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Alaska Mental Health Board Members

November 20, 2002

Re: Mad In America: *Bad Science, Bad  
Medicine, and the Enduring  
Mistreatment of the Mentally Ill*

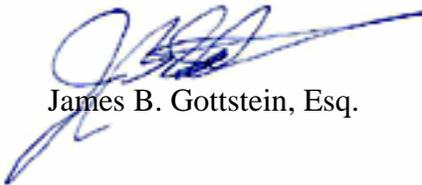
Dear Alaska Mental Health Board Members:

I had intended to write each of you a personalized note to accompany the enclosed book by Robert Whitaker, a reporter for the Boston Globe, but the course of events has prevented me from doing so up until now and I feel that I must get this out to you without further delay. While much of this information has been available before,<sup>1</sup> *Mad In America: Bad Science, Bad Medicine, and the Enduring Mistreatment of the Mentally Ill*, is not only clearly authoritative, but extremely well written. As members of the Alaska Mental Health Board I believe it is our duty to address the situation described by Mr. Whitaker -- immediately, if not sooner. Consumers have been saying the things that Mr. Whitaker documents, but as usual, have been dismissed as lunatics.

The entire book is fascinating, extremely well written and flows perfectly from beginning to end, but it is 300 pages. I know everyone is extremely busy, and if you can't read the whole thing, I *implore* you to read the Preface and then skip to Part 3 and read to the end.

We must discuss the implications of Mad in America at our meeting next month and begin taking action immediately. I will be making concrete suggestions and will welcome the dialogue. I know this is an extraordinary request, but I believe once you read the book, you will see its necessity.

Yours truly,



James B. Gottstein, Esq.

cc: Richard Rainery  
Kate Webster  
Kay Close  
Randall Burns  
Dr. Nick Kletti  
Barbara Magnuson

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<sup>1</sup> e.g., Breggins' "Toxic Psychiatry: Why Therapy, Empathy, and Love Must Replace the Drugs, Electroshock, and Biochemical Theories of the New Psychiatry," "Your Drug May Be Your Problem: How and Why to Stop Taking Psychiatric Medications," and "Brain Disabling Treatments in Psychiatry: Drugs, Electroshock, and the Role of the FDA."