



COMMUNITY RUIN

Psychiatry's Coercive 'Care'

Report and recommendations
on the failure of community mental health
and other coercive psychiatric programs

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IMPORTANT NOTICE

For the Reader

The psychiatric profession purports to be the sole arbiter on the subject of mental health and “diseases” of the mind. The facts, however, demonstrate otherwise:

1. PSYCHIATRIC “DISORDERS” ARE NOT MEDICAL DISEASES.

In medicine, strict criteria exist for calling a condition a disease: a predictable group of symptoms and the cause of the symptoms or an understanding of their physiology (function) must be proven and established. Chills and fever are symptoms. Malaria and typhoid are diseases. Diseases are proven to exist by objective evidence and physical tests. Yet, no mental “diseases” have ever been proven to medically exist.

2. PSYCHIATRISTS DEAL EXCLUSIVELY WITH MENTAL “DISORDERS,” NOT PROVEN DISEASES.

While mainstream physical medicine treats diseases, psychiatry can only deal with “disorders.” In the absence of a known cause or physiology, a group of symptoms seen in many different patients is called a *disorder* or *syndrome*. Harvard Medical School’s Joseph Glenmullen, M.D., says that in psychiatry, “all of its diagnoses are merely syndromes [or disorders], clusters of symptoms presumed to be related, not diseases.” As Dr. Thomas Szasz, Professor of Psychiatry Emeritus, observes, “There is no blood or other biological test to ascertain the presence or absence of a mental illness, as there is for most bodily diseases.”

3. PSYCHIATRY HAS NEVER ESTABLISHED THE CAUSE OF ANY “MENTAL DISORDER.”

Leading psychiatric agencies such as the World Psychiatric Association and the U.S. National Institute of Mental Health admit that psychiatrists do not

know the causes or cures for any mental disorder or what their “treatments” specifically do to the patient. They have only theories and conflicting opinions about their diagnoses and methods, and are lacking any scientific basis for these. As a past president of the World Psychiatric Association stated, “The time when psychiatrists considered that they could cure the mentally ill is gone. In the future, the mentally ill have to learn to live with their illness.”

4. THE THEORY THAT MENTAL DISORDERS DERIVE FROM A “CHEMICAL IMBALANCE” IN THE BRAIN IS UNPROVEN OPINION, NOT FACT.

One prevailing psychiatric theory (key to psychotropic drug sales) is that mental disorders result from a chemical imbalance in the brain. As with its other theories, there is no biological or other evidence to prove this. Representative of a large group of medical and biochemistry experts, Elliot Valenstein, Ph.D., author of *Blaming the Brain* says: “[T]here are no tests available for assessing the chemical status of a living person’s brain.”

5. THE BRAIN IS NOT THE REAL CAUSE OF LIFE’S PROBLEMS.

People do experience problems and upsets in life that may result in mental troubles, sometimes very serious. But to represent that these troubles are caused by incurable “brain diseases” that can only be alleviated with dangerous pills is dishonest, harmful and often deadly. Such drugs are often more potent than a narcotic and capable of driving one to violence or suicide. They mask the real cause of problems in life and debilitate the individual, so denying him or her the opportunity for real recovery and hope for the future.

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INTRODUCTION

Harming the Disturbed

With the rapid growth of government “Community Mental Health” programs for severely mentally disturbed individuals now costing billions of dollars, how is mental health faring in our communities today?

The U.S. New Freedom Commission on Mental Health issued a report that claimed, “Effective, state-of-the-art treatments *vital* for quality care and recovery are now available for most serious mental illnesses and serious emotional disorders.”¹ [Emphasis added]

For those who know little about psychiatry and Community Mental Health, this appears to be great news. However, exactly what are these *vital* “treatments”?

They principally involve an *automatic*, one-for-one prescription of drugs called neuroleptics (from Greek, meaning “nerve seizing”, reflective of how the drugs act like a chemical lobotomy).

The cost of neuroleptics for the treatment of so-called schizophrenic patients across the United States at over \$10 million (€8.2 million) a day.² Treatment is usually life-long.

Then again, what *should* we pay for quality care, for recovery, for the opportunity to bring these people back to productive lives?

According to several non-psychiatric and independent research experiments, the answer to that question is “Not much at all.” Quality care

resulting in recovery and reintegration can be very *inexpensive*, as well as rapid, permanent, and most significantly, *drug free*.

In an eight-year study, the World Health Organization found that severely mentally disturbed patients in three economically disadvantaged countries whose treatment plans do not include a heavy reliance on drugs—India, Nigeria and Colombia—found that patients did dramatically better than their counterparts in the United States and

four other developed countries. A follow-up study reached a similar conclusion.³

In the United States in the 1970s, the late Dr. Loren Mosher’s Soteria House experiment was based on the idea that “schizophrenia” can be

overcome without drugs. Soteria clients who didn’t receive neuroleptics actually did the best, compared to hospital and drug-treated control subjects. Swiss, Swedish and Finnish researchers have replicated and validated the experiment and are still using this today.

In Italy, Dr. Georgio Antonucci dismantled some of the most oppressive psychiatric wards by treating severely disturbed patients with compassion, respect and *without* drugs. Within months, the most violent wards became the calmest.

Robert Whitaker revealed in his book *Mad In America* that the treatment outcomes for people with “schizophrenia” have actually worsened over the past several decades. Today, they are no better

“Psychiatry promotes that the only ‘treatment’ for severe mental ‘illness’ is neuroleptic [antipsychotic] drugs. The truth is that not only is the drugging of severely mentally disturbed patients unnecessary—and expensive—it causes brain- and life-damaging effects.”

— Jan Eastgate

than they were in the early 20th century, yet the United States has by far the highest consumption of neuroleptics of any country.

What does all this mean?

As any self-respecting physical scientist will tell you, a theory is good only so long as it works. He knows that when he encounters facts that don't fit the theory, he must continue to investigate and modify or discard the theory based on the actual evidence discovered.

For many years, psychiatry has promoted its theory that the only "treatment" for severe mental "illness" is neuroleptic drugs. However, this idea is faulty. The truth is that not only is the drugging of severely mentally disturbed patients unnecessary—and expensive—it causes brain- and life-damaging side effects.

This publication exposes the faults in psychiatry's arguments—its fraud, lies and other deceptions. Knowing this information makes it very easy to see why psychiatrists would attack any alternative and better solution to the problems of severe mental disturbance.

For the truth is, we are not just dealing with a lack of scientific skill or method, or even with a quasi-science. Seemingly benign statements, such as "There is clear scientific evidence that newer classes of medications can better treat the symptoms of schizophrenia and depression with far fewer side effects," are not backed up by evidence and constitute outright medical fraud.

Psychiatry's approach to the treatment of the severely mentally disturbed—the "evidence-based," "scientific" and operational backbone of community mental health and other psychiatric programs—is



bad science and bad medicine but is very good business for psychiatry.

The simple truth is that there are workable alternatives to psychiatry's mind-, brain- and body-damaging treatments. With psychiatry now calling for mandatory mental illness screening for adults and children everywhere, we urge all who have an interest in preserving the mental health, the physical health and the freedom of their families, communities and nations, to read this publication. Something must be done to establish real help for those who need it.

Sincerely,

A handwritten signature in dark ink, appearing to read "Jan Eastgate". The signature is fluid and cursive.

Jan Eastgate
President, Citizens Commission
on Human Rights International

IMPORTANT FACTS

1 Community Mental Health (CMH) has been promoted as the solution to institutional problems. However, it has been an expensive failure.

2 By the 1970s, enough neuroleptic drugs and antidepressants were being prescribed outside psychiatric hospitals to keep some three to four million Americans drugged full-time.

3 The Netherlands Institute of Mental Health and Addiction reported that the CMH program in Europe created homelessness, drug addiction, criminal activities, disturbances to public peace and order and unemployment.

4 In Australia, the Federal Human Rights Commissioner Brian Burdekin announced that deinstitutionalization was a "fraud" and a failure. British officials also acknowledged its failure.

5 Psychiatry's CMH care budget in the U.S. has soared by more than 6,000% since 1969. Today the estimated costs are around \$11 billion (€9 billion) a year.





CHAPTER ONE

Community Mental Health Origins

Community Mental Health (CMH) is a major psychiatric expansion initiative. It began in the United States in the 1960s and spread to other countries in the 1980s. It has netted psychiatry and the pharmaceutical industry many billions of dollars.

Prior to this, patients had been warehoused in Bedlam-like psychiatric institutions, pumped full of drugs to make them submissive, and left to wallow in drug-induced stupors.

Throughout the 1950s, pressure grew from all quarters to address the appalling conditions, the lack of results and the growing cost burden.

CMH was promoted as the solution to all institutional problems. The premise, based almost entirely on the development and use of neuroleptic drugs, was that patients could now be suc-

cessfully released back into society. Ongoing service would be provided through government-funded units called Community Mental Health Centers (CMHCs). These centers would tend to the patients from within the community, dispensing the neuroleptics that would keep them under control. Governments would save money and

individuals would improve faster. The plan was called “deinstitutionalization.”

Psychiatrist Jack Ewalt hinted at a more global intent for deinstitutionalization at the time: “The program should serve the troubled, the disturbed, the slow, the ill, and the *healthy* of all age groups.”⁴ [Emphasis added] In other words psychiatrists were to go beyond the mentally disturbed, obtaining a healthy clientele to drug.

“Community mental health’ would not merely treat people but whole communities; it would, if possible, take on the mayors and the people concerned about the cities ... as ‘clients’; it would treat society itself and not merely its individual citizens ... and it was the drugs which gave it its most powerful technology.”

— Peter Schrag, author of *Mind Control*

From “Snake Pits” to “Snake Oil”

Author Peter Schrag wrote that by the mid-1970s, enough neuroleptic drugs and antidepressants “were being prescribed outside hospitals to keep some three to four million people medicated full-time—roughly 10 times the number who, according to the [psychiatrists’] own arguments, are so crazy that they would have to be locked

up in hospitals if there were no drugs.”⁵

Dr. Thomas Szasz, professor of psychiatry emeritus, declared that psychiatry’s miraculous offerings were “simply the psychiatric profession’s latest snake oil: drugs and deinstitutionalization. As usual, psychiatrists defined their latest fad as a combination of scientific

revolutions and moral reform, and cast it in the rhetoric of treatment and civil liberties." They claimed that psychotropic drugs "relieved the symptoms of mental illness and enabled the patients to be discharged from mental hospitals. Community Mental Health Centers were

touted as providing the least restrictive setting for delivering the best available mental health services. Such were the claims of psychiatrists to justify the policy of forcibly drugging and relocating their hospitalized patients. It sounded grand. Unfortunately, it was a lie."⁶

Even the American Psychiatric Association (APA) publication *Madness and Government* admitted, "... [P]sychiatrists gave the impression to elected officials that cures were the rule, not the exception ... inflated expectations went unchallenged. In short, CMHCs were oversold as curative organizational units."⁷

The truth is that CMHCs became legalized drug dealerships that not only supplied psychiatric drugs to former mental hospital patients, but also supplied prescriptions to individuals free of "serious mental problems."

Deinstitutionalization failed and society has been struggling with the disastrous results ever since.

Dr. Dorine Baudin of the Netherlands Institute of Mental Health and Addiction reported that the CMHC program in Europe had created "homelessness, drug addiction, crime, disturbance to public peace and order, unemployment, and intolerance of deviance."⁸

Community Mental Health is a "highly touted but failing social innovation." It "already bears the familiar pattern of past mental health promises that ... raised false hopes of imminent solutions, and wound up only recapitulating the problems they were to solve."

— Ralph Nader,
U.S. consumer advocate



U.S. consumer advocate Ralph Nader called CMHCs a “highly touted but failing social innovation.” It “already bears the familiar pattern of past mental health promises that were initiated amid great moral fervor, raised false hopes of imminent solutions, and wound up only recapitulating the problems they were to solve.”⁹

In Australia, federal Human Rights Commissioner Brian Burdekin announced that deinstitutionalization was a “fraud” and a failure. British officials also acknowledged the failure of community mental health care.¹⁰

Meanwhile, psychiatry’s CMHC budget in the United States soared from \$143 million (€117 million) in 1969 to over \$11 billion (€9 billion)—a more than 7,500% increase in funding, for a mere 10 times increase in the number of patients and, more importantly, no results.

If collecting these billions in inflated fees for non-workable treatments wasn’t bad enough, a congressional committee found that CMHCs had diverted between \$40 million (€32.7 million) and \$100 million (€81.8 million) to improper uses; i.e., into the pockets of psychiatrists.¹¹

The psychiatrists have consistently blamed the failure of deinstitutionalization on a lack of community mental health funding. In reality, they create the drug-induced crisis themselves and then, shamelessly, demand yet more money.

COMMUNITY MENTAL HEALTH FAILURE:

In 1963, the United States psychiatric research body, National Institute of Mental Health (NIMH), under psychiatrist Robert Felix (right), implemented a community health program which relied heavily on the use of mind-altering psychiatric drugs. Spawning an international trend, it sent drugged patients into the streets, homeless and incapable. After more than \$50 billion (€39 billion) spent on it, the program is an abject failure.

COMMUNITY MENTAL HEALTH

Exorbitant Cost, Colossal Failure

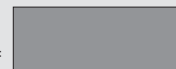
Spending on Community Mental Health Centers (CMHCs in the United States) has increased more than 100 times faster than the increase in number of people using CMHC clinics. Despite eating up taxpayer billions, the clinics have failed their patients and become little more than legalized drug dealerships for the homeless.

6,242%



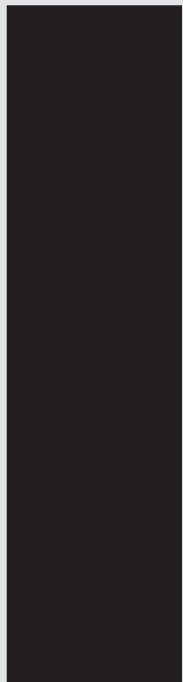
607%

Increase in use =

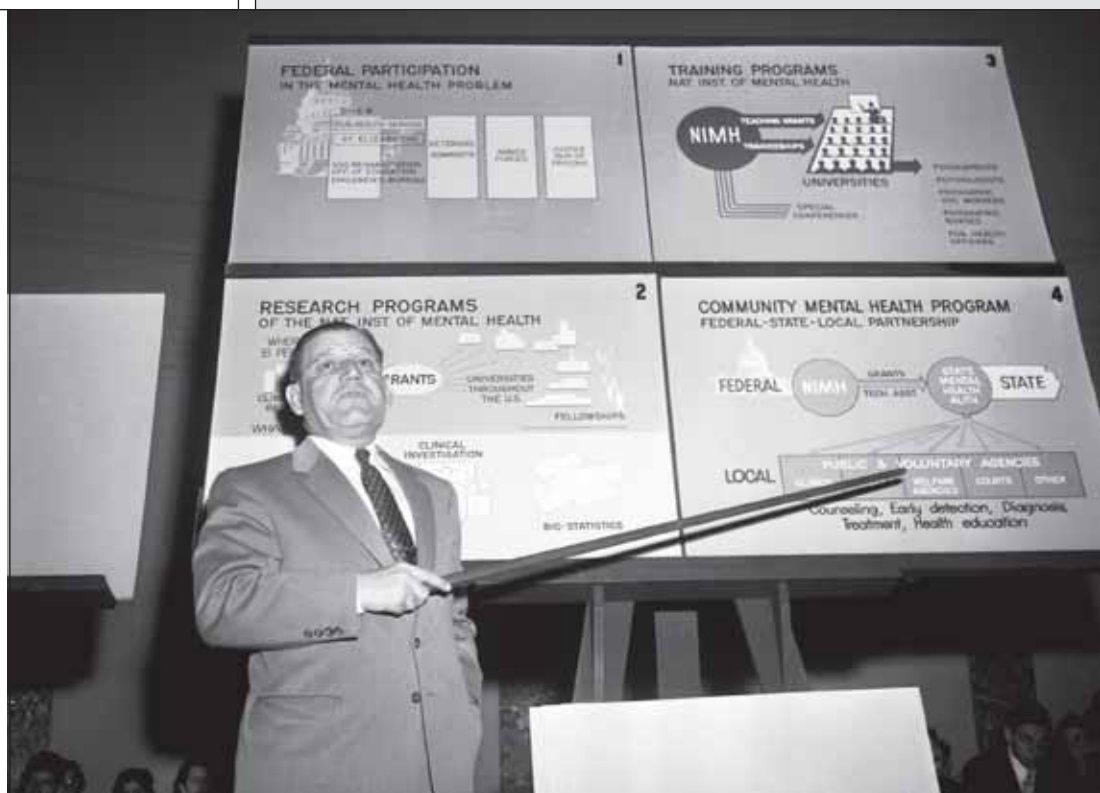


U.S. CMHC and psychiatric outpatient clinics increase in usage

Increase in cost =



U.S. CMHC and psychiatric outpatient clinics increase in cost



IMPORTANT FACTS

- 1** Mind-altering neuroleptic drugs are the destructive mainstay of community mental health programs.
- 2** The drugs hinder normal brain function and produce pathology much like the lobotomy which psychotropic drugs replaced.
- 3** The homeless individuals commonly seen grimacing and talking to themselves on the street are exhibiting the symptoms of psychiatric drug-induced damage.
- 4** Newer neuroleptics (antipsychotics) have sold at significantly higher prices, in one case at 30 times the price of the older versions. One new antipsychotic drug costs \$3,000 (€2,456) to \$9,000 (€7,368) more per patient, with no benefit as to symptoms, side effects or overall quality of life.
- 5** The drugs can cause serious side effects, notably diabetes, in some cases leading to death. In just one eight-year period more than 280 patients taking the new antipsychotics developed diabetes; 75 became severely ill and 23 died.
- 6** These drugs can also cause suicidal or violent behavior.





CHAPTER TWO

Dangerous Drug 'Treatment'

The advent of Community Mental Health psychiatric programs would not have been possible without the development and use of neuroleptic drugs, also known as antipsychotics, for mentally disturbed individuals.

The first generation of neuroleptics, now commonly referred to as "typical antipsychotics" or "typicals," appeared during the 1960s. They were heavily promoted as "miracle drugs" that, according to one *New York Times* article, "made it possible for most of the mentally ill to be successfully and quickly treated in their own communities and returned to a useful place in society."¹² [Emphasis added]

These claims were false. An article in the *American Journal of Bioethics* stated, "The reality was that the therapies damaged the brain's frontal lobes, which is the distinguishing feature of the human brain. The neuroleptic drugs used since the 1950s 'worked' by hindering normal brain function: they dimmed psychosis, but produced pathology often worse than the condition for which they have been prescribed—much like physical lobotomy which psychotropic drugs replaced."¹³

The homeless individuals commonly seen

grimacing and talking to themselves on the street are exhibiting the effects of such psychiatric drug-induced damage. "Tardive dyskinesia" (*tardive*, late appearing and *dyskinesia*, abnormal muscle movement) and "tardive dystonia" (*dystonia*, abnormal muscle tension) are permanent conditions caused by tranquilizers in which the muscles of the face and body contort and spasm involuntarily.

"In short, the drug-induced reactions are of such a nature that an observer could be forgiven for assum-

ing the person so affected was mentally ill and perhaps even dangerous. A person suffering from such a reaction, even to a minor degree, would experience great difficulty in being accepted by the man in the street as 'normal,'" wrote Pam Gorrington, author of *Mental Disorder or Madness?*¹⁴

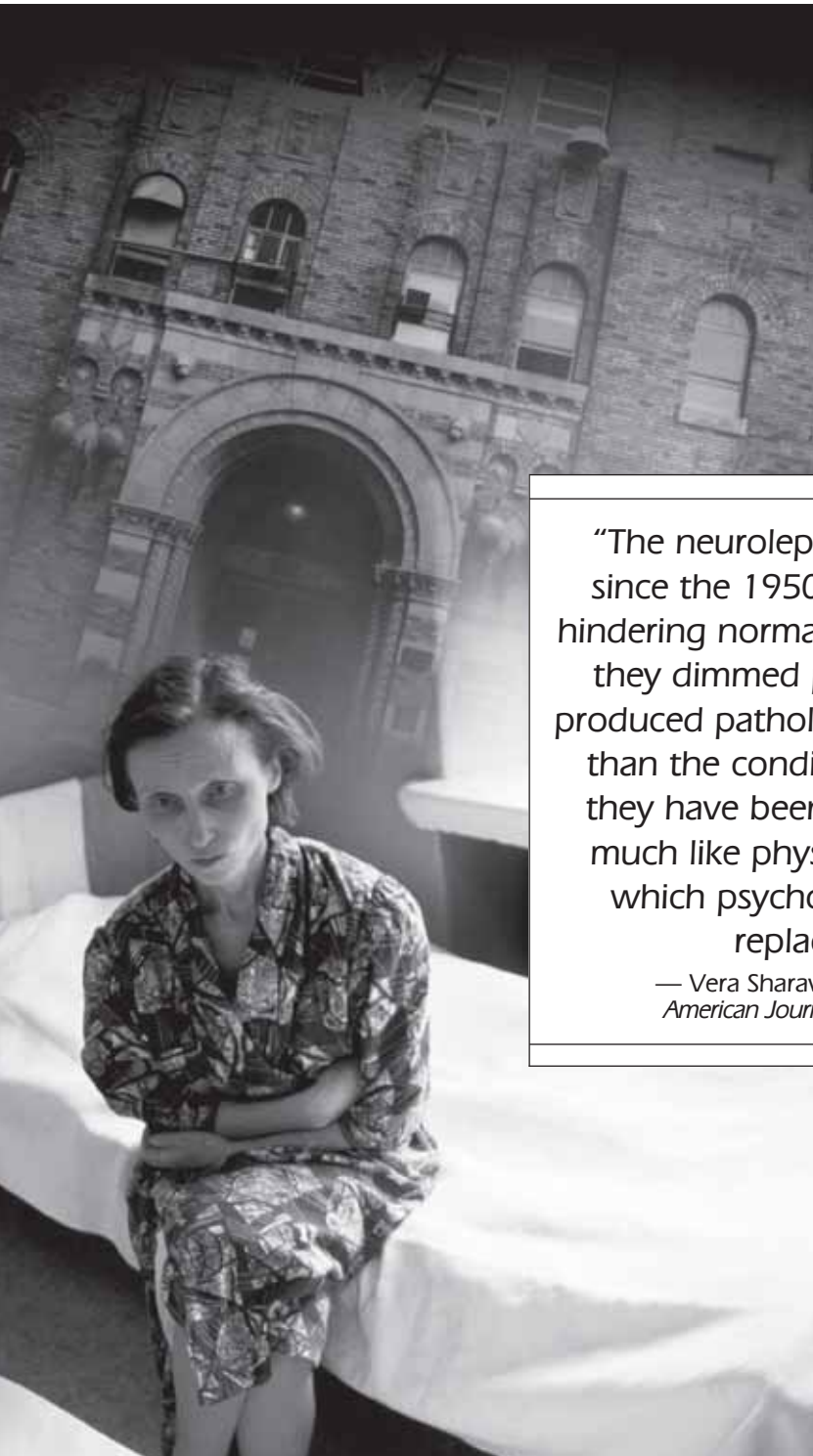
Neuroleptic patients became sluggish, apathetic, disinclined to walk, less alert and had an empty look—a vacuity of expression—on their

faces. Patients also complained of drowsiness, weakness, apathy, a lack of initiative and a loss of interest in surroundings.¹⁵

Robert Whitaker, author of *Mad in America*, reported, "The image we have today of schizophrenia is not that of madness—whatever that might be—in its natural state. All of the traits that we

"The creation of a tale of a breakthrough medication could be carefully plotted. Such was the case with the [new neuroleptics], and behind the public facade of medical achievement is a story of science marred by greed, deaths, and the deliberate deception of the American public."

—Robert Whitaker, *Mad in America: Bad Science, Bad Medicine, and the Enduring Mistreatment of the Mentally Ill*



“The neuroleptic drugs used since the 1950s ‘worked’ by hindering normal brain function: they dimmed psychosis, but produced pathology often worse than the condition for which they have been prescribed—much like physical lobotomy which psychotropic drugs replaced.”

— Vera Sharav writing in the
American Journal of Bioethics

awkward gait, the jerking arm movements, the vacant facial expression, the sleepiness, the lack of initiative—are symptoms due, at least in large part” to the effects of neuroleptics. “Our perceptions of how those ill with ‘schizophrenia’ think, behave, and look are all perceptions of people altered by medication, and not by any natural course of a ‘disease.’”¹⁶

As for improving the patients’ quality of life, neuroleptics have produced a miserable record. A patient survey found 90% of neuroleptic patients felt depressed, 88% felt sedated, and 78% complained of poor concentration. More than 80% of people diagnosed with “schizophrenia” are chronically unemployed.¹⁷ In other words, despite decades of promised cures, none have ever materialized.

In the 1980s, with the patent protection expired and the drugs becoming available in much cheaper generic forms, the prices for the major brands dropped steeply, making them unprofitable.¹⁸ This all changed in the early 1990s, when newly patented neuroleptics known as “atypical antipsychotics” or “atypicals” were introduced with even more fanfare than their predecessors.

The old neuroleptics were suddenly tagged as flawed drugs.¹⁹

Expert psychiatric *opinion* was recruited to disseminate claims that, “There is clear scientific evidence that newer classes of medications can better treat the symptoms of schizophrenia and depression with far fewer side effects.” The opinions were tagged “Expert Consensus Guidelines” despite their complete absence of scientific analysis, study reviews or clinical trials.²⁰

With these guidelines in place, psychiatrists finally saw fit to publicly admit what they had always known: that the earlier drugs did not control delusions or hallucinations; that two-thirds of the drugged patients had “persistent psychotic symptoms a year after their first psychotic break” and that 30% of patients didn’t respond to the drugs at all—a “non-response” rate that up until the 1980s had hardly ever been mentioned.

The new antipsychotics have sold at significantly higher prices, in one case at 30 times the price of the older drugs.²¹ Another new neuroleptic costs \$3,000 (€2,456) to \$9,000 (€7,368) more per patient, with no benefits as to symptoms, side effects or overall quality of life. Antipsychotic drug sales in the United States have increased by 1,500%, from less than \$500 million (€409 million) to more than \$10 billion (€7.8 billion). International sales are more than \$12 billion (€9.8 billion).²²

DESTROYING LIVES

Neuroleptic-Induced Harm

Most people prescribed psychiatric drugs are rarely informed that they could suffer crippling facial and body spasms as a permanent side effect of many of these drugs. The major tranquilizers (antipsychotics) damage the extrapyramidal system (EPS), the extensive complex network of nerve fibers that moderates motor control, resulting in muscle rigidity, spasms, various involuntary movements (below right). The muscles of the face and body contort, drawing the face into hideous scowls and grimaces and twisting the body into bizarre contortions.

Psychiatrists are aware of the devastating nerve damage their drugs cause and the risk of the patient suffering neuroleptic malignant syndrome, a potentially fatal toxic reaction where patients break into fevers and become confused, agitated, and extremely rigid. This can and has resulted in tens of thousands of deaths.

Something else that psychiatrists do not mention is that they have diagnosed the drug-induced permanent damage inflicted upon patients as a “mental disorder” for which they can now “double bill” insurance companies to “treat.” The disorders include the “neuroleptic malignant syndrome” and “neuroleptic-induced Parkinsonism.”

Not surprisingly, these chemicals are capable of throwing the minds of users into chaos and have a long and well-documented history of creating insanity in persons who take them.



There is no argument that the public must be protected from violent and psychotic or crazy behavior. However, the idea that this is the major risk we face from severely mentally disturbed patients, because of their mental condition, is a lie manufactured by psychiatrists themselves. So is the idea that we should minimize this "risk" by drugging patients with neuroleptics, against their will if necessary. The truth is that neither the absence of such drugs, or the failure to take them, is the problem. The drugs themselves *create* violent impulses.

■ Although the public may think that "crazy" people are likely to behave in violent ways, Robert Whitaker found this was not true of "mental patients" prior to the introduction of neuroleptics. Before 1955, four studies found that patients discharged from mental hospitals committed crimes at either the same or a lower rate than the general population. However, "eight studies conducted from 1965 to 1979 determined that discharged patients were being arrested at rates that exceeded those of

Studies have concluded that moderate-to-high doses of one major tranquilizer made half of the patients markedly more aggressive. Patients described "violent urges to assault anyone near."



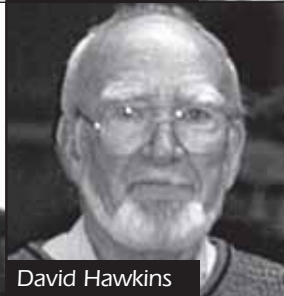
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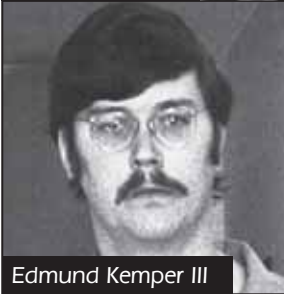
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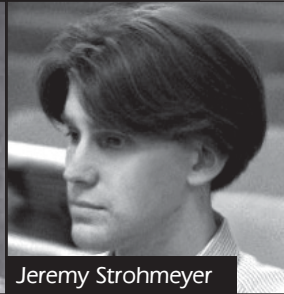
Eric Harris



David Hawkins



Edmund Kemper III



Jeremy Strohmeier

Many medical studies report evidence of psychiatric drugs inducing violent or suicidal behavior. The above murderers, from the U.S., Australia and Japan, committed brutal killings while undergoing psychiatric treatment involving psychiatric drugs.

the general population. ... Akathisia [extreme drug-induced restlessness] was also clearly a contributing factor."²³

■ Antipsychotic drugs may temporarily dim psychosis but, over the long run, make patients more biologically prone to it.²⁴

■ A study in *The Journal of Nervous and Mental Disease* on the use of neuroleptics in schizophrenics found a marked increase in violent behavior with moderately high dosages of a neuroleptic.²⁵

■ Another study determined that 50% of all fights in a psychiatric ward could be tied to akathisia. Another study concluded that moderate-to-high doses of one major tranquilizer made half of the patients markedly more aggressive. Patients described "violent urges to assault anyone near."²⁶

■ According to a study of one minor tranquilizer, "Extreme anger and hostile behavior emerged in eight of the 80 patients treated" with the drug. One woman who had no history of violence before taking the tranquilizer "erupted with screams on the fourth day, and held a steak knife to her mother's throat for several minutes."

FALSE 'MIRACLES'

Life-Threatening Therapies

The new "miracle" neuroleptics (or "atypical antipsychotics") have not lived up to the media and professional hype.²⁷ Their story goes far beyond mere advertising for the sake of maximizing profits.

■ Using the U.S. Freedom of Information Act (FOIA), science writer Robert Whitaker learned that the atypical drug trials did not support industry claims that the latest neuroleptics were safer or more effective than existing ones. One in every 145 patients who entered the trials *died*, and yet those deaths were never mentioned in the scientific literature. One in every 35 patients in trials for one atypical experienced a serious adverse event, defined by the Food and Drug Administration (FDA) as a life-threatening event or one that required hospitalization.

■ The *British Medical Journal* published the results of a multi-year study by Dr. John Geddes who had reviewed independent clinical trials involving over 12,000 patients, examining the effectiveness and dangers of the atypical and typical antipsychotics. The result: "There is no clear evidence that atypical antipsychotics are more effective or are better tolerated than conventional antipsychotics."²⁸

■ A study by Yale researchers published in the November 2003 edition of the *Journal of the American Medical Association* also found no statistically or clinically significant advantages of these new drugs.²⁹

■ The *New York Times* effectively retracted its earlier high praise for these antipsychotics, stating, "They were billed as near wonder drugs, much safer and more effective in treating schizophrenia than anything that had come before." However, now "there

is increasing suspicion that they may cause serious side effects, notably diabetes, in some cases leading to death."³⁰ More than 45 children have died from these drugs.

■ The FDA ordered makers of six atypicals to add a caution to their labeling language about

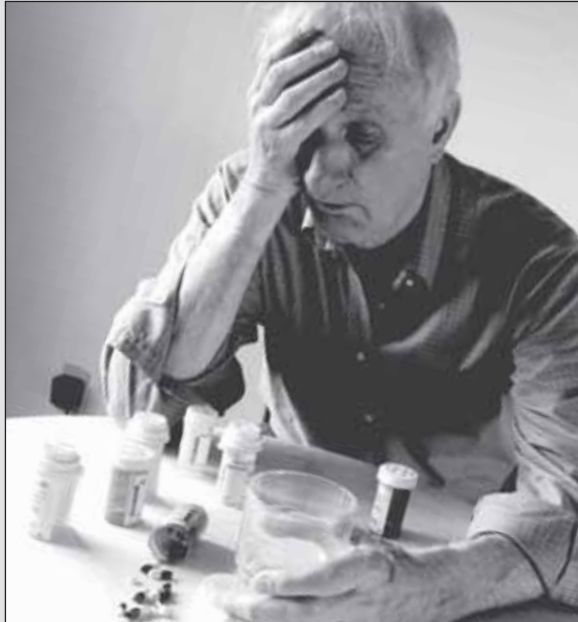
the risk of diabetes and blood sugar abnormalities and an additional "boxed" warning for elderly patients taking the drugs that the drugs increase death rates.

■ Eli Lilly, the manufacturer of the antipsychotic, Zyprexa, agreed to pay more than \$1 billion (€788 million) to settle more than 28,000 claims against the drug alleging it can potentially cause life-threatening diabetes.

■ Studies show that when patients stopped taking these drugs, they improved.³¹

Rather than fewer side effects, the newer antipsychotics have more severe side effects. These include blindness, fatal blood clots, heart arrhythmia, heat stroke, swollen and leaking breasts, impotence and sexual dysfunction, blood disorders, painful skin rashes, seizures, birth defects, extreme inner-anxiety and restlessness, death from liver failure, suicide rates two to five times more frequent than for the general "schizophrenic" population, and violence and mayhem, especially in young patients.

Nor are physical effects the extent of the problem. Many patients complain that the drugs are spiritually deadening, robbing them of any sense of joy, of their willpower, and of their sense of being. While the exact danger and side effect profiles have changed, the atypical neuroleptics still operate as a "chemical lobotomy."³²



IMPORTANT FACTS

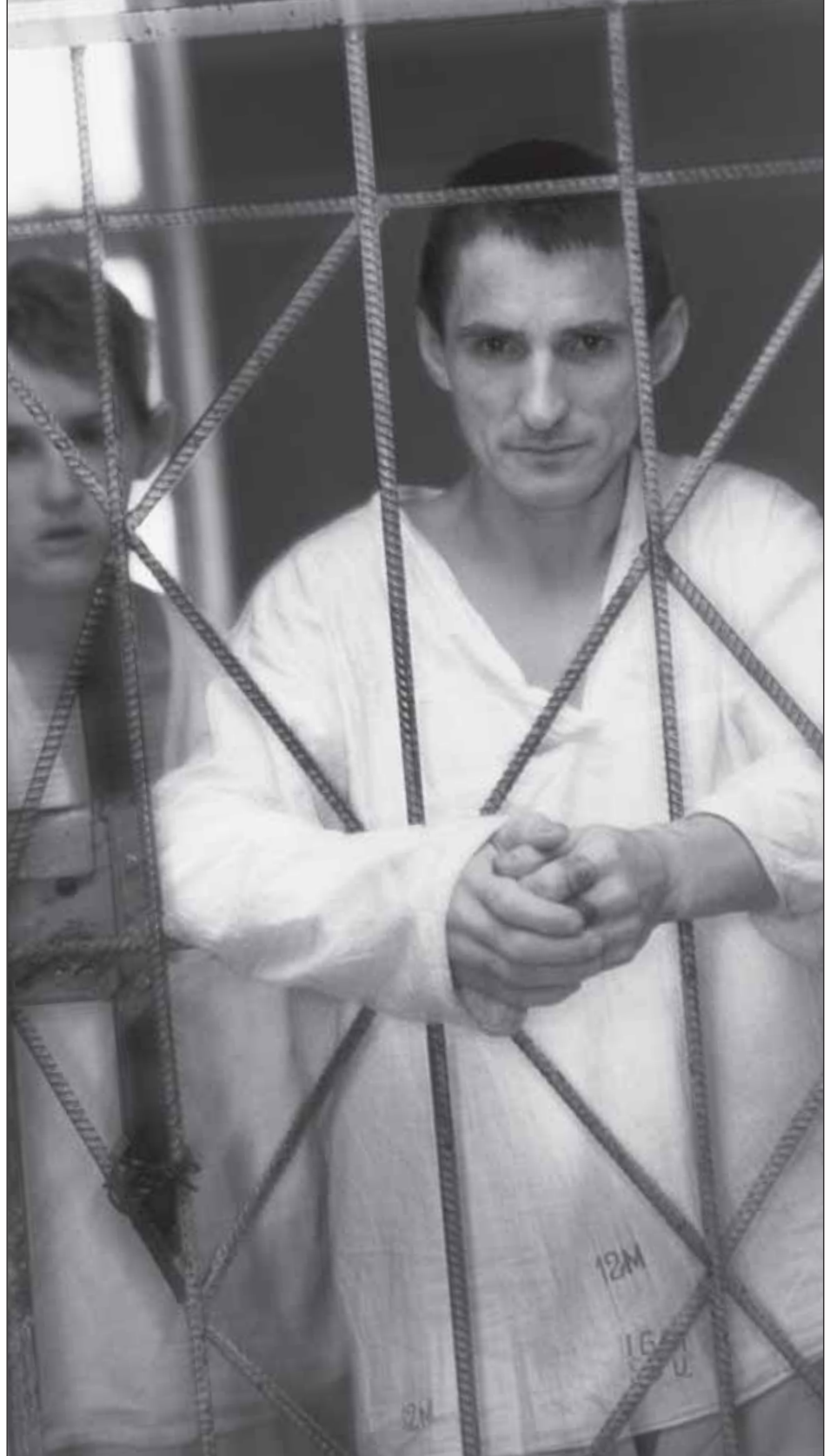
1 Every 75 seconds in the United States someone is committed to a psychiatric institution.

2 A U.S. Supreme Court judgment states: "No matter how the test for insanity is phrased, a psychiatrist or psychologist is no more qualified than any other person to give an opinion about whether a particular defendant's mental condition satisfies the legal test for insanity."

3 Most commitment laws are based on the concept that a person may be a danger to himself or others if not placed in an institution. However, psychiatrists admit they cannot predict dangerous behavior.

4 The majority of involuntarily committed individuals have fewer rights and less legal protections than a criminal, yet they have not violated any civil or penal code.

5 Pharmaceutical companies funded *all* of the psychiatrists that determined so called "schizophrenic" and "psychotic" disorders for inclusion in psychiatry's diagnostic, insurance billing manual."³³





CHAPTER THREE

Arbitrary Commitments

Accompanying the psychiatrists' push for expanded community mental health is their demand for greater powers to involuntarily commit individuals.

Currently in the United States, one person is involuntarily incarcerated in a psychiatric facility every 1 1/4 minutes. One study found increasing rates of involuntary commitment in Austria, England, Finland, France, Germany and Sweden, with Germany recording a 70% increase over eight years.³⁴

Before you finish reading this page, another person—perhaps a friend, a family member, or a neighbor—will have been committed and, more often than not, brutally treated.

Psychiatrists disingenuously argue that involuntary commitment in hospitals or the community is an act of kindness, that it is cruel to leave the demented or disturbed in a tormented state. However, such claims are based on the dual premises that: 1) psychiatrists have helpful and workable treatments to begin with, and 2) psychiatrists have some expertise in diagnosing and predicting dangerousness.

Both suppositions are patently false.

As already discussed, psychiatric neuroleptic

“treatment” not only *creates* the sort of violence or mental incompetence that would give cause for involuntary incarceration or coercive community treatment under current laws, it places the patient at greater risk mentally and physically. As a result of enforced community mental health treatment to date, we now have millions of drugged and incapable individuals roaming homeless on the streets.

“The accuracy with which clinical judgment presents future events is often little better than random chance. The accumulated research literature indicates that errors in predicting dangerousness range from 54% to 94%, averaging about 85%.”

— Terrence Campbell,
Michigan Bar Journal

Psychiatric detainment can become a life sentence. Apart from the fact that the committal process can keep a person indefinitely in the hospital for years, once released, patients may be under mandatory community “treatment” orders.

Robert Whitaker says that in this way, “States are asserting the right to demand that people living in the community take ‘antipsychotic’ drugs, which represents

a profound expansion of state control over the mentally ill.”³⁵

Most commitment laws are based on the concept that a person may be a danger to himself or others if not placed in an institution. However, an American Psychiatric Association (APA) task force admitted in a 1979 Brief to the U.S. Supreme Court that, “Psychiatric expertise in the prediction of ‘dangerousness’ is not established.”

Terrence Campbell in an article in the *Michigan Bar Journal* wrote, "The accuracy with which clinical judgment presents future events is often little better than random chance. The accumulated research literature indicates that errors in predicting dangerousness range from 54% to 94%, averaging about 85%."

Kimio Moriyama, vice president of the Japanese Psychiatrists' Association, expressed psychiatry's inability to foresee correctly what a person's future behavior might be: "A patient's mental disease and criminal tendency are essentially different, and it is impossible for medical science to tell whether someone has a high potential to repeat an offense."³⁶

Another psychiatric ruse is the claim that involuntary commitment protects the person's "right to treatment." Quite aside from the fiction of "treatment," involuntary commitment laws are totalitarian.

According to Professor Szasz, "Whether we admit it or not, we have a choice between caring for others by coercing them and caring for them only with their consent. At the moment, care without coercion—when the ostensible beneficiary's problem is defined as mental illness—is not an acceptable option" in professional deliberations on mental health policy.

"The conventional explanation for shutting out this option is that the mental patient suffers from a brain disease

As a result of enforced community mental health treatment to date, we now have millions of drugged and incapable individuals roaming homeless on the streets.





that annuls his capacity for rational cooperation.”

Professor Szasz says this is false. “All history teaches us to beware of benefactors who deprive their beneficiaries of liberty.”³⁷

Michael McCubbin, Ph.D., associate researcher, and David Cohen, Ph.D., professor of social services, both of the University of Montreal, say that the “‘right to treatment’ is today more often the ‘right’ to receive forced treatment.”³⁸

Article 5 of the European Convention on Human Rights guarantees, “Everyone who is deprived of his liberty by arrest or detention shall be entitled to take proceedings by which the lawfulness of his detention shall be decided speedily by a court and his release ordered if the detention is not lawful.” The United Nations Universal Declaration of Human Rights recommends similar protections.

Yet every week, thousands are seized without due process of law as a result of psychiatric involuntary commitment laws. The majority of these citizens have fewer rights and less legal protections than a criminal, yet they have not violated any civil or penal code.

George Hoyer, professor of community medicine at the University of Tromsø in Norway, wrote, “Seriously mentally disordered patients neither lack insight, nor is their competency impaired.”³⁹

Depriving the liberty of a “mentally disordered” person by involuntary incarceration in a psychiatric facility and then forcing “treatment” upon him or her, especially after a person’s explicit refusal to undergo potentially dangerous treatment, violates the most fundamental freedoms that are enjoyed by all other citizens, including those undergoing medical treatment.

Violating Human Rights

How easy is it to be committed? Very easy. Consider the following examples:

■ Seventy-four-year-old William, suffering congestive heart failure and reliant on an oxygen tank to breathe, said, “Yes,” when his homecare nurse asked if he felt depressed. Within 30 minutes, an attendant

LOST JUSTICE

Mental Health Courts

Mental health courts are facilities established to deal with arrests for misdemeanors or non-violent felonies. Rather than allowing the guilty parties to take responsibility for their crimes, they are diverted to a psychiatric treatment center on the premise that they suffer from “mental illness” which will respond positively to antipsychotic drugs. It is another form of coercive “community mental health treatment.”

Nancy Wolff, Ph.D., director of the Center for Mental Health Services and Criminal Justice Research, reports, “... there is no evidence to show that mental illness per se is the principal or proximate cause of offending behavior. ... Although believing in treatment as a protective shield is appealing ... most clients who were actively involved in assertive community ... treatment programs continued to have frequent contacts with the criminal justice system ... those clients who were the most criminally active were receiving the most expensive set of services.”

Wolff says further: “This type of special status for offenders who have mental illness holds the illness responsible for the behavior, not the individual, and, as such, opens the opportunity for individuals to use illness to excuse behavior.”⁴⁰

In a review of 20 mental health courts, the Bazelon Center for Mental Health Law found that these courts “may function as a coercive agent—in many ways similar to the controversial intervention, outpatient commitment—compelling an individual to participate in treatment under threat of court sanctions. However, the services available to the individual may be only those offered by a system that has already failed to help. Too many public mental health systems offer little more than medication.”⁴¹

In summary, there are clear indicators that governments’ endorsement of mental health courts and “community policing” (as it is referred to in some European countries) will see more patients forced into a life of mentally and physically dangerous drug consumption and dependence, with no hope of a cure.

from a local psychiatric hospital arrived and when William refused to go with him, the attendant called the police. The officers unhooked the oxygen tank, searched him for weapons, put him into a police car and drove him to a medical hospital which transferred him to a psychiatric facility. With no examination, William was committed as “suicidal,” and held involuntarily for 72 hours—for “observation.” The next day a psychiatrist said he needed to be detained another 48 hours and possibly as long as six months. William was “saved” only by the onset of a heart attack. He was transferred to a general hospital where a medical doctor determined that William had no need for psychiatric confinement. William’s health insurance was billed \$4,000

(€3,275) for four days in the psychiatric facility (even though he had only been there two days, and not by choice), and he was billed \$800 (€655) personally.

■ Massachusetts parents rushed their 8-year-old epileptic son to a hospital for a medication adjustment after he experienced hallucinations. Instead of adjusting his medication, staff committed him to a psychiatric facility. It took the frantic parents an entire day to secure his transfer to a medical hospital for appropriate care.

■ Psychiatrists in Germany involuntarily committed a 79-year-old woman because neighbors



Professor Thomas Szasz has pointed out that “... psychiatrists have been largely responsible for creating the problems they have ostensibly tried to solve.” They are, therefore, the last people we should turn to for solving the problem of our homeless, of violence and of community mental health in general.

reported she had acted “strangely.” Despite her long-term diabetes and liver, kidney and heart conditions, she was prescribed between 5 and 20 times the normal dosage of powerful tranquilizers. Six days later the woman was rushed to a hospital emergency room, where she died. An autopsy determined that she died of breathing difficulties—a complication of tranquilizers.

■ When 19-year-old “Jo” was persuaded to admit herself to a psychiatric hospital in England while recovering from eating problems, she was told she would be able to rest, go for walks and receive counseling. “My psychiatrist’s idea of counseling was to put me on antipsychotic drugs, and whenever I had a problem” to increase the dose, she told a London

newspaper. There was nothing to do but eat, watch television and smoke. On the drugs, “I became aggressive, and for the first time, I started to cut my arms,” she said. “The longer I was in there, the less sane I became.” When she ran away, she was returned to the hospital and involuntarily committed. A patient raped her. But when she reported this to staff they told her the man was “just ill.” It took several months before Jo’s mother was able to secure her release. “Looking back it’s hard to believe what happened to me. I went in for a rest but came out a total wreck.”⁴²

INVENTED DISEASES

Diagnostic Pseudoscience

Underlying all of the problems discussed in this publication and more, is a system of diagnosis of mental disorders that is unscientific to the point of being an outright fraud.

The psychiatric bible for diagnosing mental disorders is the APA's *Diagnostic and Statistical Manual of Mental Disorders* or *DSM*. First published in 1952, the latest edition, the *DSM-IV*, lists 374 mental disorders. From this manual comes the diag-

nosis with which psychiatry labels a person. Since psychiatry cannot cure any mental disorder, as it doesn't know their causes, it is also a label that the person will be stuck with for the rest of his life.

"Unlike medical diagnoses that convey a probable cause, appropriate treatment and likely prognosis, the disorders listed in *DSM-IV* (and *ICD-10**) are terms arrived at through peer consensus"—a vote by APA committee members—and designed largely for billing purposes, reports Canadian psychologist, Dr. Tana Dineen.⁴³ There is no objective science to it.

Psychiatrists admit they cannot even define what they are "treating."

■ On the "schizophrenia" entry, the authors of *DSM-II* admitted, "Even if it had tried, the Committee could not establish agreement about what this disorder is; it could only agree on what to call it."

■ In *DSM-III* psychiatrists admitted, "... the etiology [cause of mental disorders] is unknown.

A variety of theories have been advanced ... not always convincing—to explain how these disorders come about."

■ *DSM-IV* states the term "mental disorder" continues to appear in the volume "because we have not found an appropriate substitute."

Dr. Sydney Walker, psychiatrist, neurologist and author of *A Dose of Sanity* warned about the dangers of relying upon the *DSM*: "Unfortunately,



DSM can have a serious impact on your life. ... The manual's effects are felt far outside doctors' offices—in homes, business offices, courtrooms, and jails. *DSM* can be used to determine your fitness as a parent, your ability to do a job, even your right to support a particular political party.

"It can be used to keep a criminal in jail or to release a murderer back into society. It can be used to invalidate your will, to break your legal contracts, or to deny you the right to marry without a court's permission. If giving that much power to one book sounds scary, it is. But it's no exaggeration. ...

"I believe, until the public and psychiatry itself see that *DSM* labels are not only useless as medical 'diagnoses' but also have the potential to do great harm—particularly when they are used as means to deny individual freedoms, or as weapons by psychiatrists acting as hired guns for the legal system."⁴⁴

*ICD-10: International Classification of Diseases, section on mental disorders

IMPORTANT FACTS

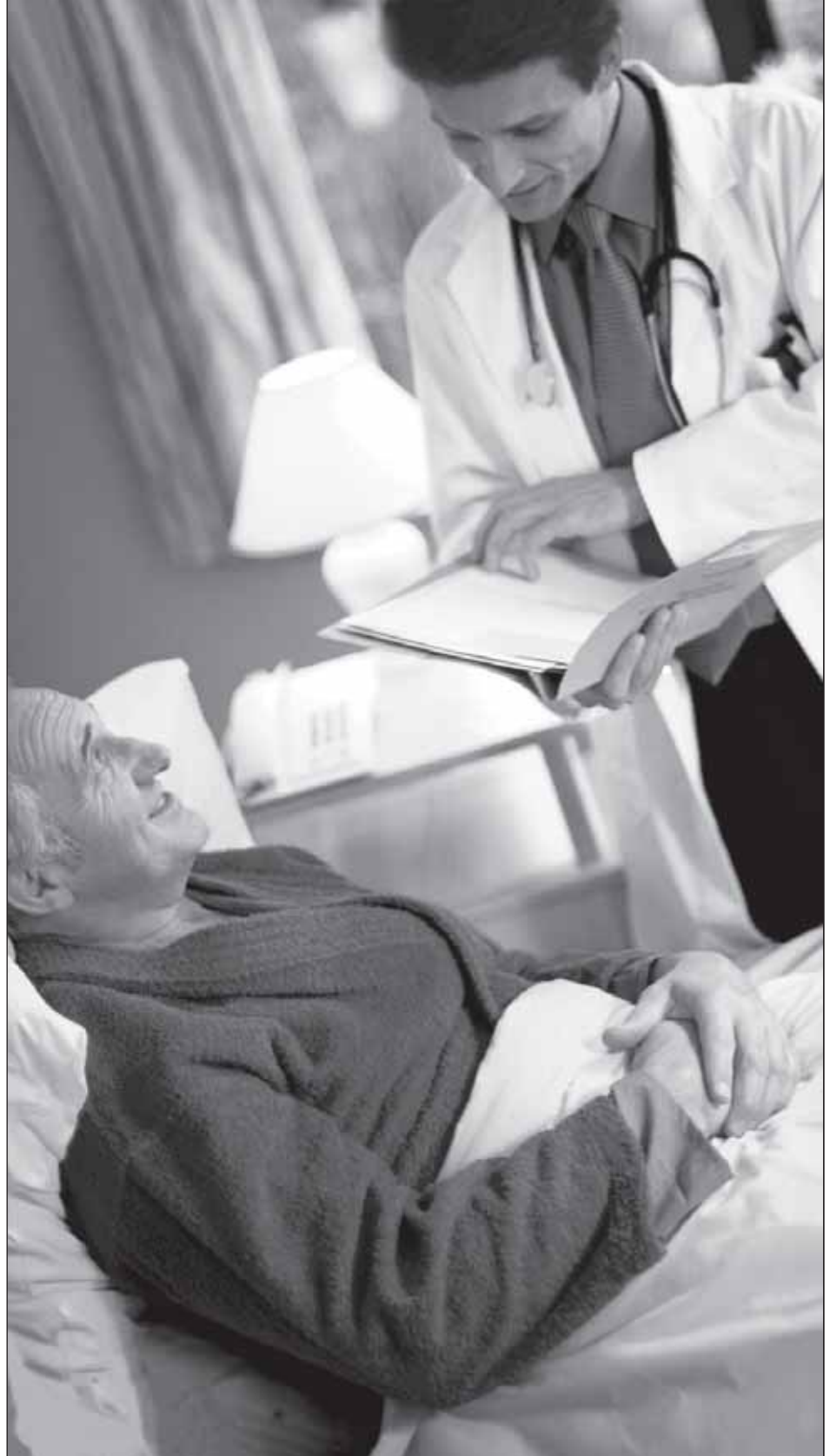
1 Psychiatry has never cured anything. Instead, as a consequence of its extensive use of dangerous antipsychotic drugs, it has created most of the mental ill health that now cries out desperately for cures.

2 Medical studies show that for many patients, what appear to be mental problems are actually caused by an undiagnosed physical illness or condition. This does not mean a "chemical imbalance" or a "brain-based disease," but a real physical condition with real pathology that can be addressed by a competent medical doctor.

3 A study published in the *Archives of General Psychiatry* found that several diseases closely mimic schizophrenia, including drug-induced psychosis, complete with delusions of persecution and hallucinations.

4 A thorough physical exam of a patient, "Mrs. J," who was diagnosed as schizophrenic after she began hearing voices in her head, discovered she was not properly metabolizing the glucose that the brain needs for energy. Once treated, she recovered and showed no lingering trace of her former mental state.

5 Dr. Thomas Szasz, professor of psychiatry emeritus, advises, "All criminal behavior should be controlled by means of the criminal law, from the administration of which psychiatrists ought to be excluded."





CHAPTER FOUR

Improving Mental Health

If someone ran amok in the street, grabbing citizens because he disapproved of their behavior, locking them up and torturing them with mind-altering drugs or electricity, there would be a public outcry. The perpetrator would be charged with assault and mayhem and incarcerated for many years.

But because the perpetrator is a psychiatrist and the brutal acts he commits are obscured with terms such as “mental health care” or the patient’s “right to treatment,” the systemic social and mental crippling of millions of people each year is ignored. The innocent patient is locked up; the perpetrator of abuse is allowed to roam free to repeat his crimes.

When any psychiatrist has full legal power to cause a person’s involuntary physical detention by force (kidnapping), to subject him to physical pain and mental stress (torture) that leaves him permanently mentally damaged (cruel and unusual punishment), all without proving that he has committed a crime (due process of law, trial by jury) then, by definition, a totalitarian state exists.

In his book, *Psychiatric Slavery*, Dr. Szasz wrote, “When people do not know ‘what else’ to do with, say, a lethargic, withdrawn adolescent, a petty criminal, an exhibitionist, or a difficult

grandparent—our society tells them, in effect, to put the ‘offender’ in a mental hospital. To overcome this, we shall have to create an increasing number of humane and rational alternatives to involuntary mental hospitalization. Old-age homes, workshops, temporary homes for indigent persons whose family ties have been disintegrated, progressive prison communities—these and many other facilities will be needed to assume the tasks now entrusted to mental hospitals.”

“A physical disease incorrectly diagnosed as a mental disease can lead to a lifetime on psychotropic drugs, loss of productivity, physical and social deterioration and shattered dreams.”

— Dr. Sydney Walker III, neurologist and psychiatrist, author of *A Dose of Sanity*

Proper medical screening by non-psychiatric diagnostic specialists is a vital preliminary step in mapping the road to recovery for any mentally disturbed individual. Medical studies have shown time and again that for many patients, what appear to be mental

problems are actually caused by an undiagnosed physical illness or condition. This does not mean a “chemical imbalance” or a “brain-based disease,” but a real physical condition with real pathology that can be addressed by a competent medical doctor.

Ordinary medical problems can affect behavior and outlook. Former psychiatrist William H. Philpott, now a specialist in nutritional brain allergies, reports, “Symptoms resulting from vitamin B12 deficiencies range from poor

concentration to stuporous depression, severe agitation and hallucinations. Evidence showed that certain nutrients could stop neurotic and psychotic reactions and that the results could be immediate.”

It is vital that mental health facilities have a full complement of diagnostic equipment and competent medical (non-psychiatric) doctors.

As for the dangerous person who is violent, he or she must be dealt with independent of psychiatrists. Dr. Szasz says, “To be sure some

people are dangerous.” But “dangerousness is not supposed to be an abstract psychological condition attributed to a person; instead, it is supposed to be an inference drawn from the fact that a person has committed a violent act that is illegal, has been charged with it, tried for it, and found guilty of it. In which case, he should be punished, not ‘treated’—in a jail, not in a hospital.”

If a person commits a dangerous offense then criminal statutes exist to address this. Szasz states further: “All criminal behavior should be

WORKABLE TREATMENT Real Help

Dr. Giorgio Antonucci in Italy believes in the value of human life and that communication, not enforced incarceration and inhumane physical treatments, can heal even the most seriously disturbed mind.

In the Institute of Osservanza (Observance) in Imola, Italy, Dr. Antonucci treated dozens of so-called schizophrenic patients, most of whom had been

continuously strapped to their beds or kept in straightjackets. All “usual” psychiatric treatments were abandoned. Dr. Antonucci released them from their confinement, spending many, many hours each day talking with them and “penetrating their deliriums and anguish.” He listened to stories of years of desperation and institutional suffering.

He ensured that patients were treated compassionately, with respect, and without the use of drugs. In fact, under his guidance, the ward transformed from the most violent in the facility to its calmest. After a few months, his “dangerous” patients were free, walking quietly in the asylum garden. Eventually they were stable and discharged from the hospital after many had been taught how to work and care for themselves for the first time in their lives. Dr. Antonucci’s superior



Dr. Antonucci treated his patients with communication, compassion and no drugs.

controlled by means of the criminal law, from the administration of which psychiatrists ought to be excluded.”

There is no mystery about the increase in gratuitous violence, criminality, youth suicides, armies of homeless wandering our cities and numerous other negative mental health indices in communities today. But they are not an expanding *mental illness* problem demanding more community mental health “treatments.” Rather they represent an expanding mental health problem *created* by psychiatrists and their treatments.

Psychiatry has never cured anything. Instead, and as a direct consequence of its extensive use of dangerous antipsychotic drugs, it has created most of the mental ill health that now cries out desperately for cures.

The bottom line, as Dr. Szasz points out, is that “... psychiatrists have been largely responsible for creating the problems they have ostensibly tried to solve.” They are, therefore, the last people to whom we should turn to solve the problem of our homeless, of violence and of community mental health in general.

results also came at a much lower cost. Such programs constitute permanent testimony to the existence of both genuine answers and hope for the seriously troubled.

A Haven of Hope

The following was written by Dr. Loren Mosher, clinical professor of psychiatry at the School of Medicine, University of California, San Diego and one-time chief of the U.S. National Institute of Mental Health’s Center for Studies of Schizophrenia.⁴⁵

“I opened Soteria House. ... There, young persons diagnosed as having ‘schizophrenia’ lived medication-free with a nonprofessional staff trained to listen, to understand them and provide support, safety and validation of their experience. The idea was that schizophrenia can often be overcome with the help of meaningful relationships, rather than with drugs. ...”



Courage could be described as persistence to overcome all obstacles and communication as the heart of life. These two qualities were displayed in abundance by two remarkable doctors: Dr. Giorgio Antonucci (left) and Dr. Loren Mosher, who both literally helped to return life to hundreds of patients lost in the degradation of psychiatric hospitals.

The Soteria project compared their treatment method with “usual” psychiatric hospital drug treatment interventions for persons newly diagnosed as having schizophrenia.

“The experiment worked better than expected. At six weeks post-admission, both groups had improved significantly and comparably despite Soteria clients having not usually received antipsychotic drugs! At two years post-admission, Soteria-treated subjects were working at significantly higher occupational levels, were significantly more often living independently or

with peers, and had fewer readmissions. Interestingly, clients treated at Soteria who received no neuroleptic medication ... or were thought to be destined to have the worst outcomes, actually did the best as compared to hospital and drug-treated control subjects.”



RECOMMENDATIONS

Recommendations

- 1** No person should ever be forced to undergo electric shock treatment, psychosurgery, coercive psychiatric treatment, or the enforced administration of mind-altering drugs. Governments should outlaw such abuses and cut funding to unworkable psychiatric methods.
- 2** Insist that community treatment laws that rely upon mandatory and thereby coercive measures be abolished, and dismantle or prevent “mental health courts” which are another conduit for drugging our communities.
- 3** Housing and work will do more for the homeless than the life-debilitating effects of psychiatric drugs and other psychiatric treatments that destroy responsibility. Many of them just simply want a chance.
- 4** Establish medical facilities—without psychiatrists—that have a full complement of diagnostic equipment to locate underlying and undiagnosed physical conditions that are most often causing seriously disturbed behavior.
- 5** Legal protections should be put in place to ensure that psychiatrists and psychologists are prohibited from violating the right of every person to exercise all civil, political, economic, social and cultural rights as recognized in the Universal Declaration of Human Rights, the International Covenant on Civil and Political Rights and in other relevant instruments.
- 6** File a complaint with the police about every incident of psychiatric assault, fraud or illicit drug selling. Send CCHR a copy of your complaint. Once criminal complaints have been filed, complaints should also be filed with the state regulatory agencies, such as state medical and psychologists’ boards. Such agencies can investigate and revoke or suspend a psychiatrist’s or psychologist’s license to practice.
- 7** Establish rights for patients and their insurance companies to receive refunds for mental health treatment which did not achieve the promised result or improvement, or which resulted in proven harm to the individual, thereby ensuring that responsibility lies with the individual practitioner and psychiatric facility rather than the government or its agencies.



Citizens Commission on Human Rights International

The Citizens Commission on Human Rights (CCHR) was established in 1969 by the Church of Scientology to investigate and expose psychiatric violations of human rights, and to clean up the field of mental healing. Today, it has more than 250 chapters in over 34 countries. Its board of advisors, called Commissioners, includes doctors, lawyers, educators, artists, business professionals, and civil and human rights representatives.

While it doesn't provide medical or legal advice, it works closely with and supports medical doctors and medical practice. A key CCHR focus is psychiatry's fraudulent use of subjective "diagnoses" that lack any scientific or medical merit, but which are used to reap financial benefits in the billions, mostly from the taxpayers or insurance carriers. Based on these false diagnoses, psychiatrists justify and prescribe life-damaging treatments, including mind-altering drugs, which mask a person's underlying difficulties and prevent his or her recovery.

CCHR's work aligns with the UN Universal Declaration of Human Rights, in particular the following precepts, which psychiatrists violate on a daily basis:

Article 3: Everyone has the right to life, liberty and security of person.

Article 5: No one shall be subjected to torture or to cruel, inhuman or degrading treatment or punishment.

Article 7: All are equal before the law and are entitled without any discrimination to equal protection of the law.

Through psychiatrists' false diagnoses, stigmatizing labels, easy-seizure commitment laws, brutal, depersonalizing "treatments," thousands of individuals are harmed and denied their inherent human rights.

CCHR has inspired and caused many hundreds of reforms by testifying before legislative hearings and conducting public hearings into psychiatric abuse, as well as working with media, law enforcement and public officials the world over.



MISSION STATEMENT

THE CITIZENS COMMISSION ON HUMAN RIGHTS

investigates and exposes psychiatric violations of human rights. It works shoulder-to-shoulder with like-minded groups and individuals who share a common purpose to clean up the field of mental health. We shall continue to do so until psychiatry's abusive and coercive practices cease and human rights and dignity are returned to all.

**Rosa Anna Costa,
Piedmont Regional Counsellor,
Commission for Health:**

"We must go on speaking for those who cannot. ... We must take the responsibility, as institutions, to lead the campaign, and I positively acknowledge CCHR for what it is doing in this field. There are situations that even we don't know about and it is important that associations like [CCHR] give us the chance to acquire knowledge about them ... I believe that [CCHR's work] should be expanded so that more people can learn what kind of abuses are being practiced by 'not-so-ethical' medical doctors. ... I want to thank the CCHR for what it does."

**The Hon. Raymond N. Haynes,
California State Assembly:**

"The contributions that the Citizens Commission on Human Rights

International has made to the local, national and international areas on behalf of mental health issues are invaluable and reflect an organization devoted to the highest ideals of mental health services."

**Johanna Reeve-Alexander,
Homeopathic Nutritionist,
Tara Health Center, Western Australia:**

"I have seen within CCHR a committed, caring, humanitarian team of dedicated professional people who are helping to bring to light the appalling truth behind some psychiatric practices. ... Without CCHR opening the gates and shining a torch on these practices via their literature, awareness campaigns, intervention at government levels and continual research, the public would be quite unaware of the malpractice at this level of medicine."

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