own Destinies") with Judi DeSoto-vega.

Parent Watch: They've kept their eye on the parent's group National Alliance for the Mentally Ill (NAMI), and even attended NAMI's July 1 to 4 national meeting in Cincinnati. "It was freaky," says Althea.

"Family members talk about us mentally ill folk — and I mean that term quite jokingly — like they love us, but that we're from another planet.."

What are NAMI's goals? "NAMI would like to see more outpatient commitment," where individuals living out in the community can be court ordered to take psychiatric drugs. "They kept talking about how wonderful it is all the time."

An as-yet unreleased neuroleptic, Clozapine, highlighted in Dendron #13, was hot, said Althea. "The big thing is Clozapine. A couple of workshops repeated this several times. Everyone was talking about it." They want the Food & Drug Administration (FDA) to approve it soon.

The FDA's classification of electroshock in its "most restrictive" category also bothered the parents. "There was a psychiatrist who decried the current classification of ECT. They applauded and said, 'Oh, yes,' let's use all available treatment.' They are very trusting of professionals. I don't know why. They've been screwed over as much as patients have."

The officers of the so-called "Clients Council" of NAMI are actually hand picked by the state boards of parents, said Althea. "They even said, 'We don't want any barn burners.'"

(John Basham of Kentucky confirms NAMI was a "traveling medicine show," praising biological medicine, Dr. E.F. Torrey's genetic studies, and asking the U.S. — unsuccessfully — for one half billion dollars for biochemical research. On the way out he passed a homeless person and sarcastically thought, "Right, what that guy could really use was a high-tech CAT scan of his brain.")

Back in Massachusetts, Althea has also monitored NAMI. "There was a local NAMI meeting at Worcester State Hospital, which had been investigated by the state and media for recent drug deaths. There had been eight questionable deaths from choking, high blood pressure. We brought along 50 or so copies of Dendron's posters on psychiatric drug deaths (Dendron #1) and placed them with NAMI literature when no one was looking.

Soon, says Althea, "We saw the hospital administrators pick up those posters and read them very intently. Suddenly, a few days later, they announced to NAMI chapters that they would be using drug holidays (periods without drugging) and lower dosages. And they're going to do a study on effects of neuroleptics, especially long term."

Future ideas: Althea plans more protests, more education. Once or twice a month she's on a local Jewish radio program. "Our group plans a picket of the state hospital," said Althea. "We're in this to fight."

She's off to a good start. Althea even works in the same ice cream store that was once owned by anarchist fighter Emma Goldman.

Write to Althea Fiore, PO Box 314, Holden, MA 01520.

"Grassroot-ing" with Deborah Betts, Vermont

Ex-inmate Deborah was at the conference doing research for Prof. Paul Carling of the University of Vermont's Center of Change (Dorsett St; Burlington, VT). She conducted a survey of how many consumer-run clubhouses and psychosocial programs dealt with housing in the U.S. The Carolinas have a lot, she said, but there are not that many others. (Do you know of any? Write to them!)

Deborah is on the Protection & Advocacy Board for Vermont, and is also on the planning committee for a September rehabilitation & training conference. She has been very interested in housing for the homeless.

Ever since Deborah's three hospitalizations beginning in 1980, she →

had been on a lot of psychiatric drugs, including lithium and a neuroleptic, .

Just before the conference, however, her doctor took her off of these.

How did she do it? She has gotten down gradually, attending 12 step programs such as AA and Emotions Anonymous. She's in a good support group, and helps the Green Mt. Work Force, a job program. Deborah takes things a day at a time,.

She's been active in three community theatre musicals in three years through community. "I have epilepsy and they tell you not to do things. But this showed I could still be all right."

Very important, she says, was her five years with the Community Action Board, helping poor people. "Community action," she says, "gives you more self-confidence, through 'grassrooting' and working with others in common cause."

Write to: Deborah Bettis, One Mechanic Street, Building C, Box 330; Montpelier, VT 05602.

Hoofing with "Frankie," Kentucky

by Andrew January Grundy III

By far the coolest consumer was 35-year-old professional jockey Gayle Franklin "Frankie" Sexton, from Barborville, Kentucky.

Sexton, a short handsome sandy-haired fellow, claims to have a bank account of \$900,000. He made the money riding horses in races all over America and also accumulated some money betting on races.

Sexton rode the horse "Sunday Afternoon" in the 1978 Kentucky Derby but didn't come close to winning.

Sexton's body is covered with scars from racing accidents. Several years ago he also hurt when he accidentally stepped out in front of a Mac truck. Shortly afterward, Sexton was admitted to Northeast Florida State Hospital, where he spent two years in the psychiatric unit. There he was introduced to Thorazine, Elavil, Valium.

The vast majority of horseraces are legitimate, Sexton says, but sometimes jockeys "fix races." Usually

jockeys will fix a race for a long-shot horse near the end of the day. The jockeys will meet, plan out the race sequence, and then lay bets with bookies on the long-shot that will definitely win.

"That's when everybody gets paid," notes Sexton. Many of the jockeys smuggle drugs. Lately Sexton has told school children about the dangers of drugs on 17 different occasions.

His next race after the Alternatives '89 was the following Monday in Detroit. Sexton is on the Board of Kentucky's consumer group ATA/MI.

Alternatives' 89 now a "day treatment"?

Brief excerpts from a proposal by Gayle/Bluebird:

Every year there seem to be large numbers of people who are barely able to take care of themselves and wind up requiring care-taking and support from people who would rather be participating in other ways. This year may have been the worst example... Some may think it is an extension of "day treatment" where they are told what to do...

It is important that we safeguard the conference against being a closed group or in any way become elitist, on the other hand some people will be driven away because of the large numbers who cloud the lobbies with smoke and make it look like a hospital...

A few ideas:

1. Strengthen guidelines for allocation of state scholarships. Ask a person to write a written request showing both financial need and interest in going.

2. Suggestions put out that people not come if they are in crisis, or are in stressful situations in their lives.

3. A more detailed brochure that outlines the purpose of the conference and a tentative schedule of events.

4. Better preparation in advance in our home states.

What do you think?

Gayle/Bluebird; 154 Locust St. NE; Atlanta, GA 30317.

Conference highs & lows: "Screwed" by CBS

On August 4th, by coincidence, the national TV show "48 Hours" focused on so-called "Schizophrenia" in the San Francisco area, which they visited in May. Dan Rather (who years ago did one of the only brief stories on the drug side effect "tardive dyskinesia") narrated. But the show totally focused on a pro-drug medical model of psychiatry, barely touched non-drug alternatives. Ironically, the show covered a pro-funding rally at the State Capitol, sponsored by psychiatric organizations. The show closed with ex-inmate leader Jay Mahler speaking there, telling other survivors he loved them, that they were beautiful.

But the show's producers knew that, within that same "48 hour" period, Jay Mahler and others were also speaking at a protest sponsored primarily by psychiatric survivors themselves, this time pounding psychiatry directly in front of their annual meeting (see Dendron #13). But the CBS crew never showed.

At Alternatives '89, a large crowd gathered to watch the TV show, cheering as they recognized many of their friends. But afterwards, Jay Mahler told Dendron his opinion of the slanted show: "We were screwed without a kiss."

Shock protest group meets

A well-attended meeting was held to brainstorm ways to protest problems with electroshock. The Coalition for REJECT (Responsible Education and Judgment on Electroshock) sponsored the meeting, which was chaired by Susan Rogers, wife of Joe Rogers.

REJECT will focus on three issues:

1. A campaign counteracting a huge propaganda campaign by the NIMH. This public relations effort is called "D/ART" after "Depression/Awareness, Recognition, Treatment."

The U.S. government, through D/ART literature, is "selling" ECT to citizens.

2. Lobby insurance companies to not to cover ECT.

3. A public service announcement (PSA) and video that can be disseminated around the country and shown on TV stations.

REJECT currently has no agreed-upon structure. Susan Rogers announced that Joe Rogers of Project Share had agreed to be REJECT funding coordinator. Contacts for REJECT are George Ebert of Syracuse, NY at (315) 475-4120. Or Susan Rogers at (214) 735-6367.

REJECT agreed to propose the Clearinghouse on Human Rights & Psychiatry's (which publishes Dendron) three pronged position on electroshock to a meeting of all Alternatives' 89 attendees. As a result, that night, more than 1,000 survivors of psychiatry, etc. called for: "A ban on forced shock treatment, also known as electroconvulsive therapy, or ECT; Truly informed consent to ECT; and the creation of a range of Alternatives to ECT."

Next year

A group closely affiliated with Joe Rogers will host next year's conference. Jacqueline Parrish and Natalie Reatig of the National Institute of Mental Health (NIMH) write that "NIMH has awarded a contract to the Project Share/National Mental Health Consumer Self-Help Clearinghouse in Philadelphia, Pennsylvania to plan the sixth national consumer technical assistance/networking conference."

With short notice, NIMH held a competition for the contract among survivor groups, but received only two responses, the other arriving from a Missouri group led by Dan Link.

Parrish & Reatig will oversee the contract requirements, that there will be two planning groups: The Logistics Planning Committee will be composed of Philadelphians. A second group, the Conference Agenda Planning Committee, they say, will be composed of representatives from each of the major national consumer & advocacy organizations.

Snapshots:

Label us talented: Definitely, the talent show was one of the favorites for most people. It was an astounding, often moving array of singers, musicians, dancers, comics. Interestingly, it was one of the few times attendees as a whole had a chance to "reach each other" directly, without pre-planned speakers, appointed by some obscure committee, talking down to us.

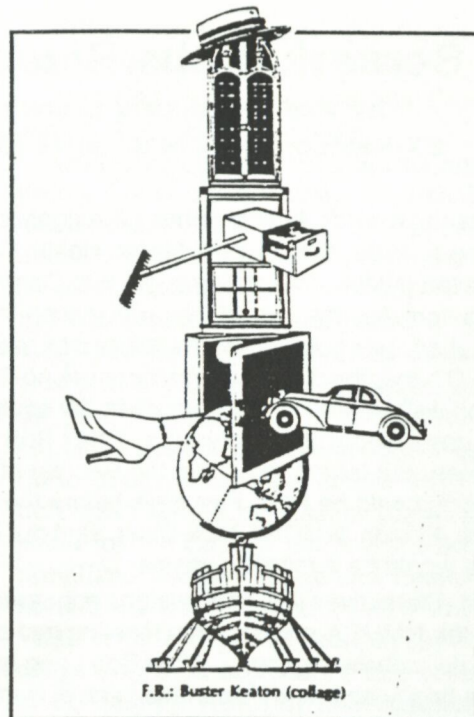
For a copy of the talent show tape, at cost, call Pamela Holcomb at (803) 779-5363.

TD costs billions: Ira Gruber, tardive dyskinesia survivor, held a packed workshop with the chair of the local university's economics department, Professor B.F. Kiker. The professor estimated that by the most conservative guesses of tardive dyskinesia's prevalence and effects, and not counting suffering: "TD costs the United States 12.05 billion dollars."

Joke? State of Washington activist Jerry Fordyce had a hat that said "Brain Police." Mental health commitment investigators in that state had them made up as a "joke."

Exposes handed out: Mainly by stationing ten Dendron supporters at the top of the stairs at the end of a major plenary, we distributed 900 of the Dendron #13 inserts about drug-induced lobotomies & federal censorship of dissidents. After people had left, Editor David Oaks walked up on the stage and cordially handed Joe Rogers his personal copy. Joe said he would sue unnamed individuals, but said he wouldn't sue Dendron.

Protest or visit? A "candlelight vigil" was held at the State Capitol. But it was pointed out that a few blocks away was an enormous psychiatric institution. People planned and held a protest there a few days later, even using that institutions own buses to get there. Unfortunately, one of the organizers thought the "protest" should instead become a "visit," and tried to stop my bringing a simple sign that read "Stop Forced Drugging." Luckily, the entire bus voted by acclamation — three times — that they approved of the sign.



Open: At the end of the conference, a brief "open microphone" session was held. This had the most exciting speakers, as people talked about their lives, what they had learned, how they encouraged each other. Unfortunately, two men — and it often seems to be men, doesn't it? — disrupted several of the speakers.

Closing: For me, the highlight was a closing circle on August 6th, to mark the anniversary of the atomic bombing of Hiroshima by the so-called "normal" people. A vigil on this day (and August 9th, the bombing of Hiroshima) have become common in the peace community globally.

Several weeks before the event, I had transmitted to two peace international coalitions, using the computer bulletin board PeaceNet, that we would hold this special circle. And so about eighteen of us joined in a circle next to a pool, a traditional place for this vigil. We went around the circle, and talked clearly and movingly about peace and emotional support, war and sanity. We talked about how the peace movement shows the ends and means are connected. If we want emotional support in the world, we need to get there by being emotionally supportive with each other on the way. People sang, cried, hugged.

And soon we were all going home.

Berserk in the Bluegrass

by Andrew January Grundy III

EX-Kentucky Representative NMHCA

Background: After a series of resignations in the Spring of 1989, the National Mental Health Consumers Association (NMHCA) presidency went to Christy Disher, but just before Alternatives '89 she was placed in a psychiatric institution. Her husband, Brian, refused to release the NMHCA membership list, and therefore no 30-day notice of the NMHCA meeting at Alternatives '89 could be sent out. Ten days before the conference, Chair Bob Long, Tennessee sent out letters informing the Representatives that no meeting could be held. Five days before the event, Gary Quick, Florida, NMCHA Vice-Chair, sent out letters saying there would be a meeting anyway.

At Alternatives '89, yellow signs appeared everywhere that the NMHCA membership meeting had been cancelled. People gathered anyway. Chair Bob Long is reported to have briefly appeared, pounded a gavel from the back of the room, and said, "This meeting isn't happening!"

People met anyway, as a "committee of the whole," that is as people-who-were-meeting. They made suggestions to NMHCA representatives about what to do next. Many people got together for a series of chaotic meetings over three days, often late into the night.

This was supposedly an illegal meeting, led by a man who wasn't the chair, trying to endorse — not elect — a new set of officers from a group of people who may or may not have been dues-paying members.

Imagine, if you will, two state delegations (Pennsylvania and Tennessee) hurting the meeting with shouting matches and interruptions. [Editor's note: Two states that sent many participants — Pennsylvania and Missouri — helped put their nominees for the presidency over the top, Mark Davis and Dan Link respectively.]

This national organization didn't have a monopoly on strange meetings, however. The Kentucky "consumers" met on the spur of the moment and elected two new representatives. That's why my column now says "Ex-representative." I didn't get elected. In fact, I was never even informed about the meeting. Very few, if any, of the voters were dues-paying members of NMHCA.

Alternatives '89 did have its pleasant moments, though. I received my first real professional massage, and it was a joy. The nimble fingers of Helen June Noble, of Indianapolis, have been helping "consumers" for quite some time now, and her expertise made my body quiver with a warm harmony as she caressed me with scented oil. Helen June was raising money for "consumer" back home. I would say that hour with her was the high point of the conference for me.

So long. Stay tuned. Don't bogart.

networking:



readers... write

Stephen Mendelsohn; New Britain, CT:

Enclosed is a beautiful photo of me from the Middletown Press. Page one, top half no less! I'm holding up a photo of Ira Gruber [from protest in Eugene, Oregon of forcible drugging and tardive dyskinesia; see Dendron #13]. I was also on Channels 3 and 8 and in the Hartford Courant (both news and lead letter to the editor) denouncing the insanity defense — all in the span of one day. There was a brutal public stabbing death of a nine-year-old girl by an insanity acquittee on July 28th which has been top headlines every day for two weeks. Please call me [(203) 827-8003] and I'll fill you in more.

[To receive that packet of Connecticut news clippings, ask for them

from Stephen or from Judi Chamberlin; National Teleconference Project; Center for Psychiatric Rehabilitation; 730 Commonwealth Avenue; Boston, MA 02215.]

Stephen Mendelsohn; Legislative Coalition on Psychiatry and Human Rights; 171 Hartford Road, Apt. 19A; New Britain, CT 06053.

Ed K., Washington, D.C.:

I am a survivor of the mental health system. I have been on and off on psychotropic medication — prolixin, haldol, cogentin — for 10 years. It became apparent recently — to my best ability to understand — that I still need the medication, yet in going back on it I have been experiencing side effects, many of which have been "legitimized" by alternate literature on psychotropic medication. These include "shuffling feet," "tightness of jaw and face muscles," "loss of con-

scious control of arm muscles" and "involuntary finger and toe movement."

If you suffer similarly — if you feel "unique" and "alone" in your suffering — as I do — please write me:

Ed K. ; 1629 Columbia Rd., NW #831; Washington, D.C. 20009

Editor's response: There's a good chance that after ten years on neuroleptics you suffer from withdrawal reactions when you stop your drugs. You are not alone — literally millions of people have trouble both being on and going off tranquilizers. I encourage readers to write you with support, and also to send in their experiences with tolerating drugs and successful withdrawal to Dendron. Personally, I found a support group of equals, friends, freedom, healthy eating, exercise, trips to the wilderness and political action helped my independence from psychiatric drugs. Ed, as you heal, your personal experiences will help others in the same bind.

→ Virginia, from p.1

ment at the international level." (Why use that term "antipsychiatry" when so few for large-scale change do?)

But the WFMH hadn't met Virginia yet, and it's time they did. Virginia reports she did a lot of networking among the more than 1,000 participants, handing out many Dendrons. She also brought them the recent shock protest resolution passed in Alternatives '89 (see story this issue).

Remember Virginia?

You might remember reading Virginia's personal story on the front page of Dendron #10: For a while she lived as a "street crazy" in Portland, but created a personal campaign to win back her independence. She now works as a secretary at a job she is proud of, and was elected the first president of the Oregon Consumers Network, Inc. (OCNI), the new statewide movement of psychiatric survivors. "This is my opportunity to surface in the movement," she said before leaving for New Zealand.

Virginia, 47 years old, has a 1965 bachelors degree in intellectual history from Reed College. In 1972 Virginia met with a group of rebellious women and helped start the "Psychosis Validation Coalition." It was then that Virginia helped launch the influential *Madness Network News*, a publication which would network radical psychiatric survivors internationally for the next sixteen years.

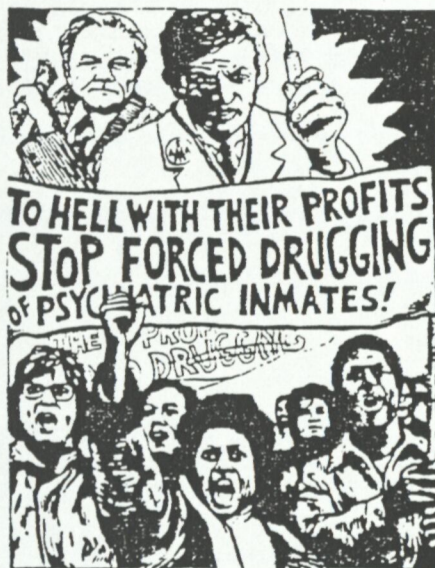
In 1978 she graduated from San Francisco State with a masters degree in English, specializing in poetry, an art which she avidly pursues to this day. That was very influential to Virginia's creative development, because she spent the summer in her beloved Ireland, and considers its freedom to be, along with psychiatric liberation, one of her primary causes.

In 1979 Virginia moved to Portland, Oregon, and spent years dealing with Portland's street life, cheap hotels, blood poisoning, and many trips to Dammasch State Hospital (which years ago she says once more of an ac-

→ Supremes, from p.1

forcible drugging, except in so-called "emergencies," then this will still leave an immense job.

As pro-choice activists know, except for less forcible drugging, which is a welcome relief, a "good ruling" will still mean either a man in a white coat or a man in a black robe can order the forcible administration of a behavior-control agent that can kill or cause brain damage, although less intrusive and harmful alternatives are possible. Grassroots action will be needed no matter which way the court rules, to finish this job, as the California decision which follows illustrates:



tual asylum from the streets). She still recognizes many of her street acquaintances today.

Virginia has finally received recognition from a state system that once scorned her. She was one of half-a-dozen people with psychiatric labels given a full scholarship to WFMH by the National Institute of Mental Health (NIMH), partly from an endorsement by Oregon's NIMH liaison, David Miller. Watch for Virginia's special report on organizing globally in these pages in a future issue. By the way, next year's WFMH conference will be in hyper-polluted Mexico City. Attendees will get a close-up view of what "normality" is all about today.

What does recent California right-to-refuse victory mean?

Excerpts from the California Protection & Advocacy analysis:

On June 22, 1989, the California Supreme Court unanimously reinstated the landmark 1987 Court of Appeal decision granting patients involuntarily committed for three to 14 days the right to refuse the administration of antipsychotic drugs absent an emergency or a judicial determination of the patient's incompetence to make an informed treatment decision regarding these drugs. The class action litigation was brought by Eleanor Riese on behalf of the class of patients institutionalized under Welfare and Institutions Code (W & I) sections 5150 and 5250 who are given antipsychotic drugs over their objection. [Riese et al. v. St. Mary's Hospital and Medical Center, No. S004002 (Court of Appeal No. A034048)]... The Court of Appeal adopted the definition of emergency.... "An emergency exists when there is a sudden marked change in the patient's condition so that action is immediately necessary for the preservation of life or the prevention of serious bodily harm to the patient or others, and it is impracticable to first obtain informed consent."

The Court of Appeal made it clear that a judicial, not an administrative, hearing is required prior to the involuntary administration of antipsychotic drugs in nonemergency situations... The role of the court at such a hearing is "simply to determine whether a patient refusing medication is competent to do so despite his or her mental illness... The court is not to decide such medical questions as whether the proposed therapy is definitely needed or is the least drastic alternative available, but may consider such issues only as pertinent to assessment of the patient's ability to consent to treatment."

For more information contact Collette I. Hughes or Daniel A. Pone at (415) 839-0811.

[Note: Five other states and the District of Columbia use judicial review for some forcible drugging circumstances, according to the Sacramento Bee, June 23, 1989.]



**Something to remember
this Halloween,**

written by Anonymous:

A witch is:

One who has power over her own life

One who makes her own reality

One who refuses to submit to self denial

One who recognizes no authority with a greater system than her own

One who is more loyal to her self and to any abstraction

One who is untamed

One who says "I am a witch" three times out loud

One who transforms energy

One who can be passionate about her ideas and values as they are changing

One who is explosive, whose intensity is like volcanoes, floods, winds, fire

One who is disorderly and chaotic

One who is ecstatic

One who alters reality

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Back issues of Dendron

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- #2 — Interview with R.D. Laing. Wilderness alternatives. N.A.M.I. news. Call for alternatives for women.
- #1 — Psychiatric drugs. Civil rights movement lessons.

Other resources from Dendron:

"Drugged to Death: A Critique of Psychiatric Drugs," by Phoenix Rising Editorial Collective. This 15-page brief, with special focus on Canada, reviews ways that neuroleptics, anti-depressants, lithium have hurt and killed. \$1.

Berkeley Citizen Action mental health platform: \$1.

Proposal to U.S. Greens for psychiatric liberation platform: \$1.

"How to survive a television interview," is a 30-page guide for psychiatrists, prepared by the American Psychiatric Association, about how to put the right "spin" on their media appearances.

While some tips are helpful for anyone, the guide gives insight into how "professionals" perceive and use the media. There is encouragement to appear calm, positive, attentive, friendly, upbeat, confident. "Smile," never be "defensive," and "be brief, be brief, be brief" are among suggestions. "Attempt a bit to talk as if to a child -- not condescendingly, but warmly, effusively, openly ... Create 30 second 'bites' ... Know your audience ... You should have one or two specific communications objectives for each interview, both broadcast and print." For a copy of this guide, at cost of copying and postage, \$3.

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