

MindFreedom^{journal}

Winter 2009-10

www.MindFreedom.org



Protesters give a Mad Pride injection to the psychiatric industry directly outside the doors of the American Psychiatric Association Annual Meeting during a "Festival of Resistance" co-sponsored by MindFreedom International and the California Network of Mental Health Clients.

See page 8 for more.

Victory! MindFreedom Helps Ray Sandford Stop His Forced Electroshock

Mad Pride in Media

Launched: Directory of Alternative Mental Health

Judi Chamberlin Leads From Hospice

United for a Revolution in Mental Health Care

Published by MFI

MindFreedom International Wins Campaigns for Human Rights and Alternatives in the Mental Health System

MindFreedom International (MFI) is one of the few groups in the mental health field that is independent with no funding from or links to governments, mental health providers, drug companies, religious organizations, etc. Funding is entirely from members like you, and a few foundations.

MFI is rooted in a global movement to change the mental health system. The majority of MindFreedom's membership, board and staff identify themselves as mental health consumers and psychiatric survivors. However, membership is open to everyone who supports our human rights goals. Advocates, mental health professionals, family members and the general public are all valued members and leaders in the MindFreedom community.

MindFreedom International also unites grassroots organizations. Each

Sponsor Group or Affiliate has a liaison on the MFI Support Coalition Advisory Council.

MFI's mission: "In a spirit of mutual cooperation, MindFreedom International leads a nonviolent revolution of freedom, equality, truth and human rights that unites people affected by the mental health system with movements for justice everywhere."

If you are not yet a member, become a member or donate, now! If you are already a member, consider an early renewal donation. MindFreedom is a non-profit organization under IRS 501(c)(3) and your donation is tax-deductible. (To join or donate, see the back cover or visit www.MindFreedom.org.)

You are also encouraged to check out our Mad Market of books and products at www.MadMarket.org. Proceeds support MFI's human rights work.

MindFreedom
Human Rights in Mental Health www.MindFreedom.org

Please join!

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MindFreedom Journal #50 Table of Contents:

Welcome to MindFreedom International	2
Everyone Has Something To Offer.....	3
Ray Sanford Campaign Wins!.....	4
Mary Maddock Interview.....	5
News In Brief.....	6
The Normality of Madness.....	7
Protestors Overcome Psychiatric Corruption.....	8
Molly Hogan Interview.....	9
Minnesota Protest To End Forced Shock.....	10
Poetic Justice with Bonnie Schell.....	11
Mental Health Alternatives Directory Launched.....	12
TV Highlights Mad Movement.....	13
Spread the Word - Truth Injection Flyer.....	15

From the Executive Director: Everyone Has Something To Offer

BY DAVID W. OAKS

Because of generous support from MindFreedom groups and members, in the last few months I have had the privilege of visiting MindFreedom International (MFI) activists in Norway, Maine, Massachusetts, Minnesota and California. Talking face-to-face with so many of you inspires my hope.

Members are spread all over the planet, which can make community building difficult. However, MFI is about what Martin Luther King called "creative maladjustment." A number of MindFreedom members are building affiliates, sponsor groups are finding a way to pitch in, volunteers help in so many ways, dedicated board members continue to coordinate and so many people respond to MFI alerts. Thank you.

As I was taught in community organizing about such successes: "Keep doing what you're doing, and do more of it!" Your active leadership is the number one way to help MFI today.

If you are an MFI member who "simply" donates, great. We "simply" need many more of you! But if you want to do even more to support MFI activities with your valuable time, this note is for you.

In my travels I had two evenings with a great leader, our wonderful Judi Chamberlin, who is a long-time MFI board member. Judi is a movement heroine now in hospice care with an apparently untreatable lung problem.

As we reflected on our thirty-three years working together, I asked Judi, "Is there anything I can do?"

She said, "Remember when you showed up at Mental Patients Liberation Front? You were so optimistic. You put a sign on the wall."

I did remember. The sign instructed our members to end

all psychiatric oppression "BY TUESDAY."

"So," Judi said, "that's what I want. By Tuesday."

In that spirit, here are some tips for our members in effective leadership in MindFreedom International, for a nonviolent revolution... by Tuesday!

Start by finding your team, your project, your passion with MindFreedom. Al Galves on our board puts it this way, "Everyone has something to offer. The important thing is to do it. Just find your own way to help out." Community organizing happens when you realize you are an MFI leader, a mad movement leader.

WEB 2.0

Jeremy Bensman in our office recently launched the new MindFreedom social networking web site, called "My MFI."

This is a place where MindFreedom members can post to forums and blogs that are open to public view. You can use this site to easily get out news about you and your group's activity to the world, and to network with other members. Current members are invited to join in by going to www.my-mfi.org and clicking on the link "Create new account" in the lower left hand corner.

Thanks also to MindFreedom intern Anne Blumenthal and expert Oliver Feakins of WebTalent SEO. With their help MFI and members are now actively using Twitter, Facebook, LinkedIn, Wikipedia and more.

continued on page 14



*Executive Director
David Oaks*



How can the cross-disability movement and mental health consumer/psychiatric survivor movements work together? TC Dumas, Claire Seminara and Bjo Ashwill, shown above, presented with David Oaks at a successful conference to 70 people co-organized by sponsors MindFreedom International, LILA and Bazelon Center. The workshop presented the model of the Opal Network, where allies are mobilized to amplify the voices of those diagnosed with psychiatric disabilities. Together we can help implement the goals of the US Supreme Court Olmsted decision, to integrate our people into the least restrictive community alternative. These Opal Training Institute workshops are now available nationally. Ask about bringing this training to your area.

Stopping Forced Outpatient Electroconvulsive Therapy: Ray Sandford Campaign Wins!

If you've visited the MindFreedom website in recent months you have undoubtedly seen the regular alerts about the campaign to help end the forced outpatient electroshock of Ray Sandford. (Electroshock, also known as electroconvulsive therapy or ECT, runs electricity through the head inducing a convulsion.)

If the idea of forced outpatient electroshock seems archaic and unlikely to happen today, you are not alone. Ray called David Oaks, executive director of MindFreedom International, in late October, 2008. "At first I was skeptical about what Ray told me," Mr. Oaks said. "I knew that Involuntary Outpatient Electroshock - or IOE - was theoretically possible, but I wondered how something so outrageous could really be happening, and how Ray could be so clear about it."

MindFreedom checked out Ray's story. He was telling the truth.

After months of forced electroshock, Ray phoned his local public library's reference desk and asked about human rights groups. The reference librarian referred him to MindFreedom International.

Ray described the weekly forced electroshock as "scary as hell." He was absolutely opposed to having the procedure, claiming that it was causing poor memory for names - including those of friends and his favorite niece. "What am I supposed to do, run away?" Ray asked.

While he was not being shocked for any criminal justice reasons, Ray has been in and out of the mental health system for over 30 years. Ray claimed that the shock was making him worse and was causing him great pain and suffering. According to his mother, the mental health system first tried psychiatric drugs on Ray and, when those didn't work,

turned to electroshock. It does not appear that any alternatives had been offered to Ray and his family beyond psychiatric drugs and shock.

MindFreedom's position on extremely intrusive and potentially irreversible procedures is that "No always means no" - Whatever the circumstance. The bottom line is that there is no good reason to forcibly electroshock anyone, at any time.

MindFreedom's coalition took a large number of actions to support Ray in his struggle for self-determination. In addition to applying public pressure to Ray's guardians and elected representatives, his forced electroshock was also covered in the media, from a front-page article in the Minneapolis newspaper City Pages to an investigative report on National Public Radio.

Ray's final electroshock occurred on Tax Day in the USA, April 15. By coincidence, April 15 also marked the seventy-first anniversary of the very first electroshock, which took place in Italy, 1938.

In early May, 2009, MindFreedom held a protest on Ray's behalf inside the capitol building in Minneapolis. MindFreedom executive director David Oaks and board member Al Galves flew in to attend.

Ray's shock, scheduled for only a few days after the protest, was postponed, literally at the very last minute. Ray said, "I got to the hospital. I was all prepped... They were ready to go with the electroshock. A psychiatrist sat down with me and said, 'We're going to postpone this.'"

Soon after, the doctor who approved his forced shock, Dean K. Knudson, resigned as Ray's psychiatrist, allegedly claiming that all the public attention had frightened



Ray Sandford endured dozens of forced electroshocks on an outpatient basis.

his insurance company. With the help of MindFreedom, Ray was able to find a new psychiatrist - one who opposes forced electroshock.

Then, finally, on 22 October 2009, after more than forty involuntary outpatient electroshocks, Ray received notice that the court had agreed to change his guardianship. His new guardians support his right to say "no" to intrusive procedures like electroshock.

Ray made this comment for MindFreedom International members and supporters, who have backed his campaign for almost exactly one year: "I'm a bit overwhelmed. This is wonderful! I'm very thankful. Without your help I probably would still be sitting somewhere getting more forced electroshock. So thanks a lot to and your group. Praise and thank the Lord, amen!"

To read more about Ray Sandford and the campaign to end his forced shock, please visit: www.mindfreedom.org/ray

MARY MADDOCK INTERVIEW

Can you tell us a little about your experiences in the mental health system?

I first encountered the controlling 'mental health' system at the age of 28 after the birth of my first child, Claire. After a horrendous experience of drug 'treatment' and electroshock I finally emerged and was free again for seven productive years.

However, I was trapped again with more hospital admissions. The drug 'treatment', which caused brain damage, was so effective that I remained on them for almost 20 years. I became a psychiatric slave, a prisoner in my own home, with many serious real effects of the toxic drugs I was consuming religiously every day. I even believed I was lucky to be hospital free!

I believe, now that I am drug free, I was coerced to receive toxic brain disabling drugs because I was unable to make informed decisions about my life. This is why I am so happy to be part of our amazing FREE movement: MindFreedom International.

What was your introduction to the movement for human rights in mental health?

The discovery of the survivor/thriver movement, especially MindFreedom International. I was amazed that people like David Oaks, Don Weitz, Judy Chamberlin, Leonard Roy Frank, Peter Lehmann, etc., etc., and in my own country people like Paddy McGowan, many more Europeans and others worldwide, had found their freedom for such a long time. This helped and inspired me to believe that I could do it also.

Your book Soul Survivor has been well received. What was it like to revisit these traumatic experiences in writing? Were there any surprises in the process of creating this book?

I found revisiting my traumatic experiences to be very painful but also very liberating. It helped me to do the grieving I needed to do so badly. It was especially good that Jim and I did this together with both our strengths. The biggest surprise was that I became a writer!

What was it like to co-author a book with your husband, Jim?

It was good. It was difficult but it strengthened our bond and enlightened us on our mutual journey together. Jim is a great support to me. He is my best friend and is more and more conscious that his role is respecting me as an equal. He was very courageous to allow me to 'BE' and refrain from taking me over. I am forever grateful for having him as part of my life.

What's next for you? And what do you see for the future of the movement?

My heart will always be with this nonviolent revolution until the day I die. I will not be happy until we have much more freedom, equality, truth and human rights. In order to achieve this we need to divide the marriage between psychiatry and the state. We need to promote and expand the successful ways of healing of the spirit which are part and parcel of our society.

We can influence our governments to support these goals. We can ask our centers of education to have a new look at real education for life and living. Then maybe we will have a productive economy and not a disease economy as we have now.

Since the alert went out about Ray Sandford, forced outpatient ECT has shown to be much more common than formerly

thought. What are your thoughts on Ray's situation and what advice would you give to people who want to get more involved?

I think it is difficult to understand that some people still think they know better than those who have personal experience of their own psycho/social difficulties. Throughout history it has always been this way. Some people wish to dominate others for 'their own good'. But we are true human beings when we respect each other as equal partners. I believe that medicine has little to do with what is referred to as 'mental health' and in order to find our true liberation we need to take our psycho/social problems out of the hands of the medics.

I believe it can be torture to force someone to do something she/he finds harmful for themselves. It is very wrong to assume that those who have been labeled 'mentally ill' cannot decide for themselves. I think we need to be firm on the human rights abuses involved in cases like Ray's. We need to expose them in every way we can but always in a nonviolent way. Ours is a non-violent revolution.



MindFreedom board member and a founder of MindFreedom Ireland Mary Maddock (holding sign) protests ECT in Ireland.

MindFreedom Board Member Enters Hospice Care



MFI board member
Judi Chamberlin

As some of you may know, MindFreedom board member and long-time "mad movement" heroine Judi Chamberlin has had severe health problems for many years.

In 2008, Judi investigated getting a lung transplant but that turned out to be impossible because of her health issues. Judi's physician estimated she had a high risk of living less than six months, and Judi decided to enter a home hospice care program.

She, we, everyone hopes she is one of those fortunate folks who survive hospice and live for many years and many decades to come. But she has now publicly stated that she agrees with her doctor that she does not "have a very long life expectancy."

Judi has decided to become a public activist and communicator – in her own powerful way – for hospice patients, too. She has launched a public blog and is discussing her hospice experiences. She is an author and a great writer, so it's especially effective. She would like everyone in the movement to change the mental health system to know about her blog: <http://judi-lifeasahospicepatient.blogspot.com/>

We're all sending love and positive support to Judi!

Utne Names David Oaks One of 50 Visionaries for 2009

Utne Reader magazine periodically names "50 Visionaries Who Are Changing Your World." David Oaks, director of MindFreedom International, was named as one of these visionaries in Utne's November/December 2009 issue.

Said Mr. Oaks, "Utne is one of the few media leaders

to acknowledge the 'mad movement' to deeply change the mental health system. Utne is really recognizing our whole movement's vision. This shows we are still connected to all the other movements for social and environmental justice, just as when our movement first started. Can we have a nonviolent revolution now?"

MFI's Youth Committee Member Becomes Lane County's First Youth Support Specialist

Christina "Chrissy" Peirsol, one of MindFreedom's youth committee members, has become Lane County's first Youth Peer Support Specialist (YPSS). She said, "I wanted the hiring committee to know that there was no way that I was going to support blindly drugging youth, and I think they wanted someone who was into alternatives." In her new position, Chrissy will be able to help young people in the mental health care system get support through alternatives.

Chrissy herself is a psychiatric survivor who experienced over-drugging as a teenager. Chrissy has spoken at a variety of MindFreedom events, most recently at a launch of a MindFreedom affiliate at the University of Oregon. "I work with a lot of good nonprofits," said Chrissy, "But I love MindFreedom, it's the best!"



Christina Peirsol

MINDFREEDOM LAUNCHES SOCIAL NETWORKING SITE

This summer MindFreedom launched a new website for members only: My-MFI. Designed not only to help members network more easily, but to give them a public forum to share their stories and ideas, the My-MFI site offers forums, profiles, blogs and more. If you're a member of MindFreedom, you can create your own account on the site today! Just click on the My-MFI link on the MindFreedom site, or go directly to: <http://www.my-mfi.org/user/register>

The Normality of Madness

BY JOHN MCCARTHY

When I first started to use the word madness or being mad in reference to myself, a number of years ago, I generally received laughter, love and opposition in equal proportions. But I persisted and that persistence has paid off. More and more people are beginning to feel very comfortable in and around the use of madness as an alternative phrase to mental illness.

So let's have a little thought as to the word madness. That's simply what it is, a word. A word that has been stolen from us, we, who live with the normality of madness as a reality in our everyday lives.

The word madness has been stolen and perverted into something to be afraid of. You see, the mad community is the most peaceful, loving and caring section of the total community. We are the people who give you music, art, poetry, playwrights, actors, musicians and yet despite these gifts society chooses to persecute us.

There is no doubt that we who are mad are different. It is how you treat that difference that is the issue at hand.

Ignorance, prejudice and stigma attach to us like limpets but in my opinion the only people who can shake off those limpets are we the mad com-

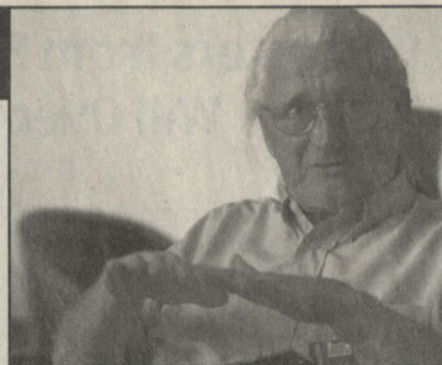
munity ourselves. So I refuse to ever again be subdued or denied my right to stand up and state that I am very normally mad. In fact I now see the positives to being mad and I am very proud of that fact.

I meet so many young people who descend into madness. Ignorance and stigma have prevented them from being able to stand up and acknowledge their sexual orientation, or indeed simple confused emotions. How wonderful would it be if our young people could walk home and state, "I am crying a lot lately, I think I may be getting depressed." As simply as they can say, "I have a runny nose, do you think I am getting a cold?"

It is your call: Embrace us for our difference rather than reject us. Your lives and ours would improve so dramatically.

As it was and is with all human rights campaigns, we in the mad community, if we are ever to gain a place of equality and dignity within the general community, have to lead this call for our human rights ourselves.

We must request all of those well-minded articulate people who so passionately wish to speak on our behalf, allow us to do it for ourselves. When one of these kind academics said to me once, "please let me be your



John McCarthy of Mad Pride Ireland is an activist, a poet and one of the founders of MindFreedom Ireland.

voice" I replied (and I know the person was a little taken aback) by saying "please be my ear as I have my own voice."

Can you imagine the gay movement succeeding if a straight person had led it? Can you imagine the black movement succeeding if a white person had led it? Can you imagine the feminist movement succeeding if a man had led it?

So it is with the mad movement in this area of abuse of our human rights. If we are to become equals in this society, then we of the mad community have to stand up and say, "I am mad and I am proud." You of the so-called "sane" community have to embrace us, allow us the beauty of the normality of our madness in our lives. Allow us to be different, to celebrate our difference for what it simply is, just that, DIFFERENCE.



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At Alternative to Meds Center, we specialize in the processes of medical testing and discovery to determine why a person may be experiencing mental health issues. In many cases, we find that a person may be toxic to heavy metals, or a wide array of organic and bio-toxins. These toxins then interfere with natural systems such as neurotransmitter synthesis, hormonal cascade, nutrient uptake and metabolism, and can manifest as developed allergies and sensitivities, depression, psychosis, anxiety, OCD and addictive issues as well as the vast array of other functions involved in neurochemistry. Through chelation and sauna and specific natural substances, we gently detoxify the system, and add the organic foods and Orthomolecular nutrition specific to correct that individuals brain chemistry. We can then help the individual reduce or eliminate dependence upon psychiatric medication.

Our help line is (800) 359-9698 and the website is alternativetomedscenter.com.

We are located in Sedona, Arizona, a beautiful place to undertake a healing process.

International Mental Health and Wellness Institute



Protesters from Five States Vow that “Creative Support” Will Overcome “Psychiatric Corruption”

As psychiatrists arrived at the Moscone Center in San Francisco, California, on May 17, 2009, for their annual meeting, they were greeted by survivors of psychiatric human rights violations and their allies, a powerful sound system and stories of psychiatric abuse and survival. About 50 protesters from five states participated in a “Festival of Resistance” co-sponsored by MindFreedom International and the California Network of Mental Health Clients (CNMHC).

The event began with a skit using a 10-foot hypodermic needle prop that said “Mad Pride” on one side and “Truth Hypo” on the others. About a dozen guerilla theater participants in white coats bowed repeatedly chanting, “Oh Big Giant Hypo, Please Help Us Be Normal!” But soon the protesters were giving the APA meeting itself a truth injection.

The protest was part of a growing “Mad Pride” movement that has been seeking change in mental health care for 40 years, and is finally gaining more public attention.

The focus of the day was about individuals, supported by their allies, who have experienced abuse in the mental health system. One speaker was Molly Hogan, a nurse who is the coordinator for the MindFreedom San Francisco Bay Area Affiliate. Molly told the story of her mother who had forced electroshock.

Other speakers included (partial list):

- Frank Blankenship of Florida, MindFreedom Affiliate Support Committee Chair.
- Delphine Brody, a protest organizer and client/survivor advocate, Mental Health Services Act Director, CNMHC.
- Leonard Roy Frank, activist, author and electroshock survivor.



Kristina Yates, a survivor of forced electroshock who, years later, went on to become a licensed mental health family counselor, speaks at the protest. Kristina is a MindFreedom activist in the Bay Area. Leonard Roy Frank can be seen over Kristina’s shoulder (to right).

- Al Galves, PhD, of New Mexico, psychologist, mental health consumer, author, MFI board member.
- Ashley McNamara, artist, writer and activist with The Icarus Project & Bay Area Radical Mental Health Collective.
- Matt Morrissey, mental health counselor, MFI board member.
- David W. Oaks of Oregon, psychiatric survivor and director of MindFreedom International.
- Ron Unger of Oregon, mental health counselor and coordinator, MF Lane County.
- Sally Zinman, long-time client/survivor activist.

An open mike period was also available that included a number of other speakers.

The protest, held under a hot sun, was endorsed by the CNMHC Social Accountability Work Group, the Bay Area Radical Mental Health Collective and The Icarus Project.

A steady theme for the protest

was the investigations revealing drug money corruption inside the American Psychiatric Association. One of the speakers was mental health worker Ron Unger from Oregon. When asked earlier why he came all the way from Oregon for the protest, Ron said:

“APA corruption has resulted in a multi-billion dollar industry which tells lies to keep people trapped on drugs that shrink their brains while shortening their lives. If the APA told the truth, many people could figure out how to use alternatives to retake responsibility for their own mental wellbeing.”

Many people helped support the protest by providing water and snacks, creating props, carpooling participants to public transport, creating posters, making signs, organizing a pre-event reception, providing housing to protesters and much more. Said Oaks, “We all got to see the power of unity and nonviolent direct action today! Mutual support and activism worked hand in hand. Thank you everyone! Please ask people to join and support MindFreedom International!”

SPEAKING OUT FOR HER FAMILY MOLLY HOGAN INTERVIEW

Can you tell us a little about your background? What brought you to the movement for human rights in the mental health system?

I come from a family which has been greatly affected by psychiatric labeling and psychiatric "treatment." My mother had electroshock and many, many psych drugs. At one time, I'm told, she was on 28 medications, obviously not all psych drugs, but she had no major physical medical problems so I think it was psych drugs, drugs to deal with the symptoms of psych drugs, drugs to deal with the effects of physical inactivity, etc.

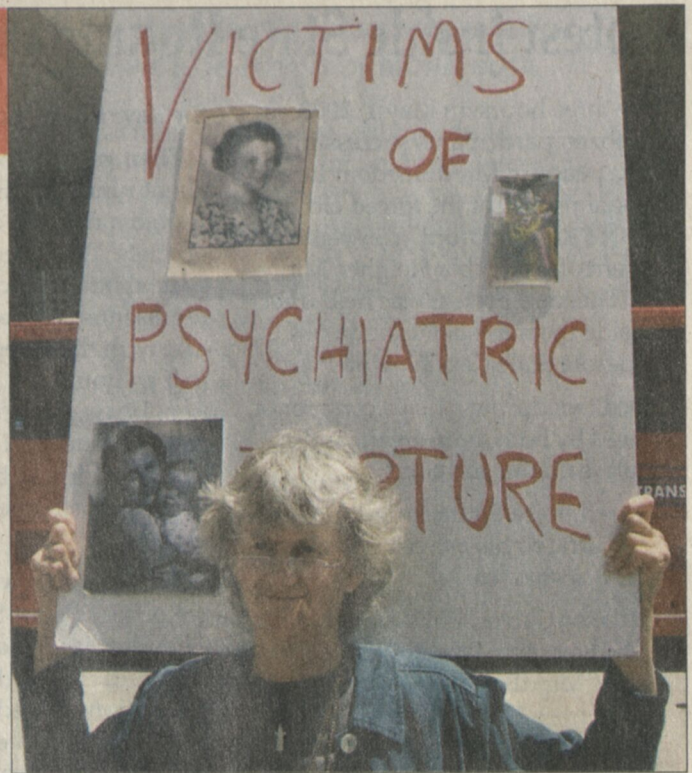
My mother told me that her mother had a lobotomy. My step-grandmother had electroshock, as did my step-cousin (18 years old at the time) and a close family friend (in his teens or early 20s). My father, whom I never met, must have had some kind of psych label, judging from his circumstances toward the end of his life and the letters he wrote to me. I managed, miraculously I think, to weave my way in and around psychiatry without getting hooked.

I have been a Registered Nurse for more than 40 years. I worked three stretches in psych nursing: 1967-8, 1970-72 and 1989-90. There are many things I did as a psych nurse that I now repent of: restraining people, giving them pills and injectable psych drugs, etc. I avoided settings where electroshock was used, but did observe it as a psych nursing student, including one time when the muscle-paralyzing drug took effect before the anesthetic and the patient was still conscious but unable to breathe.

When I returned to psych nursing in 1989, I discovered that all the psych labels ("diagnoses") that I was familiar with, which had never made much sense to begin with, had been replaced with new labels. I noted that it was now much easier to get a psych label. I started seeing people who identified by their psych label - "I'm a schizophrenic," etc., and bought into the notion that these "diseases" are genetic, caused by "brain chemical imbalances," and that the only thing to do is to take psych drugs for life.

The biomedical model takes away hope and responsibility: if it's all about brain chemicals and is genetically determined, there is no hope of improving one's life, and no reason to accept responsibility for one's actions. The theories behind the biomedical model are bad science, and easily recognized as propaganda from pharmaceutical companies.

I am a Christian. I believe that humans are "fearfully and wonderfully made." I do not believe that God created so many people with defective brains (and defective physical bodies) that they need to take so many drugs, as



Molly Hogan at the 2009 protest of the APA annual meeting. Molly is shown here with photographs of her mother, who had forced electroshock (lower left), her grandmother, who had a lobotomy (upper right), and her stepmother, who had forced electroshock.

is happening in the current Pharmacaust. How did the human race survive all these millions of years without "Neosporin, every cut, every time?"

For some years, I have been considering what my vocation as a Christian should be. We express our gratitude for what God has done for us by serving others. How can I best serve? There are many appealing ways to serve, but a lot of other people are serving in those ways. Very few people are speaking out against forced drugging, forced psychiatric tortures and the biomedical model. It has come to me strongly that, with my background, I need to speak out on these issues.

How did you decide to start a MindFreedom affiliate?

David Oaks called for more affiliates, and made it sound really easy, so more or less on whim, I said "I can do that."

What advice would you give other people who are interested in organizing?

I'm just getting my feet wet with organizing for MindFreedom. All I can say right now is "just do it." Jump in and talk to people - I know from working with other organizations how miraculously ideas can multiply and energy grow.

I am in awe of the old-timers in our movement, who have been doing this work for 20, 30 years. I'm just a newbie, and have a lot to learn.

Protest Inside State Rotunda to End Forced Shock

For three hours on May 1, 2009, several dozen participants successfully held a peaceful MindFreedom International protest of the forced electroshock of Ray Sandford, a 55-year-old resident of Columbia Heights, Minnesota. The loud protest was held directly inside the majestic Rotunda of the Minnesota State Capitol in St. Paul.

Speakers during a news conference, covered by both mainstream and alternative media, included:

- Louise Bouta, long-time psychiatric rights activist and electroshock survivor.

- Al Galves, PhD, psychologist, author, mental health consumer, and MindFreedom board member, from New Mexico.

- David Oaks, Director, MFI

- Daryl Trones, mental health activist and father of a psychiatric survivor.

- Janet Saugstad, author and psychiatric survivor of the Veteran's Administration.

- Amy Storbakken, psychiatric survivor and promoter of alternative medicine for mental health.

- John Wilson, a psychiatric survivor running for Mayor of Minneapolis.

- Jennifer Padelford, representing the Mental Health Consumer/Survivor Network of Minnesota, who spoke out about the need to hear the voice of mental health consumers/psychiatric survivors.

Louis Kayser, a MindFreedom member, drove for hours from Iowa to participate, saying, "I have always wanted to be in a MindFreedom protest. I want to go to more protests!" Louis made signs for the event, videotaped the news conference, and even carpooled speakers back to their homes.

A number of speakers told their stories, and expressed their support

for Ray during a public speak out.

Then, after a post-protest lunch, about nine MindFreedom activists visited a number of Ray's elected officials. The delegation discovered special interest from Ray's state representative, Carolyn Laine, who met with the delegation for about half an hour. Ray is a constituent of Rep. Laine, who pledged to work with the new ECT Work Group that has been formed by several mental health agencies because of the Ray Campaign.

The reception was much chillier at the office of State Senator Satveer S. Chaudhary, who also represents Ray Sandford. When the MindFreedom delegation arrived at his office, his staff tried to prevent them from entering, though they did anyway.

MindFreedom Director David Oaks opened the door to Sen. Chaudhary's private office, and gave him material about Ray Sandford. Sen. Chaudhary immediately called Capitol security. Mr. Oaks said to Sen. Chaudhary, "I just wanted to know your real attitude about this, and now I know."

A six-month campaign to stop Sandford's electroshocks has gained international attention. Sandford was shocked more than forty times on an outpatient basis under a court order even though he and his fam-

MFI board member Al Galves addresses the gathering at the Minnesota State Capitol.



ily clearly stated his desire not to be shocked. (see page 4 for the complete story.) "It's amazing that a man who is supposedly being protected by Minnesota court-appointed guardians and who has been represented in court hearings by a Minnesota public defender is suffering this kind of human rights violation," said MFI board member, Dr. Al Galves.

Galves said that electroshock - also known as electroconvulsive therapy or ECT - subjects the patient to as much as 600 volts of electricity for between one-half and four seconds. "It disables the brain," Galves said.

MindFreedom's campaign about electroshock violations continues. The US Food and Drug Administration (FDA) announced that they may further de-regulate the electroshock device, which was grandfathered in years ago without ever being investigated for safety and efficacy. MindFreedom alerts are mobilizing public comment to demand accountability.



The delegation visiting Ray Sandford's elected officials. From left: Louis Kayser, Amy Storbakken, Al Galves, David Oaks, Beth Blick and John Wilson.

Poetic Justice

by *Bonnie Schell*

Don't Tell Me!: the language of alienation by *Raymond W. Jones of Colorado*

Don't tell me I can't have a service dog or giraffe.
Don't tell me I can't smoke on the back porch.
Don't tell me I have to plea bargain to reduced charge of guilty!
Don't tell me I can't take my meds, on my schedule, as needed.
Don't tell me my jacket doesn't match my pants.
Don't tell me I have an attitude.
Don't tell me I can't look cross-eyed at you
when you're looking cross-eyed at me.
Don't discount the value of my experiences:
I was a fire fighter.
I had a career as an arson investigator.
I owned a home. I raised two children.
In a divorce, I lost everything.
Don't take away my memory
with 24 forced electro-shock treatments.
Don't tell me that I have bipolar disorder
when I know that it's learned behavior.
Don't tell me that I have PTSD until you've seen what I've seen.
Don't evict me from the homeless shelter because you say
I create chaos and drama.
Don't tell me I'm not worth the powder
it would take to blow me to hell.
Don't tell me that my experience isn't real.
Don't tell me that my experience isn't true.
Don't tell me that my experience isn't valid.
Don't tell me your rules have changed.
Don't tell me your program doesn't meet my needs.
Listen to my experience.
Understand where I come from.
Listen to what I stand for.
Listen to who I am.



Poetry Editor *Bonnie Schell*
poetry@mindfreedom.org

language of the incarcerated by *Chris Krych of Minnesota*

"I'm having trouble with my decision, Mr. Krych.
You have a history of not being respectful
To people in authority. You have a history
Of being very disrespectful to the court system."
CRIMELESS POLOTICAL IMPRISONMENT
OUTDATE HOPELESSNESS 24/7
Security Stalking & Harrassing
Twenty-four/Seven Treatment!
Four cell snoop checks daily.
Forever Camera Intrusivity
NO LUNCH @ PAWLENTY's
State-Created Guantanamo Bay

language of falling by *Chase of Canada*

my brain works as a euphemism for tongue:
the way it twists & slides
gets caught between my clamped teeth
slithers out for a momentary scathing.

.....
she
is new to a world of wards -
but the initiation process isn't more
than a cursory glance...

we live polarized
able to identify our own
so each can fall in stride
to our secret language.

we live beneath the radar
she said in solemn tone
it's a wonderless beauty we exhibit
the doors are open just momentarily
and it is only the chosen who make it in.

i said
we speak the ancient language of falling
and that is what makes our actions immutable
our movements in step
by step
by step
we lick the madness clean
our colors indiscernible to most

we regret our otherness
but still cling to it as holy.

the language of...

Mental Health Alternatives Directory Launched

This summer, MindFreedom finally launched its free online directory of Mental Health Alternatives, and is issuing an international call for services that would like to be listed.

MindFreedom's new directory is unique in that every provider listed has agreed to uphold key principles on such issues as the use and discontinuation of psychiatric drugs, the "biomedical model" and forced treatment. The principles were devised by the MindFreedom International Choice in Mental Health Care Committee, and endorsed by the MindFreedom International board of directors.

The directory and principles are both available on the MindFreedom website: www.mindfreedom.org/directory

Providers of services who agree with the MindFreedom Directory of Alternatives Principles, and who would like to apply to be listed in the directory, may inquire at: creativerevolution@mindfreedom.org

Matthew Morrissey, member of the MindFreedom Choice in Mental Health Care Committee, worked hard to complete the launch of the directory. He is shown here speaking at a protest in front of the Annual Meeting of the American Psychiatric Association.



www.mindfreedom.org/directory



Ashley McNamara, artist, writer, and activist with The Icarus Project & Bay Area Radical Mental Health Collective, speaks at protest of American Psychiatric Association, 17 May 2009. Behind her is Sally Zinman, long-time activist to change the mental health system.



One of the oldest groups in the mad movement is We Shall Overcome (WSO) of Oslo, Norway, which began in 1968. WSO is a sponsor group in MindFreedom International, and invited David Oaks to present at their annual conference in August. As part of the activities, WSO included (above) a protest in front of the Norwegian parliament against involuntary psychiatric drugging.

City Affirms Citizens Rights in the Mental Health Care System

After a five-year process of public forums and committee meetings, the City Council of Eugene, Oregon, USA, unanimously voted for a resolution on October 26, 2009, to affirm the human right of citizens to have more empowering choices in the mental health system, including more non-drug alternatives, for complete recovery. The resolution takes effect immediately.

Psychiatric survivor advocate TC Dumas spoke in front of the Eugene City Council to thank them for the vote. TC, who survived forced electroshock as a teenager and went on to win her PhD, said, "I've been in the mental health system for thirty-five years. Many people are not offered choices. I just want to say 'thank you,' especially to you Mayor Piercy, who wanted to see this resolution happen."

The Mayor of Eugene, Kitty Piercy, has offered her personal encouragement to mental health consumers and psychiatric survivors during several meetings on human rights and mental health.



Ron Unger addresses the Eugene City Council.

Ron Unger, coordinator of MindFreedom Lane County, did a lot of the background work for the resolution. He told the City Council, "I am a mental health counselor. One size does not fit all. Especially to reach young people, the mental health system needs to be much more positive and helpful. Thank you for passing this resolution." More information can be found at www.mindfreedom.org/lane.

Remember: MFI 2.0

Some of you may already know that MindFreedom International is increasing its networking via web 2.0 applications such as twitter, Facebook, YouTube, and Myspace, thanks to help from intern Anne Blumenthal from University of Oregon and volunteer consultant Oliver Feakins of WebTalentSEO.

Web 2.0 is the term for Internet tools and sites that

make the internet more personalized, interactive, and useful.

Look for MFI on: Facebook Groups, Facebook Fans, YouTube, LinkedIn, Google AdWords, Twitter and MySpace! And of course, add your own profile, blog or forum comment on the new My-MFI web site. You may find links to all these and more via MFI's web site.

TV Show Spotlights Mad Movement



Madigan Shive, composer, cellist, activist and co-founder of the Icarus Project, appeared in the ABC-TV show *Primetime Outsiders* as a proponent of Mad Pride.

The ABC-TV show, *Primetime Outsiders*, spotlighted the "mad movement." It included a profile of creative mad pride musician Bonfire Madigan Shive, co-founder of the Icarus Project, a sponsor group in the MindFreedom International coalition. David Oaks, Director of MindFreedom International, was also interviewed. Mad Pride actions from Ontario to Oregon were shown.

Unfortunately, the last half of ABC's show dwelled in a lurid way on murders by people with psychiatric diagnoses. MindFreedom objected to this sensationalism. ABC-TV, which is owned by Disney Corporation, responded with a letter saying they were trying to cover both sides of a controversy.



Joey Pantoliano, an actor famous for his roles in *The Sopranos* and *The Matrix*, endorsed the Mad Pride movement on a national television show in August that featured MindFreedom International activists.

SPONSORS & AFFILIATES

MindFreedom weaves together a diverse coalition of groups and individual activists, but a coalition always needs renewal to stay alive and grow. Together, sponsors and affiliates form MindFreedom's "Support Coalition." We encourage you to link up with your sponsor group or create an affiliate in your region.

In the mental health field, perhaps ninety-five percent of activity – conferences, newsletters, events, community centers – is funded by the mental health system and the government. MindFreedom has always supported good "system-funded" groups and projects, but there is also a role for truly independent groups like MindFreedom, to keep the social change spirit of the movement going.

Good system-funded organizations need to work in synergy with totally independent activist groups like MindFreedom, because there are things each of us can do that the other cannot. This synergy must be two-way.

MindFreedom members need to more firmly remind good system-funded groups – in a friendly supportive way – to keep independent groups like MindFreedom on their radar.

This can be as simple as language. It took years to win recognition for "psychiatric survivors." So if your local mental health consumer group is dropping off the words "psychiatric survivors" please remind them to re-include people who have been harmed by the mental health system. If your local system-funded group insists on using the term "mentally ill," remind them firmly – in a friendly, productive, supportive way – that there are other models that ought not to be excluded.

MEDIA ON OUR OWN

As you can see in this issue, we can break into mainstream media now and again. But as never before, in 2010, each and every one of us in

this movement is our own journalist. We must all be using our own media. For example, if you are part of a movement event, select one or two good digital photos, write up a few paragraphs like a journalist and get it out, either on your own or using the My-MFI web site.

Consider using creative-theatrical approaches, such as MindFreedom's "Mad Pride Normality Screenings." MindFreedom street theater actions not only reach people on the street directly, but by getting your video on YouTube MFI reaches thousands more.

WEB RADIO

MFI's monthly free live web show is every second Saturday. You can call in, and we're always looking for guest suggestions. For details on how to tune-in, visit: <http://www.mindfreedom.org/radio>. If you'd like to volunteer to support and grow this fun 90-minute show, email: office@mindfreedom.org

CHOICE CAMPAIGN

Find and promote more humane alternatives! A high priority way you can help the Choice in Mental Health Campaign committee right now is to find more alternative health care providers who will sign up to be in MindFreedom's searchable directory! Ask potential candidates to email their interest to: creativerevolution@mindfreedom.org

MAD PRIDE

One of our most popular campaigns ever! There have been dozens of 'anchor' events for more than a decade. For example, John McCarthy has held multiple several-thousand-person mad pride events in Cork, Ireland by emphasizing "family, fun, food, free." John is breaking out of our "mad ghetto."

This campaign is now ready to see hundreds of events, whether large ones like John's or tiny ones involving a handful of people. That takes organizing and focus. Jeremy has re-done the mad pride section of our web site where you can easily regis-

ter your upcoming Mad Pride event. Several MFI interns have also been working on a MFI Mad Pride Event Organizing Kit.

SHIELD

Krista Erickson coordinates this campaign, to help get out alerts. We encourage ALL members to register for the "shield" whether you think you need it or not. With hundreds of registered "shield" members, it really makes a statement. MFI Shield also coordinates MFI human rights alerts, such as those for Ray Sandford. The MFI alert system reaches more than 10,000 interested people, many of whom tell others.

While there is no way for MFI to extensively assist all of the people who are contacting the office for help, the MFI Volunteer Committee email list is one way MFI has been able to help respond to dozens of requests from people inside psychiatric institutions who are requesting camaraderie and advocacy. This volunteer e-list is the fastest way to find out about ways you can pitch in.

GLOBAL

Celia Brown, MFI board president, has provided years of leadership to the MFI UN team. As you may know, Celia and hundreds of disability advocates had a major success by winning a new historic UN treaty on disability rights. MFI is involved with the United States International Council on Disabilities (USICD), where I am a board member, to assist with US ratification of this binding treaty, which is called a "convention."

Now MFI has applied to an international charity to publish a basic handbook intended to help psychiatric survivors and mental health consumers organize in poor and developing countries. Intern Jessica Wierzbowski is helping to gather material for this. Globalization of psychiatric human rights violations is one of the most serious threats we face.

DEVELOPMENT

MFI is so lucky to have Al Galves,
continued on next page

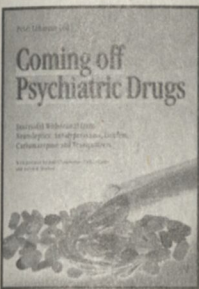
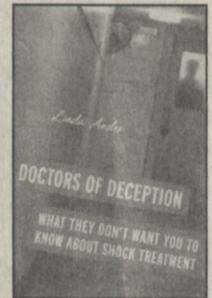


Soteria: Through Madness to Deliverance
By Loren Mosher, Voyce Hendrix, and Debora Fort

This book recounts the story of a revolution in the understanding of schizophrenia. At Soteria, in the 1970s, young people diagnosed as schizophrenic lived in a home in a California suburb with nonmedical caregivers where they were listened to and understood during their altered states of consciousness. Most recovered. This book will appeal to anyone interested in alternatives to mainstream mental health care.

Doctors of Deception
By Linda Andre

An investigation into the true story behind electroshock, *Doctors of Deception* exposes a long history of industry propaganda and the obstruction of studies into the safety of this controversial treatment.



Coming off Psychiatric Drugs
By Peter Lehman (Ed.)

This helpful book is all about successfully quitting psychiatric drugs. It is mainly for people on psychiatric drugs but also addresses their relatives. Learn what works from 28 people who have direct experience with the challenge of "coming off" psychiatric drugs. Additionally, eight professionals, working in psychotherapy, medicine, psychiatry, social work, natural healing and even in a Runaway House, report on how they have helped in the withdrawal process.

Books, DVD's and many more products, are available from www.MadMarket.org
If you are not on the web, phone to order: 1-877-MAD-PRIDE or 1-541-345-9106



continued from page 14

a mental health consumer, retired psychologist and author, on the MFI board. Al chairs MFI's Development Committee. Al has been persistent and dedicated in helping MindFreedom raise funds, which is challenging with a grassroots group, especially this past year. Al needs support from members who want to help on grant writing, events, products and more. If you'd like to help the Development Committee email: development@mindfreedom.org.

You've got the idea by now, and there are other ways to take leadership with MFI. I'm looking forward to how you show your own empowered "creative maladjustment" in 2010. Let us know how MFI can support your leadership.

Truth Injection Flyer

You can find mental health industry brochures almost everywhere you go, in libraries, community centers and hospitals. Now there's an antidote. With every issue of this MindFreedom Journal we are including a Truth Injection flyer to help you dispel some common myths about mental health care.

If you're interested in learning more, you can find the sources that support the flyer on our website: www.mindfreedom.org/truth

Isn't it time all mental health agencies backed up their own statements in the same way?

Creative ways to administer your Truth Injection:

- Hand out at your local mental health system...
- Insert in literature racks at your library or community center...
- Give to friends, relatives, students, colleagues...

MindFreedom has lots of these brochures printed, folded and ready to go, cheap. To order your bundle, contact the MindFreedom office or order online at: www.madmarket.org. (Bundles of the MindFreedom organizational brochure are also available.) Or download and print your own brochures at www.mindfreedom.org/brochure.

"Fighting the mainstream is one thing. Fighting a mainstream subsidized by gigantic corporations like the Pharmaceutical Industry is something else entirely. MindFreedom has been doing just that for over 20 years with campaigns against forced psychiatrization and the excesses of ECT and other treatments which kill the body, spirit or both."

— Craig Newnes, PhD • UK

- MindFreedom International is doing great work.
- MindFreedom International helped Ray Sandford get free of being electroshocked against his will.
- MadPride events are springing up all over the world.
- MindFreedom International is planning another Choices in Mental Health conference.
- MindFreedom International is one of the few totally independent international mental health advocacy coalitions.
- MindFreedom International needs every single one of its supporters to give financially.
- Each one of you knows how much the current mental health system is hurting people.
- Each one of you knows what good help really looks like.
- Join with MindFreedom International in this non-violent revolution to change the mental health system today.
- Renew, join and donate whatever you can.

••• Let's do it now! •••

**Donate at www.MindFreedom.org
Or use the below form, today!**



Your support funds MindFreedom campaigns for human rights and humane alternatives in mental health care. You may join, donate and renew on the MindFreedom website; www.MindFreedom.org, or mail in the below info

Donation (circle one): \$1,000 \$500 \$100 \$75 \$50 \$35 (regular level)
\$20 (recommended low-income minimum) other: \$ _____

Your Donation is Tax Deductible

Regular monthly gifts multiply to provide stable funding for MindFreedom.

Please sign me up to give a monthly donation of \$ _____ automatically.

Name (please print): _____

Address: _____

City: _____ State/Province: _____ Postal Code: _____

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You may donate with check or money order made out to MFI. Or use your credit card.

I want to charge my gift. Circle one: Visa MasterCard

Card number: _____ Expiration: _____

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You may also donate on-line at any time using the secure form at www.MindFreedom.org.