

The Transformation Triangle

Recovery: Envisioning the Future
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While Some People find Psych Drugs Helpful . . .

- Psychiatric Drugs Causing Massive Amount of Harm
- Current System Does Not Allow Non Drug Choices
- Legal Right to Other Choices is Ignored
- Hugely and Unnecessarily Expensive
- Huge Unnecessary Human Toll

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Harm Caused By Psychiatric Drugging

- Life spans now decreased by 25 years.
- Greatly diminished quality of life
- Prevents Recovery/Increases Chronicity
- Six Fold Increase in Disability Rate Attributed to Mental Illness

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Even Long Term Consumers Can Recover

"every chronic schizophrenic outpatient maintained on an antipsychotic medication should have the benefit of an adequate trial without drugs."

Source: Maintenance Antipsychotic Therapy: Is the Cure Worse than the Disease, *American Journal of Psychiatry*, 133, January (1976), pages 32-36

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Recovery: Jim Gottstein Definition

Getting past a diagnosis of mental illness to a point where a person enjoys meaningful activity, has relationships, and where psychiatric symptoms, if any, do not dominate or even play a major role in their life.

Recovery: Responsibilities and Roadblocks, by Jim Gottstein,
<http://akmhweb.org/recovery/RecoveryResponsibilitiesRoadblocks.pdf>

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Other Choices: Work Better for Many

- Soteria
- Open Dialogue (Finland)
- Longitudinal Studies (Harding)
- Research cited at
<http://psychrights.org/Research/Digest/Effective/effective.htm>

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Finland Open Dialogue Approach: Five Year Study of Psychotic Patients

- 82% did not have any residual psychotic symptoms;
- 86% had returned to their studies or full-time jobs;
- only 14% were on disability; and
- 71% never took any antipsychotic medication.

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Psychotherapy Research, 2006, 16(2):214-28.

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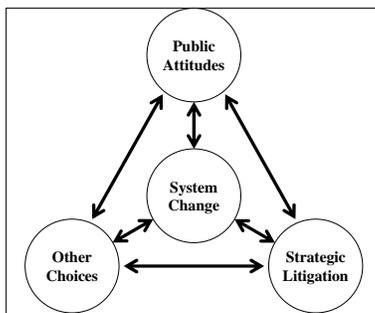
WARNING

- Quitting Psychiatric Drugs Can Be Very Dangerous/Should be Done Slowly
 - Withdrawal Often Causes Psychiatric Symptoms
 - Often accompanied by Adverse Physical Effects

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Public Education in Alaska

- Whitaker in 2002, 2003 & 2007
- Perlin in 2003
- Menn in 2007
- Numerous Newspaper & Some Broadcast Coverage
 - Myers Case
 - Feature Front Page Story in November 2005
 - Zyprexa Papers local coverage
- Accept All Speaking Invitations

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Opinion Shift—Soteria- Alaska

- 2002: Not Endorse -- Just Educational
- 2003: Implies Need Non-Drug Alternative
- 2004: Needs More Development
- 2005: Not If, But How
- 2006: Trust Formally Supports
 - Wanted State Participation in Funding
- 2007: Funded by Trust for 2008 Opening when didn't get in State Budget.

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PsychRights in Alaska

- *Myers* (2006)
 - Best Interests
 - No Less Intrusive Alternative
- *Wetherhorn* (2007)
 - Unable to Survive Safely in Freedom (2005 enactment of VA § 37.2-815, "substantially unable to care for himself" unconstitutional)
- *Bigley* (In Litigation)
 - State Must Pay for Less Intrusive Alternative (Trial Court)
 - Define Unable to Survive Safely in Freedom (Alaska Supreme Ct)

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Soteria-Alaska

- Non-coercive, Non-Drug option for Newly Diagnosed with Psychotic Disorder.
 - Be With, Not Do To
 - Expect Recovery
 - Let People Be “Delusional”
 - But Insist on Safety/Responsibility
- Replicate Original Soteria-House
 - 6-8 People
 - Two staff at all times.
- Opening in 2008

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C	Consumers
H	Having
O	Ownership
I	In
C	Creating
E	Effective
S	Services

- “Consumer” Run
- Non-coercive, Non-drug (& drug) Choices In Community
- Available for people in the system a long time
- Started Providing Services in July, 2007

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Peer Properties

- Peer Run Housing
- Allows Non-drug Choice
- No “services,” but peer support principle
- One 4 bedroom House Owned & Operated
- Proven Concept, but
- Needs infra-structure support
- CHOICES may be able to fill breach

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Suggested Reading

- *Mad in America: Bad Science, Bad Medicine and the Enduring Mistreatment of the Mentally Ill* (2001) by Robert Whitaker
- *Alternatives Beyond Psychiatry*, Peter Lehman & Peter Stastny, MD, Editors (2007).
- *A Fight to Be: A Psychologist's Experience from Both Sides of the Locked Door*, Ronald Bassman, Ph.D. (2007)
- *The Hidden Prejudice: Mental Disability on Trial*, (2000) by Michael L. Perlin
- *Rethinking Psychiatric Drugs: A Guide to Informed Consent*, by Grace E. Jackson, MD, (2005)
- *Brain Disabling Treatments in Psychiatry: Drugs, Electroshock, and the Role of the FDA* (1997) by Peter Breggin, MD.
- *Community Mental Health: A Practical Guide* (1994) by Loren Mosher and Lorenzo Burti
- *Soteria: Through Madness to Deliverance*, by Loren Mosher and Voyce Hendrix with Deborah Fort (2004)
- *Psychotherapy of Schizophrenia: The Treatment of Choice* (Jason Aronson, 1996), by Bertram P. Karon and Gary R. Vandenbos

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