



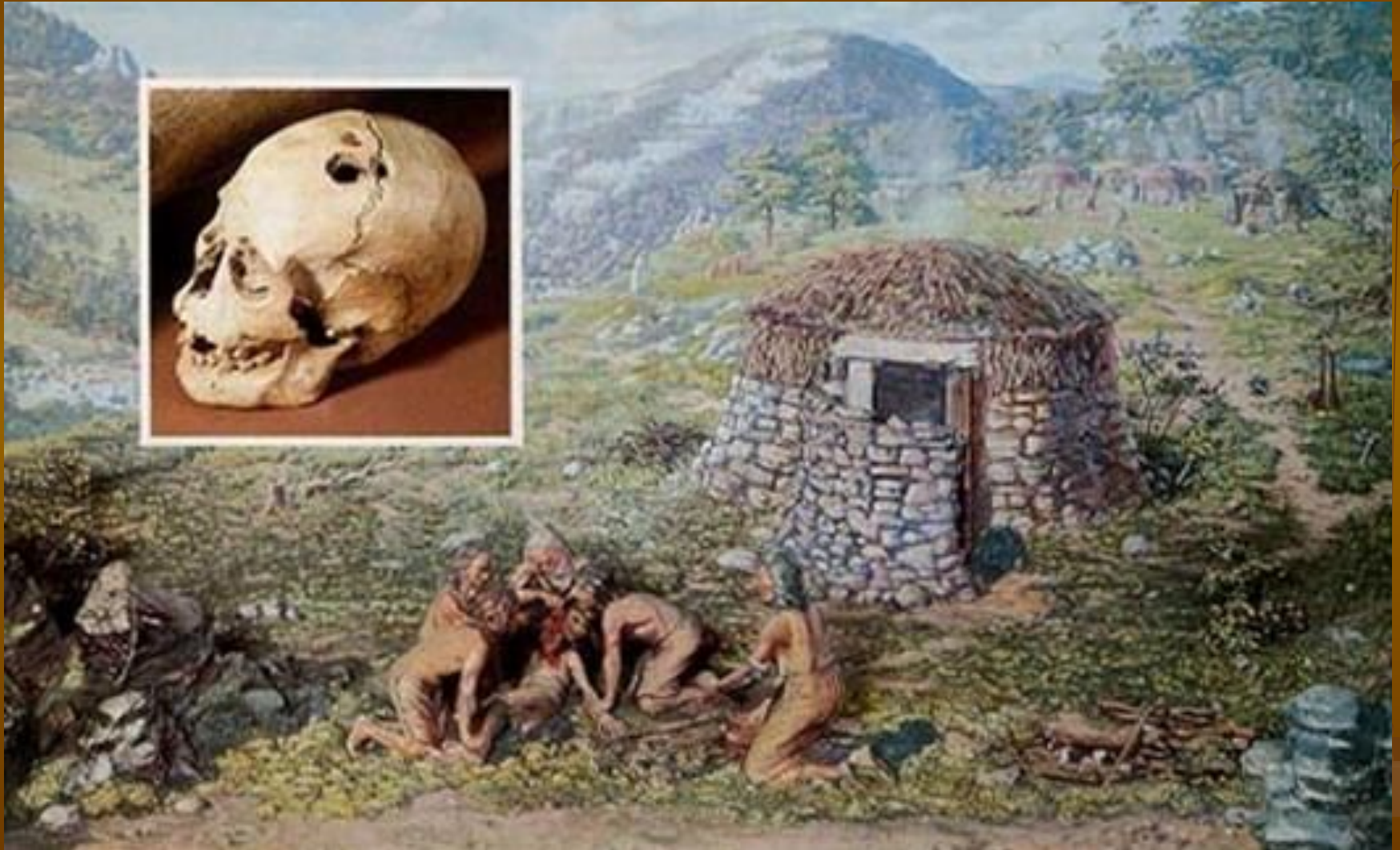
History of Insanity and the Evolution of the Peer Recovery Movement

Prepared and presented by
Michael Hlebechuk

Early Beliefs and Treatments

- Neolithic Age (circa 9000 BC)
 - Insanity was believed to be the result of supernatural phenomena such as spiritual or demonic possession
 - A common treatment was to chip a hole in the sufferer's skull using crude stone instruments. This procedure, called trephining, was believed to allow the evil spirits - believed to be inhabiting the person's - head to escape.
 - Trephining continued to be used to as a remedy for demons, insanity, epilepsy, and headache for thousands of years. **It was generally not very effective.**

Early Beliefs and Treatments



Early Beliefs and Treatments

- Hebrews during Old Testament times
 - believed all illness, including mental illness, was inflicted by God as punishment for sin, with demons often being used by God to inflict the punishment.
 - God was also seen as healer of all ailments, and Hebrew priests were God's instrument to in the healing process. Hence, those with mental illness were brought to Hebrew priests for treatment.

Early Beliefs and Treatments

- Ancient Mesopotamia
 - Insanity was believed to be caused by demonic possession.
 - Priest-doctors treated the mentally ill with magico-religious rituals such as exorcisms, incantations, prayer, and atonement to drive out the evil spirit.

Early Beliefs and Treatments

■ Ancient Egyptians

- Treatments for mental pathology were far often more progressive in Egypt.
- Common treatments included activities such as dances, concerts, and painting.
- Magic and incantations were also used.
- Mental illness was often attributed to supernatural forces like demons or disgruntled divine beings.

Early Beliefs and Treatments

- Ancient Greece and Rome – circa 400 to 200 B.C.
 - Hippocrates denied the long-held belief that mental illness was caused by supernatural forces, proposing that it stemmed from natural occurrences in the human body, particularly pathology in the brain.
 - Hippocrates and the Roman Galen introduced the concept of four essential fluids of the human body: blood; phlegm; yellow bile; and black bile.

The Middle Ages

- During most of the Middle Ages, it was believed mental illness was caused by an imbalance of the essential fluids conceived by Hippocrates and Galen – blood, phlegm, yellow bile, and black bile.
 - This theory led to the practice of bloodletting, the use of laxatives and leeches as treatments for mental illness.

The Middle Ages

- The first mental hospital was established in 792 AD in Cairo and was soon followed by others in Aleppo and Damascus.
- Many towns held their mentally ill captive in towers.
- “Madhouses” for the insane were established after the Christian Reconquista, including hospitals in Valencia (1407), Zaragoza (1425), Seville (1436), Barcelona (1481), and Toledo (1483).

The Middle Ages

- Particularly in Europe, beatings were frequently administered to the mentally ill who acted out as a punishment and as a means of teaching these individuals out of their illness.
- Clergy played a significant role in providing treatment in Europe. Catholic nations regularly staffed asylums with clergy.

The Renaissance

- The first mental hospital in Europe is believed to be Valencia in Spain, which opened in 1406.
- Saint Mary of Bethlehem opened its doors to the mentally ill in 1547. This hospital, nicknamed Bedlam, became notorious for its horrific conditions and practices.

Bedlam

- Bedlam was and is best known for allowing public and casual visitors with no connection to the hospital's inmates. Indeed, the display of madness as public show has often been considered the most scandalous feature of the historical Bedlam.

Scene of Bethlem (Bedlam) Hospital from
William Hogarth's *A Rake's Progress* ~ 1735



Madness was presented by Hogarth as *the wages of sin*.

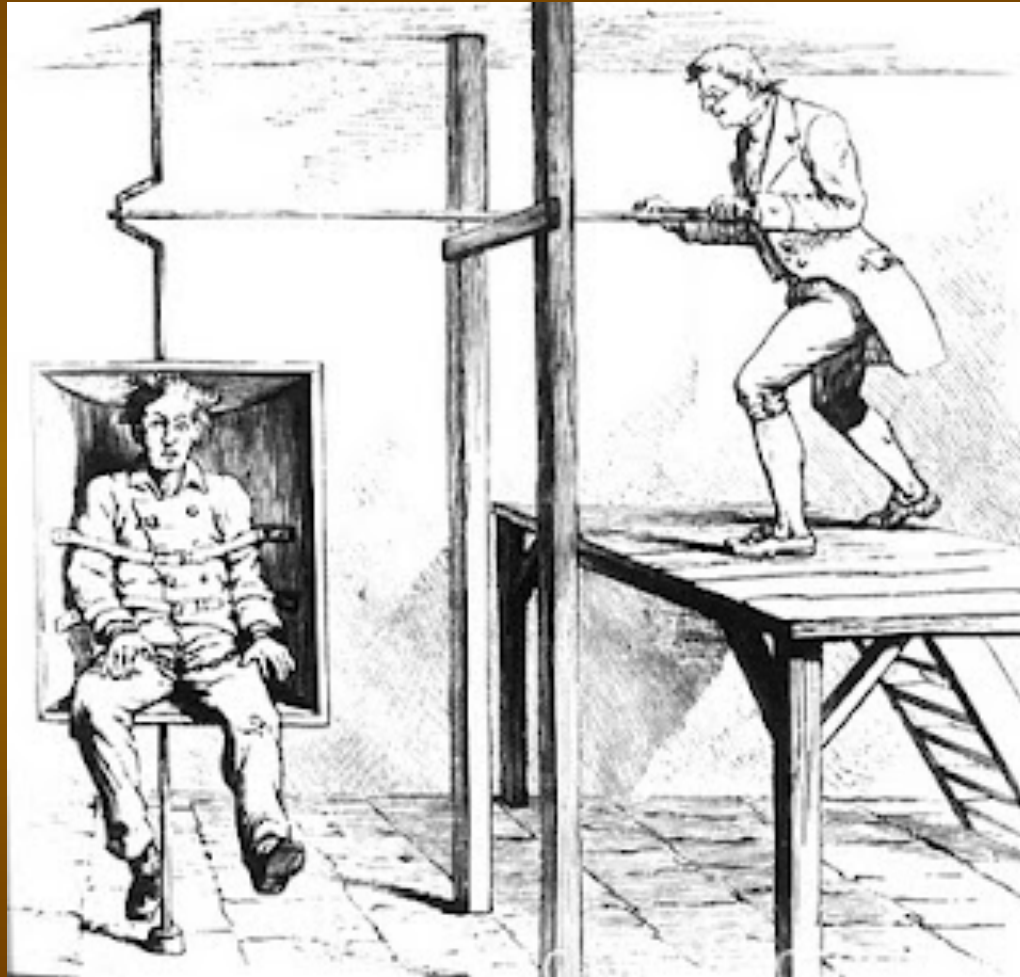
Bedlam

- The charge to the public for viewing patients at Bedlam was one pence. There were 240 pence to the pound at the time. Four hundred pounds were raised in a single year through public viewing, which accounts for 96,000 visits by curious members of the public who were not related to, nor advocating for, the patients.

Early Asylums

- San Hipolito, the first asylum in the Americas, opens in 1566.
- La Maison de Chareton opens in 1641, the first French asylum.
- Typical treatment practices of this time period were bloodletting and dousing the patient in hot or ice-cold water to shock their minds back to normal states.

Early Treatments - Gyrating Chair



Gyrating Chair

- Dutch Dr. Boerhaave invented the “gyrating chair” around 1750 and it became a popular tool in Europe and the United States. Spinning at speeds of up to 100 revolutions a minute, it was intended to shake up the blood and tissues of the body to restore equilibrium.
- Even the obstinate cases could not long resist its powers: if necessary it could be “employed in the dark, where, from unusual noises, smells, or other powerful agents, acting forcibly on the senses, its efficacy might be amazingly increased.”
- In practice, it rendered the patient unconscious without any recorded successes. There were also reports of blood oozing from their mouths, ears and noses.

Early Treatments – Rotating Chair Early 1800s

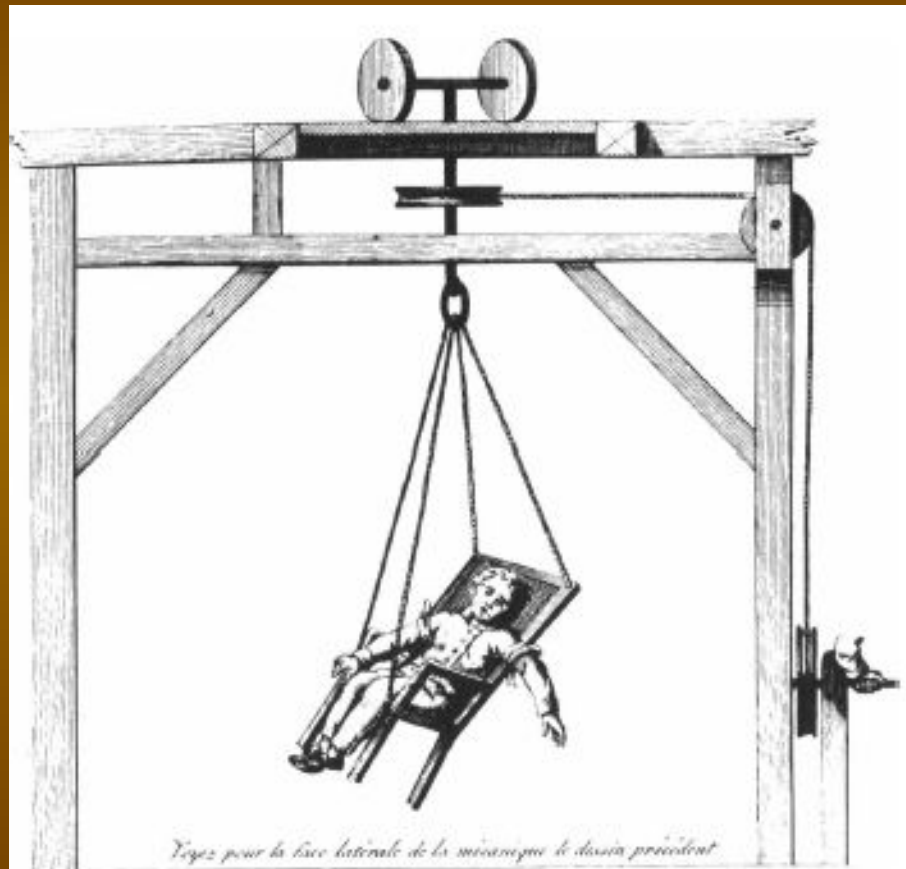
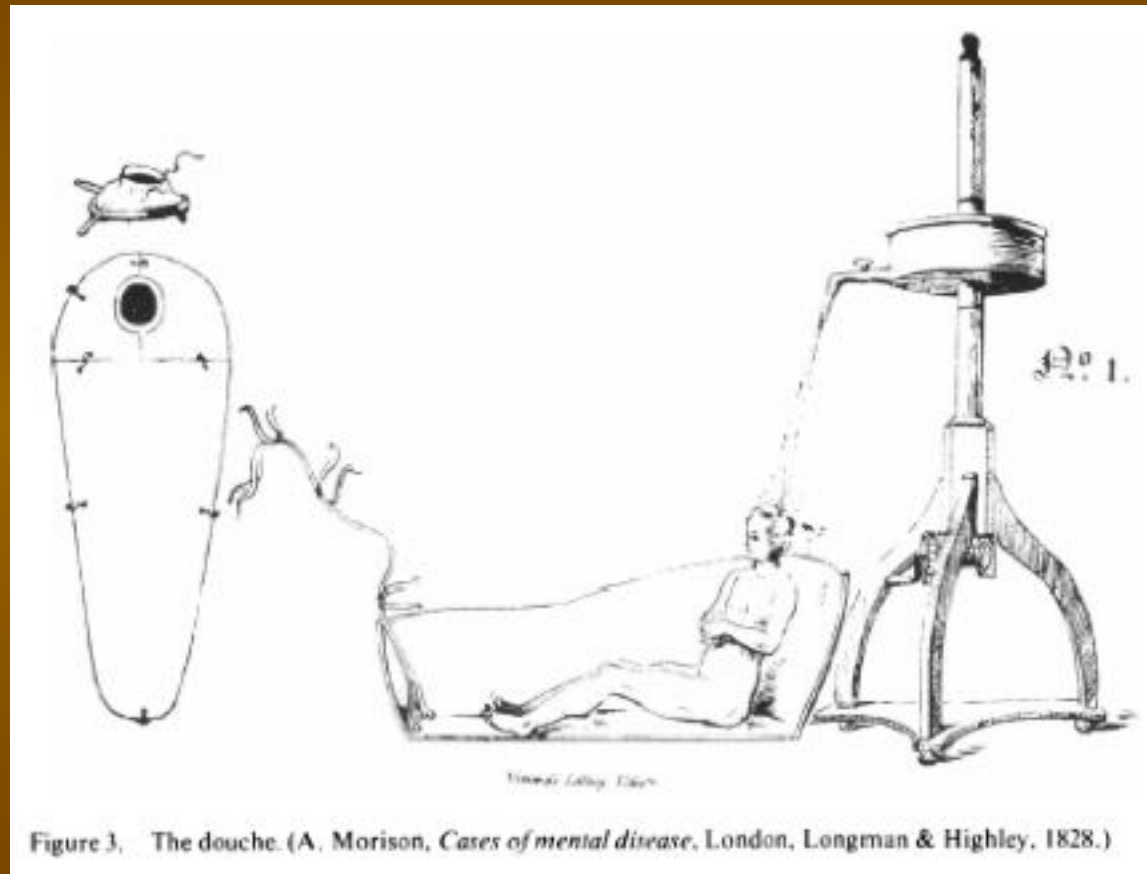


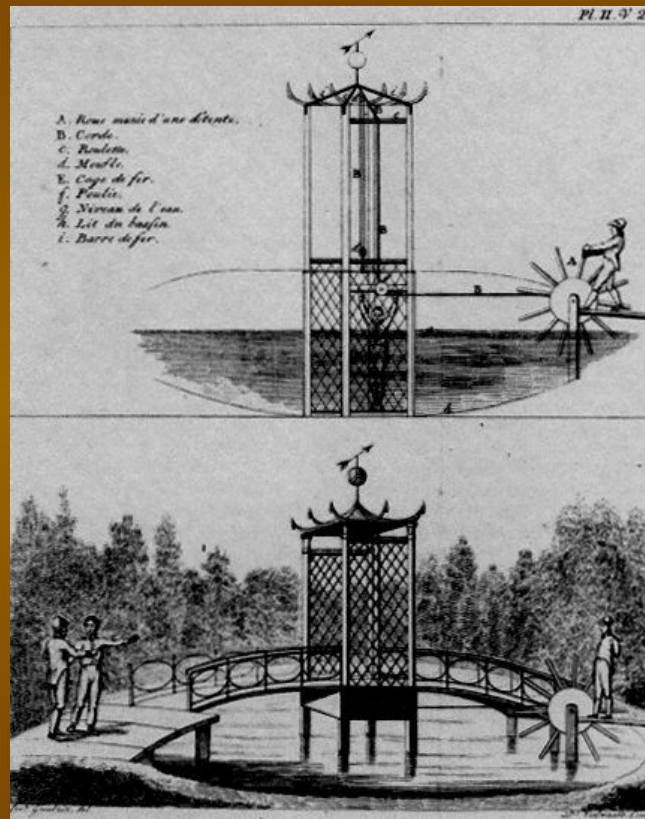
Figure 5. The rotating chair. (Guislain, *ibid.*, vol. 1, plate 23.)

Hydrotherapy (the douche) 1828



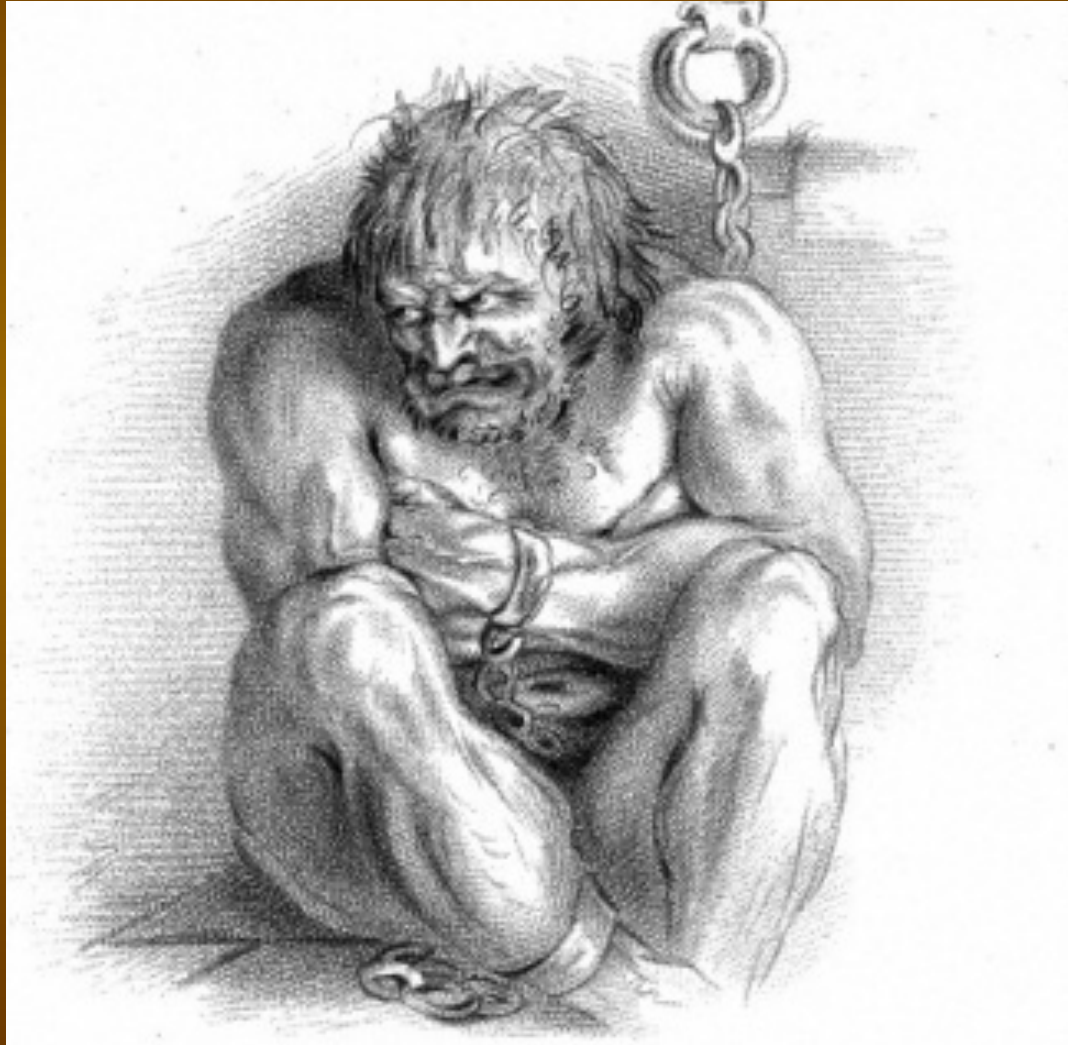
Aquatic shock treatment – immersion in cold water

Hydrotherapy – Chinese Tower 1826



A far more elaborate device for the application of water to the cure of madness, Guislain's so-called Chinese Temple. As the image above shows, the patient would be lowered into a cold water.

"The Madman," by Sir Charles Bell - 1824



Early Reformers – Philippe Pinel



French psychologist Philippe Pinel strikes the chains from mental patients held in the Bastille in France – 1793.

Moral Treatment

- Philippe Pinel tested his hypothesis in 1792 that patients would improve if treated with kindness and consideration.
- Pinel's patients at La Bicetre asylum in France were unchained, provided sunny rooms, given nice clothes, allowed to exercise on asylum grounds, and were no longer treated like animals.

Moral Treatment – York Retreat

- 1796 - Reforms similar to Pinel's were instituted by English Quaker William Tuke who founded the York Retreat in York, England.
- York Retreat stressed the importance of treating patients with respect and compassion.

Moral Treatment in America

- Moral treatment made its way to the USA in the early 1800s.
- Moral treatment focused on the patient's social, individual, spiritual, and occupational needs.
- Within asylums, treatment worked toward moral development as well as rehabilitation of personal character to lessen mental ailments.

Moral Treatment



- Though highly effective, moral treatment was phased out toward the late 1800s for several reasons, including:
 - Leaders failed to pass along their teachings;
 - Ethnic prejudice created tension between staff and patients as immigration increased; and
 - The biomedical model provided promise to provide healing through medicine.

Dorothea Dix



Dorothea Dix

- Dorothea Dix (1802-1887) was a champion of poor and forgotten people in prisons and mental institutions for decades during the nineteenth century.
- In 1841, she began to teach in a women's prison. Through this contact, she became acquainted with the deplorable conditions in jails, almshouses, and asylums.

Dorothea Dix

- Dix carried on a zealous campaign between 1841 and 1881 that aroused people and legislatures to do something about the inhuman treatment accorded the mentally ill.
- The mental hygiene movement grew in America: Millions of dollars were raised to build 32 suitable hospitals and 20 states responded directly to her appeals.

Criticisms of Dorothea Dix

- Establishing hospitals for the mentally ill and increasing the number of people in them spawned overcrowded facilities and custodial care.
- Housing patients in institutions away from society interfered with the treatment of the day (moral therapy) and deferred the search for more appropriate and effective treatments for mental disorders.
- These criticisms, though valid, do not place the actions of Dix in the context of her time.

Clifford Beers (1876 – 1943)

- In 1900 he was first confined to a private mental institution for depression and paranoia. He would later be confined to another private hospital as well as a state institution.
- He experienced and witnessed serious maltreatment at the hands of the staff.
- Beers wrote *A Mind That Found Itself* (1908), an autobiographical account of his hospitalization and the abuses he suffered during, he gained the support of the medical profession and others in the work to reform the treatment of the mentally ill.
- In 1909, Beers founded the National Committee for Mental Hygiene, now known as Mental Health America.

Treatments – 1880s to mid 1950s

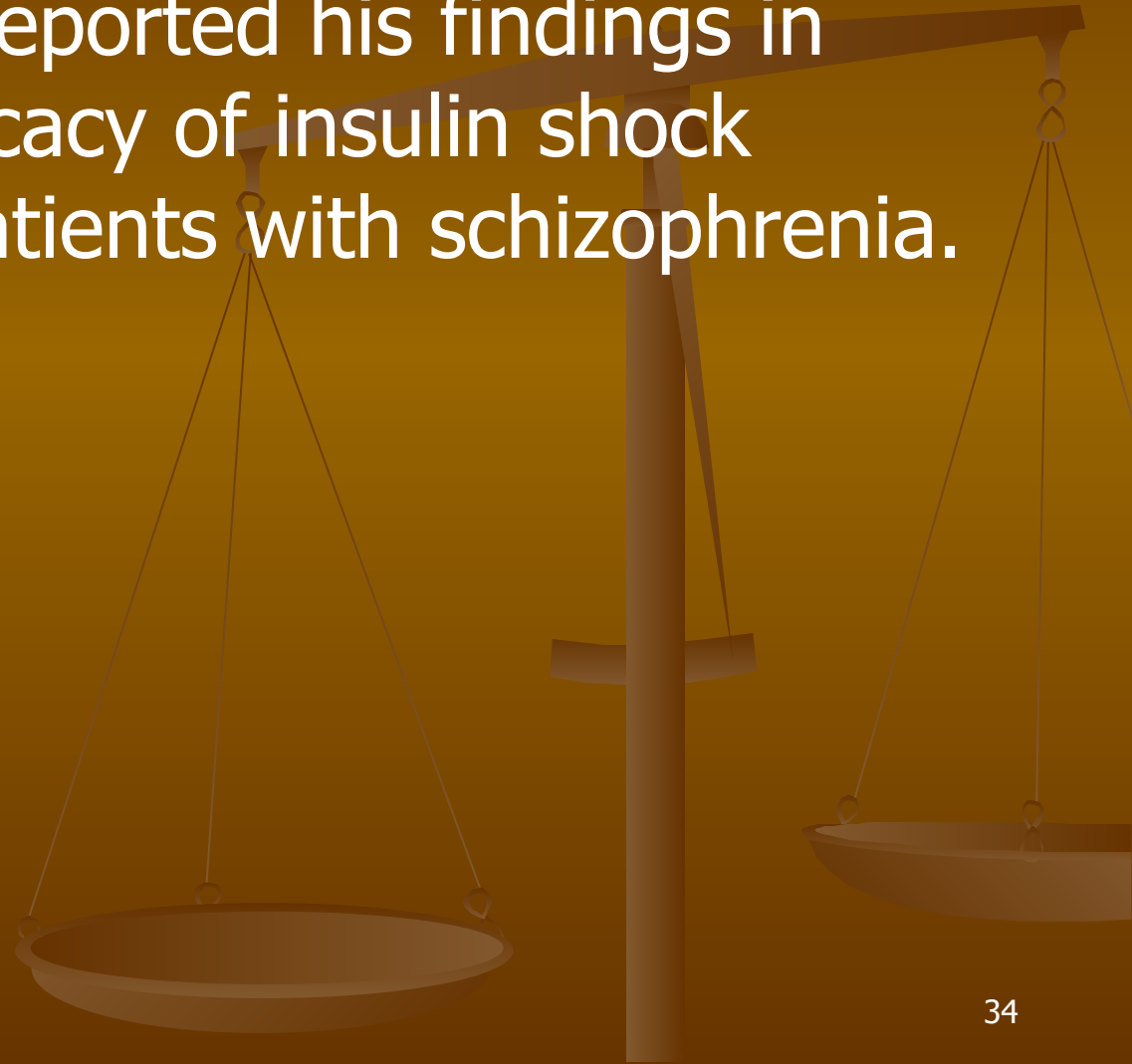
- Psychoanalysis is developed by Sigmund Freud from 1888 through 1939. Techniques employed by Freud included hypnosis, free association, and dream analysis. Though not deemed by Freud as an effective treatment for schizophrenia, psychoanalysis was a highly popular treatment for mental illness through the middle of the 1900s.

Treatments – 1880s to mid 1950s

- Somatic treatments for mental illness such as convulsive therapies, psychosurgery, and psychopharmacology begin to take hold beginning in the 1930s.
- These treatments were based on biological model of mental pathology, which assumes mental illness is the result of a biochemical imbalance in the body.

Treatments – 1880s to mid 1950s

- Manfred Sakel reported his findings in 1933 of the efficacy of insulin shock treatment on patients with schizophrenia.



Treatments – 1880s to mid 1950s

- Electroconvulsive Therapy, ECT, is introduced by Italian neuropsychiatrists Ugo Cerletti and Lucio Bini in 1938 and gains widespread use in the 1940s and 1950s.
- Egas Moniz performed the first lobotomy with the aid of a neurosurgeon, Almeida Lima, in Portugal during 1935.

NORTHERN
STATE
MENTAL
HOSPITAL



YOU WON'T
BE NEEDING
THIS
ANY MORE!

ADMISSIONS

SHCHAMBERS

Treatments – 1880s to mid 1950s

- Walter Freeman was responsible for popularizing **lobotomies** in America, which he first performed on a live patient in **1946**. To execute this procedure, the patient was first shocked into a coma (many state hospitals did not have facilities for anesthesia). The surgeon then hammered an instrument similar to an icepick through the top of each eye socket and severed the nerves connecting the frontal lobes to the emotion-controlling centers of the inner brain.

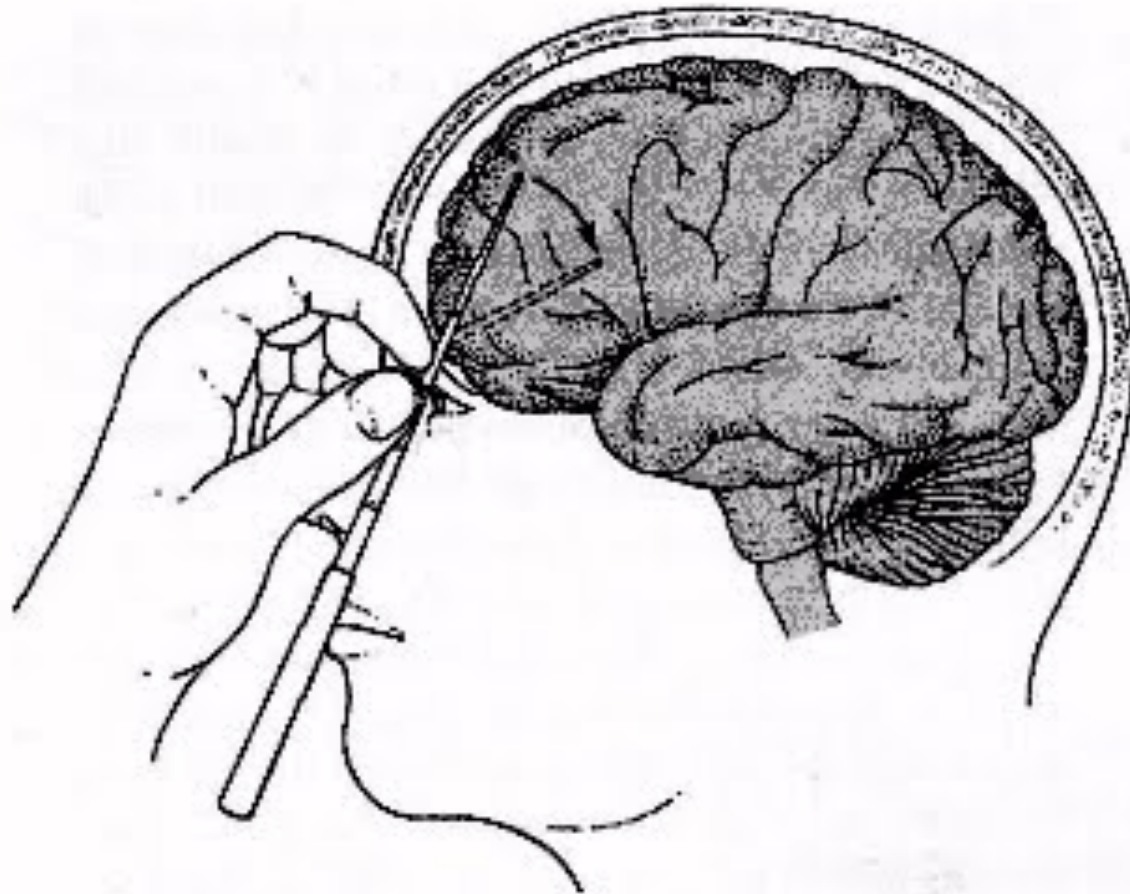
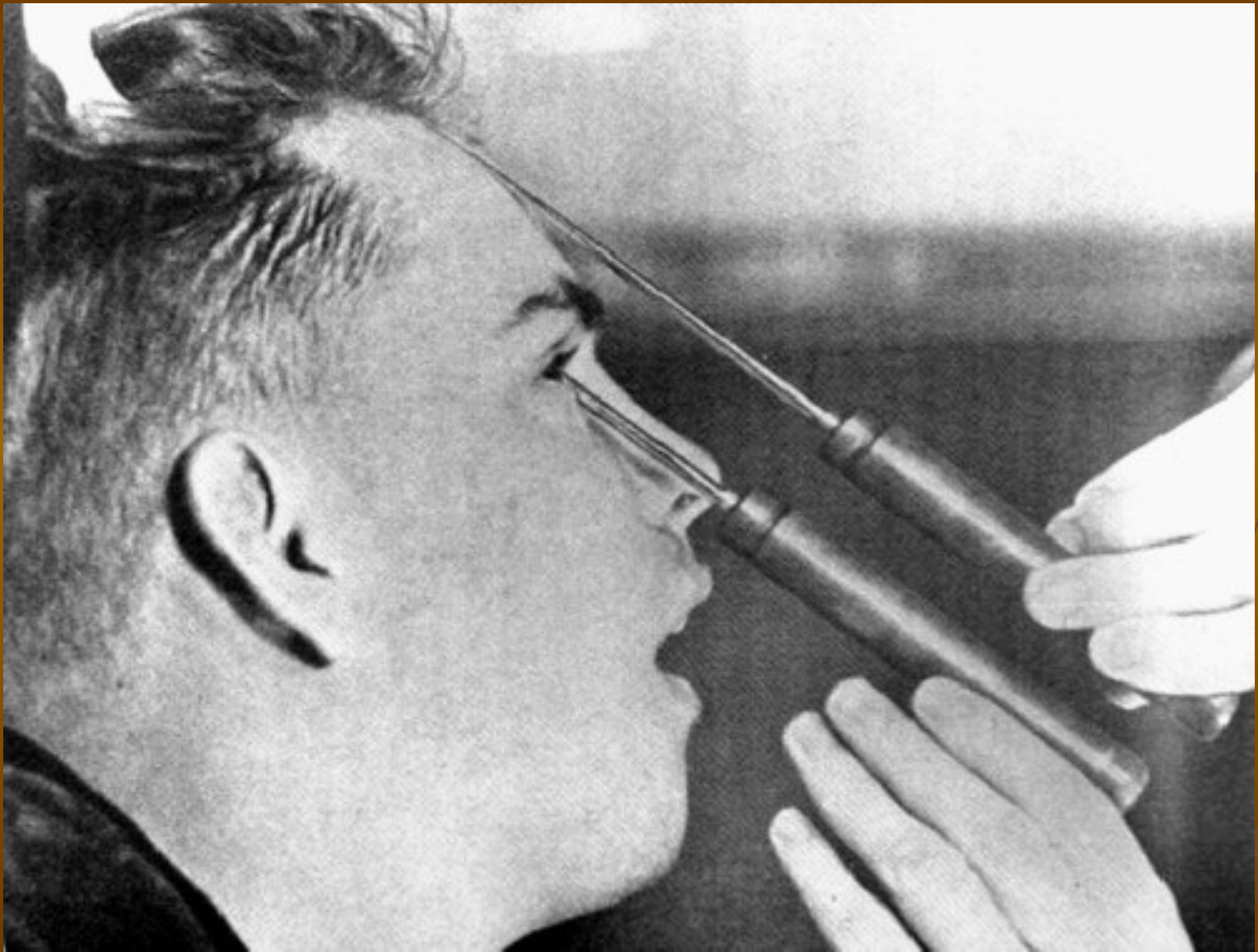


FIGURE 18.12 "Ice pick" prefrontal lobotomy. The sharp metal rod is inserted under the eyelid and just above the eye, so that it pierces the skull and enters the base of the frontal lobe. (Adapted from Freeman, W. *Proceedings of the Royal Society of Medicine*, 1949, 42 (suppl.), 8-12.)



Treatments – 1880s to mid 1950s

- **Lobotomy** ~ The intended purpose of the was to calm uncontrollably violent or emotional patients. Because of the preliminary positive results and the facts that it was easy, inexpensive, and the average time it took to complete the procedure was only about ten minutes, lobotomies quickly spread around the world as a popular practice for severely mentally ill patients who were resistant to other treatments.

Treatments – 1880s to mid 1950s

- Lobotomy ~ After tens of thousands had been performed, lobotomies were abandoned for newly-discovered psychiatric drugs. Lobotomies had left its patients mentally lethargic, robotic, shallow, and seemingly without a will of their own. Thorazine, the medication for which lobotomies were abandoned, was hailed as a *chemical lobotomy*.

Treatments – 1880s to mid 1950s

- Lobotomy – side effects include
 - Distractibility
 - Childishness
 - Facetiousness
 - Lack of tact or discipline
 - Post-operative incontinence
 - The USSR officially banned this procedure in 1950. Doctors in the Soviet Union concluded that the procedure was "contrary to the principles of humanity" and that it turned "an insane person into an idiot."

Early Psychopharmacology

- Since the late 1800s, substances such as chloral hydrate, bromides, and barbiturates were administered to the mentally ill in order to sedate them, yet they were ineffective in treating the basic symptoms of psychosis.
- Australian psychiatrist J.F.J Cade introduced the psychotropic drug **Lithium** in 1949, marking the beginning of the use of psychopharmacology for the treatment of psychotic symptoms.

Early Psychopharmacology

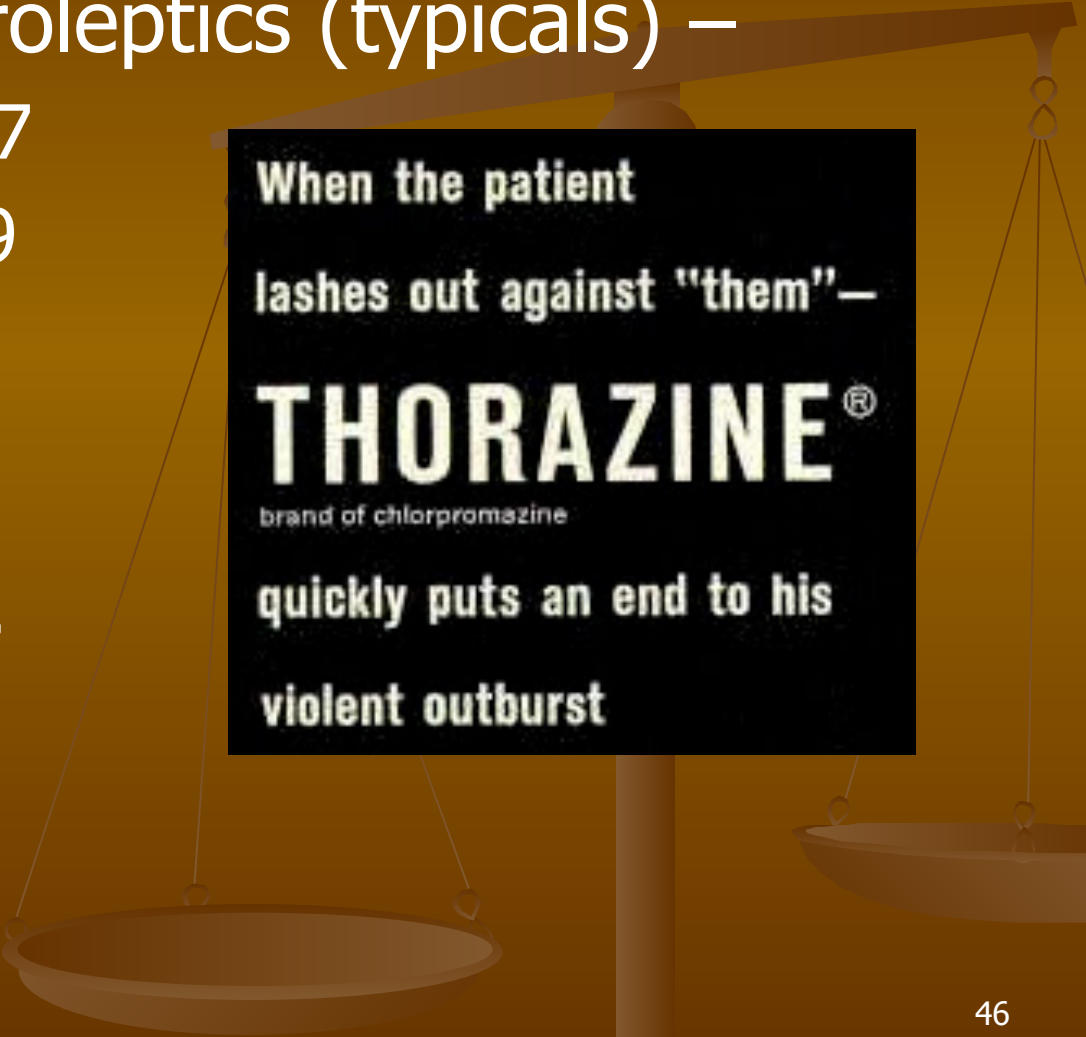
- Chlorpromazine (commonly known as **Thorazine**) was the first of the so-called antipsychotic medications, discovered by French surgeon Henri Laborit in 1952.
- Laborit observed that this agent produced strange, pharmacodynamic effects which could be likened to a “chemical lobotomy” and recommended this drug to his colleagues in psychiatry.

Early Psychopharmacology

- Shortly after Thorazine was introduced into state hospital settings, an exodus of patients ensued. People formerly believed to be too unmanageable to live in society were now believed to be docile enough to live outside of the hospital walls.
- In 1955, there were 340 psychiatric beds per 100,000 U.S. citizens.
- In 2005, there were 17 psychiatric beds per 100,000 U.S. citizens.
- This change is mostly due to psych meds.

Early Psychopharmacology

- Other early neuroleptics (typicals) –
 - Trilaphon – 1957
 - Stelazine – 1959
 - Prolixin – 1959
 - Mellaril – 1966
 - Navane – 1967
 - Loxapine - 1967
 - Haldol – 1967



When the patient
lashes out against "them"—

THORAZINE®
brand of chlorpromazine

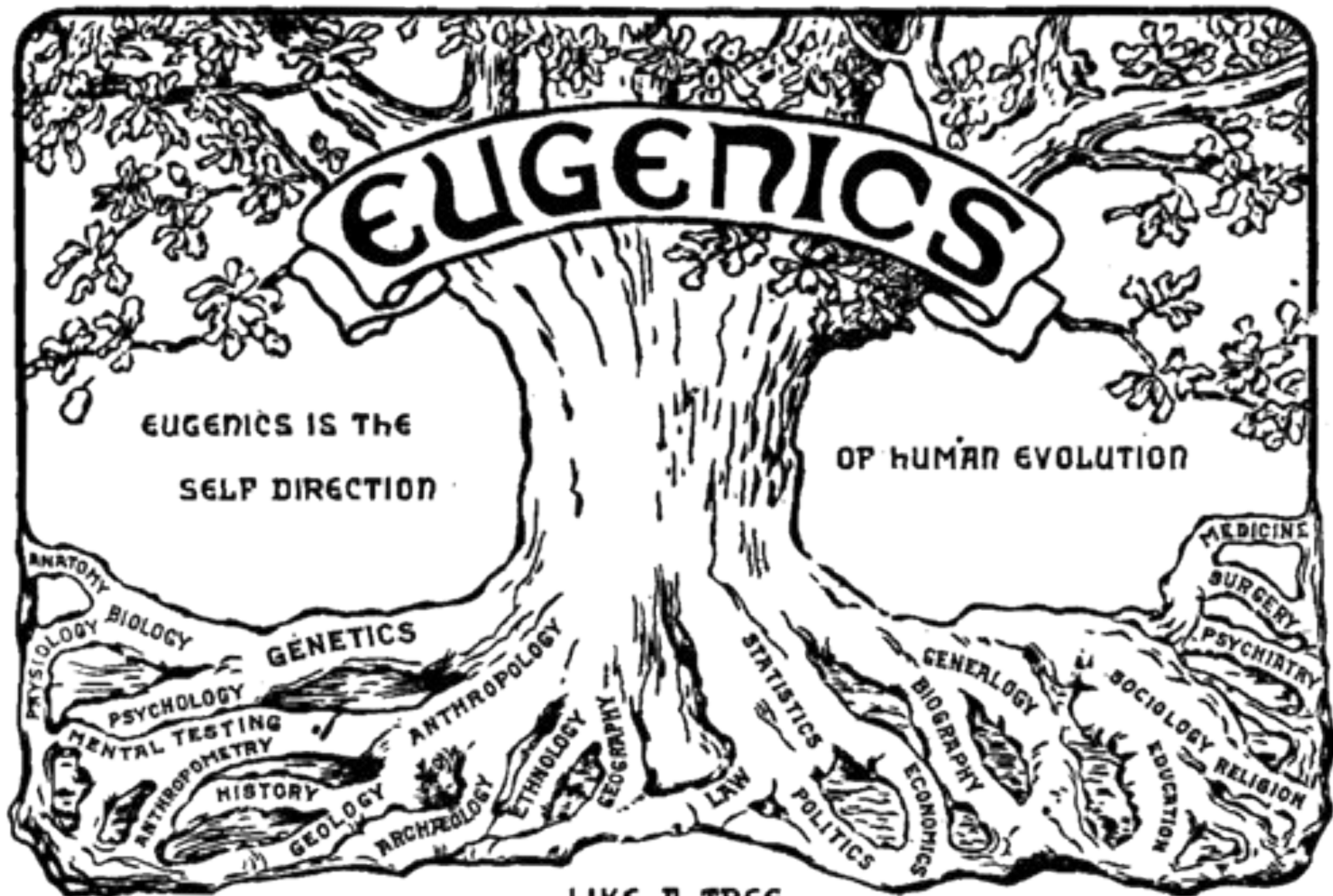
quickly puts an end to his
violent outburst

Side Effects of Neuroleptics

- Neuroleptics are dopamine antagonists that work by blocking dopamine receptor sites in the brain's neurons, lowering the transmission of dopamine along the brain's dopamine pathways. This causes the side effects that include:
 - Dystonia – rigidity of the muscles
 - Akathisia – restlessness and inability to stay motionless
 - Tardive Dyskinesia – repetitive movements of parts of the body, such as hands, feet, facial muscles
 - Neuroleptic Malignancy Syndrome – a rare, often lethal condition

Side Effects of Neuroleptics

- Political prisoners in USSR were deemed insane. The Communist party stated that disagreeing with communism and the state is a form of insanity. Hence, political prisoners there were to be placed in mental hospitals where they were placed on neuroleptics.
- Many former USSR political prisoners have stated that of all the forms of torture they experienced, being forced to take neuroleptic medications was by far the worst due to side-effects.



LIKE A TREE
EUGENICS DRAWS ITS MATERIALS FROM MANY SOURCES AND ORGANIZES
THEM INTO AN HARMONIOUS ENTITY.

Eugenics in USA – 1907 to 1980s

- A social philosophy which advocates for the improvement of human hereditary traits through the promotion of higher reproduction of more desired people and traits, and the reduction of reproduction of less desired people and traits.
- The main way this philosophy was carried out was through the forced sterilization of individuals believed to have inferior genes.

Eugenics in USA – 1907 to 1980s

- In 1907, the state of Indiana passed the first eugenics-based, compulsory sterilization law in the world.
- The U.S. Supreme Court upheld the constitutionality of a Virginia law allowing for the compulsory sterilization of patients of state mental institutions in 1927.
- The most significant era of eugenic sterilization was between 1907 and 1963, when over 64,000 individuals were forcibly sterilized under eugenic legislation in the United States.

Eugenics in USA – 1907 to 1979

- Clifford Beers was a supporter of eugenics.
- Eugenics legislation allowed for the forcible sterilization of individuals who were in state hospitals for psychiatric and developmental disabilities.

DSM – 1st Edition 1952

- 1952 ~ The American Psychiatric Association (APA) publishes the first edition of the Diagnostic and Statistical Manual (DSM) of Mental Disorders. There are 112 mental disorders in its initial, 1952 edition.
- The first edition of the Diagnostic and Statistical Manual of Mental Disorders (DSM) groups the sexual deviations (including homosexuality) under the category of Sexual Deviation Personality Disorder (sociopathic personality disorders).

Consumer/Survivor eX-patient Movement – early origins

- In 1943, ten former patients in a state mental hospital formed a self-help group in New York City called “We Are Not Alone” or “WANA.” Based on the concept of mutual self-help their goal was to assist each other and ex-patients like themselves find jobs, places to live, friendship -- and to make their paths own way back to independence and productivity.
- This led to the creation of Fountain House.

Toronto 1947

COPY

W. A. N. A.



W. A. N. A. SOCIETY
"We Are Not Alone"

A National Organization
of former Mental Patients

10 East 30th Street, N. Y. 16, N. Y.
MICHAEL J. COLEMAN, Founder and First Director

Medical Advisory Board
Dr. Robert Robettaile,
Rockland State Hospital,
Mrs. Nora Zaran,
Psychanalyst.

December 4, 1947

President, SLAVA A. ORLEANS
Vice-President, MICHAEL J. COLEMAN
Editor, GEORGE BROWN
Secretary, ~~WILLIAM HOPPE~~
Treasurer, WILLIAM HOPPE

Mr. Robert Amerbach
401 West 24th Street
New York, N.Y.

Dear Bob:

Thanks for visiting Michael. He said that he gave you some letters, etc., belonging to W.A.N.A.. As it was decided, at the Executive Committee, and approved by members of our Society, all that property of W.A.N.A. must be returned to me, because I deal with and supervise the correspondence. Besides, as you know, such letters must be answered as promptly as possible.

Please call me between 10:30 and 11 in the morning concerning this matter, as soon as you can.

I hope all is well with you.

Thanking you in advance,

Cordially yours,

Slava A. O.

Slava A. Orleans, President

Telephone: Murray Hill 6-4681

*This is valuable for the letterhead. It has 8 names.
Mike Cholensky was a former Russian prince. Slava Orleans
was his cousin. Mike and Slava patients in Rockland State at
Roseton. In the Spring or early summer of 1943
there was a meeting in the ^{hospital} ~~city~~ that formed W.A.N.A. Bill
Wiken, founder & head of AA was there and said a few words.*

Consumer/Survivor eX-patient Movement – early origins

- 1946 - President Harry S. Truman signs the National Mental Health Act of 1946 on July 3rd, creating for the first time in US history a significant amount of funding for psychiatric education and research and calling for the establishment of a National Institute of Mental Health (NIMH).

CSX Movement – early origins

- 1947-1951 ~ Governor Luther Youngdahl (Republican; Minnesota) started development of community-based mental health services and humane treatment for people in state institutions.
- 1947 ~ Fountain House in NYC begins psychiatric rehabilitation model.

CSX Movement – early origins

- 1947 ~ First Freedom Rides begin. Freedom Riders were civil rights activists who rode interstate buses into the segregated southern United States. The civil rights movement laid the foundation for the CSX movement, a rights movement in its own right.

CSX Movement – early origins

- 1948 ~ World Federation for Mental Health (WFMH) is founded.
- 1949 ~ NIMH (National Institute of Mental Health) was established with the abolishment of the Division of Mental Hygiene.
- 1955 ~ Daughters of Bilitis, the first lesbian rights organization in the United States, founded in San Francisco.

CSX Movement – early origins

- 1955 ~ Rosa Parks refused to obey bus driver James F. Blake's order that she give up her seat to make room for a white passenger for which she was arrested and jailed. The Supreme Court bans segregated buses the following year.
- 1961 ~ *The Myth of Mental Illness*, by psychiatrist Thomas Szasz is published. In it, Szasz's argues that there is no such disease as schizophrenia.

CSX Movement – early origins

- 1962 ~ California Mental Hygiene Department determines that chlorpromazine (Thorazine) and other neuroleptics prolong hospitalization.
- 1962 ~ Counterculture author Ken Kesey's best-selling novel, *One Flew Over the Cuckoo's Nest*, is published.

CSX Movement – early origins

- 1963 ~ President Kennedy signs into law the Community Mental Health Centers Act to substitute comprehensive community care for custodial institutional care.
- 1964 ~ The Civil Rights Act is passed. While this act helps end discrimination against African Americans and women in the workplace, it does not make any provision for people with disabilities.

CSX Movement – early origins

- 1965 ~ Social Security Act Amendments of 1965 established Medicaid program for elderly people and for blind persons and other persons with disabilities.
- 1968 ~ Architectural Barriers Act of 1968 - Required most buildings and facilities built, constructed, or altered with federal funds after 1969 to be accessible.

CSX Movement – early origins

- 1968 ~ The American Psychiatric Association's Diagnostic and Statistical Manual (DSM) has grown to 168 mental disorders in the DSM-II from the 112 mental disorders in its initial, 1952 edition.

1970 - CSX Movement Begins

- Insane Liberation Front (ILF) is organized by Howie The Harp (homeless advocate), Dorothy Weiner (union organizer) and Tom Wittick (political activist/organizer) in **Portland, Oregon**. It is the first known, modern, organized, self-help, advocacy, ex-patient group that was dedicated to liberation from psychiatry. This marks the birth of the modern mental patients (CSX) movement.

CSX Movement – 1971

- The first Center for Independent Living is founded in Berkley, CA by Ed Roberts.
- Mental Patients Liberation Project (MPLP) founded by Howie The Harp in New York City.
- Mental Patients Liberation Front (MPLF) founded by two ex-patients in Boston.
- Mental Patients' Association in Vancouver, Canada begins operating drop-in centers and residences within months of it's founding.
- Original Soteria House opened.

CSX Movement 1972

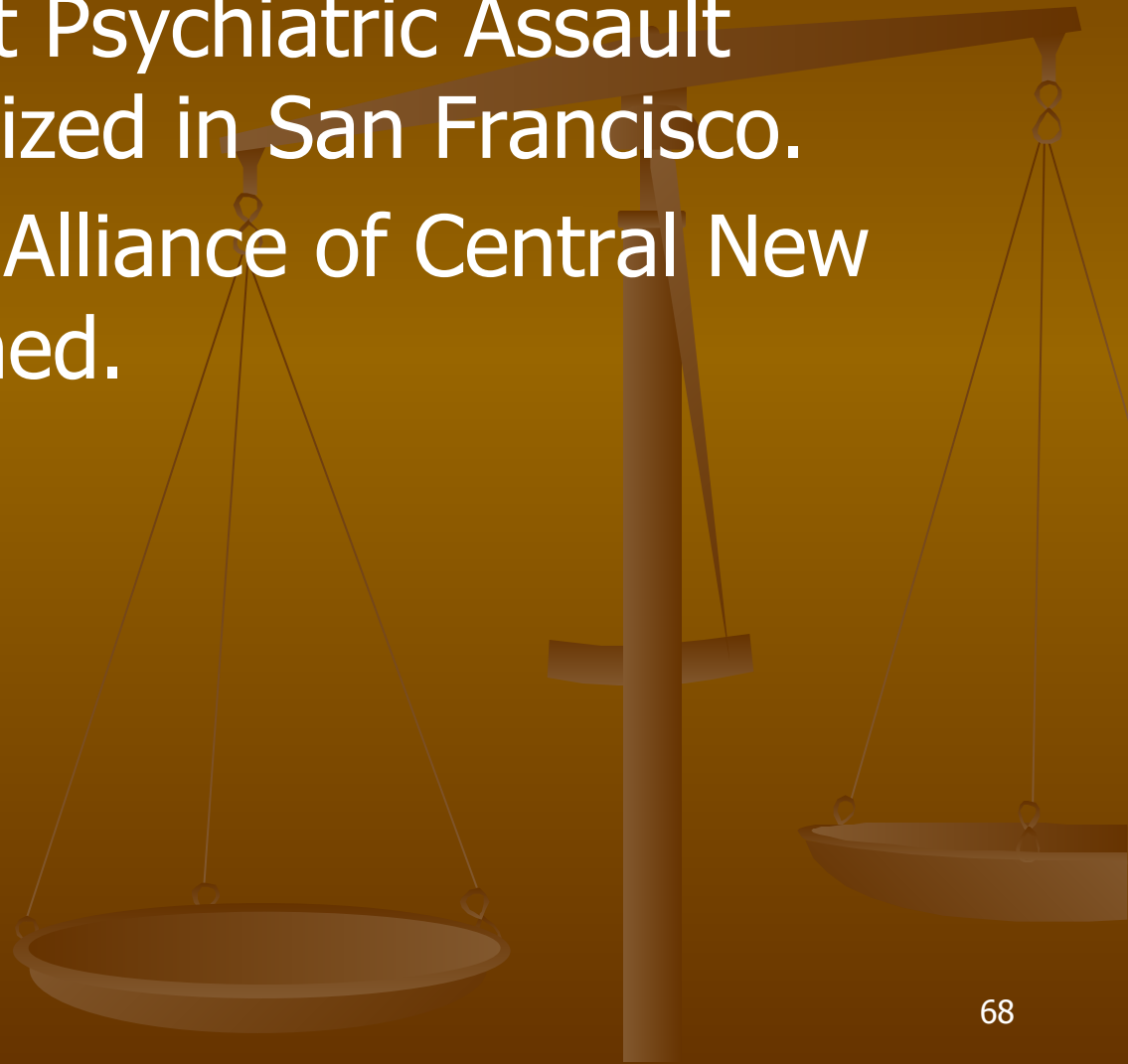
- Madness Network News begins publication in San Francisco.



Madness Network News, out of the Bay Area of California, helped network thousands of psychiatric survivors and allies internationally. Their logo was a woman breaking free from a strait jacket.

CSX Movement - 1972

- Network Against Psychiatric Assault (NAPA) is organized in San Francisco.
- Mental Patients Alliance of Central New York is established.



CSX Movement - 1973

- The first Conference on Human Rights and Psychiatric Oppression is held at the University of Detroit. (held annually until 1985). Throughout its history, this conference held yearly demonstrations at hospitals and drew 50 to 100 ex-patients from across the country, many of them hitchhiking to get there. Many of the professionals supported ex-patients and psychiatric inmates to organize were punished severely for aiding the conference.

CSX Movement - 1973

- Peter Breggin, M.D., author of *Toxic Psychiatry*, founds the Center for the Study of Psychiatry.
- Boston researchers report that relapse rates were lower in pre-neuroleptic era, and that drug treated patients are more likely to be socially dependent.

1975

- One Flew Over the Cuckoo's Nest is filmed at Oregon State Hospital



CSX Movement - 1976

- NAPA (Network Against Psychiatric Assault) conducts a one-day protest against involuntary treatment and slave wages paid to people locked up in state hospitals. The demonstrators spontaneously decide to occupy the outer office of then Governor Jerry Brown -- they remain there for a month.

CSX Movement - 1976

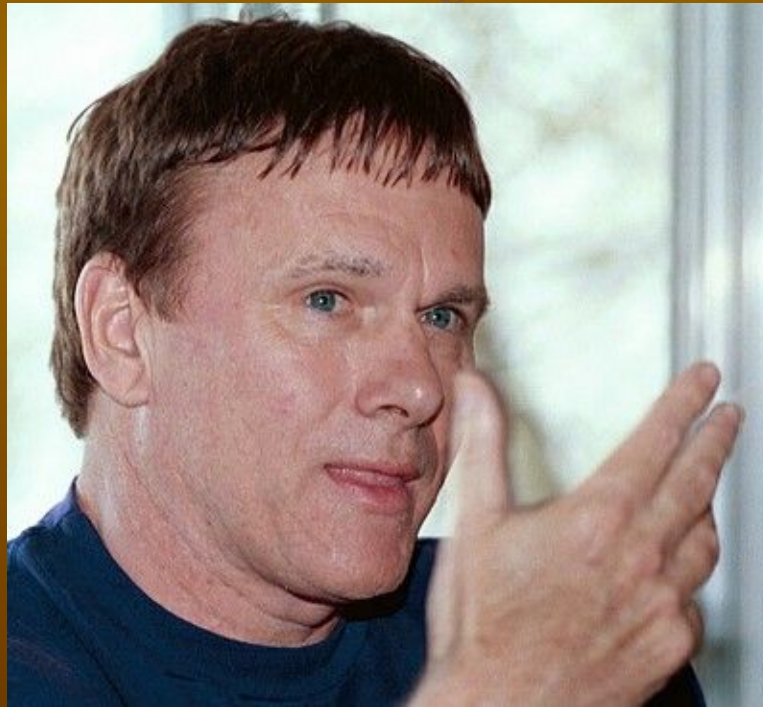
- An NIMH study that randomizes schizophrenia patients into drug and non-drug arms reports that only 35% of the non-medicated patients relapsed within a year after discharge, compared to 45% of those treated with medication.

Occupation of Governor Brown's Office



A Growing Movement - 1977

- Mental Health Consumer Concerns, Inc. (MHCC) is founded by Jay Mahler in Contra Costa County, California.



A Growing Movement - 1977

- Mental Patients Rights Association (MPRA) is founded by Sally Zinman in West Palm Beach, Florida



A Growing Movement - 1977

- Project Acceptance founded by Su Budd in Kansas
- Mental Patients Liberation Alliance (MPLA) of Central New York is incorporated, George Ebert.
- Vermont Liberation Organization founded by Paul Dorfner

In Full Swing - 1978

- On Our Own: Patient Controlled Alternatives to the Mental Health System - a seminal work published by McGraw-Hill. Written by Judi Chamberlin, it becomes a standard text of the psychiatric survivor movement.
- History of Shock Treatment by Leonard Roy Frank (an ECT survivor) is published.

1978

- Washington Advocates for the Mentally Ill (WAMI) founded in State of Washington to provide education, support and advocacy for consumers, family members and other advocates.
- Loren Mosher, chief of schizophrenia studies at the NIMH, reports superior one-year and two-year outcomes for Soteria patients treated without neuroleptics.

1980

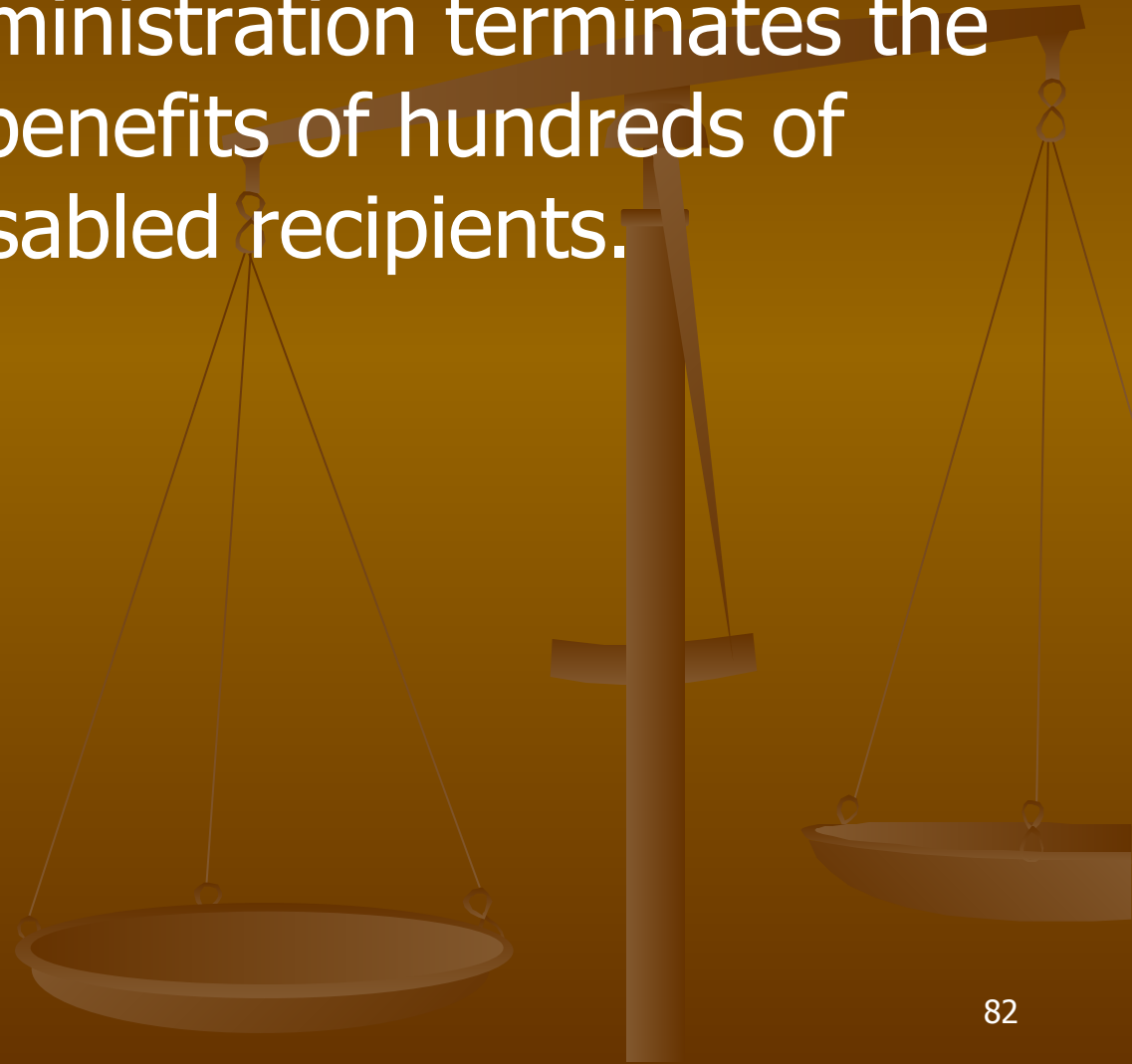
- The Mental Patients Alliance of Central New York (the Mental Patients Liberation Alliance), led by George Ebert, initiates the annual remembrance of Bastille Day (July 14) as a celebration of the human spirit and vigil and demonstration to stop psychiatric oppression.
- The American Psychiatric Association's Diagnostic and Statistical Manual has grown to 224 mental disorders in the DSM-III from the 112 mental disorders in its initial, 1952 edition.

1980

- National Association for Rights Protection and Advocacy (NARPA) is formed by Rae Unzicker and others.
- Portland Coalition for the Psychiatrically Labeled (PCPL) organized by Sally Clay in Portland, Maine.

1981

- The Reagan Administration terminates the Social Security benefits of hundreds of thousands of disabled recipients.



1982 - 1983

- Berkley, California votes to ban shock treatment after a ballot campaign run by psychiatric survivors. (Court later reverses); Ted Chabasinski (an ECT survivor) organized this.
- A national monthly teleconference of people with psychiatric histories is established. It ran for over two years with hundreds of people and 28 locations. Participants include movement leaders from around the U.S.

1983

- Mike Finkle founds On Our Own in Baltimore, Maryland (grows into the first statewide consumer/survivor network).
- California Network of Mental Health Clients (CNMHC) is founded. Sally Zinman, among the 21 member founding Steering Committee, was its part time Coordinator for the first year of its existence and then later Executive Director from 1997-2007.

1984

- Mental Patients Alliance of Central New York is incorporated doing business as the Mental Patients Liberation Alliance.
- Congress passes the Social Security Disability Reform Act in response to the complaints of hundreds of thousands of people whose Social Security disability benefits have been terminated through efforts of the Reagan administration.

1984

- National Mental Health Consumers' Self-Help Clearing House, is founded by Joseph Rogers as a division of Project SHARE (Self-Help and Advocacy Resource Exchange), a consumer organization based at the Mental Health Association of Southeastern Pennsylvania.

1985

- The 13th and final International Conference on Human Rights and Against Psychiatric Oppression is held in Burlington, Vermont.
- First Annual 'Alternatives' Conference in Baltimore in June funded by NIMH-CSP (National Institute of Mental Health-Community Support Programs). Alternatives '85 - organized by On Our Own of Maryland.
- National Institute of Mental Health (NIMH) issues a Request for proposals for consumer-run national technical assistance centers.

1985

- The National Mental Health Consumers' Association and the National Alliance of Mental Patients, later renamed the National Association of Psychiatric Survivors are founded. These organizations were as different as the connotations of consumer and psychiatric survivor, and represented two extremes in one movement.

1985

- Berkeley Drop-In Center founded in Berkeley, CA
- Ruby Rogers Drop-In Center founded in Cambridge, MA
- Madness Network News ceases publication
- Mind/World Federation for Mental Health Congress in Brighton ~ the first time UK survivors met groups of activists from other countries.

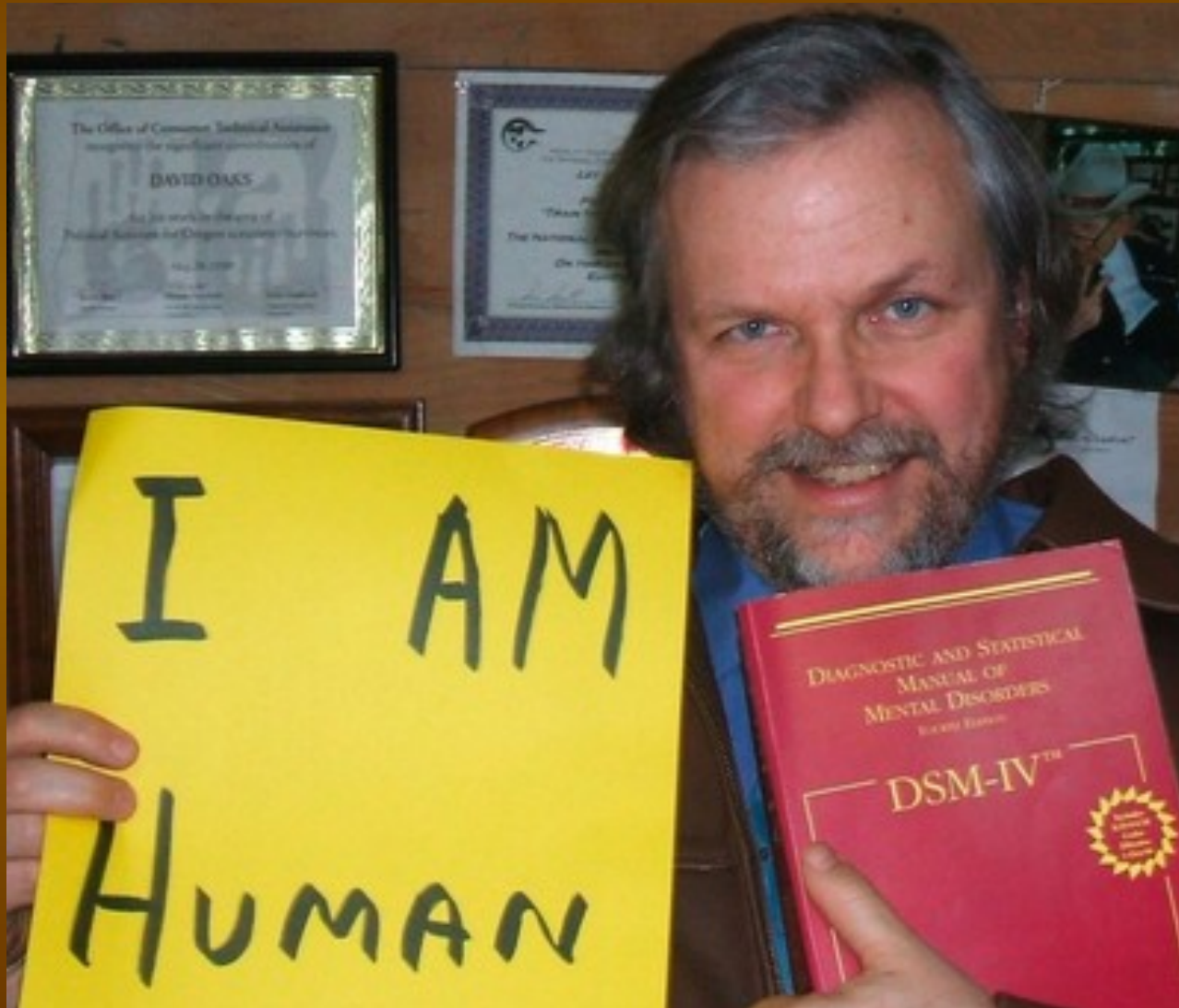
1986

- Protection and Advocacy for Mentally Ill Individuals Act of 1986 - Authorized formula grant program for statewide advocacy services for person with mental illness, provided directly by, or under contract with, the protection and advocacy system for persons with developmental disabilities.

1986

- The first group of psychiatric survivor/consumers trained to work for the mental health system as professionals helping their peers were trained in Denver, Colorado as Consumer Case Manager Aides.
- Support Coalition International, that evolved into MindFreedom, is founded by David Oaks and Janet Foner.

David Oaks



1986 - 1987

- Howie The Harp founds the Oakland Independence Support Center (OISC) on July 4th.
- SCCORE (Statewide Consumers of Colorado On the Rise for Empowerment) founded by Pat Risser.
- Dendron News by Support Coalition International first published (David Oaks, ed.) in January, 1987.

1987

- Texas Network of Mental Health Consumers (now Texas Mental Health Consumers (TMHC)) was created.
- Pennsylvania Mental Health Consumers' Association (PMHCA) was established.
- Mind Empowered, Inc. (MEI) is founded in Portland, Oregon in November. MEI becomes Oregon's first publically-funded consumer run and controlled mental health agency.

1988

- Memphis Police Department developed the first Crisis Intervention Team (CIT) with the assistance of local NAMI and mental health stakeholders.

1988

- Community Support Program (CSP) of the National Institute of Mental Health funds 13 local consumer-operated Services Demonstration Projects from 1988 - 1991. MEI is one of the programs funded.
- First Office of Consumer Affairs in a state mental health agency, directed by David Hilton in New Hampshire.

1990

- American With Disabilities Act Becomes Law Jan 1, 1990. The Americans with Disabilities Act was signed by George W. Bush. The Act provided comprehensive civil rights protection for people with disabilities.
- Dendron (now Mindfreedom) sponsors a several-day international counter-conference and protest of American Psychiatric Association in New York City called a Support-In.
- Hearing Voices Network established.

1991

- The seventh annual Alternatives '91 conference in Berkeley draws over 2,000 participants for the largest consumer/survivor conference held to date. This is also the last Alternatives conference to be held on a college campus. All Alternatives conferences between 1985 and 1991 were held on campuses.

1991 - 1992

- PEOPLE: Projects to Empower and Organize the Psychiatrically Labeled is founded (Sally Clay, Poughkeepsie, NY)
- Substance Abuse and Mental Health Services Administration (SAMHSA) established by Congress. SAMHSA includes CMHS (Center for Mental Health Services).

1992

- Judi Chamberlin is awarded the Distinguished Service Award of the President of the United States by the President's Committee on Employment of People with Disabilities.

1992

- Three national technical assistance centers are founded and receive funding from NIMH Community Support Program.
 - National Empowerment Center
 - National Mental Health Consumers' Clearinghouse
 - CONTAC

Note: CONTAC lost funding in circa 2009.
Peerlink is now the 3rd TA center

1992 - 1993

- New York State OMH appoints Darby Penney to head up its new Office of Consumer Affairs
- PEER Center (formed by a coalition of peer advocates), Fort Lauderdale, FL.
- New York: Community Access hires Howie The Harp as Director of Advocacy.
- 46 State mental health departments funded 567 self-help groups and agencies

1994

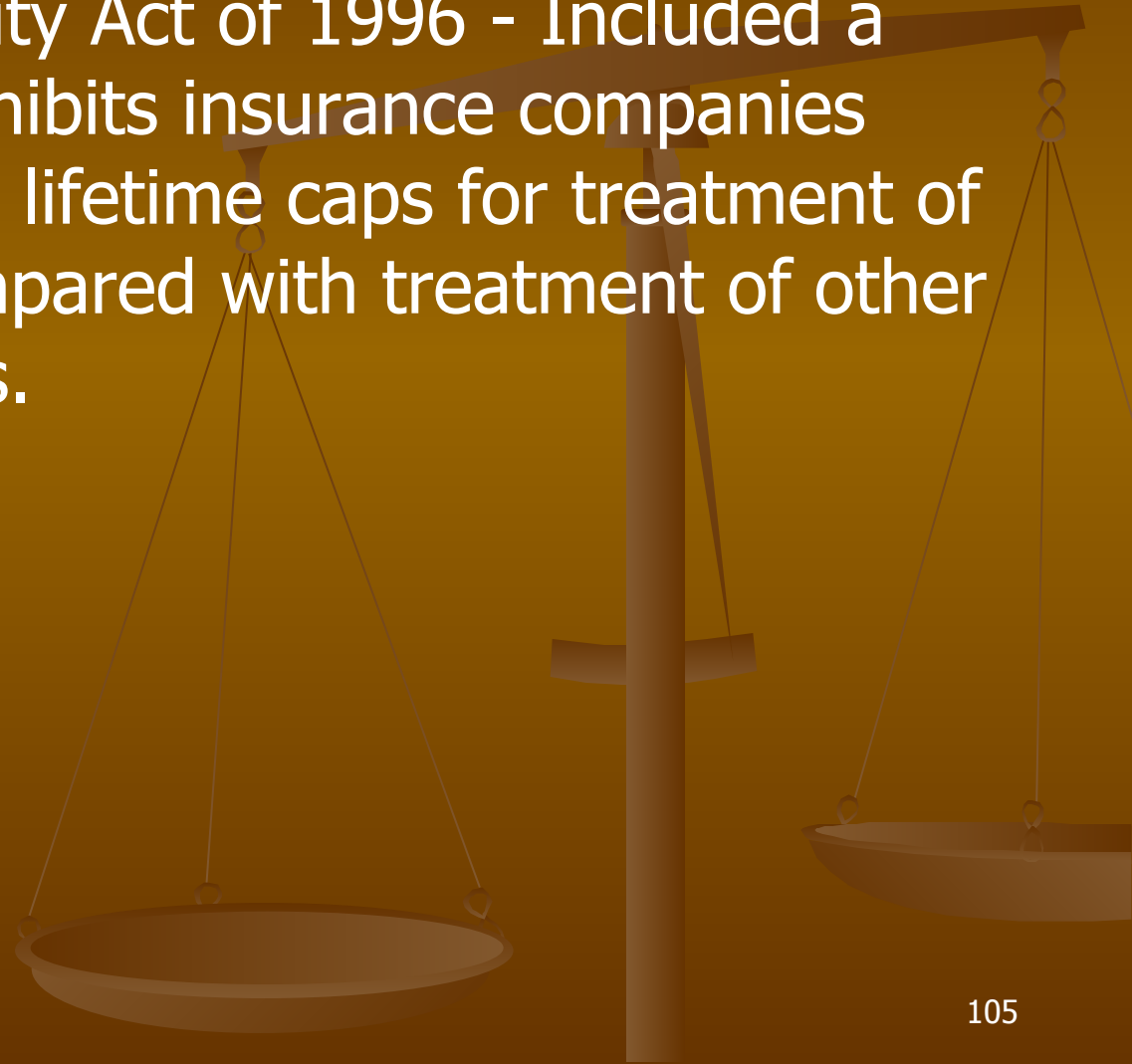
- The American Psychiatric Association's Diagnostic and Statistical Manual has grown to 374 mental disorders in the DSM-IV from the 112 mental disorders in its initial, 1952 edition.
- Darby Penney, Celia Brown, Peter Stastny, and Neil Covatta were successful in creating the first civil service Peer Specialist Title in the United States in New York State.

1995

- Howie the Harp (1953-1995) died February 5 at age 42.
- CMHS (SAMHSA's Federal Center for Mental Health Services) hires first Consumer Affairs Specialist (Paolo DelVecchio).
- In 1995 President Clinton appoints Rae Unzicker to the National Council on Disability.

1996

- Mental Health Parity Act of 1996 - Included a provision that prohibits insurance companies from having lower lifetime caps for treatment of mental illness compared with treatment of other medical conditions.

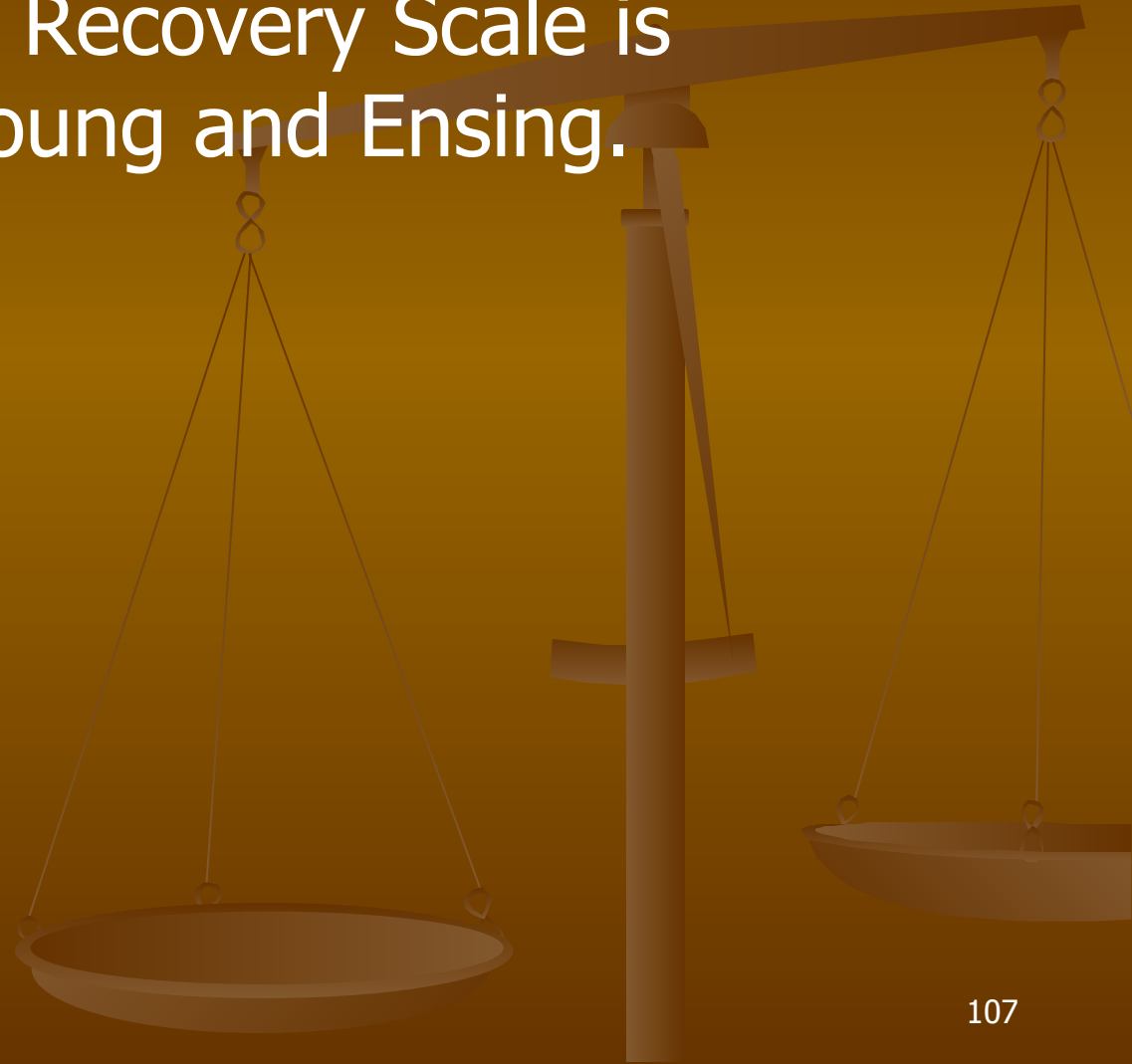


1997

- Broward County, Florida establishes the nation's first mental health court.
- Consumers and Survivors begin restoring state hospital cemeteries in Georgia and Colorado with many states to follow.
- WRAP (Wellness Recovery Action Plan) published by Mary Ellen Copeland.

1998

- A mental health Recovery Scale is developed by Young and Ensing.



1999

- Supreme Court rules in *Olmstead v. L.C.*, 527 U.S. 581, that under the Americans with Disabilities Act (ADA), undue institutionalization qualifies as discrimination by reason of disability including people with a mental disability. This ruling holds that it is a violation of the Americans with Disabilities Act to keep individuals in restrictive inpatient settings when more appropriate community services are available.

1999

- The first National Summit of Mental Health Consumers and Survivors, in August, in Portland, Oregon, was organized by the National Mental Health Consumers Self-Help Clearinghouse with the help of the Oregon Office of Consumer Technical Assistance (OCTA), and co-sponsored by consumer/survivor groups from around the country.

1999

- The landmark U.S. Surgeon General's Report *Mental Health: A report of the Surgeon General* is released and a White House Conference on Mental Health is convened.
- The New York State Office of Mental Health prohibits use of the straightjacket.
- New York State Office of Mental Health creates position: Children's Recipient Affairs Specialist and establishes the Nation's first known Statewide Youth Advisory Council (YAC)

2000

- SOCSI (Subcommittee on Consumer/Survivor Issues) is created as a federally supported body to advise the CMHS (Center for Mental Health Services) National Advisory Council on consumer/survivor perspectives and issues.

2001

- Rae Unzicker, one of the founders of NARPA (National Association for Rights Protection and Advocacy) died March 22 at age 52. Later that year, NARPA held it's 20th Annual Rights Conference in Niagara Falls, New York.

Rae Unzicker with Justin Dart



2001

- Freedom Center is established in Massachusetts.
- Larry Fricks leads Georgia to be the first state to make peer specialist services Medicaid-reimbursable statewide.
- The National People of Color of Consumer/Survivors Network, co-founded by Jacki McKinney and Celia Brown.

2002

- President Bush forms the New Freedom Commission on Mental Health.
- Icarus Project is established in New York City.
- Forty-one states have laws requiring outpatients to follow treatment; involuntary outpatient commitment laws.

2003

- New Freedom Commission on Mental Health report is issued. The Commission included Dan Fisher and declared America's mental health service delivery system is in shambles and the mental health delivery system is fragmented and in disarray leading to unnecessary and costly disability, homelessness, school failure and incarceration.

2004

- SAMHSA/CMHS National Consensus Statement on Mental Health Recovery on December 17th and defines mental health recovery as a journey of healing and transformation enabling a person with a mental health problem to live a meaningful life in a community of his or her choice while striving to achieve his or her full potential.

2004

- *Lost Cases, Recovered Lives: Suitcases from a State Hospital Attic*, is seen by over half a million visitors. Exhibit at the NYS museum curated by Darby Penney & Peter Stastny.
- President George W. Bush announces plans to screen whole US population for mental illness.

2004

- INTAR, the International Network of Treatment Alternatives for Recovery, is an international summit of world-renowned psychiatrists, people who have experienced psychiatric treatment, family members, psychologists, and other mental health professionals who meet annually to counter the belief that people with diagnoses such as schizophrenia or bipolar disorder can never completely recover.

2006

- The National Coalition of Mental Health Consumer/Survivor Organizations (NCMHCSO) (now The National Coalition for Mental Health Recovery (NCMHR)) is formed during the Alternatives 2006 conference in Portland. The coalition consists of statewide consumer-run groups and the consumer-run National TA Centers.
- Peer Specialist Alliance of America is founded.

2007

- The Zyprexa Papers Scandal. Consumer/Survivor attorney Jim Gottstein, founder and CEO of Psych Rights, obtained leaked court documents that demonstrate Eli Lilly downplayed side effects of Zyprexa and marketed the drug for off label uses. Gottstein turned these documents over to the NY Times, which ran three scathing articles as a result.

2007

- On 15 August 2007, the huge USA federal funding agency Center for Medicare and Medicaid Services (CMS) has issued a long-awaited guideline about their funding of peer support mental health services. The letter from CMS names peer support as an evidenced based practice and provides states with guidelines to create a workforce of trained peers who can bill Medicaid for peer support services to help transform mental health to strength-based recovery.

2007

- A new alliance called the **Opal Network** is beginning in Lane County, Oregon to support the voice, empowerment and self-determination of mental health consumers and psychiatric survivors.
- Oregon groups of mental health consumers and psychiatric survivors create a steering committee for a state-wide alliance called Oregon Consumer Survivor Coalition (OCSC).
- NAPS, the National Association of Peer Specialists hold their first conference in Denver.

2008

- A statewide warm line opens during January in Oregon and is housed in an office in Fossil. It is open to anyone in Oregon. It is funded by a one-year \$24,000 grant from the Oregon Department of Human Services Addictions and Mental Health Division. This warm line is renamed “The David Romprey Warm Line” in honor and memory of a person who worked to make it a reality.

2008

- David Romprey (Oregon) died July 30.



- Google "David Romprey virtual memorial" to learn more about David.

2009

- Utne Reader magazine periodically names “50 Visionaries Who Are Changing Your World.” A psychiatric survivor activist - David Oaks, director of MindFreedom International - is named as one of these visionaries in Utne magazine’s November/December 2009 issue.

2010

- Judi Chamberlin dies January 16. Author of *On Our Own*, speaker, representative and leader in the movement for the rights of people with disabilities and people with mental health issues.

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