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# ICSPP Newsletter

International Center for the Study of Psychiatry and Psychology, Inc.

*"The Conscience of Psychiatry"*

2007 - Number 2

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### Editor:

Andrew Crosby, MA

### Co-Editor:

Delores Jankovich, MA, MSW

### Also Read the ICSPP

*Journal: Ethical Human  
Psychology and Psychiatry*

### Special Issue Coming -

**Peter Breggin Festschrift**

## "Let the Truth Be Told" At the Tenth Annual ICSPP Conference

Let the Truth Be Told. Simple and straight, that's the message. Let the truth be told about Universal Mental Health Screening. Let the truth be told about the drugging of our children. Let the truth be told about the adverse effects of psychiatric drugs and pathologizing childhood.

While we're at it, let the truth be told about the safe, ethical, and humane approaches to helping those who need and desire help that we offer and support.

The truth will be told at ICSPP's tenth annual conference, "**The Universal Mental Health Screening and Drugging of Our Children - Risks vs. Benefits.**" Check out the preliminary list of speakers and the Call for Papers starting on page 18. The registration form is there, too. Please fill it out and send it in soon. And call the Marriot Crystal City for your reservations. **May 31<sup>st</sup> is the cut off date to get the discounted conference rate for the hotel, so please don't wait.**

The conference will be held in Arlington, Virginia at the Marriot Crystal City on October 13, 14, and 15, 2007. The format this year is a bit different, with Saturday and Sunday being devoted to presentations and workshops, and Monday consisting of a press conference and us meeting with congressional staff on Capitol Hill to voice our opinions and concerns about the federal initiatives behind TeenScreen and similar universal mental health screening programs in our public schools.

Contact information will be provided, and part of Sunday will be devoted to discussing what to say and how to say it. We won't be putting words in your mouth, but

for anybody who is wondering what to say, don't let that dissuade you. The basic issues and concerns about universal screening can be found in the last two newsletters, in articles by ICSPP National Director, Lloyd Ross.

Information can also be found on the ICSPP website, as well as the websites for Alliance for Human Research Protection and EdWatch ([ahrp.org](http://ahrp.org) and [edwatch.org](http://edwatch.org)). You won't have to filibuster all day, just sit with a congressional staff member and maybe start with, "I wonder if you're aware of the nature of federally promoted universal mental health screening programs that are being advocated in our schools." Then, tell them a bit about what it's all about, and voice your opinion. You have to right to do so.

If you're nervous, just remember this ... you will be speaking not only your opinions, you will be speaking the truth. No small thing. And this is not just ICSPP's agenda. MindFreedom International, EdWatch, and Amedco are collaborating with us on this conference, and they share our ideals and values about helping people in sound, ethical ways.

Our conference organizers have been hard at work putting this event together. So please fill out the registration form and send it in today.

And we'll see you in Arlington, ladies and gentlemen. Looking forward to it.

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## All In The Family

By Lloyd Ross, Ph.D., FACAPP.

This next *All In The Family* article is the real life story of **David and Goliath**. It is about one of our newer members who stuck his neck out for all of us and literally put his life, career, and income at stake for thousands of people he had never met.

This gentle yet full of energy man grew up in Anchorage, graduated from the University of Oregon, and completed Harvard Law School in 1978, spending the next 25 years in private practice, and spending a huge proportion of that time as an attorney advocate for people diagnosed as being mentally ill. I met him in 2005, shortly after he began to take an active part at ICSPP. I was immediately incredibly impressed with his aggressive advocacy work as well as his impressive, information packed website. He has made a powerful contribution to ICSPP, and I instantly saw him as a friend.

### Background:

At the age of 29, this young man became overwhelmed with work, trying to do everything, and as a result, deprived himself of sleep, started to lose it, and wound up being taken to Alaska Psychiatric Institute in a straight-jacket. He was pumped full of Mellaril. After three days, he was forced to sign a "voluntary commitment." The drugs they were giving him heightened his confusion, and though he knew the real issue was the need to sleep, even that was difficult due to the poor conditions at the hospital.

He finally learned how to "go along" with the not very therapeutic system at the hospital and was released after a month. He spent a brief time seeing a psychiatrist in New Rochelle, came back home and was extremely depressed. Eventually, he got a job with a law firm and again got caught up in his work and became sleep deprived. Although he recognized what was happening, he wasn't able to counter it and went into a hospital a second time. However, this time his therapist admitted him to Providence Hospital, very different from the nightmare of the first hospital. He was medicated so that he could sleep, and

only spent one week in the hospital this time. He now has learned to recognize the warning signs and counter them. As a result, he has done fine since then and has opened up his own law office. He has come to realize also that he was lucky not to have been made "chronically mentally ill" by the system, and he describes three things that a person has to do to recover. They are: 1) take responsibility for your own mental health and behavior, 2) learn to recognize your symptoms, and, 3) learn what works for you.

This young man went on to co-found Mental Health Consumers of Alaska in 1986, to co-found the Alaska Mental Health Consumer Web which provides peer-support and a drop in center in Anchorage in 1988, and to be a member of the Alaska Mental Health Board from 1998 to 2004. He has been a member of the National Association for Rights Protection and Advocacy (NARPA) since 2005, and has been a member of the Board of Directors of ICSPP since 2006.

In 2002, this man co-founded Peer Properties, Inc. to provide mental health consumer run housing for those who are homeless or living in bad situations. In his 25-year private practice, he has consistently provided pro-bono legal services to mental health consumers. He also co-founded CHOICES, Inc. in 2003 to provide peer-run alternative services for those who choose not to take psychiatric drugs.

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***"The information  
continued to be withheld  
under the guise that it  
contained "trade secrets."***

He is also the co-founder of Soteria-Alaska, which will provide non-coercive non-drug alternatives to psychiatric hospitalization. In 2002, he co-founded the Law Project for Psychiatric Rights (PsychRights). He is currently president of PsychRights and uses the bulk of his time here on a pro-bono basis. The goal of PsychRights is to bring

forth a serious, coordinated legal effort against forced psychiatric medication. In June, 2006, as a result of his efforts, the Alaska Supreme Court decided in the case of *Meyers v. Alaska Psychiatric Institute*, which ruled Alaska's forced drugging procedures unconstitutional.

### **Currently:**

As impressed as I am with this man, that changed monumentally in the past six months. Last December, he subpoenaed internal Eli Lilly documents in a case involving the forced drugging of a client whom he was representing pro-bono. He followed the rules to subpoena the documents which were under a protective order as part of a large liability case. When he saw what the documents contained, he realized that the drug company executives of Eli Lilly had deliberately hidden their own studies which showed that the drug would kill and severely sicken thousands of people. The information continued to be withheld under the guise that it contained "trade secrets."

He felt that the most important issue was the right of patients, doctors, and the public to know the truth and because of the importance of that information to people's safety, he released the documents to the New York Times and to others. He has stated: "Zyprexa has killed and permanently sickened thousands of people who have taken it."

The files show that the manufacturers hid vital information about the drug's safety not only from patients, but also from doctors. The bottom line is patient safety. Did I want to get this information in front of the public and the medical profession? Of course. Additional lives may well have been saved."

At that moment, **Jim Gottstein** ceased to be just my friend and became my hero. I only have three heroes that I know personally. They are Peter Breggin, M.D., the founder of ICSPP, who stood up to the psychopharmaceutical establishment and was attacked by them at a time when he was all alone in the fight for psychiatric survivors. The other is Leonard Roy Frank, a man who was dehumanized by the psychiatric system and fought his way through impossible odds to form the first

psychiatric survivor movement in this country. Now, Jim Gottstein has been added to this very small list. Knowing the dangers to himself personally, he stood up to the pharmaceutical Goliath and never flinched. That is unique among men. I am proud to call him my friend and even prouder to call him my hero. Jim, you're courage is what keeps the rest of us going when we are about to give up.

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***"Let's show Jim that he is not alone. Please make a contribution to The Jim Gottstein Legal Defense Fund."***

### **A Personal Note**

I would like to make a plea to all of you who read this. Call or write to your legislative representatives, state and federal, your Governor, and your state Attorney General, and demand as a taxpayer that the company and the individuals in that company responsible for the Zyprexa murders and maimings (because that is what they are), be tried for criminally negligent homicide, and demand further that the state you live in sue the drug company for all public funds expended or that will be expended on the victims of Zyprexa. Let's show Jim that he is not alone.

Also, please make a contribution to Jim's legal defense as the powers that be try to attack him. Make whatever contribution you can to The Jim Gottstein Legal Defense Fund. The information is on page 3. You can use a credit card if you like, and your contribution is tax deductible.

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## Jim Gottstein Legal Defense Fund

Jim Gottstein still needs our help. Please send a tax-deductible contribution today.  
Checks can be made out to **ICSPP / Jim Gottstein Legal Defense Fund**

Mail to: Dominick Riccio, Ph.D.  
1036 Park Avenue, Suite 1B  
New York, NY 10028

For Credit Card contributions, use or copy the form below.  
(For More on Jim, See Page 14)

FOR ICSPP / JIM GOTTSTEIN  
LEGAL DEFENSE FUND

Amount: \$ \_\_\_\_\_

Name: \_\_\_\_\_  
(as it appears on the credit card - please print clearly)

Card Number: \_\_\_\_\_

Expiration Date: \_\_\_\_\_

Signature: \_\_\_\_\_

## Annual Conference of the Royal College of Psychiatrists

19 to 22 June 2007

**Venue: Edinburgh, International Conference Centre  
Edinburgh, U.K.**

For Details ... Check the Website:  
<http://www.rcpsych.ac.uk/events/2007.aspx>

For Questions ... Check Here  
Contact: [conference@rcpsych.ac.uk](mailto:conference@rcpsych.ac.uk)

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