Making Visible Unseen Disabilities

A talk about Mental Health
Grew up in systems: Mental Health Special Education, Juvenile Justice & Foster Care

Started as a Y.A.P.S. - Now, I have over 20 years as policy maker and peer employee

National consultant in Trauma Informed Care, international expert on Soteria House and Peer Respite, Peer CSX leader
Outline

Topics Covered

Diagnoses, Labels, and Systems, Oh My!

History - The Dark Side and the Pursuit for a Cure

Co-Occurring: Physical Health and Behavioral Health

Peer Support and Self Determination
I'm a person but my treatment is limited by my diagnoses.

I'm more than a Diagnosis
Unseen System Impact
Scenario: Audience Participation Time!

Normal Consequences

System Involved Consequences

Long-term Impacts of These Consequences
History

- A trip to the Asylum
- Focal Infections
- The Ice Pick Lobotomist
- Chemical Imbalance

The Serotonin Theory of Depression: a Systematic Umbrella Review of the Evidence
Joanna Moncrieff and others
Dr. Henry Cotton

Focal Infectious Disease Theory

- By 1923, he was claiming cure rates as high as 85% among those who survived. His postsurgical mortality rates, however, were 30% and higher for colon resections.

- Falsified Data
- Self treatment

- Phyllis Greenacre

In 2018, an estimated 17.4 million adults with disabilities experienced frequent mental distress, which is almost 5 times more as compared to adults without disabilities. The frequency is 4.6 times higher.

Frequent Mental Distress Among Adults by Disability Status, Disability Type, and Selected Characteristics.
Peer Support!

Peer Run Respite
My dream career

Peer Specialist
What we gained and at what cost?

Civil Rights
Forced treatment is a failure of the system
Chance to Fail Is a Chance to Grow

We learn through failure
No matter what our mom says we wont learn what a hot stove is till we touch it!

“There is no innovation and creativity without failure. Period.”
Brené Brown (born 1965), Professor in social research
Thank You
Questions / Comments

TY.SMITH@COLORADOSILC.ORG