Making Visible Unseen Disabilities
A talk about Mental Health

Ty Smith
• 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!
• Co-Occurring: Physical Health and Behavioral Health
• History -The Dark Side and the Pursuit for a Cure
• Peer Support and Self Determination

I'm more than a Diagnosis
I'm a person but my treatment is limited by my diagnoses.

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

Statistics
• In 2018, an estimated 17.4 million adults with disabilities experienced frequent mental distress
  o 32.9%
• The frequency is almost 5 times more as compared to adults without disabilities.
  o 4.6x higher

• Frequent Mental Distress Among Adults by Disability Status, Disability Type, andSelected Characteristics

Peer Support!
• Peer Run Respite
  o My dream career
• Peer Specialist
  o What we gained and at what cost?
• Civil Rights
  o Forced treatment is a failure of the system

Chance to Fail Is a Chance to Grow
• We learn through failure
  o No matter what our mom says we won’t learn what a hot stove is until we touch it!
• “There is no innovation and creativity without failure. Period.”
  o Brené Brown (born 1965), Professor in social research

Thank You Questions / Comments
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