

Schizophrenia Treatment Without Antipsychotic Drugs

"Are Psychiatrists Betraying Their Patients?"

- *Psychology Today*

Think about this question as you read these articles and letters by Loren R. Mosher, M.D., former Chief of the Center for Studies of Schizophrenia, NIMH:

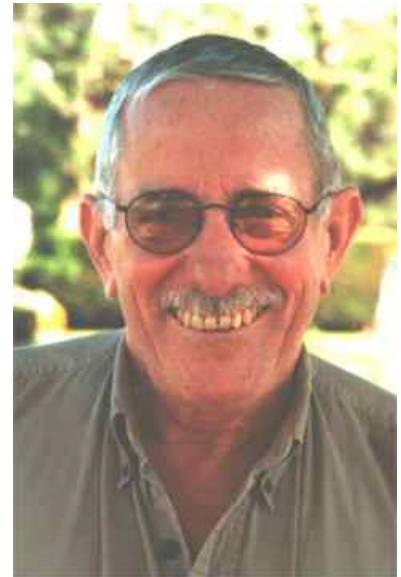
1. ***Soteria and Other Alternatives ...*** Article in *The Journal of Nervous and Mental Disease*. Shows that 85-90% of "severely mentally ill" -- acute as well as chronic -- persons can be treated in humane non-hospital settings at least as effectively and more economically than in psychiatric wards.

2. ***"I Want No Part of It Anymore"*** Feature article in *Psychology Today*. Throws light on the unholy alliance between psychiatry and Big Pharma that results in unnecessary, dangerous, destructive drugging of millions.

3. ***Letter of Resignation from the American Psychiatric Association*** Critiques the obsession of today's psychiatry with molecules and drugs that results in the disregard of patients' in their social contexts.

4. ***Response to Practical Questions Raised by this Web Site*** Guidelines for dealing with severe emotional/psychological crises. What can you do about neuroleptic/antipsychotic drugs?

5. ***The Biopsychiatric Model of "Mental Illness": A Critical Bibliography*** Review of the literature. Debunks the notion that "serious mental illness" is a "brain disease." In addition, documents how the drugs used to treat these presumed "brain diseases" instead cause real brain disease.



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Who is Professor Mosher?

For over a decade Loren R Mosher, MD, held a central position in American psychiatric research.

He was the first Chief of the Center for Studies of Schizophrenia at the National Institute of Mental Health, 1969-1980. He founded the *Schizophrenia Bulletin* and for ten years he was its Editor-in-Chief. He led the **Soteria Project**.

The Soteria research demonstrated that there is a better way: A better way to treat schizophrenia and other psychoses that destroy the lives of so many young people. The Soteria research showed that the prevalent excessive destructive psychiatric drugging of all these young people is a huge and tragic mistake. The psychiatric establishment was offended. Prestige and Money won. Truth and Love lost.

The success ! of Soteria was the reason that Dr Mosher was forced to leave his key position in American psychiatry.

Dr Mosher is currently Director of Soteria Associates, San Diego, and Clinical Professor of Psychiatry, School of Medicine, University of California, San Diego.

BIOGRAPHY OF LOREN R. MOSHER, M.D.

Born and raised in California, Dr. Mosher received his B.A. from Stanford University and M.D., with honors, from Harvard Medical School in 1961, where he also subsequently took his psychiatric training. He was Clinical Director of Mental Health Services for San Diego, California from 7/96 to 11/98 and remains a Clinical Professor of Psychiatry at the School of Medicine, University of California at San Diego. One of his principal tasks in San Diego was the implementation of a managed care system for public sector adult clients. From 1988-96 he was Chief Medical Director of Montgomery County Maryland's Department of Addiction, Victim and Mental Health Services and a Clinical Professor of Psychiatry at the Uniformed Services University of the Health Sciences, F. Edward Herbert School of Medicine. In his role in Montgomery County, he helped establish a number of innovative programs, including a consumer owned and operated computer company and a new residential alternative to psychiatric hospitalization for persons in crisis.

His professional training and experience is both extensive and wide-ranging. He received research training at the National Institute of Mental Health (NIMH) Intramural Research Program in Bethesda, Maryland and at the Tavistock Clinic in London. From 1968-80 he was the first Chief of NIMH's Center for Studies of Schizophrenia. While with the NIMH he founded and served as first Editor-in-Chief of the *Schizophrenia Bulletin*.

From 1970 to 1992 he was a collaborating investigator, then Research Director, of the Soteria Project - Community Alternatives for the Treatment of Schizophrenia. In this role, he was instrumental in developing and researching an innovative, non-drug, non-hospital, home-like, residential treatment facility for acutely psychotic persons. The many publications from this experiment demonstrate both the feasibility and cost-effectiveness of its non-traditional approach to the treatment of persons newly identified as having schizophrenia. Continuing his career long interest in clinical research Dr. Mosher more recently (1990 - 1996) has been the Principal Investigator of a Center for Mental Health Services(CMHS) research/demonstration grant for the first study to compare clinical outcomes and costs of long term seriously mentally ill public-sector clients("frequent flyers" randomly assigned (with no psychopathology based exclusion criteria) to a residential alternative to hospitalization or the psychiatric ward of a local general hospital (the McPath project). Its findings, comparable clinical effectiveness with a 40% cost saving favoring the alternative, have important acute care implications.

In 1980, while based at the University of Verona Medical School, Dr. Mosher conducted an in-depth study of Italy's revolutionary new mental health system. He documented that a new National Health Service supported system of catchmented community care could stop admissions to large state hospitals enabling them to be phased down and eventually closed.

He also showed that where the mandated community system was implemented properly there were no adverse consequences for patients or the community.

In his legal/psychiatric work Dr. Mosher was expert witness for the plaintiffs in two successful class action suites related to forced medication of psychiatric patients (N.J.; Rennie vs. Klein, 1978; CA; Jamison vs. Farabee 1983). He is currently expert witness for the plaintiffs in four class action suites (MD, VA, DC & AZ) against Psychiatric Institutes of America (PIA) and National Medical Enterprises (NME) for medical malpractice and insurance fraud (1994-present).

As a clinician, Dr. Mosher specializes in family and adolescent treatment, community psychiatry program consultation, and staff training. As a teacher, he is an acknowledged expert at conveying the essential and critical aspects of the interviewing process to students at all levels.

In addition to over 100 articles and reviews, Dr. Mosher has edited books on the Psychotherapy of Schizophrenia and on Milieu Treatment. His book, *Community Mental Health: Principles and Practice*, written with his Italian colleague, Dr. Lorenzo Burti, was published by W.W. Norton in 1989. A revised, updated, abridged paperback version, *Community Mental Health: A Practical Guide*, appeared in 1994. It has been translated into five languages. Most recently he has founded his own consulting company, **Soteria Associates**, to provide individual, family and system consultation using the breadth of experience described above. For consultation please call, fax or e-mail Dr. Mosher at his home.

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03/05/2000