



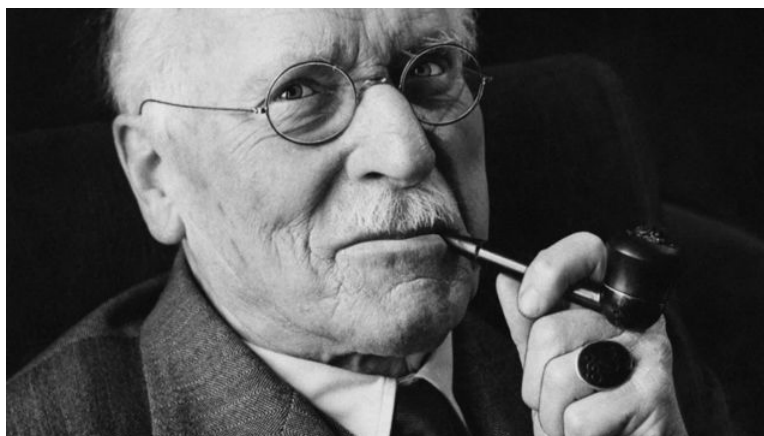
# Wounded Healers:

How the Peer Movement is Transforming Mental Health

Presented for: Maine HOPE Conference

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## Wounded Healers

- Carl Jung archetype based on Chiron of Greek mythology, who after being painfully wounded was given the gift to heal others
- Many indigenous cultures embrace a similar idea and see shamans as wounded healers
- Jung himself was a wounded healer
- Jung's mystical experiences led to many of his transformative ideas, including the collective unconscious and synchronicity



## Growing up in the U.S.A.

- 40 fold increase in children diagnosed with "bipolar disorder" from the early 1990s to the early 2000s
- 7 fold increase in children under 13 on "antipsychotic medication" from 1993 to 2009
- Number of "mental disorders" listed in the DSM has increased from 106 in 1952 to 374 in 1994
- Surgeon General David Satcher reported in 1999 that half of Americans will have a diagnosable "mental disorder" at some point in their lives





## Is Our Country Getting “Sicker?”

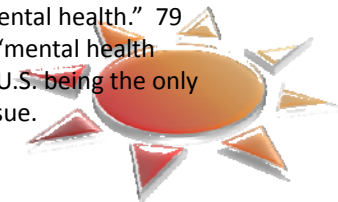
Or are we seeing the effects of out of control capitalism, isolation, poverty, environmental destruction, discrimination, violence, trauma and the breakdown of family/community life and calling it “mental illness?”

Do individual reactions reflect a country/world in crisis?



## How Does the U.S.A. Compare to the Rest of the World?

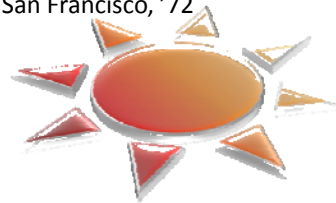
- World Health Organization Studies show that our recovery rates are half as good as 3<sup>rd</sup> World Countries
- One of two countries to allow pharmaceutical companies to do direct to consumer advertising
- UK Psychologist John Read describes the U.S. as an outlier when it comes to views on “mental health.” 79 out of 80 countries he looked at saw “mental health issues” as primarily social issues, the U.S. being the only one to see it as primarily a medical issue.





## The Mad Movement

- Early 1970s – Pockets of Independent Radical Activism
- Insane Liberation Front – Portland, OR, '70
- Mental Patients Liberation Project – NYC, '71
- Mental Patients Liberation Front – Boston, '71
- Network Against Psychiatric Assault – San Francisco, '72
- *Madness Network News*  
"All the fits that's news to print"





## National Organizing Begins

- Human Rights Against Psychiatric Oppression Conference – Detroit, 1972
- MindFreedom International forms in 1990\*

\*What is now MindFreedom International (which publishes the *MindFreedom Journal*) used to be called Support Coalition International (the journal was called *Dendron* at that time)



## The Movement Gets Funded

- Government funding begins in the 1980s
- On Our Own of Maryland is first to receive State funding in 1983
- Alternatives Conference begins in 1985 with Federal funding with Baltimore hosting
- The Self-Help Clearinghouse and National Empowerment Center become first two federally funded National Consumer-Run Technical Assistance Centers in the early 1990s





## Where We Are Now

- Now there are 5 federally-funded National Consumer-Run and Consumer Supporter TA centers
- National Coalition for Mental Health Recovery formed in 2006 and now has representation from 32 states
- Most states support some type of peer support/recovery-oriented services
- Systems change is slowly happening



## SAMHSA's Working Definition of Recovery

- A process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential.





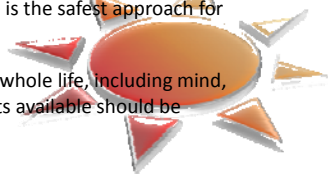
## SAMHSA's Guiding Principles of Recovery

**1. Recovery emerges from hope:** The belief that recovery is real provides the essential and motivating message of a better future – that people can and do overcome the internal and external challenges, barriers, and obstacles that confront them.

**2. Recovery is person-driven:** Self-determination and self-direction are the foundations for recovery as individuals define their own life goals and design their unique path(s).

**3. Recovery occurs via many pathways:** Individuals are unique with distinct needs, strengths, preferences, goals, culture, and backgrounds including trauma experiences that affect and determine their pathway(s) to recovery. Abstinence is the safest approach for those with substance use disorders.

**4. Recovery is holistic:** Recovery encompasses an individual's whole life, including mind, body, spirit, and community. The array of services and supports available should be integrated and coordinated.

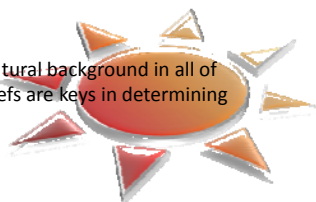


## SAMHSA's Guiding Principles of Recovery

**5. Recovery is supported by peers and allies:** Mutual support and mutual aid groups, including the sharing of experiential knowledge and skills, as well as social learning, play an invaluable role in recovery.

**6. Recovery is supported through relationship and social networks:** An important factor in the recovery process is the presence and involvement of people who believe in the person's ability to recover; who offer hope, support, and encouragement; and who also suggest strategies and resources for change.

**7. Recovery is culturally-based and influenced :** Culture and cultural background in all of its diverse representations including values, traditions, and beliefs are keys in determining a person's journey and unique pathway to recovery.



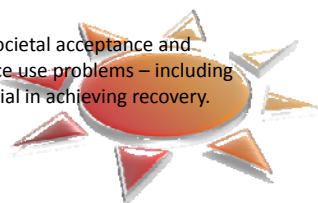


## SAMHSA's Guiding Principles of Recovery

**8. Recovery is supported by addressing trauma** : Services and supports should be trauma-informed to foster safety (physical and emotional) and trust, as well as promote choice, empowerment, and collaboration.

**9. Recovery involves individual, family, and community strengths and responsibility**: Individuals, families, and communities have strengths and resources that serve as a foundation for recovery.

**10. Recovery is based on respect** : Community, systems, and societal acceptance and appreciation for people affected by mental health and substance use problems – including protecting their rights and eliminating discrimination – are crucial in achieving recovery.



*"Every major innovation in mental health in the last 20 years has been led by peers, starting with recovery and peer support which have been fundamental."*

Ron Manderscheid, PhD  
Executive Director, NACBDD and NARMH







## Peer Innovation: Western Mass Recovery Learning Community

- The Western Massachusetts Recovery Learning Community is a community organization run by and for people with lived experiences with mental health issues, trauma, and/or extreme states that is dedicated to improving the well-being for all in the community:

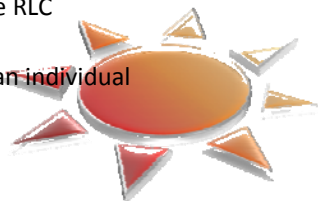
[www.westernmassrlc.org](http://www.westernmassrlc.org)





## Peer Innovation: Alternatives to Suicide Support Groups

- With over 10,000 suicides per year, suicide is the 2<sup>nd</sup> leading cause of death (2<sup>nd</sup> to “Unintentional Injury”) for young Americans age 15 – 34 (CDC, 2010)
- Alternatives to Suicide Support Groups started in 2009 in Western Massachusetts as a part of the RLC
- Views suicide as a social problem, not an individual problem



## Alternatives to Suicide Support Groups (cont.)

- Led by suicide-attempt survivors themselves
- Normalizes the experience
- Helps members explore alternatives
- Has had tremendous success!





## Peer Innovation: Peer-run Respite

- Peer developed and peer-run
- Initial research shows very positive results, including cost-effectiveness
- Shorter term stays, usually from a few days to two weeks
- Ideal is for these to be neighborhood houses
- Currently there are 25 plus peer-run respites across the country, with more in development



## Peer Innovation: Emotional CPR (eCPR)

### **What is eCPR?**

A public health education program which prepares members of the public to assist a person who is experiencing an emotional crisis

### **Why eCPR?**

- There is a vast and compelling need for the general public to learn how to assist any person who is experiencing an emotional crisis.

• Just as CPR trains people to help someone in cardiac crisis, eCPR trains people to help others in emotional crisis.

***eCPR is a form of heart-to-heart connection for emotional resuscitation.***



## Emotional CPR (cont.)

- e - Emotion
- C - Connect
- P - emPower
- R - Revitalize



## Peer Innovation: Intentional Peer Support

### ***Core Principles***

- From Helping to Learning
- From Individual to Relationship
- From Fear to Hope





## Intentional Peer Support (cont.)

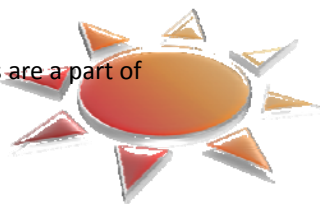
### *Core Tasks*

- Connection
- Worldview
- Mutuality
- Moving Towards



## Peer Innovation: Hearing Voices Network

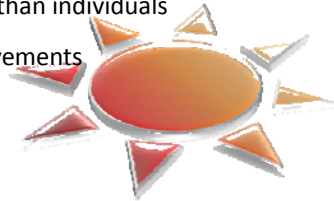
- Views extreme or altered states as a natural part of the human experience to be learned from
- Over 25 countries from around the world are a part of the network
- Hearing voices and other altered states are a part of human diversity





## How We Can Heal

- Recognition that emotional difficulty (including emotional numbness) and trauma are universal
- Crisis as opportunity - learning from emotional distress and altered states rather than trying to suppress them
- Focus on healing communities rather than individuals
- Connect with other human rights movements



*"Be the change you wish to see in the world"*

Mahatma Gandhi





*“The salvation of the world lies in  
the hands of the  
creatively maladjusted”*

Martin Luther King, Jr.



## Resources

Healing Voices Film

[www.healingvoicesmovie.com](http://www.healingvoicesmovie.com)

<https://www.facebook.com/groups/HealingVoicesFilm/>

*The Ex-Patient's Movement* by Judi Chamberlin

<http://www.power2u.org/articles/history-project/ex-patients.html>

Western Massachusetts Recovery Learning Community

<http://www.westernmassrlc.org>





## Resources (cont.)

Alternatives to Suicide Webinar

<https://www.youtube.com/watch?v=G2zrMv8C7CA>

Emotional CPR

<http://www.emotional-cpr.org>

Hearing Voices Network

<http://www.hearingvoicesusa.org>



## Resources (cont.)

Intentional Peer Support

<http://www.intentionalpeersupport.org>

Peer Respite

<http://www.peerrespite.net>

Wellness Recovery Action Planning

<http://www.copelandcenter.com>







## Contact Us

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