

# History and Accomplishments of the Consumer/Survivor/Ex- patient (c/s/x) Movement

Developed by the National Mental  
Health Consumers' Self-Help  
Clearinghouse

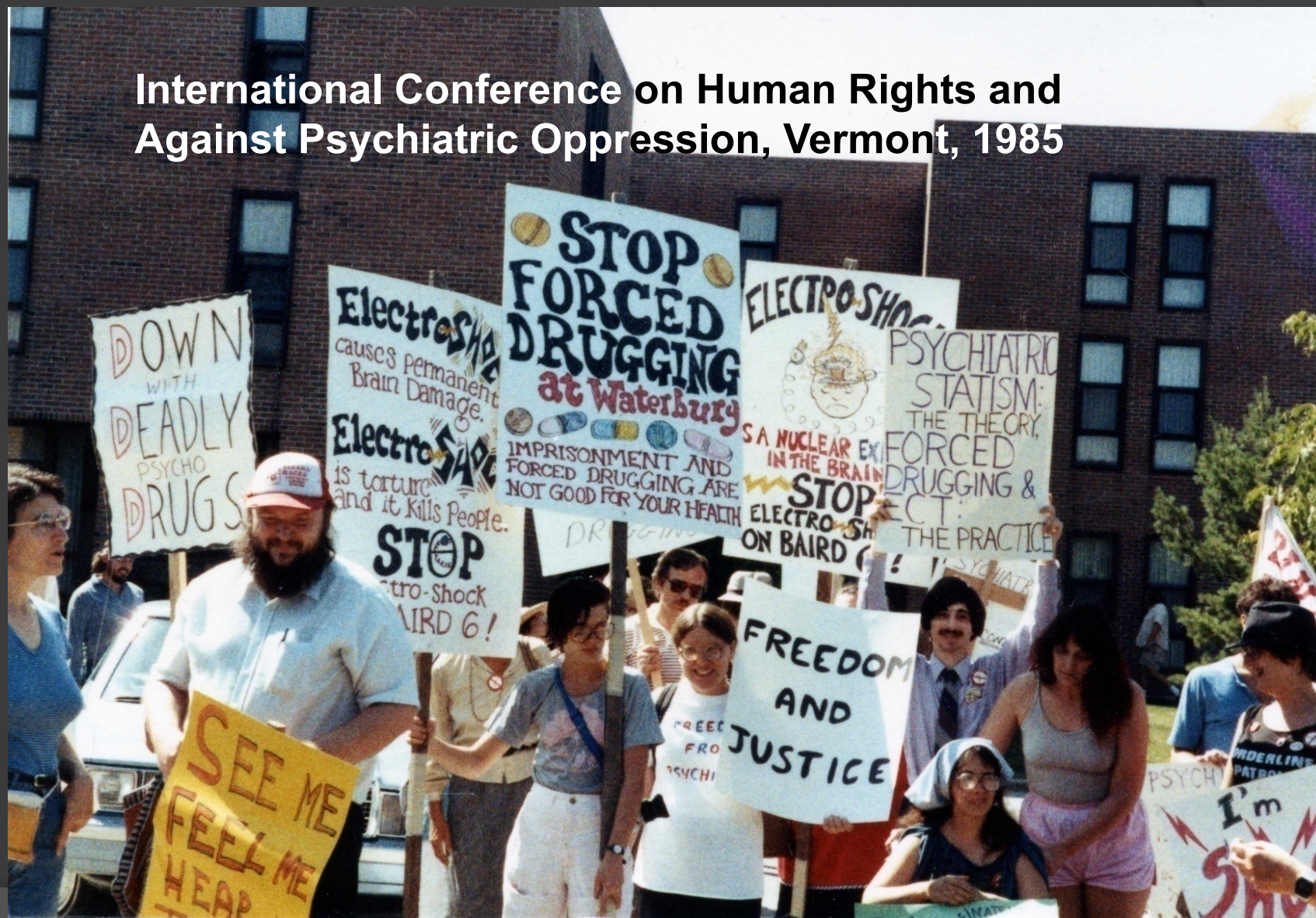
<http://www.mhselfhelp.org>

800-553-4539

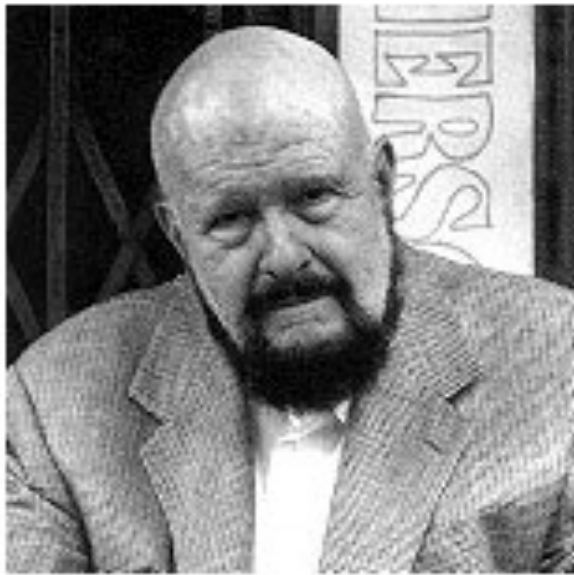


# *Peer Advocacy Movement Grew out of Struggle for Rights & Empowerment*

International Conference on Human Rights and Against Psychiatric Oppression, Vermont, 1985



# C/s/x Movement Roots Are in Civil Rights Movement and in General Self-Help Movement (AA, etc.)



**Frank Riessman**

**1924-2004**

*“It is important to go beyond self-help and mutual support to systems advocacy.”*

# Ex-patients' Rights Groups Form in 1970s and Early 1980s

...in Massachusetts, California, New York, Pennsylvania, Florida, Oregon



**Judi  
Chamberlin**



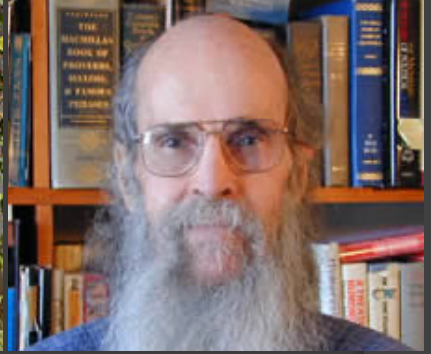
**Sally Zinman**



**Jay Mahler**



**Ed Knight**



**Leonard  
Roy Frank**



**Joseph Rogers**



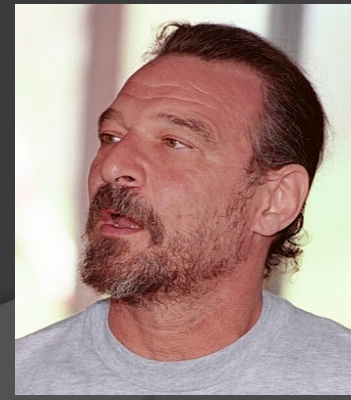
**Sally Clay**



**Dan Fisher**



**David Oaks**

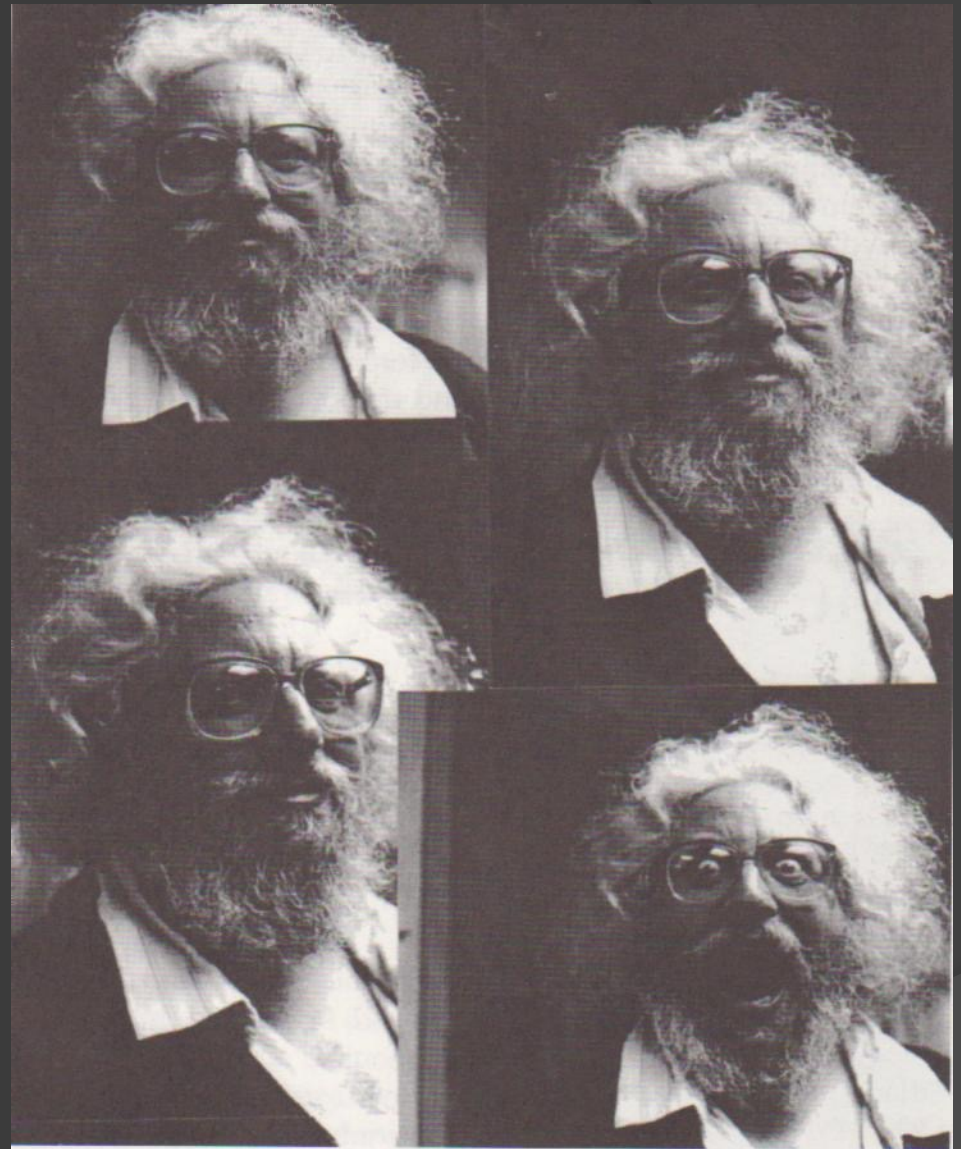


**George Ebert**

# Movement Values

- Control
- Choice
- Self-determination
- Empowerment
- Recovery

**“We want as full as possible control over our own lives. Is that too much to ask?”**



*Howie the Harp  
(1953-1995)*

# Conferences Unite Movement

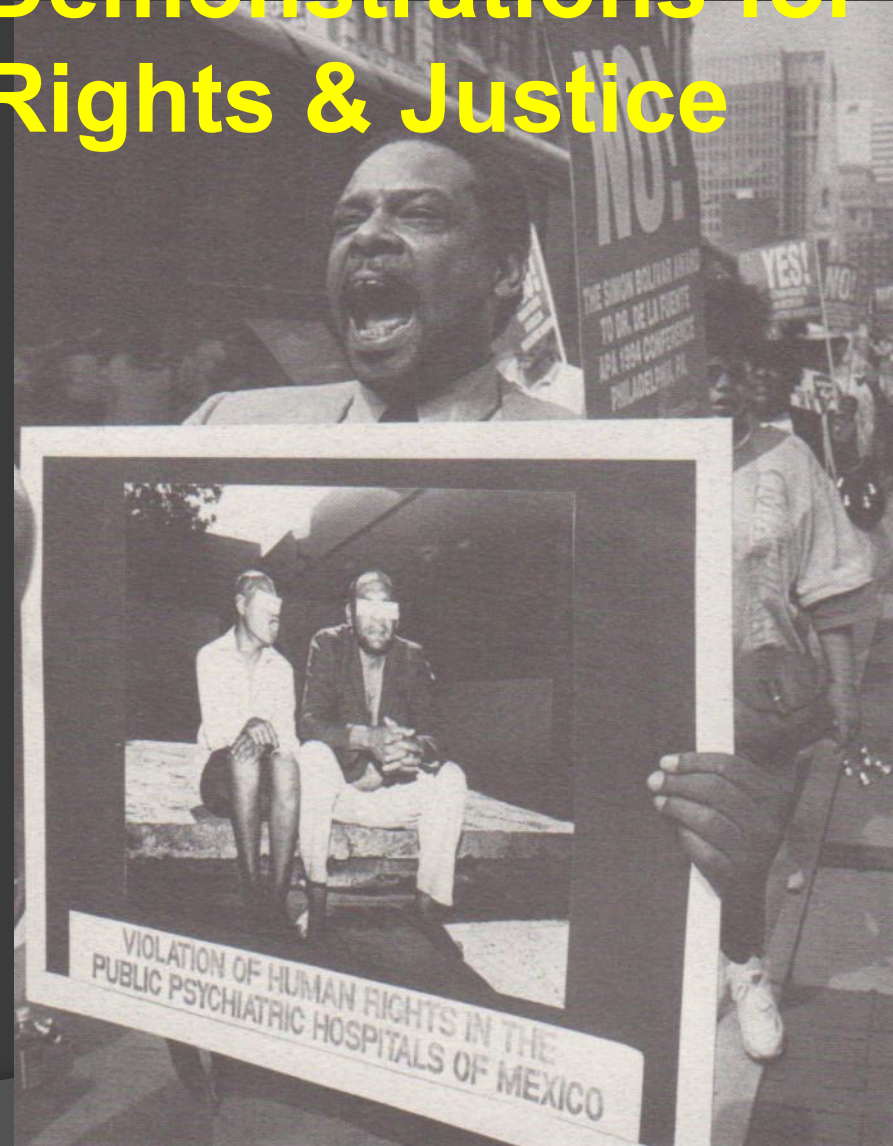


**The Alternatives conferences are organized by and for people with psychiatric histories. (Above: closing ceremony of Alternatives '85, the first Alternatives conference, which 450 attended.)**

# Frequent Demonstrations for Rights & Justice



**Project SHARE demonstrates outside APA annual meeting in Philadelphia, May 25, 1994. Above, Joseph Rogers, Carmen Colon, Sarah Nathan. At right, Johnathan Evans.**



# Movement Evolves, Gains Power

- “A seat at the table”
- Serving on boards and committees
- Closing state hospitals
- Legislative advocacy
- Support on federal level

***Neal Brown (right) and Jackie Parrish of the federal Community Support Programs Branch, now part of SAMHSA, helped the movement gain financial support.***





**Accomplishments include helping close Philadelphia State Hospital and ensuring that the dollars followed the patients into the community (1990).**



**President George H.W. Bush signs ADA (1990),  
with Justin Dart at right.**

# DECADES SPENT CONVINCING THE ESTABLISHMENT OF PEER SUPPORT'S VALUE

- Presenting at conferences
- Attending meetings of professionals and administrators
- Serving on boards and committees
- Writing and publishing articles



*1993 sit-in led to more funding for peer-run programs.*

Dr. Bernard Arons

*Former SAMHSA administrator supported recovery movement, fought S&R*



Charles G. Curie



# 5 National TACs Help Movement



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

**Grow:**

[www.power2u.org](http://www.power2u.org)



[www.cafetacenter.net](http://www.cafetacenter.net)



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



National Technical Assistance Center

[www.peerlink.us](http://www.peerlink.us)

# Other National Groups Support C/S/X Movement



Judge David L.  
**BAZELON CENTER**  
for Mental Health Law

**MIIA**  
Mental Health America

**NASMHPD**

NATIONAL  
**DISABILITY RIGHTS**  
NETWORK  
Protection & Advocacy for Individuals with Disabilities



## ***Paradigm shift:***

**Establishment believes in recovery and accepts value of peer support**

- **“Mental Health: A Report of the Surgeon General” (1999)**
- **Report of the President’s New Freedom Commission on Mental Health (2003)**



**Michael F.  
Hogan,  
Chair,  
President’s  
New  
Freedom  
Commission**



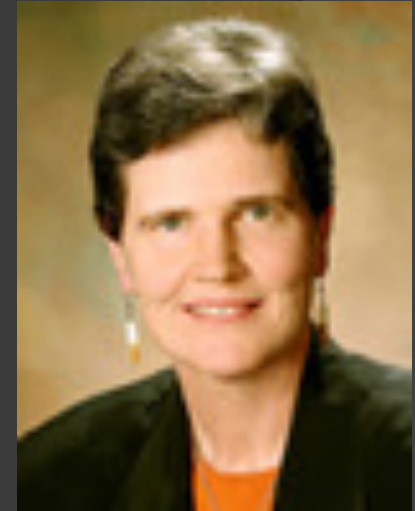
**Then-U.S.  
Surgeon  
General David  
Satcher**

**“Powers-that-be” realize that recovery-oriented, peer-run services are key to recovery**

SAMHSA recognizes **Peer Support** as one of the *10 fundamental components of recovery*. The 10 are:

- **Self-Direction**
- **Individualized and Person-Centered**
- **Empowerment**
- **Holistic**
- **Non-Linear**
- **Strengths-Based**
- **Peer Support**
- **Respect**
- **Responsibility**
- **Hope**

SAMHSA Administrator Pam Hyde (top); CMHS Director Paolo del Vecchio (bottom)



**A national coalition of statewide consumer/survivor organizations, founded in 2006 to ensure that consumers/survivors have a major voice in the development and implementation of health care, mental health, and social policies at the state and national levels, empowering people to recover and lead a full life in the community.**



National Coalition for  
Mental Health Recovery



*Senator Tom Harkin, of Iowa, shares a special time with Dan Fisher, Rachel Freund, and Lauren Spiro at the Presidential Forum in Columbus Ohio, July 26, 2008.*