

# MindFreedom<sup>journal</sup>

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[www.MindFreedom.org](http://www.MindFreedom.org)

**Join a nonviolent revolution in mental health**



*Celia Brown  
is president of  
MindFreedom  
International and  
a psychiatric  
survivor leader in  
the United Nations.*



**Make 2007 the Year of Mad Pride!**

**The psychiatric industry  
targets your family**

**Why choice in mental health  
care is a human right**

*Published by MFI*

**MindFreedom International wins campaigns for human rights and alternatives in the mental health system.**

MindFreedom International unites thousands of individual members. The majority of MindFreedom's membership, board and staff are 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 (MFI) unites 100 grassroots organizations. Each Sponsor Group or Affiliate has a liaison on the MFI Support Coalition Advisory Council.

MFI is rooted in a global movement to change the mental health system. 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 very few foundations.

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 page 15 or [www.MindFreedom.org](http://www.MindFreedom.org).)

You are also encouraged to check out our Mad Market of books and products at [www.MadMarket.org](http://www.MadMarket.org). Proceeds support this human rights work.



## Easy As PIE!

BY DAVID OAKS, DIRECTOR, MINDFREEDOM INTERNATIONAL

I count on you to lead a nonviolent revolution in mental health care, and that starts here in MindFreedom International itself. MFI is moving toward an empowerment model with as many members as possible volunteering and leading MFI activities in a spirit of mutual cooperation.

Volunteering with an under-resourced nonprofit like MFI, which has members all over the world, can be a challenge. My wonderful wife Debra gave us this saying: "Volunteering is as easy as PIE." PIE stands for "Persist. Insist. Enlist." (Thanks Debra.)

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**On the Cover:** Celia Brown, psychiatric survivor, speaks out at a MindFreedom International protest in front of the American Psychiatric Association Annual Meeting. Celia is president of the MFI's board of directors and chair of MFI's United Nations Team. See story on page 3. Photo by Tom Olin.

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Human Rights in Mental Health [www.MindFreedom.org](http://www.MindFreedom.org)

**Please join!**

**[www.MindFreedom.org](http://www.MindFreedom.org)**  
**[office@MindFreedom.org](mailto:office@MindFreedom.org)**

MindFreedom International  
454 Willamette, Suite 216  
P.O. Box 11284  
Eugene, OR 97440-3484 U.S.A.  
phone: (541) 345-9106  
toll free in USA: 1-877-MAD-PRIDE  
fax: (541) 345-3737

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Staff: David Oaks (Director), Erin Bolles (Administrative Assistant).

Webmaster: Aaron VanDerlip/  
NetCorps.

Desktop publishing: McKenzie Printers Guild, [mckenzieprintersguild@yahoo.com](mailto:mckenzieprintersguild@yahoo.com).

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*People who have personally experienced the psychiatric system have been given many names: **Mental patients, Psychiatric survivors, Mental health consumers, People with psychosocial disabilities.** By any name this group is among the most disempowered and silenced in society. One sign of hope is that psychiatric survivors are finally being heard even inside the United Nations.*

## **Celia Brown Heads MFI's Team into the UN: Global Activism for Human Rights in Mental Health**

Celia Brown has her hands full. Celia's a mom. She works in New York City as a peer advocate for people in the mental health system. She's president of the MindFreedom International (MFI) board.

And yet Celia also finds time to head the MFI team of psychiatric survivors inside the United Nations. "It's been great to be in the United Nations with survivors of psychiatry and many international disability groups from around the world," said Celia. "We're all fighting together for human rights, self-determination and freedom."

This is the fifth year MFI has been the first and so far only group of its kind to have accreditation from the UN as a non-governmental organization (NGO) with Consultative Roster status. MFI has used that status for several years to have a team of psychiatric survivors enter the UN to participate in international negotiating sessions about the human rights of people labeled with disabilities.

Celia is proud of the MFI delegates. Said Celia, "The MFI UN Team has educated and networked with government delegates and disability groups from all over the world to help them understand the issues faced by people labeled with psychosocial disabilities, such as forced mental health treatment."

MFI's UN Team is now multinational. "It has been great having Janet Amegatcher from MindFreedom Ghana and John McCarthy from MindFreedom Ireland in the UN," said Celia. "Even though it was John's first time in the UN, he spent weeks arranging meetings with Irish and other government delegates."

John relished the experience. "It was a great honor to be inside the UN particularly as a psychiatric survivor and a representative of MindFreedom," said John. "I had the added privilege to be

the only representative from civil society to have the opportunity to address the main convention during that session. This was for me a spiritually uplifting event I will never forget."

MFI reps from the USA also did a great job. "I appreciate Myra Kovary's expertise as an MFI UN representative," said Celia. "Myra has educated and lobbied governments about forced treatment, especially the US delegation." Another MFI rep is the famous feminist author Kate Millett. Said Celia, "Kate spoke to government delegates on the issue of forced treatment and read passages from her book, *The Loony Bin Trip*, reminding us of her strength and genius."

Celia is grateful that MFI and other groups have worked so well together. "I want to especially thank the World Network of Users and Survivors of Psychiatry (WNUSP) team, led by Tina Minkowitz," said Celia. "The World Network team includes people from Hungary, Sweden, Denmark, Ireland, India, New Zealand, Uganda, Ghana, Guinea, Peru."

MFI UN rep Myra Kovary agreed with Celia. Said Myra, "Tina has taken a lead role as the advocate for the WNUSP. Her legal expertise and clear thinking have been invaluable."

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*Celia Brown, president of MindFreedom International, and Janet Amegatcher, executive director MindFreedom Ghana, were two of the delegates on the MindFreedom team in the United Nations.*



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No matter what happens, one victory already is that psychiatric survivors have built relationships with disability activists worldwide. Said Celia, "Many international disability rights groups have been actively involved since the beginning of the process of the disability convention. We formed the International Disability Caucus which includes the World Federation for the Deaf, World Blind Union, Landmine Survivors Network, and about 70 other groups, including WNUSP and MindFreedom International."

You do not have to be inside the UN to be part of this activity. For example, Mary Maddock of MindFreedom Ireland supports the MFI UN campaign from her home in Cork, Ireland. Said Celia, "I appreciate Mary who hasn't attended UN meetings yet but helps with lobbying her government and educating survivors in Ireland. Mary gives us survivor stories, including her own, to share with governments."

Myra asks that citizens encourage each nation to support our human rights. "The world is listening!" said Myra. "We need as much support as we can get from our fellow users and survivors of psychiatry all around the world in educating your governments about the inhumanity of forced mental health treatment and the necessity of drafting a Convention on the Rights of Persons with Disabilities that protects our right to freedom, dignity, autonomy and self-determination."

## Beyond the United Nations

As much work as it is to gain visibility inside the UN, there are two other main goals in MindFreedom's Global Campaign



International disability advocate Karen Heinicke-Motsch is championing MFI's proposal to produce organizing materials for psychiatric survivors in poor, developing countries. John McCarthy of MindFreedom Ireland gives her a hug.

"The MFI Global Committee has begun to implement activities agreed upon at the MindFreedom Action Conference International Track," reported Celia. "The Global Campaign has three parts: Influencing the United Nations. Influencing the World Health Organization (WHO). And supporting the emerging voices of psychiatric survivors in poor and developing nations."



photo by Tom Olin

*Kate Millett — author, feminist leader, expert on torture and psychiatric survivor — is an effective delegate in the MindFreedom United Nations Team.*

MFI has reached out to WHO via Dr. Benedetto Saraceno, WHO Director of Mental Health & Substance Dependence. MFI seeks to impact WHO's policy about human rights and the mental health system.

Said Celia, "At our request, WHO declared a Global Emergency of human rights violations among people diagnosed with psychosocial disabilities. WHO even dedicated World Human Rights Day to this emergency." Celia hopes the WHO will come through. "The MFI committee has been approached by WHO to give feedback on including the voice of psychiatric survivors in their planning. We believe that a choice of humane alternatives shouldn't take a back seat to the globalization of psychiatric drugs and electroshock in developing countries."

That globalization of the psychiatric industry is why MFI is calling upon everyone in the movement to support the emerging voices of psychiatric survivors and mental health system users in poor countries. MFI is seeking resources to produce a handbook to assist movement organizing in developing nations. Said Celia, "The Global Committee has submitted a proposal to a funder for a handbook to address these human rights violations."

MFI is building a presence and leadership in developing countries, such as MFI's affiliate in Africa, MindFreedom Ghana. Celia is in an *Indigenous, Ethnic and Minority Working Group* of people with disabilities working on the UN convention and beyond to support each other's activism for human rights, including the right to culture and identity. If you are interested or if you want more information on the MFI Global Campaign Committee itself, email [global@mindfreedom.org](mailto:global@mindfreedom.org).

## MindFreedom Globalization Facts

*What do we mean by the “globalization of the psychiatric industry,” and what’s wrong with that?*

The psychiatric system is rapidly expanding its use of labels, drugs and electroshock around the world, without adequate advocacy, information and choices.

The western style of mental health care is based on a medical model. This biological approach views clients as having a chemical imbalance in their brains. This unproven medical model is globalizing as never before, rapidly spreading from richer developed nations to poorer developing nations.

The globalization of western psychiatry leads to an over-reliance on psychiatric labels and drugs. Psychiatric drugs tend to be very expensive, but electricity is everywhere, so therefore this globalization leads directly to an increased use of electroshock internationally.

Mental Disability Rights International (MDRI) based in Washington, D.C., a MindFreedom International sponsor group, has documented abuse via electroshock – even without anesthesia – in several parts of the world such as Turkey. MFI director David Oaks gave a workshop to psychiatric survivors in Istanbul and reports, “The workshop participants were among the most abused and marginalized people I have ever met. Here is something we can all unite around: Let’s provide support to psychiatric survivors in developing nations to speak out!”



*MFI members and psychiatric survivors David Webb of Australia and Chris Hansen of New Zealand pose in Milan, Italy. David won his PhD by speaking out for the need to include psychiatric survivors’ first-person knowledge in research.*

*Chris is on the board of the World Network of Users and Survivors of Psychiatry (WNUSP) and has helped network WNUSP and MFI.*



*One of several Turkish psychiatric survivors who survived forced electroshock and is now bravely speaking out about the abuse to the public and investigators, including from Mental Disability Rights International (MDRI), an MFI Sponsor Group. This survivor and others participated in a workshop in Istanbul given by David Oaks, director of MFI, on educating the public about psychiatric abuse. For more information on psychiatric abuse in Turkey and other developing countries see MDRI’s web site at [www.mdri.org](http://www.mdri.org).*



*Mary Maddock (left) of MindFreedom Ireland speaks out at a conference. Mary reports, “MindFreedom Ireland is active in lobbying the Irish government for human rights for people who have been abused by the psychiatric system. We are actively supporting a petition entitled ‘We deserve to know the Truth about our Prescription Drugs.’ We have attended and been part of important conferences both in England and Ireland and have spread the word about MindFreedom International everywhere.”*



## **USA PSYCHIATRIC DRUG WARNING!**

*You and your family have a right to safe alternatives to psychiatric drugs.*

*The mental health industry is targeting all Americans, especially youth. Here are two of their marketing strategies:*

- *“Mental health screening programs” for mental illness in your school and physician’s office are often unscientific, vague, and disempowering.*
- *False advertising about a “chemical imbalance” in the brain is used to sell psychiatric drugs.*

## **WATCH OUT FOR MENTAL HEALTH SCREENING**

BY JOHN RYAN, MFI MEDIA CHAIR

A screening program called Suicide Risk Screen was tried in 2004 at ten urban high schools. It found almost 30% of the students to be “at risk.” Officials found the two-step questionnaire with follow-up interviews so impractical that they decided to discontinue it.

The best known and best financed of the screening programs is TeenScreen, created by Columbia University psychiatry department. TeenScreen officials won’t release its questions to the public, nor will they disclose their funding sources.

An Indiana teenager was given the test, which requires yes or no answers to questions, without her parents’ consent. Based on her responses that she “liked to clean” and “didn’t like to party very much,” she was informed that she suffered from at least two mental health problems, obsessive compulsive disorder and social anxiety disorder. The Rutherford Institute is suing the school on behalf of the parents.

We know from interviewing students who have taken the test that some of the questions have included: “Have you ever felt like you are unattractive to the opposite sex?”,



“Have you ever felt like you are unpopular?”, “Do you sometimes fight with your parents?”, “Have you often felt very nervous when you’ve had things to do in front of people?” These questions are so general that practically all adolescents have felt those emotions at one time or other.

Looking out for troubled youth is one thing. But mental health screening threatens to march tens of thousands of youth to the door of a mental health system that has been largely taken over by the psychiatric drug industry.

### **DRUG COMPANY FRAUD**

There are no laboratory tests to detect mental “illnesses” such as: Obsessive Compulsive Disorder, Oppositional Defiant Disorder, Attention Deficit/Hyperactivity Disorder (ADHD), Mathematics Anxiety Disorder, Social Anxiety Disorder, etc. that these teenagers are often labeled with.

These “disorders” are determined from lists of behaviors that are listed in the American Psychiatric Association’s billing bible, the “Diagnostic and Statistical Manual of Mental Illnesses, 4<sup>th</sup> edition, and the evaluator’s personal interpretation of a teen or child’s behavior.

The idea that what is called mental illness such as depression, bipolar disorder, and other anxiety problems are caused

by a “chemical imbalance” in the brain – of unknown origin – is an unproven hypothesis and little more than mere conjecture. For example, there are ads claiming that a “serotonin deficiency” causes depression, and that a certain drug will restore your brain to its “correct” balance. This claim cannot be scientifically validated. There is no way that we can quantitatively measure the serotonin (or any other neurotransmitter) level in a living human’s brain. Hence there can be no benchmark correct balance.

Pharmaceutical company advertisements can repeat their false claim several million more times, and it still will not make the claim any more valid.

## **ONE SMALL STEP: PASS THE CHILD MEDICATION SAFETY ACT!**

These aggressive, fraudulent marketing tactics put all Americans at risk, especially youth. There is at least one small step we as Americans can take to begin to address the crisis.

The Child Medication Safety Act was first introduced in Congress by Rep. Ron Paul (R-TX) in 2003. It passed the House but was killed in the Senate. Essentially the same bill was re-introduced in the House in 2005 by John Kline (R-MN) as HR 1790. HR 1790 again passed the House overwhelmingly, 407 to 12, and in 2006 it is awaiting action by the Senate where it is sponsored by Sen. Tom Coburn (R-OK).

The Child Medication Safety Act (CMSA) would prohibit schools from requiring parents to put their children on powerful psychotropic medications as a condition of keeping them in school.

The CMSA bill is again held up in the Senate Health, Education, Labor, and Pensions Committee.

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# MINDFREEDOM USA CAMPAIGN ACTION PLAN

*The MindFreedom International USA Campaign Committee has two short-term goals and one long-term goal. To find out more email [usa@MindFreedom.org](mailto:usa@MindFreedom.org).*

## SHORT-TERM:

(1) Passage of the Child Medication Safety Act in the US Senate.

(2) Warn communities about the dangers of current Mental Health Screening programs.

President George W. Bush announced he wants to make Mental Health Screening “common practice” for all Americans. Looking after troubled people sounds good. But go deeper. Follow the money!

The psychiatric drug industry helped create, develop and promote many of these mental health screening programs. Some screening in the schools is already turning into a dragnet to push more kids onto psychiatric drugs, sometimes over the objections of their parents! [Mother Jones 5/05.]

We support the work of activists who are speaking out with their local schools and school boards to object to the way “mental health screening” leads to increased psychiatric drugging of children. Freedom Center in Massachusetts is leading the way with this campaign by engaging in dialogue with authorities in their local schools about the mental health industry’s dangers, and humane alternatives for kids. Freedom Center is developing a packet of materials that MindFreedom can use nationally.

## LONG-TERM: PROJECT LANDING ZONE

Forty-three USA states have laws allowing individuals to be court-ordered to take psychiatric drugs while living at home. There is a loophole in the law that allows some of these individuals to leave their county or state and escape this forced outpatient drugging. However, successfully evading outpatient forced drugging takes more than a Greyhound ticket. Those escaping need a “landing zone” that can have enough

services, support, advocacy and assistance that they can sustain themselves.

The MFI USA Committee’s long term goal: Locate two or three towns or cities in the USA where the movement is strong enough to become a “landing zone.” We will assist in raising national support so that these communities can serve as sanctuaries for nonviolent individuals who are legally leaving over state lines to evade and escape coerced and forced outpatient psychiatric drugging. If you feel your local community might some day be a landing zone, let us know.



*Krista Erickson (psychiatric survivor, blind activist, MFI board member), Jim Gottstein (attorney, psychiatric survivor, PsychRights founder), and Grace Jackson (psychiatrist and author) show the power of coalition at the MindFreedom Action Conference in Washington, D.C.*

## US DRUG WARNING! CONTINUES

**continued from previous page**

A key committee member blocking CMSA from getting a hearing is Sen. Edward Kennedy (D-MA), the ranking Democrat on the committee.

Dr. Karen Effrem of EdWatch.org

testified in Congress that medical literature demonstrates that these medications are often overused, ineffective, have dangerous side effects, and that the “disorders” that they treat are vague social constructs -- that there are many

other reasons for behavior and learning disorders that do not require medication.

Those favoring CMSA legislation are asked to contact their US Senators and urge passage of the bill.

# MindFreedom International Media Action



John Ryan of New Mexico has accepted the position of chair of the MFI Media Campaign and that's a lot of responsibility! MindFreedom must reach the mainstream media and also create our own media, in order to transmit information about our four main message points:

- Human rights violations in the mental health system are a global emergency.
- Psychiatric drug industry domination in mental health is squeezing out choice.
- Promote a range of humane, safe and effective alternatives for mental and emotional well being.
- Support the voice and self-determination of people on the receiving end of the mental health system.

Because the mainstream corporate media often reflects what other large corporations are saying, it's crucial that MFI produce its own media, and that's what we've been doing. Here's a sample:

- Radio: MFI launched its weekly live MindFreedom News Hour with a special guest and theme that airs each Tuesday, at 1 pm EST on the Internet. Host David

Oaks begins and ends with the latest news and resources about human rights and alternatives in mental health. Listen free live or via archives at [www.theprn.org](http://www.theprn.org).

- Web: Working with the nonprofit technical assistance center NetCorps and Web master Aaron VanDerlip, MFI is launching the latest in a "content management system" web site using Plone. What this means is that many members will be able to load up articles in an organized way using a simple web user interface. See [www.MindFreedom.org](http://www.MindFreedom.org).

- Email lists: MFI continues to build more than a dozen active email lists, including a special public alert system that reaches more than 14,000 people interested in human rights in the mental health system.

- *MFI Journal*: On the advice of nonprofit experts, and at the frequent request of members, MFI has moved to a smaller, more frequent, and hopefully more sustainable paper newsletter format.

For more information, email [media@MindFreedom.org](mailto:media@MindFreedom.org).

## MFI Mainstream Media Successes

Recently MindFreedom International has won a fair amount of mainstream press attention, including:

- *Wall St. Journal*, 2/1/06, reporter Mark Fritz spotlighted the forced outpatient psychiatric drugging controversy with a major front-page story, using the stories of two MFI members as examples. The article led with MFI member Gabe Hadd of Michigan who MFI had supported during his legal escape over state lines to evade forced outpatient psychiatric drugging. The article mentioned MFI's assistance for those like Gabe seeking an "underground railroad."

- *Wall St. Journal*, 2/22/06, followed up the above article with a debate in their letters to the editor, including one by MFI director David Oaks.

- *The Saginaw News*, Michigan, 3/1/06, also followed up on the *Wall St. Journal* article with a profile of member Gabriel Hadd, quoting MFI director David Oaks.

- *Utne* magazine, May/June 2006, had a full-page article by Keith Goetzman, senior editor, mainly profiling MFI's work challenging the latest brain-control technology, as part of *Utne's* cover theme called "Mind Games: When Brain Scientists Play with Our Heads."

- *The Record*, New Jersey, 5/23/06, ran a special column by Tom Davis about how MFI promotes drug-free treatments, focusing on the work of MFI director David Oaks.

- *Philadelphia Inquirer*, 5/28/06, ran a probe by staff writer Thomas Ginsberg uncovering hidden money ties between psychiatric drug manufacturers and nonprofits such as NAMI and CHADD that promote these drugs. The article quotes MindFreedom director David Oaks: "...the entire paradigm is owned by the drug companies, and the hazards of the drugs, like brain damage, are not discussed."

- *Psychiatric Services*, in both June and August 2006 issues. This unusual coverage was inside one of the official publications of the American Psychiatric Association. The APA ran an essay with a skewed history of our movement, mentioning MFI. MFI mobilized a response, and ten letters were published, including several by MFI staff, board and members.

All of these articles and more can be found at [www.MindFreedom.org](http://www.MindFreedom.org).



## Don't miss... MadMarket.org

The new improved Mad Market has books and gear.  
100% of all profits support MindFreedom  
International's human rights work.





*ENGLAND: For the second year, psychiatric survivors and allies celebrated Mad Pride by conducting Bed Push 2006. They started in Brighton, UK, and in pajamas pushed a bed with a mannequin tied down to it in "restraints" for 50 miles over five days. This creative approach gains widespread media attention. The Bed Push 2005 (left) was even featured in a documentary shown on UK television. The Mad Pride Bed Push 2006 ended up at the ex-site of the infamous Bedlam psychiatric institution where they held a "Mad Hatters' Tea Party."*

## Mad Pride Rows With Many Oars!

BY KRISTA ERICKSON, CHAIR,  
MFI MAD PRIDE COMMITTEE

Mad Pride counteracts some of the discrimination and prejudice often shown towards people who have experienced mental distress and difference by promoting the economic, political, social, and cultural integration of users/survivors of psychiatry into the larger society. Mad Pride celebrates the creativity, strength and resilience of the human spirit. Mad Pride empowers psychiatric survivors and raises public consciousness through various activities such as art, theatre, music, poetry, protests, vigils and more.

This is the seventh year that MindFreedom has helped to promote Mad Pride events internationally. Mad Pride 2006 events around the world are especially extensive in locations in four nations: the west African nation of Ghana; Vancouver and Toronto, Canada; England; and Albany, New York, USA.

### Here's just a sample of Mad Pride 2006 events:

**ACCRA, GHANA, AFRICA:** MindFreedom Ghana held a cultural event and symposium at Accra Psychiatric Hospital. There was also a street march and more. Dan Taylor, who is the secretary of MindFreedom Ghana announced, "Our Theme for our Mad Pride event is 'Free Minds At Ease.' Our friends and relations have long been stigmatized for living with or surviving psychosocial disabilities, and so we at MindFreedom Ghana will do what it takes to reverse this. Let all MindFreedom groups all over the world join in to accentuate our cause in diverse forms!" You may email congratulations to [mindfreedomghana@yahoo.co.uk](mailto:mindfreedomghana@yahoo.co.uk).

**VANCOUVER, CANADA:** World Mad Pride Human Rights and Psychiatry Arts Festival included: an art show, a presentation on ecopsychology called "Parks vs. Prozac," films, receptions, presentations, an arts workshop, and a Mad Pride cabaret with live music, comedy, and readings.

**ALBANY, NEW YORK, USA:** A group of people who have been labeled mentally ill camped out on the east lawn of the state capitol building in downtown Albany, New York, in an event organized by Mental Patients Liberation Alliance. For the first time, this twenty-sixth annual demonstration focused on the concerns of young people. Activities included a vigil, memorials, round table discussions, teach-ins, and guest speakers. Organizers said the event involved "vital issues concerning young people: mental health screenings, stigma, discrimination, prejudice, culture, pharmaceuticals, aversive therapies, shock treatments, restraints and seclusion."

**TORONTO, CANADA:** The city of Toronto proclaimed July 14 Psychiatric Survivor Pride Day. A Mad Pride weekend in September includes an awards ceremony and reception and a presentation on "Community Treatment Orders," which is forced drugging on an outpatient basis. There will also be several theater events including a new play, "The Places We Share" with Friendly Spike Theater, a MindFreedom sponsor group, and a walking tour of the history of psychiatric abuse in Toronto.

### Join the Mad Pride 2007 Committee

MindFreedom has established a Mad Pride Committee made up of interested MindFreedom members to help promote and support Mad Pride events worldwide in 2007. Representatives from Ghana, Ireland, Canada and the US are already at work with an international teleconference planning meeting. We want more members to join us.

If you are interested in being a part of this committee, or holding a small or large Mad Pride event, please email [pride@mindfreedom.org](mailto:pride@mindfreedom.org). For more information about Mad Pride, including photos, visit [www.mindfreedom.org](http://www.mindfreedom.org).

# MindFreedom Campaign for Choice in Mental Health Care

BY JANET FONER, CHAIR, MFI CHOICE COMMITTEE

MindFreedom International is planning a conference on July 12-15, 2007, to support the growth of workable alternatives to the mental health system. This includes showcasing existing alternatives, brainstorming about new ones, exchanging resources about starting alternatives, and celebrating individual strategies for recovery. (See the back cover for more information.)

Still too often, traditional mental health services keep clients stuck in the system, keeping people from having choices about their lives. The emphasis on medical solutions, especially psychiatric drugs, has become problematic for many. We are seeking new ways of taking charge of our lives, new answers to finding our way out of the mental health system, new roads to our own recovery.

We are currently seeking sponsorship by interested groups and organizations to help us realize these goals.

Coming out of this conference, we want to form a network of groups and organizations that would be a member subgroup of MindFreedom International, that promote or provide such alternatives. We also plan to develop an interactive website of same.

If you are interested in attending the conference, would like to donate money for scholarships, would like to join our planning committee, or otherwise become involved, please email [creativerevolution@mindfreedom.org](mailto:creativerevolution@mindfreedom.org). We are also asking groups to become conference co-sponsors, which means presenting at the conference, publicizing the conference in your organization, encouraging people to attend, and if possible assisting financially, though the latter is not required.

The MindFreedom Campaign for Choice in Mental Health Committee is led by of Janet Foner, chair; Matt Morrissey, co-chair and co-secretary; Celia Brown, Conference Coordinator; and Florence Brown, co-secretary.

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## We asked two committee members:

### Why is the MindFreedom Choice in Mental Health Campaign important to you?

#### Matt Morrissey:

I know what it is like to be in extreme emotional distress and to undergo the invalidating "treatments" of the current system. When seeking help, people must be given an array of choices along with informed consent. This would have been extremely helpful to me at the time of my distress.

For me, political action against human rights violations in the mental health system is one half of the picture; offering and promoting viable alternatives to people in distress is the other half. We cannot sit by and watch people be turned into zombies. We must offer something that works to replace medical model practice.

I'm currently the director of the adult day program at Full Spectrum Progressive Mental Health, a sponsor group of MindFreedom International. This program is based in San Francisco and is a working alternative to the medical model. We help people recover from severe emotional distress without psychiatric drugs or force.



photo by Tom Olin

*Matt Morrissey is on the MindFreedom International Choice in Mental Health Campaign Committee. Matt is a psychiatric survivor with a master's in counseling who has provided leadership with MFI for many years. Information about the mental health alternatives available where he works can be found at [www.fullspectrum.cc](http://www.fullspectrum.cc). Matt is shown here speaking at a MindFreedom International co-sponsored protest in front of the American Psychiatric Association.*

*You can find more information about the MFI Choice Campaign by emailing [choice@MindFreedom.org](mailto:choice@MindFreedom.org).*

#### Florence Brown:

I am very interested in what works for consumer/survivors. I believe the best sources for this information are those who have used choices that result in recovery. Full recovery is possible but it's not happening in traditional mental health programs where the primary and often only treatment is medication. We desperately need alternatives that lead to recovery!

I am a nurse, a woman, and a minority from a very large family with limited financial resources. I've spent most of my life learning about what works to maximize success. I discovered mental health and spiritual principles that do work for persons with limited resources or for those who have been abused or denied full access. I believe that to achieve full freedom and success, each person must become actively involved in their own education, growth and recovery.

For more information email [choice@MindFreedom.org](mailto:choice@MindFreedom.org).

# Poetic Justice is Ahead of Managed Care

by Bonnie Schell

*If Poets were under Managed Care, their performance indicators might be Honesty, Innovation and Pleasure to the Ear and Mind. Another hallmark of treatment reform is to use what are called Best Practices, to offer services with proven merit. Poets have been doing this for centuries.*

## Jim Hunter of Maine,

*to communicate his beloved's experience with psychiatry, based his lyric on*

*"I sing of Olaf glad and big  
whose warmest heart recoiled at war"  
(1931) by e.e.cummings.*

*Here are some excerpts from Jim's poem:*

## I Sing of Polly Pong

I sing of Polly Pong  
Who, it must be said, was always wrong.  
One day when she was speaking to her door  
As she had done so many times before  
(The blue one to her bedroom)  
It answered her.  
"Guess what," it asked.

Sadly Polly had to confess  
It was hard to convey the matter  
With mere and slippery words.  
Being at least in part understood  
However, she was taken in due time  
Before the Interdisciplinary Inquisition  
And they inquired  
In their inquisitional manner  
Whether she had violated their cannons of reality  
And found, of course,  
That she had mistaken a door  
For a metaphor  
And was therefore  
Irrevocably guilty of heresy in the first degree  
Which they spelled in the modern manner,  
(Schiz-o-phren-i-a.)  
Namely:  
Thou shall not live in other worlds.  
"But she is not truly guilty," they said,  
removing her last shred of dignity  
along with her personal underwear,  
"For it is beyond her will;  
Truly she is ill  
Literally sick,"  
they said,  
"To take a metaphor for a thing,"  
I sing of Polly Pong  
Who, it must be said, was always wrong.

## Sharon Clausen of California,

*who sometimes calls herself "token Sharon,"  
took the first verse of "The Wagoner's Lad" from her  
memory as the best practice for her own lyrics. Here is the  
traditional stanza:*

Oh hard is the fate of all womankind -  
They're always controlled, they're always confined.  
Controlled by their parents, until they are wives,  
Then slaves to their husbands the rest of their lives.

Sharon's stanzas have the same theme of being out of control of one's own life and living to please others:

Oh, hard is the fate of all crazy souls -  
They're always confined, they're always controlled,  
Confined by their parents, controlled by the meds  
Then forced into treatment that empties their heads.

Oh hard is the fate of re-form-ers dreams --  
Conceived with such hope, swallowing their screams  
Of the trauma of treatment, a-buse that kills.  
They're co-opted to keep up the payments and bills.

## Ed J. Kaitz composed

*The Psychotropic Drug Primer (A to Z)  
following the best practice of taking facts people need to  
know and re-casting them in the form of an entertaining  
alphabet book.*

*Here are some samples:*

A is for alprazolom.  
Now you just don't give a damn;  
It's quite habit forming,  
but they don't give a warning.

F is for fluphenazine,  
gives you a flat, vacant dream;  
this powerful, toxic potion,  
gives your body spastic motion.

N is for nefazodone,  
use if you're depression prone;  
but if you have heart disease,  
it will knock you to your knees.

**Submit poetry to [poetry@MindFreedom.org](mailto:poetry@MindFreedom.org)**



# Why I Am Raising Funds for MindFreedom International

BY AL GALVES, CHAIR, MFI DEVELOPMENT COMMITTEE

I'm raising funds for MindFreedom because the work we are doing is very important:

- Individuals labeled with psychiatric disabilities are often hurt and not helped. Vast sums of money are spent on treatment that doesn't work and that harms people.
- The rights of people to be treated in the way they want and to control what is put into their bodies are being violated.
- The ability of people to have a choice about how they are helped and to have access to a wide range of alternatives has been greatly curtailed.
- The medical model belief system that dominates mental health care is based on an erroneous conception of the nature of human beings. Humans are not random organisms controlled by biology. Humans are creative organisms who desire to love and express themselves the way they want, to do productive work, to have meaningful relationships, to contribute to their communities.

I'm raising money because we have a lot of work to do to make available good treatment, to increase public awareness of the deficiencies in our mental health system and to end violations of human rights

To do a good job of that is the work of thousands of people. We have a staff of one-and-a-half persons. We need much more person-power behind our effort. That's why I'm working on raising funds for MindFreedom.

The Development Committee has set a goal of raising \$125,000 over this next year, building up each year to \$275,000 by 2010.

The funds would build a staff of five full-time people: executive director, office manager, public education director (journal, web-site, media outreach, workshops), development director (fundraising, affiliate development, grant writing), and program director



Al Galves addresses a MindFreedom protest of psychiatric human rights violations directly in front of the headquarters of the Pharmaceutical Research & Manufacturers of America (PhRMA) in Washington, D.C. The protest was held at the end of a MindFreedom Action Conference co-sponsored by American University Washington College of Law.

(organizing campaigns, MindFreedom Shield, lobbying, demonstrations).

**The bottom line** is that we have great ideas. We have an important mission. We have a great contribution to make. We need the energy, creativity and commitment of more full-time staff to breathe even more life into our movement.

**Our strategy** is to raise funds from a number of foundations, along with major and regular donors. Members can help out the Development Committee by writing letters of inquiry and proposals. To volunteer contact the office for more information. And everyone can help by giving a generous donation today, and regularly. For more info., email [development@MindFreedom.org](mailto:development@MindFreedom.org).

*Al Galves is a retired clinical psychologist and mental health consumer who serves on the board of MindFreedom International.*



MindFreedom Director  
David Oaks

## Persist, Insist, Enlist! continues

continued from page 2

Please use this journal as a map to find your team and task. Not sure where to pitch in? Sign up on MFI's volunteer e-mail list.

Whether or not you have time to volunteer, nearly everyone can donate. As Al Galves says in his article on development, MFI has a goal to raise \$125,000 over the next year to build capacity. Donations small and large all help. You may also automatically give monthly to build MFI's sustainability, just ask the office about how.

And if you can please volunteer now. Pass the PIE: Persist! Insist! Enlist!

To learn more check out [www.MindFreedom.org](http://www.MindFreedom.org).

# MFI AFFILIATES BUILD COALITION

BY KRISTA ERICKSON

MindFreedom is excited to announce our new affiliate levels. Affiliates, such as MindFreedom Oregon, MindFreedom DC, MindFreedom Ghana, MindFreedom Ireland, etc. are forming around the world. There are already more than 35 areas of the world where members wish to start affiliates. Affiliates are an effective way to extend MindFreedom's work around the world and allow MindFreedom members to act more powerfully on a local or state level.

Affiliates mutually support the over 100 sponsor groups that already comprise the international coalition that is MindFreedom. Affiliates will take the power of our coalition to the local level doing work that sponsor groups aren't necessarily able to do. Sponsors are independent organizations with their own names who endorse our work. Affiliates have a written agreement with our board to use the MindFreedom name. Every sponsor and affiliate appoints a liaison on the MindFreedom Support Coalition International Advisory Council.

## There are three levels of affiliation:

### 1. Contact Point:

MindFreedom members from a particular region who supply public contact information, including an e-mail address, so those interested in that region may network with them with the intent to become an organizing committee.

### 2. Organizing Committee:

MindFreedom members who form an organizing committee, name a liaison and supply public contact information, with the intent to become an incorporated affiliate.

### 3. Incorporated Affiliate:

MindFreedom members who form a board of directors and incorporate in their local jurisdiction under the name MindFreedom and their local area.

All levels of affiliations must have exhibited a commitment to MindFreedom International as an organization including the stated mission and goals of MindFreedom International. By using the MindFreedom name the affiliate is agreeing to abide by organization requirements as defined by the MindFreedom International bylaws in a spirit of mutual cooperation. Board member Ted Chabasinski, an attorney and long-time psychiatric survivor, is guiding this process. If you would like to build an affiliate, email [office@mindfreedom.org](mailto:office@mindfreedom.org).



Administrative Assistant Erin Bolles squeaks a red rubber nose when a new member signs up.

## MFI Welcomes Erin Bolles

Here is a welcome letter from MindFreedom International's new Administrative Assistant Erin Bolles, pictured here at her desk in the MFI office.

*Hello MindFreedom members!*

*As the new administrative assistant for MFI it has been my pleasure to get to know some of you through phone and e-mail contact -- this is truly a passionate and thoughtful bunch!*

*I'm an East Coast transplant who's been in Oregon for the past nine years, and I now live in Eugene with my husband, two cats and three chickens. I'm currently a graduate student in the philosophy department at the University of Oregon.*

*I'm still learning about the important campaigns MFI is spearheading while also trying to get a feel for its amazing history. One thing that's clear to me is that MFI is truly a grassroots, member-driven organization that relies on an active, empowered base to tackle issues like choice in mental health, ending forced drugging, protecting kids from drugging early in life, etc.*

*In other words, we need you!*

*I'm happy to be here, and I look forward to continued interaction with all of you as we network and act for human rights in the mental health system! If you are a member looking for a way to become more active in MFI, please feel free to contact me at the office by e-mail or phone with your interests and background.*

*In support,  
Erin Bolles, administrative assistant  
MindFreedom International office; [office@mindfreedom.org](mailto:office@mindfreedom.org)*

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LIVE MINDFREEDOM NEWS HOUR WEEKLY INTERNET RADIO SHOW

HOSTED BY DAVID OAKS WITH A SPECIAL GUEST AND THEME

EVERY TUESDAY AT 1 PM EASTERN STANDARD TIME  
ON THE INTERNET LIVE OR VIA ARCHIVES AT [WWW.THEPRN.ORG](http://WWW.THEPRN.ORG)

# MINDFREEDOM INTERNATIONAL CALANDER OF EVENTS

**September 23, 2006**

**New York City**

**Open Minds: Cultural, Critical and Activist Perspectives on Psychiatry**

Free conference sponsored by New York University  
MindFreedom director David Oaks is opening keynote  
Information at [bl466@nyu.edu](mailto:bl466@nyu.edu)

**October 7-9, 2006**

**Washington, D.C.**

**International Center for the Study of Psychiatry and Psychology Annual Conference**

Information at [icspp.org](http://icspp.org)

**October 20, 2006**

**Eugene, Oregon**

**Choice in Mental Health Care is a Human Right!**

City of Eugene hosts a free all-day conference at the University of Oregon about the right to voluntary options in mental health care other than psychiatric drugs. Keynote speakers include authors Al Siebert and Judi Chamberlin.

Co-sponsored by MindFreedom and other groups.

**October 22-24, 2006**

**Oregon**

**Human Rights in Mental Health Road Show!**

Corvallis, Salem and Portland will host a traveling panel of MindFreedom speakers and musicians.

Funded by McKenzie River Gathering. Free.

Information at [mindfreedom.org](http://mindfreedom.org)

**October 25-29, 2006**

**Portland, Oregon**

**Alternatives conference**

An annual federally-funded gathering of mental health consumers and psychiatric survivors. Because the

federal government prohibits organizing at its events, MindFreedom and several sponsor groups have rented a separate meeting room for an activist "Action Space."

Information at [alternatives2006.org](http://alternatives2006.org)

**November 15-18, 2006**

**Baltimore, Maryland**

**National Association for Rights Protection and Advocacy 25th Annual Conference.**

MindFreedom director David Oaks is opening keynote.

Information at [narpa.org](http://narpa.org)

**May 10-12, 2007**

**Vancouver, Canada**

**Madness, Citizenship & Social Justice**

MindFreedom is assisting Simon Fraser University which is organizing this event.

For information email [menzies@sfu.ca](mailto:menzies@sfu.ca)

**June 6-8, 2007**

**Dresden, Germany**

World Psychiatric Association is holding a special conference on "**Coercive Treatment in Psychiatry.**"

MindFreedom member Peter Lehmann negotiated on behalf of several movement groups, including MindFreedom, for movement inclusion in this conference. Judi Chamberlin will represent MindFreedom in a keynote address.

Information at [wpa2007dresden.org](http://wpa2007dresden.org)

**July 12-15, 2007**

**New York State**

MindFreedom conference on choices in the mental health system.

For more information see the back cover

## ***Letter to the editor,***

*Once again I would like to thank MindFreedom for in your support I have found myself. Through your services my life was rescued as there was nowhere to run and nowhere to hide.*

*All roads were blocked and you guys were my last hope. Lost deep in psychiatric worlds a port in the storm suddenly appeared. MindFreedom was that port of safety and security of the mind. In your arms I discovered a loving caring and creative human being named Norman.*

*Your work is crucial to many. You have helped tremendously. I will never forget your guiding words when in 2005 I had a court-ordered forced drugging against me. You stood by my side and taught me how to fight. You gave me hope knowing that there were other people faced with the same issues. I had absolutely no support at that time.*

*MindFreedom came to my rescue as we shared our history. A "cause" is growing inside of me... to follow MindFreedom's mission.*

*Peace to all, Norman Michaud of Massachusetts*

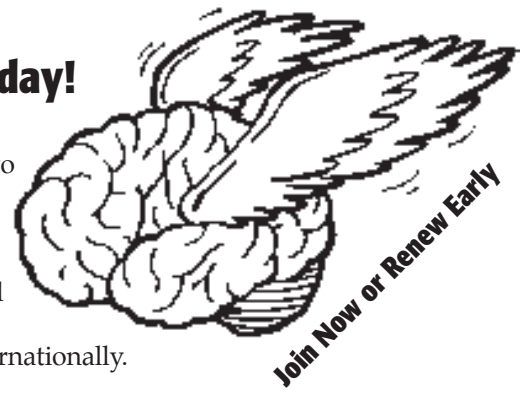


**MindFreedom International continues to win human rights in the mental health system because of the spirit of mutual support.**

**Please donate to MindFreedom International today!**

**Top 10 benefits of MindFreedom membership:**

- You unite with thousands of others and 100 Sponsor and Affiliate groups to win freedom, equality and human rights for those affected by the mental health system.
- You take action to stop human rights abuses such as forced electroshock, forced psychiatric drugging, solitary confinement, restraints, labeling, illegal experiments and discrimination.
- You challenge the growing domination of the psychiatric drug industry internationally.
- You promote and discover empowering humane alternatives.
- You make history by building a crucial coalition rooted in a 36-year-old social change movement
- You maintain the total independence of one of the few groups in the mental health field not funded by governments, mental health providers, drug companies, or religions.
- Current members may sign up at no cost for the MindFreedom Shield program to issue alerts if you are ever threatened with psychiatric human rights violations.
- You enjoy the award-winning *MindFreedom Journal*.
- You get 10 percent off of unique books and products in the Mad Market at [www.MadMarket.org](http://www.MadMarket.org)
- You access member-only services such as a member e-mail lists, special member-only web areas, a staffed office, special alerts, networking with other members, and more.



**The amount you give when joining or renewing is up to you. Most people give \$35 or more. Low-income recommended rate is \$20. Some give \$50, \$100, \$500 or more. Give as much as you can. Thanks!**

*Remember MindFreedom: If you have a question about the proper way to leave a bequest, create a trust, name a beneficiary of your retirement or insurance plan, do a bank transfer, or transfer stock to benefit the non-profit human rights work of MindFreedom please contact the office at (541) 345-9106, [office@mindfreedom.org](mailto:office@mindfreedom.org).*

**Whether you're joining, donating or renewing, your support funds MindFreedom campaigns for human rights and humane alternatives in mental health care**

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

**\_\_\_ Please sign me up to give a monthly donation of \$ \_\_\_\_\_ automatically. I realize regular monthly gifts multiply to provide stable funding for MindFreedom.**

**Your Donation is Tax Deductible**

**Name (please print): \_\_\_\_\_**

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

**I want to charge my gift. Circle one:**

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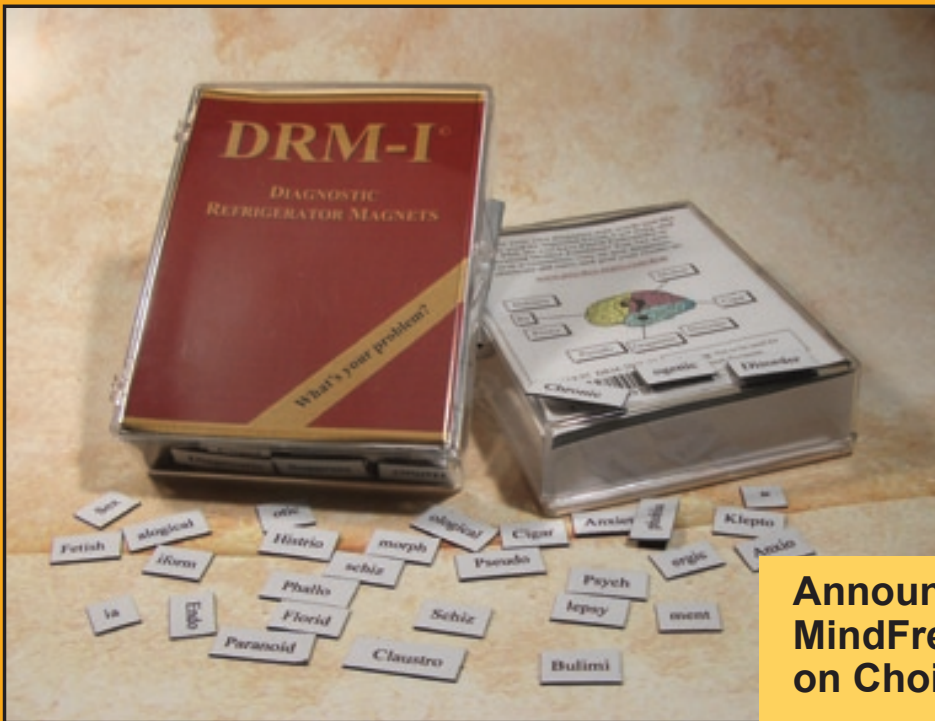
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**Mail to: MindFreedom  
P.O. Box 11284  
Eugene, OR 97440-3484  
USA**

**phone (541) 345-9106 or toll free in the USA, 1-877-MAD-PRIDE, or by fax at (541) 345-3737**

**You may also donate on-line at any time using the secure form at [www.MindFreedom.org](http://www.MindFreedom.org).**



You know those refrigerator magnets with lots of words that you can use to form poetry, etc.? Now you can diagnose your friends with all new psychiatric labels!

Above you see the ***all new DRM-I Diagnostic Refrigerator Magnets!***

Make up your own mental health diagnoses with words just like those used by Freud and Dr. Phil!

These labels are hilarious, and they also open minds about the misuse of psychiatric labels. Perfect for a gift.

Available from Mad Market Gear at [www.MadMarket.org](http://www.MadMarket.org) for \$19.95 regular, or \$17.95 for members!

All proceeds from the Mad Market benefit MindFreedom's campaigns for human rights and alternatives in mental health.

**Check out all the great merchandise at [www.MadMarket.org](http://www.MadMarket.org)**

## Do you hear voices? You ought to!

Hear the voices of those on the receiving end of mental health care!

Human rights violations in the mental health system are a global emergency.

Voices for choices!

[www.mindfreedom.org](http://www.mindfreedom.org)

## Announcing: MindFreedom Conference on Choice in Mental Health Care

Save the date! **July 12-15, 2007**

MindFreedom International presents a conference supporting the growth of workable alternatives to the mental health system entitled **Creative Revolution in Healing: Turn Our Minds Around**. The beautiful retreat site is near New York city.

Why not do things differently? How about real choices and multiple options for our mental and emotional well being? Let's change the way we think. Learn about and help create alternatives to standard mental health treatment, including safe houses, drug-free centers, peer support, emotional healing, poetry, music, drama, performance, writing, journaling, fun & games, liberation, activism, nutrition, exercise, etc.

A Mad Pride Festival will be held during the conference!

Capacity is limited and pre-registration is required. For more information, email [creativerevolution@MindFreedom.org](mailto:creativerevolution@MindFreedom.org).



MindFreedom International  
454 Willamette, Suite 216  
P.O. Box 11284  
Eugene, OR 97440-3484 USA

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