



The Leadership Project and
International Network towards Alternatives and Recovery
present the

RECOVERY PSY"COZY"UM 2008

Community Revitalization through Mental Health Recovery

Wednesday, June 4th 2008

May Robinson Auditorium
20 West Lodge Avenue, Toronto - Ontario

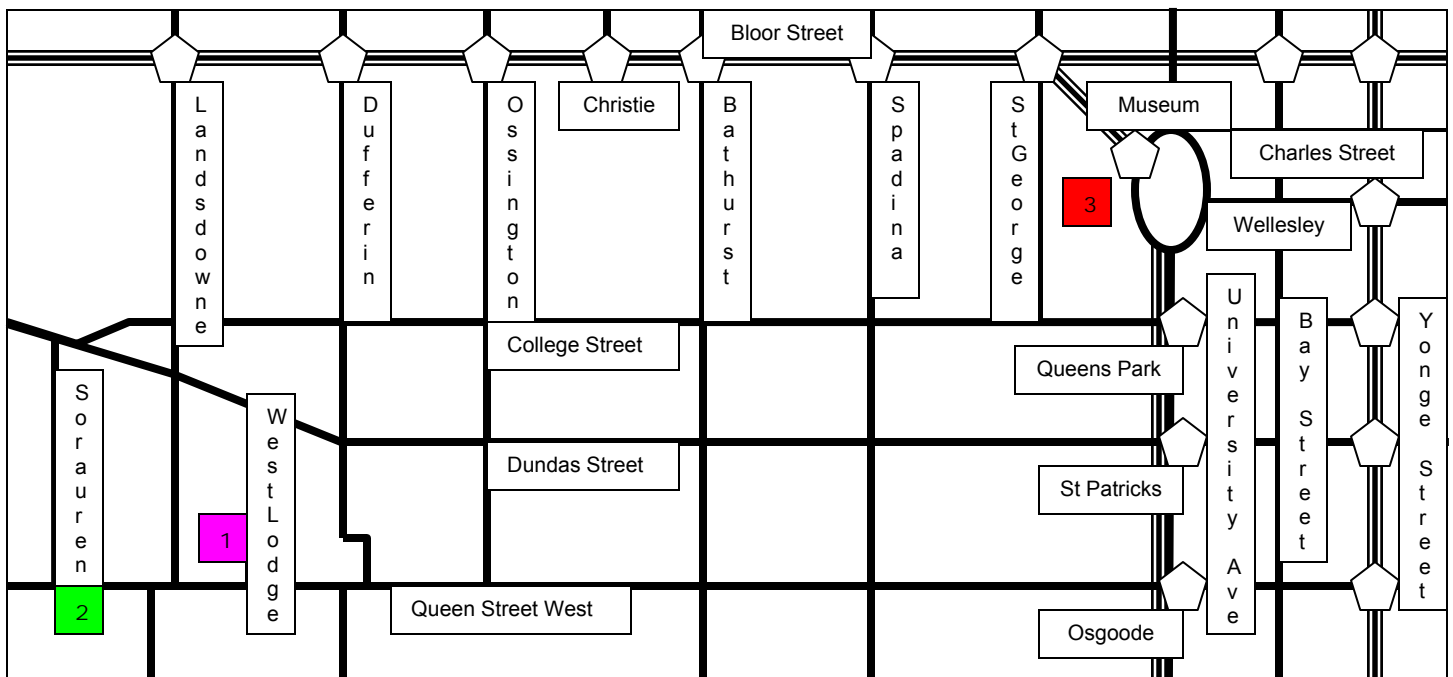
Conference Goals and Objectives

Our Goal

Community Revitalization through Mental Health Recovery

Our Objectives

1. To create an opportunity for people to learn, listen and understand how consumer/survivors in other countries deal with relevant issues effecting their involvement in their communities
2. To overcome the differences of opinion within our community to foster the establishment of common goals
3. To strategize about actions improving the situation of the individual and our community
4. To encourage and foster the creation and growth of a new vital and outspoken movement of people facing mental health difficulties and challenges



1 Purple = West Lodge; 2 Green = PARC; 3 Red = Hart House;

Subway stations by Street Connection or Name (Street names horizontal and vertical boxes)

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Program Schedule

Recovery Psy'cozy'um 2008

(Consumer/Survivors only)

Wednesday, June 4th 2008

May Robinson Auditorium, 20 West Lodge Avenue, Toronto ON

(The program schedule may change)

Time	Event
09:00 – 09:50 am	Registration and Refreshments
10:00 – 10:30 am	Welcome , Housekeeping, Introduction of Speakers , Opening Address
10:30 – 10:45 am	Break
10:45 – 12:15 pm	Self-help, Peer Support and Mutual Aid (Panel Presentation)
12:15 – 01:15 pm	Lunch
01:15 – 02:45 pm	Advocacy and the Survivor Movement (Panel Presentation)
02:45 – 03:00 pm	Break
03:00 – 04:30 pm	Dealing/Coping with 'Extreme' States of the Mind (Panel Presentation)
03:00 – 04:30 pm	Acupuncture Workshop at Parkdale Activity – Recreation Centre
03:00 – 04:30 pm	Meditation Workshop at Parkdale Activity – Recreation Centre
03:00 – 04:30 pm	Community Building Games for Groups at Parkdale Activity – Recreation Centre
04:30 – 04:45 pm	Break
04:45 – 05:30 pm	Wrap-Up and Next Steps {Plenary Session}
05:30 – 06:00 pm	Break and Relocation
06:00 – 10:00 pm	Creative Expressions and Welcome Party at Parkdale Activity – Recreation Centre



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Our Program

Welcome, Introduction of Speakers and Opening Address

Moderators: Mel Starkman and Heinz Klein (Survivor Activists)

Mel and Heinz will welcome folks to the Psy'cozy'um, introduce the international guests, and Mel will facilitate an opening address. This address, based on the previous Psy'cozy'um, talks about the path taken to make this consumer/survivor only day a reality.

Panel Presentation 1

Self-help, Peer Support and Mutual Aid

Moderators: Ron Bassman (USA) and Peter Lehmann (Europe)

This presentation aims at getting information in which ways other countries are promoting, fostering and working in mutual aid, self-help and peer support settings. Exploring possibilities to engage in different ways to promote and/or implement initiatives that will benefit our community. Includes a question and answer period.)

Panel Presentation 2

Advocacy and the Survivor Movement

Moderators: Jim Gottstein (USA) and Dan Taylor (Ghana)

We will explore means to engage in advocacy and to reflect on the survivor movement locally as well as abroad. Looking at examples, like the Irish Advocacy Network and others, our aim is to gain momentum to forge our own plan to invest in advocacy and the movement. Includes a question and answer period.

Panel Presentation 3

Dealing/Coping with 'Extreme' States of the Mind

Moderators: Paddy McGowan (Ireland) and Jasna Russo (Germany)

The medical establishment has come up with their ways to deal with 'extreme' states of the mind, not recognizing that there are other possibilities besides restraints, over-medication and use of forced treatment. We aim to explore in this presentation alternative options by using the knowledge-base of our international as well as local peer speakers. (Includes a question and answer period.)

Workshop 1

"Ear Acupuncture: Group Treatment / Free Clinic"

Facilitator: **Will Hall** (USA)

NADA Ear acupuncture is an effective, safe alternative for people in emotional distress and sleep deprivation. Will is a certified auricular acupuncturist and will talk about the history and clinical effectiveness of the NADA ear acupuncture protocol used around the world, describe the successes of the Northampton Freedom Center free weekly clinic, and explore the usefulness of this treatment approach in clinical settings for emotional distress labelled as psychosis and is especially effective in interrupting sleep deprivation. There will be a group demonstration of the treatment for all participants so they can feel for themselves the relaxing, beneficial effects and also the ease with which the treatment is administered. This workshop was a huge success in INTAR '07.

Workshop 2

Meditation

Facilitator: **Bhargavi Davar** (India)

Bhargavi facilitates a meditation workshop using active meditation. Generally this would be an early morning meditation using breath, vocalisation and body catharsis, but within our scheduling we will use the afternoon. One hour is required to do this.

Workshop 3

Community Building Games for Groups

Facilitator: **Molly Sprengelmeyer** (USA)

One thing that I'd love to share is Community Building Games for Groups. I practice playback theatre and find it an amazing tool for learning to listen and respond. Beyond that, I have background in many creative activities and bringing a sense of purpose and play into our healing processes. I'm also interested in enviro-mental matters and the interplay between mental health/wellbeing and the built and natural environment (creating sane spaces).

Closing Plenary

Wrap-Up and Next Steps

Moderators: **Heinz Klein** (Survivor Activists) and **Krista MacKinnon** (Survivor Provider)

Our intentions are to move towards active participation in revitalizing our community through advocacy, self-help and peer support. A brief history about accomplishments after the last Psy'cozy'um will be forthcoming. We will try to summarize the impressions of the day and move forward to talk about goals our community may establish in the future.

Creative Expressions and Welcome Party

'If Madness had a House Band'

Moderators: **Heinz Klein** (Survivor Activist), **Paul Denison** (Activist) and **Eric Fabris** (Survivor Activist)

Creative expressions are part of our history and there are many of us who display a creative side. This is the opportunity for everyone to get involved. A stage will be set up, refreshments will be served and all you have to do to be a part of this, is express yourself. You can do that musically, a poem will be okay, tell us a story or show us a skit. There will be a house band and a few feature acts that will be scheduled. A sign-up list will be facilitated. So, don't hesitate, have some fun.

Since this is a welcome party, all conference participants are welcome. We will introduce the organizers and guests of our conference and encourage networking and being 'cozy'.

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International Presenters and Participants

Bhargavi Davar from India

Bhargavi Davar, a survivor of psychiatry from India, is a researcher and writer, with books published from Sage Publications on women's mental health. She is a Director of the Bapu Trust, India, which is devoted to national level advocacy on human rights in mental health. She has facilitated the development of alternative mental health thinking in services as well as policy. She is very serious about her own self recovery practices.

Céline Cyr from Quebec in Canada

Céline is a Master's student at the School of Social Work at Université de Montréal. She works as trainer, teacher, is a service user and provider and an activist. Her areas of expertise are Gaining Autonomy with Medication, alternatives, recovery, crisis intervention, effects of trauma, secondary victimisation, psychiatric medications, electroshock, and salsa dancing (in progress!).

Dan Taylor from Ghana

Born in 1963, grew up and is still living in Accra, Ghana. Dan has a diploma in Journalism and Marketing. He was in 2004, co-founder of MindFreedom Ghana to fight for human rights and better living- and treatment-conditions for users and survivors of psychiatry. He has published articles in Ghanaian newspapers and abroad, organized symposia on prevention and rehabilitation in the mental health field, is engaged in radio and TV shows, and in 2006 organized a protest march against human rights abuses and stigma in psychiatry in Accra with 350 people. Dan calls for support and assistance to accentuate and strengthen the work of MindFreedom Ghana in a developing country like Ghana.

Jasna Russo from Germany

Jasna Russo comes from former Yugoslavia, where she has experienced psychiatry. She graduated in clinical psychology, lives in Berlin and works in the survivor-led organisation *In Any Case*. Jasna is a Board member of European Network of (ex) Users and Survivors of Psychiatry. She is published papers in Germany and UK, like research reports including *Taking a Stand: Homelessness and Psychiatry from Survivors' Perspective* (together with T. Fink, Berlin 2003); *From One's Own Perspective: Users' Experiences of Person Centred Care* (together with F. Scheibe and A. K. Lorenz, Berlin 2007). Currently Jasna works on research on informed consent for a clinical study as experienced by participants (for **Service User Research Enterprise** at the Institute of Psychiatry, Kings College, London).

Jim (James) B. Gottstein from Alaska in the United States

Jim Gottstein is a psychiatric survivor Harvard lawyer who has been practicing law in Alaska for 25 years, including representing or advocating for people diagnosed with serious mental illness, and establishing alternatives to the current coercive, "Medical Model" Approach of psychiatry. Since founding the Law Project for Psychiatric Rights (PsychRights®) in 2002 to mount a strategic litigation campaign against forced psychiatric drugging across the United States, he has won two cases, which have been described as landmarks. His and others' efforts to create non-coercive, non-drug alternatives have yielded Soteria-Alaska, and CHOICES, Inc., two peer operated programs in Alaska. Mr. Gottstein is most known round the world for subpoenaing and releasing the Zyprexa Papers to the New York Times documenting Eli Lilly's suppression of information regarding Zyprexa causing diabetes and other metabolic problems.

Jim Walsh from Ireland

Jim used mental health services for approximately 14 years. During that time he became actively involved in various mental health initiatives set up with the specific aim to improve the status of people experiencing psychological and emotional distress within mental health care systems. He is involved in a number of local, national and international user and carer initiatives – Mental Health Ireland, the Irish Advocacy Network, the Institute for Mental Health Recovery the International Network of Treatment Alternatives for Recovery and the International Initiative for Mental Health Leadership. He now works as a lecturer in mental health at the School of Nursing, Dublin City University.

Molly Sprengelmeyer from the United States

Molly Sprengelmeyer is the co-founder of the Asheville Radical Mental Health Collective, providing mutual aid and support since 2005. She recently founded a non-profit that promotes and supports various peer initiatives, while providing a community active space for people to be, belong and become, fostering community, creativity and collaboration. She has worked as a front-line social service worker for over 20 years in various settings and currently sits on numerous local civic boards and committees. She is passionate about the arts and the environment and their place in the healing/recovery process.

Oryx Cohen from the United States

Oryx Cohen, M.P.A., is a leader in the international consumer/survivor/ex-patient (c/s/x) movement. Currently he is the Co-Director of the Western Massachusetts Recovery Learning Community. He has helped to spearhead an innovative peer-run approach focusing on recovery, healing, and community. Oryx is also the co-founder of Freedom Center, the Pioneer Valley's only independent peer-run support/activist organization. Oryx serves on several boards and committees internationally, nationally and regionally, including the National Association for Rights Protection and Advocacy (NARPA) and the International Network of toward Alternatives and Recovery (INTAR). Oryx volunteered for several years with MindFreedom International, directing its Oral History Project, which involved collecting and documenting c/s/x stories of abuse, empowerment, recovery, and resistance in the mental health system.

Paddy McGowan from Ireland

Originally from Omagh in County Tyrone. I am currently employed as a lecturer with DCU School of Nursing (Dublin). I recovered from schizophrenia with the support of other survivors and professionals and can speak authoritatively and humanely from the *inside out*, relying not on the presuppositions of dubious and largely unproven scientific theories, but from reflecting sensitively, honestly and often painfully on the experience of "hearing voices" synonymous with a diagnosis of schizophrenia. I was involved in organising the first "Voices" conference in Derry in November 1999. As a member of the

Institute for Recovery in Mental Health and a prominent member of the International Network toward Alternatives and Recovery (INTAR) I am committed to creating alternatives to the medical/maintenance model. I set up the first user group in Ireland in 1994 and was the founder and first Chief Executive Officer of the Irish Advocacy Network, which is heavily involved in developing peer advocacy training alongside staff awareness training in user empowerment and advocacy to an accredited degree level. I continue to lecture on mental-health advocacy and recovery-oriented approaches to severe psychiatric disability in Universities and Colleges locally, nationally and internationally, alongside facilitating training for mental-health and allied professionals, families and carers.

Peter Lehmann from Europe

Peter Lehmann, publisher, survivor of psychiatry, living in Berlin. Board-member of the European Network of (ex-) Users and Survivors of Psychiatry. English publications include, *Coming off Psychiatric Drugs: Successful Withdrawal from Neuroleptics, Antidepressants, Lithium, Carbamazepine and Tranquilizers*, edited in 2004; *Alternatives Beyond Psychiatry* edited in 2007 together with Peter Stastny. More at www.peter-lehmann.de/inter

Ron(ald) Bassman from the United States

At 25, I was admitted to a psychiatric hospital for the second time in three years. Diagnosis: chronic schizophrenia; treatments: electro-shock, insulin comas and massive doses of Thorazine. After I recovered from my "treatments" and addressed the identity issues that triggered my excursion into madness, I earned my doctorate and became a licensed psychologist. My current work includes psychotherapy, consultation and University teaching. Advocacy and activism fills the remainder of my non-family time. In June 2007 I published the book, *A Fight to Be: A Psychologist's Experience from Both Sides of the Locked Door*.

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REGISTRATION FORM

Workshop and Event Preferences (Subject to change)

Checkmark your initial preferences for workshops you are most likely to attend

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RECOVERY Psy'cozy'um 2008 (Consumer/Survivors only)**

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To complete the Registration form, read and sign the Registration Policy (next page)

First Name		Last Name		
Organization		C/S	Family	Provider
Street		City	Province	Postal Code
Phone		E-Mail		

How to Register and Registration Policy

Refreshments and entertainment will be provided.
Both venues are wheelchair accessible.

Please review the conference program. Proceed with the registration process by choosing your preferred sessions. We prefer a registration for each individual attending the RECOVERY Psy'cozy'um 2008 to ensure that we have enough refreshments ordered. (Please use photocopies if more than one person is attending). You can e-mail your registration. We can accommodate only 160 consumer/survivors.

Cancellation Policy:

In the event that you have registered and cannot attend, we welcome delegate substitutions.

In the event of unforeseen circumstances, the Conference Planning Committee reserves the right to reschedule, relocate or cancel the conference.

I have read, understand and accept the terms and condition of this Registration Policy, including the Cancellation Policy. Please make a copy for your files and send.

Please indicate here if you need special dietary consideration:

For more information and registration forms e-mail heinz_klein@hotmail.com or bmckinnon@iprimus.ca